

Little League Pitching Regulations

Quick Reference Guide

Baseball Pitch Limits (based on League Age not Division):

League Age 13-16; 95 pitches per day

League Age 11-12; 85 pitches per day

League Age 9-10; 75 pitches per day

League Age 7-8; 50 pitches per day

Rest Requirements:

Pitchers league age 14 and under must adhere to the following rest requirements:

- 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
- 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
- 21 - 35 pitches in a day, one (1) calendar days of rest must be observed.
- 1-20 pitches in a day, no (0) calendar day of rest is required.

***NOTE: Under no circumstance shall a player pitch in three (3) consecutive days.**

Pitchers league age 15-16 must adhere to the following rest requirements:

- 76 or more pitches in a day, four (4) calendar days of rest must be observed.
- 61 - 75 pitches in a day, three (3) calendar days of rest must be observed.
- 46 - 60 pitches in a day, two (2) calendar days of rest must be observed.
- 31 - 45 pitches in a day, one (1) calendar days of rest must be observed.
- 1-30 pitches in a day, no (0) calendar day of rest is required.

***NOTE: Under no circumstance shall a player pitch in three (3) consecutive days.**

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Threshold Definition: the minimum number of pitches regarding number of days rest. If a pitcher reaches a day(s) of rest threshold while facing a batter, the pitcher may continue to pitch until anyone of the following conditions occur:

1. That batter reaches base.
2. That batter is retired.
3. The third out is made to complete the half-inning.

The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed before delivering a pitcher to another batter.

Baseball Pitcher/Catcher Relationship:

1. A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day. (Subject to threshold)
2. Any player, who has played the position of catcher in four (4) or more innings in a game, is not eligible to pitch on that calendar day. **Note:** The catcher receiving one pitch to a batter in the fourth inning constitutes having caught four (4) innings. Warm-up pitches do not count.
3. A player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches or more (15- and 16-year-olds: 31 pitches or more) in the same day, may not return to the catcher position on that calendar day. (Subject to threshold)

A pitcher once removed from the mound cannot return as a pitcher in Majors Division and below. A pitcher remaining in the game in Intermediate and above, may return one time subject to eligibility.

Softball Pitch Limits; Rest Requirements:

Pitching limits in softball is based on the division, not league age. A player league age 12 is eligible to pitch in Junior/Senior Division with no restrictions.

Minors/Little League (Majors): A player may pitch in a maximum of twelve (12) innings in a day. If a player pitches in seven (7) or more innings in a day, one calendar day of rest is mandatory. Delivery of a single pitch constitutes having pitched in an inning.

Junior/Senior League: No pitching restrictions apply

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Note: Twelve innings in a calendar day for Majors/Minors can amount to a variety of configurations. (1) A pitcher may start both games of a double header, (2) A pitcher may relieve in both games of a double header or, (3) Start one game and finish another, as long as the twelve innings per day limit is followed in a Majors game.

Softball Pitcher Limitations:

Little League (Majors) Division/Junior/Senior League Softball: Not more than five (5) pitchers per team shall be used in one game. EXCEPTION: In case of illness or injury to a fifth pitcher, an additional pitcher may be used.

Minor Leagues; no limit of pitchers that can be used in a game.

Softball Removing the Pitcher/Return Eligibility:

Minor/Major: A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game but only once in the same inning as he/she was removed. A pitcher, withdrawn from the game offensively or defensively for a substitute, may not re-enter the game as a pitcher. Exception: See Rule 3.03(c).

Junior/Senior League: A pitcher may be withdrawn from the game, offensively or defensively, and return as pitcher once per inning provided the return does not violate the substitution, visits per pitcher, or mandatory play rule(s).

