

## 2017 WMLL Pitch Counts & Days of Rest Rules

A. The maximum number of pitches per day for a WMLL player are as follows:

- Little League Age 8 – 50
- Little League ages 9-10 (usually Pacific League) – 75
- Little League ages 11-12 (usually Central & Major Leagues) – 85
- Little League ages 13-16 (Badger & Senior Leagues) -- 95

B. The following days of rest are mandatory for pitchers Little League *ages 14 and younger*:

- If a player pitches 66 or more pitches in a day, 4 calendar days.\*
- If a player pitches 51-65 pitches in a day, 3 calendar days.\*
- If a player pitches 36-50 pitches in a day, 2 calendar day.\*
- If a player pitches 21-35 pitches in a day, 1 calendar day
- If a player pitches 1-20 pitches in a day, 0 calendar days.

C. The following days of rest are mandatory for pitchers Little League *ages 15 and 16*:

- If a player pitches 76 or more pitches in a day, 4 calendar days.
- If a player pitches 61-75 pitches in a day, 3 calendar days.
- If a player pitches 46-60 pitches in a day, 2 calendar days.
- If a player pitches 31-45 pitches in a day, 1 calendar day.
- If a player pitches 1-30 pitches in a day, 0 calendar days.

D. Pitcher to Catcher Rule: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the day. A pitcher who throws 40 or fewer pitches in a game may catch in the same game.

E. Catcher to Pitcher Rule: a player who plays the position of catcher for 4 or more innings may not pitch in any games that same calendar day.

F. Selected definitions:

- Pitches are defined as balls thrown to a batter in the batter's box. The following are not counted as pitches: pregame and between inning warm-ups, pick-off attempts, a "no pitch" called by an umpire (for example time out having been granted but the pitcher throws anyway).
- If a pitcher reaches the maximum number of pitches or a days of rest threshold, as in A, B, or C above during an individual's at bat, the pitcher may continue until that individual's at-bat is completed and only be required to observe the days of rest for the threshold reached during that at-bat.

**\* Note: there was formerly a rule that players in the Pacific, Central and Major Leagues who throw more than 41 pitches may not pitch in the team's next scheduled game. This rule no longer exists.**