



Regular Season Pitching Rules



MAXIMUM PITCHES PER DAY

By League Age

League Age	Pitches Per Day
7-8	50
9-10	75
11-12	85
13-16	95

Exception: If a pitcher reaches his/her maximum pitch limit for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:

1. The batter reaches base;
2. The batter is put out;
3. The third out is made to complete the half-inning of the game;
4. The pitcher is removed from the mound prior to the batter completing his/her at bat.

NOTE: A pitcher may finish a batter after reaching the pitch limit as indicated above; however, **every pitch still counts**. If the total number of pitches goes over the limit, **rest days are based on the final pitch count**, not the original limit.

MANDATORY REST DAYS

By Pitch Count Threshold

League Age 14 and under	
1-20 Pitches	0 Days Rest
21-35 Pitches	1 Day Rest
36-50 Pitches	2 Days Rest
51-65 Pitches	3 Days Rest
66+ Pitches	4 Days Rest

MANDATORY REST DAYS

By Pitch Count Threshold

League Age 15 and 16	
1-30 Pitches	0 Days Rest
31-45 Pitches	1 Day Rest
46-60 Pitches	2 Days Rest
61-75 Pitches	3 Days Rest
76+ Pitches	4 Days Rest

Additional Key Little League Baseball Rule Highlights:

- **VI(a)** Any player on a regular season team may pitch. **Exception:** 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.
- 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 in the same day, may not return to the catcher position on that calendar day.
- **VI(b):** A pitcher once removed from the mound cannot return as a pitcher.

*For complete Pitching rules see Regulation VI of the Official Little League Rule Book.