

PITCHING RULES SIMPLIFIED

12/u & 11/u Leagues (For complete pitching rules visit the rule book, this is just a synopsis)

- A pitcher shall NOT throw more than 85 pitches in a game!
 - o Exception: If the pitcher reaches the daily pitch count limit while facing a batter, he/she may continue to pitch until the at-bat of that batter is over.
- A pitcher replaced on the mound cannot return to game in the pitcher position.

Rest Period Chart

League/Age	No Rest	1 Day Rest	2 Days Rest	3 Days Rest
12/u & 11/u	1-30 pitches	31-45 pitches	46-65 pitches	66+ pitches

16/u League (For complete pitching rules visit the rule book, this is just a synopsis)

- A pitcher shall NOT throw more than 105 pitches in a game!
 - o Exception: If the pitcher reaches the daily pitch count limit while facing a batter, he/she may continue to pitch until the at-bat of that batter is over.
- A pitcher replaced on the mound cannot return to game in the pitcher position.

Rest Period Chart (Rest period begins when pitcher leaves the mound)

League/Age	No Rest	30 Hours Rest	40 Hours Rest
16/u	1-30 pitches	31-60 pitches	61+ pitches