



NUMBER OF PITCHES & REQUIRED REST

Division	Spring Season	Summer Season
10U & 11U	1-25 Pitches = No Rest 26-40 Pitches = 2 Night Rest 41-55 Pitches = 3 Nights Rest 56-65 Pitches = 4 Nights Rest 66-75 Pitches = 5 Nights Rest 75 Pitches Maximum in a Day	Same as spring numbers.
13U	1-35 pitches = no rest 36-55 pitches = 2 nights rest 56-75 pitches = 3 nights rest	1-45 pitches = no rest 46-70 pitches = 2 nights rest 71-85 pitches = 3 nights rest
15U	1-35 pitches = no rest 36-65 pitches = 2 nights rest 66-85 pitches = 3 nights rest	1-45 pitches = no rest 46-75 pitches = 2 nights rest 76-95 pitches = 3 nights rest
18U	1-45 pitches = no rest 46-65 pitches = 2 nights rest 66-100 pitches = 3 nights rest	1-50 pitches = no rest 51-75 pitches = 2 nights rest 76-115 pitches = 3 nights rest (105 for 18U AA)

NOTES:

1. Pitches thrown in warm-up, bullpen, or ruled no pitch by the umpire because time was called prior to the pitch, or thrown when ruled no pitch due to a balk do not count towards pitch count.
2. Pitch count is recorded after each game. A pitcher who requires rest after the first game of the day cannot pitch in the second game. Example: A 15U AAA pitcher who throws 50 pitches in game one is ineligible to pitch in game two.
3. If a pitcher has two appearances in the same day his total pitch count for the day is combined for the purpose of rest. Example 1: A 15U AAA pitcher who throws 30 pitches in game one and 40 pitches in game two has thrown 70 pitches for the day and requires 2 nights rest.
4. The following is a definition of a night's rest. Example: Pitcher requires three nights rest after throwing a 1PM game on a Sunday. Pitcher rests Sunday night, Monday night, and Tuesday night and can pitch when he wakes up on Wednesday morning.
5. The total number of pitches thrown by an ambidextrous pitcher are counted for the purpose of calculating pitch count, regardless of which arm or combination there-of is throwing.