

Phil Raines
Softball Assistant District Director
Cell: (925) 270-9905
Email: Praines22@yahoo.com



2025 California District Four Softball Pitching Rules for Interleague Play

Maximum number of innings a pitcher may pitch in any 1 game:

Minor (AAA-AA)	3*	No rest is required to pitch again.
Major	12	One day rest is required if more than 6 innings is pitched.
Senior	12*	No rest is required to pitch again.

*Regular season only. The TOC is an extension of regular season.

Maximum numbers of innings per week:

Minor	3 in every game up to 21 per week.
Major	No limit. Restricted by days of rest as noted above.
Senior	No limit.

Innings a pitcher can pitch in back to back games*:

This applies to any 2 played games back-to-back no matter how many days in between games. If games are played on successive days the rest rule does apply.

	First Game	Second Game
Minor	1-3	1-3
Major	Less than 5	Up to 12
Major	5 or more	No more than 4 (provided rest period is observed)
Senior	Less than 6	Up to 12
Senior	6 or more	No more than 5

*Regular season only. The TOC is an extension of regular season.