



Pitch Count Reference Guide

FAQ's



Who designed the pitching rules? Many organizations involved with youth baseball, including Dixie Youth Baseball, Cal Ripken/Babe Ruth, Little League and others, have recognized the need to limit the amount of pitches thrown by young athletes and have instituted limits in their rules. BBR has followed suit.

Why are these kinds of pitching rules necessary? In order to protect the arm health of the players.

My child is capable of throwing more pitches than the rules allow. Why can't he? He or she can't because we believe that eventually they could be injured from overuse. Young arms need to be protected, and we take the long view.

What about pitchers who are playing up or down in a league not normally in their age group? The pitching rules are designed around an individual pitcher's league age and amount of pitches thrown. That said, if a player is "playing down" an age level (a player league-age 11 playing down in Minor League, for example), that player's maximum pitch count will be 75, equal to that of his or her 9 & 10 yr-old counterparts on the team. However, if a player is "playing up", they will still need to follow the pitch count limits for their league age.

Who keeps the pitch counts? Officially, it is the scorekeeper. However, the manager is ultimately responsible for knowing how many pitches a player has thrown and when he/she must be removed.

What if the manager and scorekeeper disagree on the pitch count? The scorekeeper keeps the official count. A manager can and should consult the scorekeeper often to ensure they agree, but ultimately what gets recorded in the scorebook is the official record.

Can a pitcher exceed the maximum number of pitches allowed in a game? In limited circumstances, yes. The rules allow for an at-bat to be completed by the pitcher even if he or she goes beyond the limit. The pitcher can throw to that batter until he reaches base, or is put out, or until the third out is made on a runner. Pitch counts should be entered as the limit amount. *(For example, if the pitch limit is 75 and the pitcher finishes the batter to make his total pitch count 79, the coach will still enter 75 as the pitch count.)*

What if a game is suspended because of rain? If it is determined that the suspended game should resume and be completed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent they are eligible within the pitch count and rest rules. Any exceptions will be subject to review by the Division Director in consultation with the Vice-President and League Board.

Do the days of the games count when determining the calendar days' rest? No. When the rule refers to "calendar days" it means days between games. For example, if there is a game on Tuesday and the next game is Friday, there are 2 calendar days between those games - Wednesday and Thursday. Sunday counts as a calendar day.

Do these rules apply to tournament play? Regular season and BBR tournament pitching rules are the same.

What is "league age"? League age is the age a player has attained on April 30 of the current year.

How can I get more info on arm health and pitcher safety? Visit <http://m.mlb.com/pitchsmart/>.

BBR Pitching Rules

The number of pitches a player is allowed to throw is based on their league age and assumes that the older and more experienced that a player is, the greater number of pitches he/she can throw safely. Coaches will need to use good judgment and discretion when determining the workload of a pitcher. **These are MAXIMUM limits and in many cases, the pitcher may need to be limited to less than the pitch counts shown below.**

****Regardless of pitch count, no pitcher may pitch more than 3 innings in a single game****

Pitch Count Chart:

League Age *	Maximum Pitches Per Game
13-15	95
11-12	85
9-10	75
7-8	50

*League Age is how old the player is on April 30 of each year.

Rest requirements:

The rest rules are intended to complement the pitch counts and serve to control how often a pitcher can throw. However, not every pitcher will throw the maximum amount of pitches allowed in a game, therefore there is a sliding scale of rest rules based on the amount of pitches thrown. This chart applies to **all players** league age 15 and younger.

Rest Requirement Chart:

Pitches Thrown (per game)*	Required Rest
66 or more	4 calendar days
51-65	3 calendar days
36-50	2 calendar days
21-35	1 calendar day
1-20	0 calendar days; no rest required

Calendar Day(s) does **not include the day of the game**

Examples:

- Player A throws 20 pitches or less on Monday, Player A is eligible pitch Tuesday (no rest required).
- Player A throws 21-35 pitches on Monday, Player A is eligible to pitch again on Wednesday (1 calendar day rest required).
- Player A throws 36-50 pitches on Monday, Player A is eligible to pitch again on Thursday (2 calendar days rest required).

Exceptions:

There are three exceptions to the maximum pitch count, rest thresholds, and eligibility conditions aforementioned.

- If a pitcher reaches the max pitch limit per game imposed for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:
 1. That batter reaches base;
 2. That batter is put out;
 3. The third out is made to complete the half-inning.
- If a pitcher reaches a pitch count limit that will change the number of day(s) of rest threshold while facing a batter, the pitcher may continue to pitch (without changing his required days of rest) until any one of the following conditions occurs:
 1. That batter reaches base;
 2. That batter is put out;
 3. The third out is made to complete the half-inning.
- **A pitcher who delivers 41 or more pitches in a game CANNOT play the position of catcher for the remainder of that day.**

******Please direct any additional questions and/or concerns to your respective BBR Division Director******