



San Ramon Valley Little League

Pitching / Catching Rules

General. SRVLL follows Little League rules for pitchers (summarized in-part below).

Eligibility. Any Player on a regular season team may pitch. If a Player has played Catcher in four (4) or more innings in a game, that Player is ineligible to pitch on that calendar day. A catcher receiving one pitch to a batter in their fourth inning of playing Catcher constitutes them having caught four (4) innings (warm-up pitches do not count).

Returning to Catcher Position. A Player who played catcher for three (3) innings or less, who moves to the pitcher position and then delivers 21 pitches or more in the same day may not return to the catcher position on that calendar day. Unless the Player only reached the 21 pitch count designation in the middle of facing their final batter.

No Returning as Pitcher. A pitcher once removed from the mound cannot return as a pitcher during that game.

Daily Pitch Limits. The Manager must remove the pitcher when the pitcher reaches the limit for their age group as described below, but may finish the batter and remain in the game at another position in that half-inning.

League Age	Pitches Per Day
8	50
9-10	75
11-12	85
13-16	95

Rest Days. Players who have pitched in a particular game shall not be permitted to pitch in a subsequent game until receiving the following days of rest (subject to reaching the particular pitch count designation while facing their final batter):

League Age	Pitches	Rest Days
14 and under	1-20	0
	21-35	1
	36-50	2
	51-65	3
	66	4

Three-Day Restriction. Under no circumstances may a pitcher pitch on three (3) consecutive days.

League Age 12 Pitchers Playing Minors: A Player who is league age 12 is not eligible to pitch in a Minors Division (e.g., AAA).

Pitching in More Than One Game in One Day. Only Players league age 13 and above, playing in the Junior and Senior Leagues, are allowed to pitch in more than one game in a day (but not to exceed two (2) games in one day).

Preparatory Pitches. Pitchers are permitted to take warm-up pitches prior to the beginning of each half-inning. However, all effort should be made to reduce the number of total warm up pitches thrown and total delay in restarting play. Pitchers should not throw more than 10 warm up pitches per inning, but newly assigned pitchers may at the judgment of the Umpire.