

Pitch Counts:

Managers are required to be familiar with all pitch count limitations established by Little League and must track the number of pitches thrown by each player throughout each game and throughout the season. Managers are responsible for strict compliance with all applicable pitch count limitations, which vary by age. Pitch counts for individual players must be made available to OLL immediately upon request. Pitchers are limited in how much they are allowed to pitch.

Pitcher aged 11 or 12 may not pitch more than 85 pitches in a day.

Pitcher age 9 and 10-year-olds are restricted to 75 pitches in a day.

Pitcher age 8 year-olds and younger are limited to 50 pitches in a day.

iv. Rest periods for pitchers following a pitching appearance are determined by the number of pitches thrown that day as follows:

1. A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day. OLL - MAJOR LEAGUE: Summary of Little League and Local Rules Page 7 of 10

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

- a. **If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.**
- b. **If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.**
- c. **If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.**
- d. **If a player pitches 21-35 pitches in a day, one (1) calendar days of rest must be observed.**
- e. **If a player pitches 0-20 pitches in a day, no (0) calendar day of rest is required.**
- f. **A player may not pitch in more than one game in a day.**
- g. **Coaches may not warm up a pitcher at home plate or in the bullpen**