

Little League Tournament and Regular Season Pitching Rules Made the Same by Adoption of New Rule



SOUTH WILLIAMSPORT, Pa.
November 24, 2009

Recent rule changes adopted by the Little League International Board of Directors will bring pitching rules for tournament baseball in line with the regular season rules. The changes were made after many district administrators and local Little League volunteers had requested the pitching rules become more consistent.

“A few years ago, scientific studies showed epidemic increases in youth pitching injuries and pointed to overuse as the primary factor,” Dr. James Andrews, Chairman of the American Sports Medicine Institute and a member of the Little League International Board of Directors, said. “Little League baseball should be congratulated as the leader in addressing this issue by introducing pitch count limits. This has led to increased awareness at all levels including players, parents, coaches, and other youth league organizations, and hopefully, a decrease in number of injuries. The current changes adopted by Little League should help further the ability of kids to enjoy and advance in baseball without serious overuse injuries.”

The most noticeable change to the rules was adopted in the area of rest required between pitching appearances, for tournament play. The new rule eliminates the game required in between pitching appearances while increasing the number of days of rest. Adoption of the new rules makes the pitching regulations the same for tournament and regular season play.

Previously, for example, a 12-year-old pitcher in the regular season who threw the maximum 85 pitches in a day was required to have either three calendar days of rest and one game (or four days of rest and no game, at the option of the local league), before pitching again. In 2010, that same pitcher will simply be required to have four days of rest.

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.

2010 Little League Baseball Regular Season and Tournament Pitching Rules

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.