

Pitch Counts (adopting Little League rules)

Age 11 & 12 – maximum of 85 pitches in one day

Age 10 (and under) – maximum of 75 pitches in one day

Exception: If a pitcher reaches the limit while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out.

Days of Rest

- 1-20 pitches in a day = no calendar day of rest
- 21 - 35 pitches in a day = one (1) calendar days of rest
- 36 - 50 pitches in a day = two (2) calendar days of rest.
- 51-65 pitches in a day = three (3) calendar days of rest
- 66+ pitches in a day = four (4) calendar days of rest

Note: Calendar days are complete days with no pitching (i.e. from midnight to midnight).

Example: A player throws 44 pitches on Saturday morning; he/she is next eligible to pitch on Tuesday.

Catching – (adopted Little League rule)

A pitcher cannot play the position of catcher for the remainder of the day after they have thrown 41 or more pitches.

If a player throws 40 or fewer pitches in a day, they may play the position of catcher.

A player may not pitch if they have caught 4 innings in a game. The 4th inning is achieved after the first pitch where that player is in the defensive position as catcher. The innings do not need to be consecutive for this rule to apply.

No on-deck batters will be permitted at any time

Coaches are not permitted to "warm-up" pitchers between innings. This must be performed by another player wearing a helmet.