**Pitch Count Regulations**

**Edison Boys Baseball**

**Goals**

* Reduce injury risk by guaranteeing pitchers are not throwing too many pitches in a game and are receiving appropriate recovery time.
* Continue to develop arm strength of our pitchers as they progress through the league.
* Develop a larger pool of pitchers.

 **Guidelines**

Use of pitchers will be completely determined by number of pitches and appropriate rest periods as outlined below. There will be no inning limits for pitchers and number of pitches will be monitored on a game-by-game basis. Pitches or innings pitched in a week no longer matter.

**Minor Division – Ages 9-10**

**Maximum Number of Pitches Per Day – 63**

|  |  |
| --- | --- |
| **Pitches Thrown** | **Required Rest** |
| 1-20 | 0 |
| 21-35 | 1 |
| 36-50 | 2 |
| 51-63 | 3 |

**Major Division – Ages 11-12**

**Maximum Number of Pitches Per Day – 76**

|  |  |
| --- | --- |
| **Pitches Thrown** | **Required Rest** |
| 1-26 | 0 |
| 27-44 | 1 |
| 45-62 | 2 |
| 63-76 | 3 |

**Junior Division – Ages 13-15**

**Maximum Number of Pitches Per Day – 85**

|  |  |
| --- | --- |
| **Pitches Thrown** | **Required Rest** |
| 1-29 | 0 |
| 30-50 | 1 |
| 51-68 | 2 |
| 69-85 | 3 |

**Additional Guidelines**

* A player can not pitch in more than one game on a day, regardless of the number of pitches
* If a pitcher reaches the maximum number of pitches for a day in the middle of an at bat, the pitcher will be permitted to finish pitching to that batter, but must be removed immediately after the at bat is finished.
* Pitch counts will be monitored during spring travel. We ask that the travel coaches communicate to the managers of that division as to who they plan to use each week, by each Wednesday. Additionally, travel managers should vary the pitchers used each week.

**Monitoring the Program**

* Teams will be provided manual counters.
* It is the responsibility of the scorekeeper to accurately record the number of pitches thrown each inning.
* Between half innings the Managers will compare pitch counts. If there is no discrepancy, the managers will report the total to the field umpire, who will record the total on a pitching card.
* If there is a discrepancy, the recorded pitch count total will be the higher total.
* The home manager for each game will e mail pitch count totals for both teams to the League Secretary, who will set up an e mail distribution.
* Pitch count spreadsheets will be distributed as they are updated. There will be a committee to monitor this program. Managers and coaches found violating pitch count rules will be brought in front of the e board for review. Violations can result in game forfeiture