

Cal Ripken / Babe Ruth
Pitch Count Rules

Pitch totals per game and week:

Player age	Pitches / Game	Pitches / Week
10, 11 & 12 years olds	No more than 75 pitches	110 pitches
13-15 years old	No more than 90 pitches	125 pitches

Required rest between pitching appearances:

Player age	# of pitches	Days of Rest
10-12 years old	≤ 25	0 days of rest
	26-40 pitches	1 day of rest
	41-50 pitches	2 days of rest
	51-60 pitches	3 days of rest
	> 60 pitches	4 days of rest

Player age	# of pitches	Days of Rest
13-15 years old	≤ 30 pitches	0 days of rest
	31-45 pitches	1 day of rest
	46-55 pitches	2 days of rest
	56-70 pitches	3 days of rest
	> 70 Pitches	4 days of rest

Rules:

- Pitcher may finish an at bat when it begins under the maximum amount of pitches for that age level. (NOTE: days of rest increments rules still apply at all times)
- League will provide pitch counters to each team during league play and league tournament
- Opposing team coach will keep the pitch count each inning and report the amount to the commissioner at the completion of each ½ inning. This process is very important to the flow of the game and any discrepancies must be resolved before the next half inning begins. If an agreement cannot be reached between coaches, the commissioner will have the final say on the amount of pitches recorded for that inning.

NOTE: This is a very important rule for the safety of our players: monitor it mindfully