

Dallas Parochial League Baseball 2026

NATIONAL FEDERATION of HIGH SCHOOLS APPLY
DPL RULES SUPERCEDE

VARSITY BASEBALL:

Grades 7 & 8 only

JUNIOR VARSITY BASEBALL:

Grades 5 & 6 only

Separate 5th / 6th grade leagues if enough teams are registered

BASE DISTANCES:

82-90 Feet Varsity

65-75 Feet Junior Varsity

(Base Distance must be within the prescribed limits at discretion of home field)

PITCHING DISTANCES:

55-60'6" Feet Varsity

46-51 Feet Junior Varsity

(See pitching section of rules for interpretation.)

ROSTERS: Once schedules are finalized, players are permitted to be listed on one team's roster and only one roster for the duration of the entire season.

GAMES:

JV/Varsity: 7 Innings OR 1 hour & 30 minutes (90 minutes)

In good weather, all games are official once a full inning has completed and the time limit has expired. If the time limit has expired, the inning in progress will be announced as the last unless the game ends in a tie. In case of a bad weather cancellation, the game will be ruled official after the bottom half of the 4th inning or after 3 1/2 innings if the home team is winning.

A maximum of 5 runs is allowed (regardless of the inning) per inning for all divisions. This rule is removed in the semi-final and championship games for all divisions.

Drop Dead Game Limit: If a game is tied after the original time limit has expired, ONE extra inning will be played. If the game is still tied after the completed extra inning, the game will end in a tie.

For the playoffs, regular baseball rules will apply for extra inning situations.

A team must have 8 players at game time to legally start the game. If a team has less than 8 players at game time, the non-offending team will receive a forfeit win AND may play a practice game. Should a team only have 8 players, they will be assessed an automatic out each time the vacancy occurs in the batting order. These vacancies are to be placed at the end of the line-up and announced by the umpire as such. Any time a team can field only seven players or less, due to absentee, departure, or injury...a forfeit will result.

All rosters must be set by the midway point of the regular season. Players may not be added or removed from a roster following that point.

Recording of any DPL game by a 3rd party (person not associated with the teams playing) is prohibited

Teams are, however, allowed to film their own games for instructional purposes. Film must not be shared between teams, nor be used to scout any other team.

FORFEITS: Any team that forfeits 25% or more of their scheduled games will not be eligible for postseason play. A forfeit must occur if teams do not have at least 8 players by the scheduled start of the game.

MERCY RULE:

15 run lead after 4 innings or 10 run lead after 5 innings.
(3 ½ & 4 ½ innings respectively if home team is leading)

DUGOUTS:

Teams will be listed as home and visitor on the schedules, with 50% allocation of each regardless of site. The home team will have its' choice of dugouts, except in cases where the field is owned or rented by their opponent's school. Only eligible coaches (SE and PLC certified) are allowed in the dugout or on the field during the games. Max of 3 coaches.....

INFIELD FLY RULE:

The Infield Fly Rule is in effect in all leagues

EQUIPMENT:

Batting Helmets must be worn at all times by batters, base runners, & on-deck batters.

Metal cleats are not allowed. Refusal to remove them will result in ejection of the player.

Catchers MUST wear (1) Mask with helmet, (2) Throat Guard, (3) Shin Guards, (4) Chest Protector, & (5) Protective Cup

All uniforms must have a number on them.

All bats must have a manufacturer's screened label indicating the bat is a USSSA 1.15BPF or BBCOR approved bat. Bats will be inspected before each game to make sure they comply with the new rule.

Differential no greater than 5 for varsity (7th & 8th) and no greater than 10 for JV (5th & 6th grade). The bats will have a negative (-) drop on them. For varsity, any differential of 5 or less is approved (4, 3, 2, etc....) and for JV, 10 or anything less (9, 8, 7, etc....) are approved.

Each team is responsible for providing 2 league-approved baseballs for each game (4 for a doubleheader).

Uniforms are to be consistent with school guild lines and should display only School logos or athletic brand name logos (i.e. Nike or Adidas). This is also the case with accessories such as sleeves and socks.

BATTING:

Junior Varsity: Continuous batting order. All players bat regardless of who is fielding. The nine starters in the field do not have to occupy the first nine positions in the batting order. However, if a player has to leave the game pre-maturely for any other reason other than injury, then that spot in the order will be considered an automatic out for the remainder of the game.

Varsity: Traditional batting order will consist of nine players that are playing the field at the time. There are no limits on the number of substitutions made during a game. But players, once subbed out must come back in the game for the player that replaced them AND in the same original batting order

for the duration of the game. All substitutions must be reported to the official scorekeeper as specified in NFHS rules.

The use of a Designated Hitter (for varsity only) is allowed to begin the game and must be noted in the scorebook before the game begins. Should the DH enter the game in the field, the team loses its' DH for the remainder of the game. There is no Extra Hitter (EH).

DROPPED 3rd STRIKE:

Varsity: The batter may advance on a "dropped 3rd strike" if there are two outs or 1st base is unoccupied.

Junior Varsity: The batter may not advance on any 3rd strike.

FIELDING:

(Junior Varsity only) All players must play at least one full inning in the field. Outfielders must start on the grass while playing their positions.

At the Varsity level, regulation rules will apply.

BASE STEALING:

At the Junior Varsity Level, players may not leave the base until a pitched ball has crossed home plate.

At that point they may advance at their own risk. Violators will be called out. a.k.a. "Tight Bases"

At the Varsity level, regulation rules apply.

COURTESY RUNNERS:

Courtesy Runners are allowed at the varsity level only and are encouraged to speed up play. A courtesy runner must be a player that is currently a substitute, thus not in the batting order at the time. The courtesy runner's appearance does not count as their entrance into the lineup. A courtesy runner may only be used for the pitcher or catcher.

SLIDING:

Sliding is required by runners in any situation involving a tag play at a base or plate. Umpires will be instructed to ignore a failure to slide should no advantage be gained or collision occur. Should there be any questionable contact on a non-sliding play, the benefit of the doubt will be given to the fielder.

PITCHING: REMOVAL / RE-ENTRY

(Varsity) A pitcher must be removed from the mound, as a pitcher, after the coach's 2nd visit in the same inning. This pitcher cannot return as a pitcher in the same inning. Should a "removed pitcher" be left in the game at another position, they will be eligible to pitch again in a subsequent inning. A pitcher, once removed entirely from the game, is ineligible to pitch again in that game.

(Junior Varsity) A pitcher may be removed from pitching and later return to pitch again in that game. In this situation, the removed pitcher may not return in the same inning removed. This may only be executed once per player. Once a player has been removed as pitcher a second time, they may not pitch any more in that game.

LIMITS

All leagues.... Pitchers may throw a maximum of seven (7) innings per week with a week defined as Sunday-Sunday, Monday-Monday, etc... Pitchers must have at least two full days rest before their next appearance if they have pitched 3 innings or less in a game and three full days rest before their next appearance if four innings or more in a game. The days rest is not counted in 24-hour periods, but in days. i.e. pitching 4 innings on Sunday means you rest Monday, Tuesday AND Wednesday. Available to pitch again on Thursday.

All coaches are required to submit proper documentation via e-mail or fax which includes pitchers' name, jersey number, and innings pitched. This information is due no later than 12 noon the day

following a game. Teams will not be allowed to take the field if pitching reports are not submitted within 24 hours after a game is played. Pitchers that exceed the limits will not be allowed to pitch in the next game their team is scheduled to play. Consequences for subsequent violations will be at the league AD's discretion.

If a team has a double header (same day), then a pitcher will be allowed to pitch in both games as long as he will not exhaust the maximum number of innings allowed in a week (Sunday to Saturday). The "days rest" requirement will not be enforced for these double header games. This only applies to more than one game on the same day - not the double headers where a team may play once on Saturday and then again on Sunday.

A pitcher will be considered to have pitched an inning once a pitcher has thrown 1 pitch to a batter.

DISTANCES

(Varsity) Distance of the rubber to home plate is to be no less than 55 feet and no more than 60 feet 6 inches, and (JV) 46-51 feet. This will strictly depend on the location and will be at the coaches' discretion.

DISCIPLINE:

DPL Disciplinary guidelines will be adhered to for all incidents involving players, coaches and fans.

RAINOUT INFORMATION:

It is the responsibility of the Athletic directors & head coaches to provide rainout information. Updated information will be posted to the DPL website as soon as any weather-related changes are known.

PRE-GAME RESPONSIBILITIES:

Each team must submit a line-up to the home plate umpire 10 minutes before game time.

GAME TIME IS FORFEIT TIME.

Pre-game prayer is to be led by the home team

OFFICIAL SCOREKEEPER: to be provided by the home team.

WINNING team is responsible for reporting the score no later than 9am the following day via email to tmosmeyer@cathdal.org. Each team is also responsible for submitting a pitching report by 9am the following day as well.

POSTSEASON TIEBREAKERS:

Postseason status is determined only by in-conference record. In the event of a tie:

1. Head-to-head competition
2. Pt differential – 5 runs
3. Coin Flip