

2022 Little League® Pitching Rules

Regulation VI and Rule 8.00 of the Little League® Rule Book governs pitching rules for all Little Leagues® around the globe. This supplemental guide has been drafted to help highlight and clarify many of the rules contained within these regulations. The rules within this supplemental are not comprehensive and the Little League® Rule Book should be consulted for the full list of regulations.

Note: These rules are specific to regular season play. For International Tournament play, consult the Little League® Rule Book for tournament-specific pitching regulations.

Penalty for Pitching Violations

- A violation of any section of Regulation VI can result in a protest of the game in which it occurs. Protests shall be made in accordance with Rule 4.19. – *Regulation VI(h)*
- The withdrawal of an ineligible pitcher after the pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. When a protest situation is imminent, the potential offender should be notified immediately. – *Regulation VI Note 1*
- **Minors & Majors:** When warming up, if a pitcher is discovered to be ineligible, he/she must be removed and the previous pitcher of record may not return. – *Regulation VI Note 1*

Pitching Limits – Regulation VI(c)

League Age	Per Day Pitch Limit
13-16	95
11-12	85
9-10	75
7-8	50

Rest Requirements – Regulation VI(d)

League Age 14 and Under	
65 or More Pitches	4 Calendar Days
51-65 Pitches	3 Calendar Days
36-50 Pitches	2 Calendar Days
21-35 Pitches	1 Calendar Days
1-20 Pitches	0 Calendar Days

League Age 15-16	
76 or More Pitches	4 Calendar Days
61-75 Pitches	3 Calendar Days
46-60 Pitches	2 Calendar Days
31-45 Pitches	1 Calendar Days
1-30 Pitches	0 Calendar Days

Little League Softball Pitching Rules 2014

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Upper Extremity Injuries in Young Athletes Andrea S. Bauer, Donald S. Bae, 2018-11-13 This unique book focuses exclusively on upper extremity injuries in the young athlete including the latest evidence on current diagnostic and treatment strategies Comprised of the most up to date information in the field much of which is not in the existing literature it proceeds anatomically from the shoulder down covering the diagnosis and management of conditions of bones muscles ligaments and nerves Shoulder injuries in the adolescent footballer thrower and swimmer are discussed in detail along with the pitcher s elbow and the wrist of the golfer gymnast and tennis player In addition to sports specific injuries carpal and common hand and nerve injuries seen across multiple sports are likewise described as is the use of ultrasound in injury diagnosis Injuries of the shoulder elbow wrist and hand are among the most common in young athletes and pediatric orthopedic and sports medicine specialists are seeing these injuries of the upper extremity with increasing frequency *Upper Extremity Injuries in Young Athletes* will be a valuable resource in evaluating and treating young athletes in order to get them back on the field

The Youth Athlete Brian J. Krabak, M. Alison Brooks, 2023-06-22 *The Youth Athlete A Practitioner s Guide to Providing Comprehensive Sports Medicine Care* includes topics that provide the most comprehensive and holistic understanding of the youth athlete The foundation of the book focuses on the growth and development of the athlete from child to adolescence balancing their physical mental and emotional needs The middle sections expand on this foundation concentrating on common injuries and illnesses as well as unique topics e g Female Athlete Triad Sports Specialization Final sections emphasize specific sports e g Soccer Basketball eSports allowing the reader to synthesize the previous information to assist with return to play decision making Written from a scientific perspective and incorporating evidence based medicine into its content this book is perfect for health care practitioners of varied specialties The complete and comprehensive structure of the book will clearly distinguish it from all other textbooks on the market Covers diverse topics that reflect our current understanding of youth athletes and issues related to their care Incorporates evidence based approach highlighting the latest state of the art information and research Written by global content experts throughout the sports medicine field

Rehabilitation of Musculoskeletal Injuries Peggy A. Houglum, Kristine L. Boyle-Walker, Daniel E. Houglum, 2022-11-17 *Rehabilitation of Musculoskeletal Injuries Fifth Edition* With HKPropel Online Video presents foundational concepts that support a thorough understanding of therapeutic interventions and rehabilitative techniques Accompanying video demonstrates challenging or novel rehabilitative techniques

Baseball Sports Medicine Christopher S. Ahmad, Anthony A. Romeo, 2018-10-24 Publisher s Note Products purchased from 3rd Party sellers are not guaranteed by the Publisher for quality authenticity or access to any online entitlements included with the product Headed by the team physicians of the New York Yankees and the Chicago White Sox *Baseball Sports Medicine* covers all aspects of this multi faceted area including injury prevention management of injuries when they occur rehabilitation protocols and

outcomes It s an ideal reference for all heath care providers who care for patients at all levels of the sport from children and adolescents through the major leagues

Girls with Guts! Debbie Gonzales,2019-05-14 Celebrate women athletes who played all kinds of sports before Title IX finally allowed them to compete in the Olympics tournaments and in leagues across America No chasing No stretching or straining And never ever sweat These were the rules girls were forced to play by until Title IX passed in 1972 From Melpomene in 1896 to Althea Gibson in 1956 and beyond readers will meet the women athletes who refused to take no for an answer Learn how they paved the way for the women who pushed for a law to protect their right to play compete and be athletes

Managing Little League Ned McIntosh,2008-02-29 Learn how to manage your youth team to successWith its teach basics and have fun approach Managing Little League Baseball is dedicated to helping you teach baseball fundamentals to boys and girls while emphasizing how to make the experience rewarding for you and your players Fully approved by Little League Baseball and illustrated with instructive photos and diagrams this book will give you the tools you need to develop prepared ballplayers Inside you ll learn Twenty of the most important and frequently used Little League baseball rules including the latest change and the new rules regarding pitchers The fundamentals of hitting baserunning defense and pitching Tips on motivating players game strategy and special challenges such as competitive pressure and demanding parents An inside look at Little League softball

Chicago Tribune ,1977 Forthcoming Books

Rose Army,2001-06 *Softball* Adam Hofstetter,2007-01-15 Offers an introduction to the history techniques equipment and rules of softball

Official Regulations and Playing Rules for All Divisinos of Little League Softball Little League Baseball,2010

Official Little League Baseball Rules in Pictures ,1989 Over 150 line drawings illustrate the rules for playing Little League Baseball

2014 Softball Official Regulations and Playing Rules Little League Baseball, Incorporated,2014-01-01

Official Rules Little League Softball ,1977

Managing Little League Baseball Ned McIntosh,2000 An illustrated handbook for the Little League coach including information on choosing players rules fundamentals and practicing and more

Teach'n Baseball and Softball Pitching Free Flow Handbook Bob Swope,2012-02 This is a practical Handbook for youth Baseball and Softball coaches parents and kids It has 104 pictures and illustration variations to look at All the drills are numbered for easy reference between coaches and parents Complete with diagram and illustration for each one It covers all the Baseball and Softball fundamentals you will need to get started It also has training games to play game equipment sample practice schedules stair step guide for training and it includes Slow Pitch fundamentals

Index to the Christian Science Monitor ,1972

Little League, Senior League, Big League softball Little League Baseball (Organization),1991

Little League Baseball Little League Baseball, Incorporated,2017-11-30

2015 Official Regulations and Playing Rules Little League Baseball, Incorporated,2015-11-01

Little Leagues Drills & Strategies Ned McIntosh,2008-02-28 Expert advice and innovative drills to propel your team to success Endorsed by Little League Baseball and a favorite among coaches and parents Little League Drills and Strategies is built around three easy to

follow rules 1 teach the basics 2 keep it fun and 3 practice practice practice Following these simple yet successful tenets author Ned McIntosh has packed this book with imaginative drills that you can use to help your players strengthen their baseball skills These innovative exercises and minigames will keep practice fun for your players while they sharpen their abilities on the field Accompanied by engaging instructional photographs this authoritative resource features drills that will teach all of the fundamentals Hitting Pitching Fielding Baserunning And more McIntosh also pays special attention to the latest rule changes including everything you need to know about pitch counts and how to use them to your team s advantage Also included is a special troubleshooting section with strategies on how to correct players technique

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