

2021 Pitching/Catching Rules- Rocklin Little League

CATCHING: A pitcher who has delivered 41 or more pitches in a game is not eligible to catch for the remainder of the game. A player who has played catcher in four innings or more is not eligible to pitch the remainder of the day.

League Age	Pitch Limit
17-18	105 pitches per day
13-16	95 pitches per day
11-12	85 pitches per day
9-10	75 pitches per day
7-8	50 pitches per day



Rest Day Requirements - IMPORTANT

Pitch Count (Age 7-14)	Days Rest (Age 7-14)	Pitch Count (Age 15-18)	Days Rest (Age 15-18)
66 +++	4 days	76 +++++	4 days
51-65	3 days	61-75	3 days
36-50	2 days	46-60	2 days
21-35	1 day	31-45	1 day
1-20	No days	1-30	No days

