Protecting youth pitchers’ arms is extremely important and the following pitching restrictions are designed to minimize or prevent serious arm injuries to youth players. All players on a regular season team may pitch in any game. during the regular season subject to the following limitations:

*These pitching restrictions apply to regular season, play-off, Travel, and All-Star play.*

**Age No Rest 1 Day Rest 2 Days Rest 3 Days Rest 4 Days Rest Per Day**

**7-8 1-30 31-40 41-50 N/A N/A 50 Max**

**9-10 1-30 31-45 46-60 61-75 N/A 75 Max**

**11-12 1-30 31-45 46-60 61-75 75-85 85 Max**

**13-14 1-30 31-45 46-60 61-75 75-95 95 Max**

*NOTE: There are no exceptions to the rest period pitch count thresholds.*

**The pitch count statistician from either team must provide the current pitch count for any pitcher when requested by the opposing manager or any umpire. However, the manager has the ultimate responsibility for knowing his pitcher’s pitch count at all times and when his/her pitcher must be removed to meet the rest requirements above.**

* A League Age 7 or 8 pitcher shall not throw more than 50 pitches in the same game or on the same day***. Exception: If the pitcher reaches the pitch count limit while facing a batter, he may continue to pitch until the batter reaches base safely or is put out.***
* A League Age 9 or 10 pitcher shall not throw more than 75 pitches in the same game or on the same day***. Exception: If the pitcher reaches the pitch count limit while facing a batter, he may continue to pitch until the batter reaches base safely or is put out.***
* A League Age 11 or 12 pitcher shall not throw more than 85 pitches in the same game or on the same day***. Exception: If the pitcher reaches the pitch count limit while facing a batter, he may continue to pitch until the batter reaches base safely or is put out.***
* A League Age 13 or 14 pitcher shall not throw more than 95 pitches in the same game or on the same day. ***Exception: If the pitcher reaches the pitch count limit while facing a batter, he may continue to pitch until the batter reaches base safely or is put out.***
* *A pitcher shall be allowed to pitch in two or more games on the same day provided he/she does not throw more than 40 pitches in the first game nor more than 50 pitches (League age 7-8), 75 pitches (League age 9-10 ), 85 pitches (League age 11-12), or 95 pitches (League age 13-14) in the day.*
* **A pitcher removed from the mound for any reason shall not return to the mound to pitch during the same game. Exception: A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of the game. Any player who has played the position of catcher in four or more innings in a game is not eligible to pitch in that game.**

**Protests of an Illegal Pitcher and Penalty:**

Note: If the pitcher reached his pitch count daily maximum on a previous batter, the pitcher must be removed immediately upon discovery.