



Heights-Norhill Little League



Regular Season Pitching Rules - Baseball

PITCHERS

(This is a re-print of OFFICIAL Little League Rules. The current official LL rule book SUPERCEDES anything in this document)

- a) Any player on a regular season team may pitch.

Exception: **CATCHER TO PITCHER** Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day. The catcher receiving one pitch to a batter in a fourth inning of play (need not be consecutive innings) constitutes having caught four (4) innings. Warm-up pitches do not count, only when the ball is live will the pitches count toward innings caught.

A player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches or more (15- and 16-year-olds: 31 pitches or more) in the same day, may not return to the catcher position on that calendar day.

- b) A pitcher once removed from the mound cannot return as a pitcher. (Jr/Sr Division: A pitcher removed from the mound but remaining in the game CAN return as pitcher but ONLY ONCE per game – and the pitch count continues.)
- c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age:	Maximum Pitches	League Age:	Maximum Pitches
13-16	95 pitches per day	9-10	75 pitches per day
11-12	85 pitches per day	7-8	50 pitches per day

PITCHER TO CATCHER – A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.

- d) Pitchers must adhere to the following rest requirements based on their league age and the number of pitches thrown during a game:

Days of Rest	Pitch Count Threshold	
	League age <=14	League Age 15+
4	66+	76+
3	51-65	61-75
2	36-50	46-60
1	21-35	31-45
0	1-20	1-30

NOTE 1: Under no circumstance shall a player pitch in three (3) consecutive days.

NOTE 2: A pitcher’s pitch count for the purposes of day(s) rest threshold is determined by the first pitch thrown to a batter.

- e) Pitching in more than one game in a day:
- a. MI/MA – A player may NOT pitch in more than one game in a day.
 - b. JR/SR – A player League Age 13 or older MAY pitch in two games provided they pitched fewer than 30 pitches in the first game. Their MAX pitches and REST DAYS are determined by the TOTAL number of pitches thrown during the calendar day.



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- f) **“THRESHOLDS”** – If a pitcher or catcher reaches the maximum pitch limit, a day(s) of rest threshold, the Pitcher<>Catcher pitch limits or any other pitch-count based threshold while facing a batter, the player may continue until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.
- a. The pitcher/catcher will be credited with a “number of pitches” based on the pitches thrown prior to the at-bat and will only be required to observe the calendar day(s) of rest for the threshold reached during that at-bat, provided that the pitcher is removed before delivering a pitch to another batter.
 - b. A pitcher’s pitch count for the purposes of day(s) rest threshold is determined by the first pitch thrown to a batter.
- g) Manager visits to the pitcher: (note that LL has updated Rule 8.06)
- i. A manager or coach may come out once (Minor Division: twice) in one inning to visit with the pitcher, but the second time (Minor Division: third time) out, the player must be removed as a pitcher.
 - ii. A manager or coach may come out twice (Minor Division: three times) in one game to visit with the pitcher, but the third time (Minor Division: fourth time) out, the player must be removed as a pitcher.

*** “Calendar Days of Rest”= Calendar days in-between games and does NOT include the day of the game pitched or the day of the next game to be pitched.*