

Little League Tournament and Regular Season Pitching Rules - 2010

Previously, for tournament play including the Little League Baseball World Series, a 12-year-old pitcher who threw 85 pitches would need two days of rest, and one game, before pitching again. In 2010, that pitcher will be required to have four days of rest, same as during the regular season. As in previous years, as the number of pitches decreases, the number of days of rest also decreases incrementally.

Little League Baseball and Softball is the world's largest organized youth sports program, with nearly 2.6 million players and 1 million adult volunteers in every U.S. state and scores of other countries.

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 day of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

Pitchers league age 15-18 must adhere to the following rest requirements

- If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 61 - 75 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 46 - 60 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 31 -45 pitches in a day, one (1) calendar day of rest must be observed.
- If a player pitches 1-30 pitches in a day, no (0) calendar day of rest is required.

PITCHING LIMITS

The manager must remove a pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game. If a pitcher reaches the limit imposed while facing a batter, the pitcher may continue to pitch until one of the following occurs: 1. The batter reaches base; 2. The batter is put out; 3. The last out is made to complete the half-inning.

League Age	Max. Pitches per Day
17-18	105
13-16	95
11-12	85
9-10	75
7-8	50