

TNLL 2026 Upper Division Pitching Rules

Threshold vs Total pitches

All pitching rules are based off the threshold count NOT total pitches

Total pitches = total of ALL pitches thrown **Threshold** = number of pitches thrown as of the first pitch to the last batter

Maximum pitches per DAY a player can throw based on age

League Age (See player list)	Max threshold per day
13-16 years old	95 pitches

Number of days rest needed based on threshold pitch count

Days rest starts the day after the date player pitched. Example: Player pitches 56 pitches on Tuesday and needs 3 days rest.

The 3 rest days are Wednesday, Thursday, and Friday. Player can pitch again on Saturday.

For players league aged 13-14 years old

13-14 year old Threshold Count	15-16 year old Threshold Count	Days rest required
1-20	1-30	0
21-35	21-45	1
36-50	36-60	2
51-65	51-75	3
66 or more	76 or more	4

Pitching and Catching in the Same day Rules

1. Cannot pitch that DAY if player catches 4 or more innings – one live (non-warm-up) pitch received in 4th inning is 4 innings.
2. Player catches 3 innings or less, then pitches 21 or more pitches (seniors 31 pitches) cannot catch again that DAY.
3. Pitcher throws 41 or more pitches that DAY cannot catch that DAY.
4. A pitcher once removed from the mound cannot return to the mound unless they remain on defense when removed and may only return once per GAME.
5. A player may pitch in up to 2 games in a DAY.
 - a. If pitcher reaches 31 pitches in first game they CANNOT pitch in the second game that DAY
 - b. Daily maximum of 95 pitches between the two games still applies – it's 95 for the DAY
6. Cannot pitch in 3 consecutive calendar days.