

WMLL Pitch Counts & Rest Days/Games --- 2011

The maximum number of pitches per day for a WMLL player are as follows:

- Pacific League – 60
- Central League – 75
- Major League – 75
- Badger League – 85
- Senior League – 95

The following days/games of rest are mandatory for pitchers of all ages:

- If a player pitches 61 or more pitches in a day, 3 calendar days. Additionally for players in the Pacific, Central and Major Leagues he/she may not pitch in the team's next scheduled* game.
- If a player pitches 41-60 pitches in a day, 2 calendar days. Additionally for players in the Pacific, Central and Major Leagues he/she may not pitch in the team's next scheduled* game.
- If a player pitches 21-40 pitches in a day, 1 calendar day
- If a player pitches 1-20 pitches in a day, 0 calendar days
- Pitcher to Catcher Rule: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the day. A pitcher who throws 40 or fewer pitches in a game may catch in the same game
- Catcher to Pitcher Rule: a player who plays the position of catcher for 4 or more innings may not pitch in any games that same calendar day.

Examples:

- W throws 66 pitches on Saturday. The earliest W may pitch again is Wednesday
- X throws 60 pitches on Saturday. The earliest X may pitch again is Tuesday
- Y throws 22 pitches on Saturday. The earliest Y may pitch again is Monday
- Z throws 20 pitches on Saturday. The earliest Z may pitch again is Sunday

Selected definitions:

- Pitches are defined as balls thrown to a batter in the batter's box. The following are not counted as pitches: pregame and between inning warm-ups, pick-off attempts, a "no pitch" called by an umpire (for example time out having been granted but the pitcher throws anyway).
- If a pitcher reaches the maximum number of pitches during an opponent's at bat, the pitcher may complete that at bat.
- In the Pacific League exceeds 60 pitches to complete an opponent's at bat that pitcher still requires only 2 days rest.

*The day of rest requirement will be considered as fulfilled even if the next "scheduled" game is not played for some reason (i.e., is rained out or postponed for any other reason).