

Updated on May 7, 2026

2026 Rules Summary Pocono Mountain East Little League

The following are PMELL's playing rules for both the Spring and Fall seasons. They are similar to neighboring leagues but there may be some differences.
Rules in the Minors division are designed for players to learn the game and to promote player development (i.e. pitching & stealing in Baseball, walks & stealing in Softball)
Rules should always be reviewed, adjusted (if needed) and understood/agreed upon by all coaches **BEFORE** each and every game.

Descriptions	Tee Ball	Baseball					Softball			
		Coach Pitch	Minors	Majors	Intermediate (50/70)	Seniors	Coach Pitch	Minors	Majors	Seniors
Ages (league age, not birth age)	4,5,6	6,7,8	8,9,10 11's possible	10,11,12 9's possible	11,12,13	13,14,15,16	6,7,8	8,9,10 11's possible	10,11,12 9's possible	13,14,15,16
# innings per game (DH = Double Header)	3	4	5	6	5 if DH 7 if not DH	5 if DH 7 if not DH	4	5	6	5 if DH 7 if not DH
Time limit (new inning can't start after limit)	1:00	1:15	1:30	1:45	2:00	N/A	1:15	1:30	1:45	N/A
# of innings played to be an "official" game	N/A	N/A	N/A	3.5	4.5	4.5	N/A	N/A	3.5	4.5
Max # players on the field	N ¹	10 ¹	9 ¹¹	9	9	9	10 ¹	9 ¹¹	9	9
Min # players on the field	N/A	N/A	8	8	8	8	N/A	8	8	8
Continuous batting order required?	Y	Y	Y	Y	Y	N	Y	Y	Y	N
On-deck batter allowed?	N	N	N	N	Y	Y	N	N	N	N
Catcher required?	N	Y ⁹	Y	Y	Y	Y	Y ⁹	Y	Y	Y
Facemask required?	N	N	N	N	N	N	Y	Y	Y	N
Bunting allowed?	N	N	Y	Y	Y	Y	N	Y	Y	Y
Pitching distance	N/A	~ 25' ⁸	46' *	~ 46'	50'	60' 6"	~ 25' ⁸	35'	40'	43'
Base distance	50'	60'	60'	60'	70'	90'	60'	60'	60'	60'
Base stealing allowed?	N	N	Y ⁶	Y	Y	Y	N	Y ⁶	Y	Y
Stealing home allowed?	N	N	Y ³	Y	Y	Y	N	Y ³	Y	Y
Strikeouts?	N/A	Y ⁸	Y	Y	Y	Y	Y ⁸	Y	Y	Y
Walks?	N/A	N	Y	Y	Y	Y	N	Y ⁴	Y	Y
Dropped 3rd strike?	N/A	N	N	Y	Y	Y	N	N	Y	Y
Infield fly rule?	N/A	N	N	Y	Y	Y	N	N	Y	Y
Intentional walk?	N/A	N/A	N	N	N	N	N/A	N/A	N	N
Leading, Pickoffs and Balks?	N/A	N/A	N	N	Y	Y	N/A	N/A	N/A	N/A
Dual roster allowed?	N/A	N/A	N	Y	Y	N	N/A	N/A	N	N
5 run limit per inning?	N ²	N ²	Y ⁵	N	N	N	N ²	Y ⁵	Y	N
8, 10, 15 run rule?	N/A	N/A	N ¹⁰	Y ⁷	Y ⁷	Y ⁷	N/A	N ¹⁰	Y ⁷	Y ⁷

Notes

- * new pitchers can move up and throw from 42' if needed.
- 1 - **Tee Ball:** All players should be assigned a position/area on the field. Rotate positions every inning where possible. **Coach Pitch:** should not play the same position for more than 2 innings.
- 2 - **Tee Ball:** Inning is over after all players bat once; outs are **not** recognized. **Coach Pitch:** Inning is over after all players bat once **or** 3 outs are made, whichever comes first.
- 3 - Stealing home is limited to **once** per inning, on passed balls only.
- 4 - Instead of batter walking, strike count is maintained and coaches may elect to pitch until ball is put into play or batter strikes out.
- 5 - 5 run max per inning. But in the last inning, if the home team is down by 5 or more runs, they can score **up to** the needed amount of runs to TIE the game - at which point the game ends.
- 6 - Runners can advance 1 base when stealing after a pitch. Runners can **not** advance on throw-downs from catcher. This promotes catcher development (i.e. throwing to bases)
- 7 - Does **not** apply to Fall season. **Majors:** 8 after 5 innings, 10 after 4 innings or 15 after 3 innings. **Intermediate & Seniors:** 8 after 6 innings, 10 after 5 innings or 15 after 3 innings.
- 8 - 5 hittable pitches per batter, then (if needed) hit off of a tee for first 3 games. Games 4-6: no tee, 3 missed swings and batter is out. Game 7+: player pitches 3 balls per batter, then coach pitches.
- 9 - Catcher should be dressed and setup **DEEP** behind home plate. Catcher should collect pitch after it lands on ground and if caught, put into bucket next to them.
- 10 - A team ahead by 10 or more runs is not allowed to steal.
- 11 - Rotate players between infield and outfield as much as possible.

For any SOFTBALL rule questions or issues, please contact: Joe Zbylicki | joezbylicki@gmail.com | 570-954-2771
For any BASEBALL rule questions or issues, please contact: Craig Collier | craigwcollier@gmail.com | 570-242-9742

Other **Home team** - schedules the umpire (if needed)
Pre-game: field prep (line the batters box and foul lines) and supply game balls
Post-game: clean dugout and take team photo

Away team
Pre-game: N/A
Post-game: rake/drag the field, clean dugout and take team photo

Pitching Rules

Baseball				Softball			
Player age determines pitching limits. Use the Little League age calculator to determine a player age. https://www.littleleague.org/play-little-league/determine-league-age				Minors	Majors	Seniors	
Per game pitch count limits by player age		Rest requirements by pitch count		Innings per game	3	9	10/day
<u>League Age</u>	<u>Pitch Limit</u>	<u>Pitches</u>	<u>Calendar days rest</u>	Innings per week	9	18	30
13 - 16	95	66+	4 days rest	One pitch constitutes an inning			
11 - 12	85	51 - 65	3 days rest	More than one inning = one day rest			
9 - 10	75	36 - 50	2 days rest	Seniors only: <5 innings, no rest required. 5 or more innings, one day rest required.			
7 - 8	50	21 - 35	1 day rest				
		0 - 20	0 days rest				

Minors Baseball: Coaches must promote pitching and rotate them as much as possible (e.g. every 2 innings)
Majors Baseball: Pitch counts and rest need to be honored both in and out of PMELL (i.e. travel baseball)
Baseball: A pitcher who delivers 41+ pitches in a game may not play catcher for the remainder of the game.
Baseball: No player who has played the position of catcher in 4 or more innings may pitch in that game. One pitch constitutes an inning.

Little League Approved Bat Markings	T-BALL USA BASEBALL	USA BASEBALL	BBCOR .50	USSSA 1.15 BPF	USSSA 1.20 BPF
TEE BALL *	✓	✗	✗	✗	✗
COACH PITCH Baseball	✓	✓	✗	✗	✗
MINORS / MAJORS Baseball	✗	✓	✗	✗	✗
INTERMEDIATE (50/70) Baseball	✗	✓	✓	✗	✗
SENIORS Baseball	✗	✗	✓	✗	✗
SOFTBALL (All Divisions) **	✗	✗	✗	✗	✓

* Older Tee Ball bats may be marked with an "Approved for Tee Ball" stamp.
 ** Seniors only: 34" max length. All other divisions: 33" max length.

For more information, visit www.LittleLeague.org/Rules