

# Baseball Pitching Rules Summary

**NOTE:** All playing rules below are described in the *2018 Little League Baseball Official Regulations, Playing Rules, and Policies* handbook, Regulation IV.

<b>Pitching Rest</b> (League Age 14 & under)	
<b>Calendar Days of Rest</b>	<b>Pitches in a Day</b>
4	66+
3	51-65
2	36-50
1	21-35
0	1-20

<b>Pitching Limits</b>	
<b>League Age</b>	<b>Maximum Number of Pitches in a Day</b>
17-18	105
13-16	95
11-12	85
9-10	75
7-8	50

1. If a pitcher reaches their limit during an at-bat, they may continue to pitch until the at-bat is completed.
2. If a pitcher reaches a day(s) of rest threshold while facing a batter, they may continue to pitch until the at-bat is completed.
  - a. The pitcher will only be required to observe the calendar day(s) of rest for the threshold they reached during that at-bat, provided that pitcher is removed (or the game is completed) before delivering a pitch to another batter.
3. Any player who has played the position of catcher in 4 or more innings in a game is not eligible to pitch on that calendar day.
  - a. The catcher receiving one pitch to a batter in the fourth inning constitutes having caught 4 innings (warm-up pitches do not count, only when the ball is live will the pitches count toward innings caught).
4. A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.
5. Under no circumstance shall a player pitch in three (3) consecutive days.

The Little League Pitching Rest and Pitching Limits must be followed by a pitcher while he is pitching for PTE and follow a pitcher through cross-programs to reduce the risk of arm injury. All other Little League rules regarding use of pitchers also apply including, but not limited to, rules for not pitching in more than one game per day and not catching if a pitcher throws more than 41 pitches in a day.

**PTE MANAGERS** have an affirmative obligation to ask each pitcher they intend to use: (a) when they last pitched and (b) how many pitches they threw.

**TRAVEL MANAGERS** must email/text/call PTE managers within 24 hours after travel games to inform the PTE Manager: (a) who pitched from their PTE team, (b) when they pitched and (c) how many pitches were thrown.

**PARENTS** must notify PTE Managers about: (a) when their children pitched and (b) how many pitches were thrown.

PTE Managers must include all travel and/ or middle school pitches thrown in Pitching Rest and Pitching Limits analyses. **All pitches count – not just thrown for PTE.** This policy applies in the Baseball Rookies, Minors, Majors and Juniors/ Seniors levels. A PTE Manager who is found to have used a pitcher in violation of this policy will be subject to warning and/or suspension at the discretion of the Executive Board.