

Little League (Majors) Division

1. Pitching
 - a. If a player pitches in more than one (1) inning, one calendar day of rest is mandatory. A player may pitch in a maximum of nine (9) innings in a game. A player may pitch in a maximum of eighteen (18) innings in a calendar week, Sunday through Saturday. Delivery of a single pitch constitutes having pitched an inning.

NOTE: Whereas GLLSOW encourages competition, the coaching staffs are expected to promote new pitchers by allowing them to pitch in game situations. In the event a pitcher is experiencing control problems from a full windmill windup, coaches should suggest that the pitcher throw from a “slingshot” windup (halves).

2. Every player on a team roster, present at the game, will participate in the game for a minimum of six (6) defensive outs and bat at least one (1) time.
 - a. Any player not meeting mandatory play, shall, start the next scheduled game; play any previous requirement not completed above, and the requirement for this game before being removed.
3. No new inning will start after two (2) hours from the official start of the game.
 - a. The official start time will be determined by the Umpire and recorded in the scorebook of the home team.
 - b. The managers and umpire based on time will determine the “last” inning.
4. There will be a five (5) run cap per inning, with the exception of the last inning.
5. There will be no infield warm-ups between innings. The pitcher and catcher will be allowed warm-up throws, only if this does not cause a delay between innings.
6. If the catcher is on base with two (2) outs, she may be removed for a runner without penalty for the purpose of preparing for the next inning. This will only be done if the managers and umpires feel that there is an undo amount of time between innings. In any event, the umpire will have sole discretion.