



2026 Junior Saltdogs League Rules At-A-Glance

	U6 T-ball	U8 Machine Pitch	U10	U12	U14	U17
Game length	6 inns or 1 hr 15 mins	6 inns or 1 hr 30 mins	6 inns or 1 hr 50 mins	6 inns or 1 hr 50 mins	7 inns or 1 hr 50 mins	7 inns or 1 hr 50 mins
Home to 1st	60'	60'	60'	70'	80'	90'
Home to 2nd	84' 10"	84' 10"	84' 10"	99'	113' 10"	127' 3"
Pitching	46'	46'	46'	46'	54'	60' 6"
Innings allowed to pitch per game	N/A	N/A	3	3	3	4
Run rule per inning	7 runs	7 runs	5 runs	5 runs	5 runs	5 runs
10-Run rule to end game	No	No	No	No	No	Yes, 5th Inn, or after
Lead-off base	No	No	yes, after pitch crosses plate	yes, after pitch crosses plate	Yes	Yes
Steal 2nd and 3rd base (see below*)	No	No	yes, after pitch crosses plate	yes, after pitch crosses plate	Yes	Yes
Steal home	No	No	Yes (1)	yes, after pitch crosses plate	Yes	Yes
Advance on overthrow	No	No	Yes (2)	Yes	Yes	Yes
max. # players in field/min. #	10/7-players (3)	10/7-players (3)	9/7	9/7	9/7	9/7
Batting Tee used	Yes	No	No	No	No	No
Coaches on field (7)	Yes	Yes	No	No	No	No
Maximum bases on hit	2 bases	2 bases	N/A	N/A	N/A	N/A
Balk called	N/A	N/A	No	No	Yes (4)	Yes (4)
Dropped 3rd strike rule	N/A	N/A	No	No	Yes	Yes
Infield fly rule	No	No	No	Yes	Yes	Yes
Sliding allowed (see rule sheet)	Yes	Yes	Yes	Yes	Yes	Yes
Metal spikes allowed	No	No	No	No	No	Yes
Baseball to be used	Safety - soft outer	Real baseball	Real baseball	Real baseball	Real baseball	Real baseball
Bat size (5)	Any legally mfg bat	Any legally mfg bat	Any legally mfg bat	Any legally mfg bat	Any legally mfg bat	Any legally HS mfg bat
Glove size (6)	Any legally mfg glove	Any legally mfg glove	Any legally mfg glove	Any legally mfg glove	Any legally mfg glove	Any legally mfg glove
Umpires	Coaches / parents	Coaches / parents	League supplied	League supplied	League supplied	League supplied

Clarifications:

NOTE:

* U10s and U12s: If runner is caught leaving the base early, it is a deadball, automatic out.

(1) In U10 players can steal home only when a play is made at another bag, or on the player at 3rd. Players may not steal home if the ball is overthrown from the catcher to the pitcher, wild pitch or pass ball.

(2) Except throws back to pitcher from any position. Once pitcher has control of the ball, players must stop at current bag or bag already advancing to.

(3) Play regulation positions, 6 infield and 4 outfield. Do not cheat the outfield up towards infield. Do not overload any side. Play fair.

(4) Balks are subjective and called at the discretion of the umpire.

(5) No restriction on bat length or barrel size. Bats approved by Little League, USA, USSSA baseball and current High School play are legal to use for JSL. Bats must have a league approved sticker.

(6) No restriction on glove style or size. Any legally manufactured glove can be used. See FAQs section of Home Page for suggested sizing chart.

(7) Coaches can not talk to opposing players unless in a positive manor. If the coach does otherwise, they can be removed from the game.