



# Babe Ruth League, Inc.



A Non-Profit Tax-Exempt Organization for 4 to 18 Year Old Players  
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TO: Cal Ripken Baseball, Babe Ruth Baseball 13-15 and 16-18 League Presidents  
 District, State and Regional Commissioners

FROM: Steven M. Tellefsen, President/CEO

DATE: December 2014

RE: Pitch Count

While baseball is a safe game to play at all ages, research has shown that pitching too much – particularly at a young age – can increase a pitcher's risk of injury.

Babe Ruth League, Inc. is currently studying a “pitch count limit” verses our current rule of limiting inning pitched per calendar week. The purpose of this study is to investigate the degree which youth baseball pitchers engage in activities that may put them at risk for injury.

As Babe Ruth League has historically implemented safety innovations in general, for the 2015 season, local Cal Ripken, Babe Ruth 13-15 and Babe Ruth 16-18 leagues will be granted permission to conduct a “Pitch Count Pilot Program”.

Listed below is a chart showing pitch count limits and required rest recommendations to be followed during the test pilot program:

AGE	DAILY MAX PITCHES	REQUIRED REST (PITCHES)				
		0 Days	1 Day	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+

### Recommendations for conducting “Pitch Count Test Pilot Program”

- Each league must designate a scorekeeper or official to track pitch counts as the official pitch count recorder.