



PAL PITCH COUNT RULES (AS of Mar 14, 2023)

A. Pitch Counts and Required rest: All pitchers age 14 and below must adhere to the following requirements

- 1) If a player pitches **66 or more** pitches in a day, **four (4)** calendar days of rest must be observed. (Ex. Pitched on Saturday, next eligible to pitch on Thursday.)
- 2) If a player pitches **51 to 65 pitches** in a day, **three (3)** calendar days of rest must be observed.
- 3) If a player pitches **36 to 50 pitches** in a day, **two (2)** calendar days of rest must be observed.
- 4) If a player pitches **21 to 35 pitches** in a day, **one (1)** calendar day of rest must be observed.
- 5) If a player pitches **1 to 20 pitches** in a day, **NO rest** is required.

NOTE 1: If a pitcher reaches a pitch count threshold while facing a batter, the pitcher may continue to pitch until any of the following conditions occur –

- a) The batter reaches base,
- b) The batter is retired or
- c) The third out is made to complete the half inning. The pitcher will only be required to observe the rest required for the threshold reached during that at bat provided the pitcher is removed from the game or the game is completed.

NOTE 2: If an “epic” at bat occurs and surpasses two thresholds, the pitcher must rest the amount of days required for the next higher threshold. (example- pitcher starts a new hitter at 19 pitches and the batter is retired on the 36th pitch. Required rest equals **two** calendar days)

B. Maximum Pitch Counts: The maximum number of pitches thrown by age is 9-10 years old = 75; 11-12 years old = 85; 13-14 years old = 95. Pitcher may complete the batter which may push the pitch count threshold over the above allotments.

C. Pitcher’s return to mound: Once a pitcher is removed from pitching, he cannot pitch again in the same game.

D. Pitcher to Catcher Rule: Any pitcher throwing more than 40 pitches in a set game is not allowed to catch in the same game. Also, any player catching more than 3 innings in a set game will not be allowed to pitch in the same game.

E. Coaches **are required to report to the league** pitch count totals for all their players after every game.

Pitch Count Chart:

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+