EVEN INNINGS™
Best Lineups. Every Game.

Little League Softball Pitching & Rest Chart

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

eveninnings.com
Lineups · Practice plans

DAILY PITCHING LIMIT

APPLIES TO	LIMIT	GAME LENGTH
Minors and Little League (Majors)	**12 innings**	6 innings
Junior and Senior League	**set by your league**	7 innings

Junior and Senior softball have no national pitching restriction. Local boards may impose limits.

REST OWED AFTER A DAY'S PITCHING

INNINGS THROWN	CALENDAR DAYS OF REST
0–6	**none**
7 or more	**1**

Rest is counted in calendar days.

RULES COACHES OFTEN MISS

- Mandatory play in the regular season: every player present plays 6 defensive outs and bats at least once.
- Little League Softball Regulation VI(a): a player who has attained league age 12 is not eligible to pitch in the Minor League.

PITCH TRACKER

DATE	PITCHER	#	INNINGS	REST DAYS	CAN PITCH AGAIN

Get your Friday night back.

Even Innings builds your softball 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.
Pitching 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.