

APPENDIX VI – Pitch Count Rules

Pitch Count Regulations

- Any player on the team is eligible to pitch and there are **NO** restrictions to the number of pitchers a coach may use in a game.
- An appearance shall be defined as 1 pitch thrown or more.
- Pitchers are permitted to have a maximum of 2 appearances in the same calendar day. If a pitcher requires a rest following the 1st appearance, they cannot return to pitch in the same day. (Example: a 13U pitcher throws 29 pitches in their 1st appearance. That pitcher has not reached a rest threshold and may pitch in another game that calendar day. Another 13U pitcher throws 40 pitches in their 1st appearance. That pitcher has exceeded the no-rest threshold of 30 pitches, and cannot pitch for the remainder of the day). The official scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest starting the next calendar day. These two appearances would only occur if 2 or more games are being played on the same day.
- Every pitch thrown in the game is counted (including foul tips, and all foul balls). Warm-up pitches between innings, or when a new pitcher enters the game, are not part of the count.
- A pitcher cannot pitch 3 consecutive days unless a pitcher's first two (2) days combined does not exceed:

11U: 25 13U: 30 15U: 35 18U: 40 22U: 45

If a pitcher's Day 1 + Day 2 total exceeds the figure shown above (and Rule 8 was not applied), they require at least one day's rest. A pitcher cannot pitch four consecutive days. Minimally one days rest is required. (Example: A 13U Pitcher throws 15 pitches on Day 1 (Friday). That same pitcher throws 10 pitches on Day 2 (Saturday). The two-day total is 25 pitches, which is less than the limit of 30. This pitcher can pitch on Day 3 (Sunday) to their maximum limit, which for 13U is 85.

- The official scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest (if any) starting the next calendar day. Athletes must **not** exceed the maximum pitch count total for that day. If there is no official Pitch Count scorekeeper, the home team Pitch Count scorekeeper will become the official Pitch Count scorekeeper.
- Once a player assumes the role of pitcher, they cannot catch for the remainder of the day. This rule allows a player to catch, and then pitch in the same game or the same day. However, a player cannot pitch and then catch in the same game or day.
- When a pitcher reaches the maximum number of pitches allowed for a threshold, he can complete the at-bat without the penalty on days of rest, if he does not pitch to another batter. In this situation, the number of pitches corresponding to the threshold reached will be indicated on the pitching log. The coach or manager needs to acknowledge this to the umpire at this moment prior to the next pitch. The Umpire would then notify the scorekeeper.
EXAMPLE: 13U Pitcher uses 10 pitches on Friday. On Saturday, the coach declares on his/her 19th pitch of the day that the pitcher will finish the batter (Using Rule 8). The pitcher finished the batter, using 4 pitches – making a 2-day total of 33. He/she will then be eligible to pitch on Sunday, being marked for 30 pitches.
- Pitchers will be permitted to finish the batter if their maximum pitch limit has been reached for that calendar day. (e.g. 75 for a 11U pitcher, 85 for a 13U pitcher)
- Intentional walks will be included in Pitch Count totals. Only pitches actually thrown will be included in Pitch Count totals. Automatic balls during an intentional walk do not count towards Pitch Count totals.
Example: if during a count of 2 balls - 0 strikes, a team signals to the umpire that a batter will receive an intentional walk, only 2 pitches will be counted for pitch count.
- Required Rest shall be defined in "Days" starting at 12:01 a.m. and ending at 11:59 p.m. of the next calendar day.
- A pitcher who is removed from the mound during the game shall not be permitted to return to pitch in the same game, even if the pitcher is retained in the game in another position.

11U	13U	15U	18U	22U	Rest required
1-25	1-30	1-35	1-40	1-44	None
26-40	31-45	36-50	41-55	45-60	1 day
41-55	46-60	51-65	56-70	61-75	2 days
56-65	61-75	66-80	71-85	76-90	3 days
66-75	76-85	81-95	86-105	91-115	4 days
75	85	95	105	115	Total Pitches Allowed in a Day