

Revised pitch count limits for 2010

In an effort to stem the alarming increase in elbow and shoulder injuries among young baseball pitchers, Little League Baseball adopted important new rules in 2007 to limit the number of pitches a pitcher can throw in a game and how much rest he must take between pitching appearances. In its continuing effort to protect the health and safety of youth pitchers, and to reflect the latest research on pitching injuries, Little League has made additional changes in its rules effective for the spring 2010 season.

Revised pitch count limits for 2010	
League Age	Pitches Allowed Per Day
17-18	105
13 - 16	95
11 - 12	85
9 - 10	75

Rest requirements: Pitchers league ages 7 to 14	
Number of pitches in a day	Number of Calendar Days of Rest before Pitching Again
66 or more	4
51 to 65	3
36 to 50	2
21 to 35	1
1 to 20	No day of rest required.

Rest requirements: Pitchers league ages 15 to 18	
Number of pitches in a day	Number of Calendar Days of Rest before Pitching Again
76 or more	4
61 to 75	3
46 to 60	2
31 to 45	1
1 to 30	No day of rest required.

If a pitcher reaches the limit for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs : 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.

Note 1: A Pitcher who delivers 41 or more pitches in a game cannot play the position of Catcher for the remainder of that day.