



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.

(If the pitcher starts an at bat under a specific threshold and finishes over that threshold, the previous threshold holds as the mark)

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. This includes suspended games finished on a separate 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.