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## 2026 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.

**Majors and Seniors: If a team cannot produce a pitching log, with signatures, no pitcher on that team may pitch for more than three (2) innings in that game.**

**Coaches are responsible for checking pitching logs prior to the game and alerting the umpires at the plate meeting if any are missing.**

**Pitching logs are found on the District 4 Softball Website:  
<http://www.californiadistrict4littleleague.org/softball>**