

Little League Pitch Count Rules

(Pitch count limits included in ILL Pitch Count Log form)

A pitcher who reaches his/her imposed days of rest threshold while facing a batter to continue to pitch until the current batter has been retired or reaches base:

If a pitcher reaches a day(s) of rest threshold while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:

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

Pitch counts do **NOT** include warm-up tosses, practice pitches or throws to any base

Pitch counts **DO** include pitches that hit the batter, are fouled off, or hit into field of play

Pitch Count Limits by Little League Age

Age Max Pitches*

7-8 / 50

9-10 / 75

11-12 / 85

13-16 / 95

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

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

Pitcher to catcher: any pitcher who delivers 41 or more pitches in a game may not go behind the plate to play catcher for the remainder of the day.

Catcher to pitcher: Any player who has played the position of catcher in more than three (3) innings in a game is not eligible to pitch on that calendar day.

Examples:

Pitcher throws 20 pitches during Tuesday game - requires 0 days rest and could pitch again on Wednesday

Pitcher throws 21 pitches during Tuesday game - requires 1 day rest and could pitch again on Thursday

Pitcher throws 65 pitches during Tuesday game - requires 3 days rest and could pitch again on Saturday

Pitcher throws 66 pitches during Tuesday game - requires 4 days rest and could pitch again on Sunday

Pitcher, age 8, starts a batter with 49 pitches and stays in game to complete at bat, throwing 53 total pitches which exceeds his daily limit. However, having exceeded 50 pitches, he now requires 3 full days rest