Foothills Athletic Association 2026

10U Kid Pitch Baseball Rules

1. A full game consists of 6 innings with an 80-minute time limit. No new inning will begin with 5 minutes or less left in the time limit. If the game end in a tie it will be recorded as such.
   -Only exception is in a tournament game. In tournament play, the game will be played until there is a winner.
   -3 innings will constitute a complete game in the event of inclement weather or lightning

2. Run Rule- 5 runs per inning for the first half of the time limit (40 minutes). If a new inning begins with time left in the 5 innings/40-minute period, it must be completed before going into unlimited run innings.

3. Run rule is as follows: 12 runs after 3 innings, 10 runs after 4 innings.

4. Teams must have 8 players physically on the field to start a game. If a team only has 8 players than the 9th spot in the batting order will be an out each time it comes up. The team will forfeit if they only have 7 or less players by game time. In the event of a forfeit a time limit of 1 hour will be established if both teams agree to play.

5. If a player is running late, they can be placed on a sub line in the books, with no penalty. When the player enters, they must immediately go into the defensive field, and will be substituted in at the bottom of the line-up.

6. Up to 10 players can be in the field at a time, and if there are 10 players present, it is required to play 10.

7. Batting lineup will be continuous, meaning no matter who is in defensively, the batting order must be followed.

8. No player can sit on the bench for two consecutive defensive innings.

9. A courtesy runner for the catcher is mandatory with 2 outs in the innings. The runner must be the player who recorded the last out. This applies to catchers only.

10. Pitching Rule: No batter will be walked throughout the game. If a pitcher throws 4 balls, the coach of the team that is batting will come in and assume the strike count. The number of strikes remaining will be the number of pitches allowed from the coach. The batter can foul off the last pitch to remain at bat. 3rd dropped strike will not be enforced.

11. Players can bunt only when another playing is pitching.

12. Coaches must throw from the rubber.

13. Any pitcher removed from the mound cannot return to the mound in the same game.

14. Pitchers will only be allowed 6 innings per playing week (Monday-Friday).

15. Leads are not allowed at any time. A runner that leaves before the ball reaches the plate will be called out, and the play will result in a dead ball.

16. A base runner can steal home, but no runners are allowed to steal after the 4th ball has been thrown, or when a coach is pitching.

17. A base runner is allowed to steal one base per pitch.

18. If a player is injured and cannot return to the game, they will be skipped in the batting lineup with no penalty. If a player leaves for any reason other than an injury, they will be called out at the next at bat only.

19. A coach or spectator who is thrown out of a game will be suspended for the next two scheduled games, and that includes spectating. Each department is responsible for letting the other departments know via text or email. If a coach is thrown out for a second time in a season that coach will be suspended for the season. If a coach physically or verbally assaults an umpire or other staff member, they will be relieved of their coaching duties for the remainder of the season.

20. All other rules are governed by NC Tarheel Rules and NCHSAA rules.

Pitching Distance: 46’ Base Distance: 60’

Bat Length Max: 33” Barrel Max: 2 5/8” Bat Stamp: USA