2024 PITCHING RULES - These rules apply to both in house and Travel teams.

MAJOR LEAGUE LIMITS 9 -12 year olds

1-20	0 rest
21-35	1 day rest
36-50	2 days rest
51-65	3 days rest
66+	4 days rest

75 per game maximum (may finish batter) for 9 & 10 year old
85 per game maximum (may finish batter) for 11 & 12 year old

NOTE: Until May 1, in addition to pitch count limits; 11 and 12 year olds may throw no more than 65 pitches (can finish the batter). 9 and 10 year olds may throw no more than 50 pitches (can finish the batter)

A LIMITS-8 year olds

1-20	0 rest
21-35	1 day rest
36-50	2 days rest

Single A: 50 per game maximum (MAY finish batter). Weekly Max is 70 pitches (may NOT finish batter).

NOTE: Until May 1, in addition to pitch count limits; 8 year olds may throw no more than 35 pitches (can finish the batter)

ADDITIONAL NOTES

A week is considered Monday through Sunday.

Pitching results must be reported on the web-site AS SOON AS POSSIBLE AND NO LATER THAN THE FOLLOWING MORNING THEREAFTER by both managers.

Pitches exceeding the single game limit, due to the last batter rule, are not reported and do not count towards an individuals or a team's weekly maximum.

Warm-up pitches are not counted towards pitch limits.

A player cannot pitch 3 days in a row (under any circumstances, even if he throws under 20 pitches on days one and two). A Pitcher may NOT re-enter to pitch in a game once removed from the mound.

NOTE: this applies regardless of whether the pitcher is removed during an inning or between innings.

Catcher/Pitcher Rules:

A player who played the position of catcher for more than 3 innings, may not pitch in that calendar day.

NOTE: even one pitch caught in 4th inning counts as a full inning caught.

A player who played the position of catcher for three (3) innings or less, moves to pitcher position, and delivers 21 or more pitches in that same day, may not return to the catcher position in that calendar day.

If a player delivers 41 or more pitches, and is not covered under the threshold exception, (meaning he started a batter at under 40 pitches, and exceeded the threshold only to complete that batter), the player may not play the position of catcher for the remainder of the day.

REST EXAMPLES:

IF 20 OR LESS ON MONDAY, CAN PITCH ON TUESDAY
IF 21-35 ON MONDAY, CAN PITCH AGAIN ON WEDNESDAY
IF 36-50 ON MONDAY, CAN PITCH AGAIN ON THURSDAY
IF 51-65 ON MONDAY, CAN PITCH AGAIN ON FRIDAY
IF 66 OR MORE ON MONDAY, CAN PITCH AGAIN ON SATURDAY

VIOLATIONS SUBJECT THE ENTIRE NAMED STAFF (EVEN IF NOT PRESENT AT THE GAME) TO SUSPENSION.
REPEATED VIOLATIONS ARE GROUNDS FOR DISMISSAL.

These rules apply to in-house games, District games, Travel games (including the playoffs), scrimmage games, sandlot games, Tournament games (summer, winter, fall), etc.. The rules also apply regardless of whether Suburban Travel, the particular Tournament, etc., have more lenient rules, by which the other teams choose to abide. The reason we adhere to our, more restrictive, rules is simply to protect our kids. While, at times, especially in tournaments, following the above rules may put us at a short-term competitive disadvantage to our opponents, that is a price we are willing to pay to protect the long-term health of our athletes.

Updated Wednesday, April 3, 2024