

Baseball Pitch Count BY Days Rest Thresholds



Baseball pitchers league age 14 and under

- [◆ 1-20 Pitches = 0 Days Rest](#)
- [◆ 21-35 Pitches = 1 Day Rest](#)
- [◆ 36-50 Pitches = 2 Days Rest](#)
- [◆ 51-65 Pitches = 3 Days Rest](#)
- [◆ 66+ Pitches = 4 Days Rest](#)

REGULATION VI – PITCHERS

Regular Season Baseball Pitching Rules

(a) Any player on a regular season team may pitch.

Exception: *Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day.*

A player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches or more (**15- and 16-year-olds:** 31 pitches or more) in the same day, may not return to the catcher position on that calendar day. **EXCEPTION:** If the pitcher reaches the 20-pitch limit (**15- and 16-year-olds:** 30-pitch limit) while facing a batter, the pitcher may continue to pitch, and maintain their eligibility to return to the catcher position, until any one of the following conditions occur: (1) that batter reaches base; (2) that batter is retired; (3) the third out is made to complete the half-inning or the game; or (4) the pitcher is removed from the mound prior to the batter completing his/her at-bat.

Approved Ruling: The catcher receiving one pitch to a batter in the fourth inning constitutes having caught four (4) innings. Warm-up pitches do not count, only when the ball is live will the pitches count toward innings caught.

(b) A pitcher once removed from the mound cannot return as a pitcher.

Intermediate (50-70) Division, Junior League, and Senior League only: A pitcher remaining on defense in the game, but moving to a different defensive position, can return as a pitcher anytime in the remainder of the game, but only once per game.

(c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

| League Age | Pitches Per Day |
|------------|-----------------|
| 6-8 | 50 Pitches |
| 9-10 | 75 Pitches |
| 11-12 | 85 Pitches |
| 13-16 | 95 Pitches |

Exception: If a pitcher reaches the limit imposed in Regulation VI(c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs:

1. The batter reaches base;
2. The batter is put out;
3. The third out is made to complete the half-inning of the game;
4. The pitcher is removed from the mound prior to the batter completing his/her at bat.

NOTE: If a pitcher reaches 40 pitches while facing a batter, the pitcher may continue to pitch, and maintain their eligibility to play the position of catcher for the remainder of that day, until any one of the following conditions occurs:(1) that batter reaches base; (2) that batter is retired; (3) the third out is made to complete the half inning or the game; or (4) the pitcher is removed from the mound prior to the batter completing his/her at-bat. The pitcher would be allowed to play the catcher position provided that pitcher is moved, removed, or the game is completed before delivering a pitch to another batter. If a player delivers 41 or more pitches, and is not covered under the threshold exception, the player may not play the position of catcher for the remainder of that day.

(d) Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51-65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36-50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21-35 pitches in a day, one (1) calendar day of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

NOTE 1: Under no circumstance shall a player pitch in three (3) consecutive days.

NOTE 2: A pitcher's pitch count for the purposes of day(s) rest threshold is determined by the first pitch thrown to a batter. The pitcher may not start a new batter once the limit imposed in Regulation VI(c) has been met.