

Little League Pitch Count Rules

Official 2026 Reference Chart | getdugout.com



Daily Pitch Limits by Age

Age	Division (typical)	Daily Limit
7 - 8	Coach Pitch / Tee Ball	50 pitches
9 - 10	Minor B / Minor A	75 pitches
11 - 12	Majors	85 pitches
13 - 16	Juniors / Seniors	95 pitches
17 - 18	Big League	105 pitches

Required Rest Days (Ages 14 and Under)

Pitches Thrown	Rest Required	Can Pitch Again
1 - 20	0 calendar days	Next day
21 - 35	1 calendar day	2 days later
36 - 50	2 calendar days	3 days later
51 - 65	3 calendar days	4 days later
66+	4 calendar days	5 days later

* Ages 15-18 have different rest requirements. Chart above applies to ages 14 and under only.

Critical Rules - Know These Cold

NO	No pitcher may appear in more than one game per day.
NO	No pitcher may pitch on 3 consecutive days under any circumstance.
!	A pitcher once removed from the mound CANNOT return as pitcher that game.
!	A catcher who catches 4+ innings cannot pitch that calendar day.
	If a pitcher reaches their limit mid-batter, they may finish that batter, then must be removed.
	The manager tracks pitch counts - not the scorekeeper. Violations can be protested.

MAJORS (Ages 11-12): 85 pitches/day max | 66+ pitches = 4 days rest | Never 3 consecutive days

Source: Little League International Regulation VI — Official Playing Rules 2026

[Track pitch counts automatically at getdugout.com](https://getdugout.com) — Free 30-day trial