

## WMLL Pitch Counts & Rest Days/Games

### A. The maximum number of pitches per day for a WMLL player are as follows:

- Little League Age 8 – 50
- Little League ages 9-10 (usually Pacific League) – 75
- Little League ages 11-12 (usually Central & Major Leagues) – 85
- Little League ages 13-16 (Badger & Senior Leagues) -- 95

### B. The following days of rest are mandatory for pitchers Little League *ages 14 and younger*:

- If a player pitches 66 or more pitches in a day, 4 calendar days.\*
- If a player pitches 51-65 pitches in a day, 3 calendar days.\*
- If a player pitches 36-50 pitches in a day, 2 calendar day.\*
- If a player pitches 21-35 pitches in a day, 1 calendar day
- If a player pitches 1-20 pitches in a day, 0 calendar days.

### C. The following days of rest are mandatory for pitchers Little League *ages 15 and 16*:

- If a player pitches 76 or more pitches in a day, 4 calendar days.
- If a player pitches 61-75 pitches in a day, 3 calendar days.
- If a player pitches 46-60 pitches in a day, 2 calendar days.
- If a player pitches 31-45 pitches in a day, 1 calendar day.
- If a player pitches 1-30 pitches in a day, 0 calendar days.

D. Pitcher to Catcher Rule: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the day. A pitcher who throws 40 or fewer pitches in a game may catch in the same game.

E. Catcher to Pitcher Rule: a player who plays the position of catcher in 4 or more innings may not pitch in any games that same calendar day. **A player who catches for 3 innings or less, then moves to pitcher and throws 21 or more pitches (31 or more if the player is 15 or 16) may not return to the catcher position on that calendar day.**

### F. Selected definitions:

- Pitches are defined as balls thrown to a batter in the batter's box. The following are not counted as pitches: pregame and between inning warm-ups, pick-off attempts, a "no pitch" called by an umpire (for example time out having been granted but the pitcher throws anyway).
- If a pitcher reaches the maximum number of pitches or a days of rest threshold, as in A, B, or C above during an individual's at bat, the pitcher may continue until that individual's at-bat is completed and only be required to observe the days of rest for the threshold reached during that at-bat. **This exception also applies to the Pitcher to Catcher and Catcher to Pitcher rules.**