EVEN INNINGS™
Best Lineups. Every Game.

Little League Baseball Pitch Count & Rest Chart

Regular season · read from Little League Regulation VI, checked September 4, 2026 · keep it in the scorebook

eveninnings.com
Lineups · Practice plans

DAILY PITCHING LIMIT

APPLIES TO	LIMIT	GAMES PER DAY	GAME LENGTH
League Age 6–8	**50 pitches**	1	6 innings
League Age 9–10	**75 pitches**	1	6 innings
League Age 11–12	**85 pitches**	1	6 innings
League Age 13–14	**95 pitches**	—	7 innings
League Age 15–16	**95 pitches**	—	7 innings

Intermediate permits one game a day; Junior and Senior permit two. Depends on your division.

- A pitcher may not pitch on 3 consecutive days — 2 days in a row is the most allowed.
- A pitcher who reaches the limit mid-batter may finish that batter.

REST OWED AFTER A DAY'S PITCHING

League Age 6–8 to League Age 13–14

PITCHES THROWN	CALENDAR DAYS OF REST
0–20	**none**
21–35	**1**
36–50	**2**
51–65	**3**
66 or more	**4**

League Age 15–16

PITCHES THROWN	CALENDAR DAYS OF REST
0–30	**none**
31–45	**1**
46–60	**2**
61–75	**3**
76 or more	**4**

Rest is counted in calendar days.

CATCHER AND PITCHER, SAME DAY

- A player who has caught 4 or more innings in a game may not pitch that day.
- A pitcher who throws 41 or more pitches may not catch afterwards that day.
- A player who caught 3 innings or fewer, then moved to pitcher and threw 21 or more pitches, may not return to catcher that day. League Age 15–16: 31.
- One pitch received in the 4th inning counts as having caught four innings.

RULES COACHES OFTEN MISS

- Mandatory play in the regular season: every player present plays 6 defensive outs and bats at least once.
- Once removed from the mound, a pitcher may not return to pitch in the same game. Intermediate (50-70), Junior and Senior only: a pitcher who stays in the game at another position may return to the mound once per game.
- Little League Regulation VI(j): a player who has attained league age 12 is not eligible to pitch in the Minor League.

PITCH TRACKER

DATE	PITCHER	#	PITCHES	INNINGS CAUGHT	REST DAYS	CAN PITCH AGAIN

Get your Friday night back.

Even Innings builds your baseball lineup, every inning and every kid, in about a minute.

Fair to every kid: bench time spread evenly, infield turns at spots they can play.

Pitch counts and rest days tracked, so you know who's ready to pitch.

① **ADD YOUR TEAM**
Mark who can play where

② **PICK A GAME PLAN**
Most Competitive, Balanced or Developmental

③ **PRINT IT**
One page for the dugout

Get Even Innings at
eveninnings.com
On your phone. Nothing to install.

Your league may be stricter; if it is, your league wins. All-Star and tournament play follow different rules.

Even Innings™ is a planning aid, not a compliance system. Confirm current rules with your league.