

U11C District 8 Fraser Valley Interlock Rules 2026

Standing rules

These rules apply to teams playing in the District 8 inter-lock.

Remember we are in this district interlock to be fair and honest to the players. Fair play is considered an important component of the game.

Fair Play Rule. All players will be given the opportunity to play multiple positions throughout the season. All players are to play no less than 2 innings in the in-field and no player can play more than 3 consecutive innings in the same position, except pitchers. Any variation of this rule must be submitted to the players home team association Executive for approval. No player should sit more the 2 innings in a 6-inning game.

A pitcher will be limited to pitching only **2 innings per week** then an alternate pitcher must be used. Any pitcher may be used in 7th inning. 1 pitch constitutes an inning.

All teams are required to keep a game sheets for player positions. At the request of their home association, they are required to produce them for review. Teams not complying with the fair play rule are subject to a disciplinary procedure.

Sick and injured players will be noted with team coaches. Scorekeepers and the plate umpire must be notified of the players circumstances and be noted in scorebooks.

All violations are subject to disciplinary actions.

Home Team is responsible for:

1. Supply game balls. You must provide new or almost new 2 game balls.
2. Diamonds need to be marked out 15 minutes before game time. Fields need to be marked as per Softball BC and Softball Canada.
3. Provide a plate and, if possible, a base umpire for each game.
4. **Home team is to provide travelling teams game cancellations 2 hours prior to start time.** A direct call to the head coach is required. Teams not receiving a cancellation call are required to play their games as scheduled. Make up games are rescheduled between teams if possible.
5. Home teams are subject to their Associations procedure regarding rescheduling and cancellations.

General rules

1. All league games must follow the "park start and end times".
2. All games will run as no new inning after 90 minutes. The plate conference will clarify any time restrictions.
3. If a game is called because of rain or darkness, the score will revert to the last completed inning if their home team is unable to complete their batted inning. The minimum number of completed innings or time played to constitute a legal game would be (4) innings or (1) hour.
4. The league allows a 15-minute grace period. If the second team does not show up within this 15 minutes or refuses to start the game, then the game is forfeited to the non- offending team.
5. A minimum of 9 players are needed to start and must maintain a minimum of 8 players throughout the game. If a team is unable to field 9 players after 15 minutes of the official start time, the game will be forfeited with a score being 7-0. A team unable to field 9 players has the option to forfeit the game in the interest of the safety with every effort being taken to notify all parties prior to the arrival at the field.
6. If a team plays with 8 players, the 9th batter is NOT automatically out.

7. Pick ups from a lower division is allowed in case of not being able to field a team in league play. These pick ups can play unlimited amount of games. The player may remain on her substantive team roster.
8. Before the game begins, the coach must give a copy of the batting line up in the order of which they will bat for the entire game.
9. **Ball:** 11" Regular, synthetic or leather (Langleys to play with Softie for April)
10. There will be a 4-run maximum per inning.
11. **Run Ahead Rule:** 10 runs after 4, and 7 runs after 5.
12. The team that is losing by the Run-Ahead rule has the option of continuing the game.
13. **NO** In-Field Fly or Dropped 3rd Strike
14. **Pitching:**
 - **UNTIL MAY 17** = player/pitcher until 3 called balls, then coach pitcher assumes count, the batter can still strike out, but has a max of 7 combined pitches total, 7th pitch is final pitch even if fouled off. No walks allowed, unless batter hit by pitch
 - **AFTER MAY 17** = Full player pitching. The batter can still strike out, but has a max of 7 combined pitches total, 7th pitch is final pitch even if fouled off. No walks allowed, unless batter hit by pitch
15. **Coach/Adult Pitching:** windmill style pitch is required with 1 foot on rubber and 1 foot behind to start. Player/pitcher is to stand beside Adult pitcher and play defense after the pitch. Coach Pitcher is not to play a batted ball. **Coach pitching stops after May 17**
16. When coach pitching, the maximum hit a batter can earn is a double.
17. **Stealing:** Can only advance max 1 base per steal on player pitched ball (none for coach pitched)
18. **Stealing Home :** player cannot advance to home on a steal, passed ball, or wild pitch
19. **Advancing on Overthrow:** 1 base maximum (not allowed on catcher to pitcher overthrow)
20. **Runner Advancement:** considered 'over' when the ball is returned to any infield player. Runners may continue to the base they are heading but fielders may attempt to throw/tag the runner out
21. **Batter hit by pitch:** First base is awarded by pitch from a player-pitcher. Adult pitcher, it is to be counted as a ball.
22. **Strike Zone:** liberal strike zone (if batter can reach from shoulders to knees)
23. Ground rules or special rules establishing the limits of the playing field because of obstacles that may hinder the game or for safety reasons will be established at the home plate conference between both coaches and umpires.
24. Batters completing their turn at bat and are injured before obtaining 1ST for their safety will be allowed to have another runner placed at first base for them. Farthest away from batter injured.
25. Game faces/face masks will be mandatory for all infield positions. **(Exception is Hope Minor, where pitcher is mandatory)**
26. Anyone (player, coach or parent) receiving pitches before or during a game must wear a mask with full throat protection. A batting helmet with a cage is not acceptable.
27. Batting helmet face cage and done-up chin strap are mandatory. Refer to Softball BC Canada rule.
28. All diamonds and surrounding areas must be left clean after the game.
29. No liquor is allowed on or around the playing field for spectators, players and coaches.
30. No smoking is allowed in and around the playing area.
31. Ejections to be documented and reported to SoftballBC & the DUIC to deal with the matter.
32. All other rules per SBBC and SB Canada, no protest umpire's decision is final.
33. Exposed jewelry such as wrist watches, bracelets, earrings, necklaces or other items should not be worn. If a player chooses to wear exposed jewelry the umpire may require the item to be removed or covered as per Softball Canada rules.
34. If a team fails to show up to a game without notifying the opposing team and officials, the offending association is responsible for paying the umpire costs to the affection association.