Regular Season Pitching Rules – Softball

**Regulation VI – PITCHERS**

**(a)** Any player on the team roster may pitch. **EXCEPTION:**A player who has attained a league age of twelve (12) is not eligible to pitch in the Minor League.

**(b) 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.

**LITTLE LEAGUE (MAJORS) AND MINOR LEAGUE EXAMPLE**  
If a player pitched in seven (7) or more innings on (Column A), that player can pitch again on (Column B):

Column A Column B

Sunday Tuesday

Monday Wednesday

Tuesday Thursday

Wednesday Friday

Thursday Saturday

Friday Sunday

Saturday Monday

**(c) 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 A pitcher, withdrawn from the game offensively or defensively for a substitute, may not re-enter the game as a pitcher.

**(d) Little League (Major) Division:** Not more than five (5) pitchers per team shall be used in one game.

NOTES:

1. **Minors/Little League (Majors):** If doubleheaders are played, the limitation of twelve (12) innings in a calendar day would apply to each pitcher. A pitcher who pitches in the first game may pitch in the second game provided that pitcher has eligibility remaining.
2. There is no limit to the number of pitchers of a particular league age group on a team that can be used. **EXCEPTION:** A player who has attained a league age of twelve (12) is not eligible to pitch in the Minor League.