

Little League Baseball

Pitching Regulations Chart

League Age	# of Pitches Allowed Per Day	Rest Requirements
9-10	75	If a player pitches 61 or more pitches in a day.....three (3) calendar days of rest
11-12	85	If a player pitches 41-60 pitches in a day.....two (2) calendar days of rest
13-14	95	If a player pitches 21-40 pitches in a day.....one (1) calendar day of rest
15-16	95	If a player pitches 1-20 pitches in a day.....zero (0) calendar days of rest
17-18	105	If a player pitches 76 or more pitches in a day.....three (3) calendar days of rest If a player pitches 51-75 pitches in a day.....two (2) calendar days of rest If a player pitches 26-50 pitches in a day.....one (1) calendar day of rest If a player pitches 1-25 pitches in a day.....zero (0) calendar days of rest