

## Beekman Athletic Club Pitching Rules

Coaches and parents should listen and react appropriately to a youth pitcher when he/she complains about arm pain. A pitcher who complains or shows signs of arm pain during a game should be removed immediately from pitching. Parents should seek medical attention if pain is not relieved within 4 days or if the pain recurs immediately the next time the player pitches. League officials should inform parents about this consideration. Pitch counts should be monitored and regulated in youth baseball. Recommended limits for youth pitchers are as follows:

- (a) Any player on a regular season team may pitch. (NOTE: There is no limit to the number of pitchers a team may use in a game.)
- (b) A pitcher remaining in the game, but moving to a different 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

16-18	105 pitches per day
13-15	95 pitches per day
11-12	85 pitches per day
9-10	75 pitches per day
7-8	50 pitches per day

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. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning.

**(d) Pitchers league age 16 and under must adhere to the following rest requirements:**

- If a player pitches 61 or more pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 41 - 60 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21 - 40 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

**Pitchers league age 17-18 must adhere to the following rest requirements:**

- If a player pitches 76 or more pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 51 - 75 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 26 - 50 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-25 pitches in a day, no (0) calendar day of rest is required.

Pitch count limits pertain to pitches thrown in games only. These limits do not include throws from other positions, instructional pitching during practice sessions, and throwing drills, which are important for the development of technique and strength.

Immediately after pitching, the pitcher should run poles on the outside of the fence, twice, to release acid in the muscle. If more than 60 pitches are thrown, the pitcher should ice his arm immediately after running poles. Between innings a pitcher should always have a jacket on the pitching arm, even in warm weather. Backyard pitching after a pitched game is strongly discouraged.

Pitchers should not throw breaking pitches (curveballs, sliders, etc.) until their growth plates have matured (indicated by puberty) - typically about 16 years of age.

In order to succeed, a youth pitcher should focus on good mechanics, a 4-seam fastball, a 2-seam fastball, a change-up, and good control. Pitchers should develop proper mechanics as early as possible and include year-round physical conditioning as their body develops.

A Pitcher should be prohibited from returning to the mound, catching, 3<sup>rd</sup> base or shortstop in a game once he/she has been removed as the pitcher. Ideally, these positions should not be played before pitching.

Baseball players - especially pitchers - are discouraged from participating in showcases due to the risk of injury. The importance of "showcases" should be de-emphasized, and at the least, pitchers should be permitted time to appropriately prepare.

Baseball pitchers are discouraged from pitching for more than one team in a given season. Baseball pitchers should compete in baseball no more than nine months in any given year, as the pitcher's body needs time to rest and recover. For at least three months a year, a baseball pitcher should not play any baseball, participate in throwing drills, or participate in other stressful overhead activities (javelin throwing, football quarterback, softball, competitive swimming, etc.).