

## **2009 NCLL PITCHING RULES**

### Maximum number of pitches in a day:

17-18 year olds: 105 pitches per day  
13-16 year olds: 95 pitches per day  
11-12 year olds: 85 pitches per day  
9-10 year olds: 75 pitches per day  
7- 8 year olds: 50 pitches per day

Note: if a pitcher reaches his limit while facing a batter the pitcher may continue to pitch until one of the following occurs: 1) the batter reaches base, 2) the batter is put out, 3) the third out is made to end the inning.

Once a player has been removed from the mound they may not return to the game as a pitcher.

After each game the manager must get the opposing manager to sign off on the pitching chart. It is recommended pitch counts be exchanged every half inning.

## **PIONEER & AA**

### Required rest in between games

If a pitcher pitches 61 or more pitches – 4 days of rest are required  
If a pitcher pitches 41 to 60 pitches – 3 days of rest are required  
If a pitcher pitches 21 to 40 pitches – 2 day of rest are required  
If a pitcher pitches 1 to 20 pitches – 0 days of rest are required

A pitcher may pitch in consecutive games as long as the required days of rest are met.

A pitcher may play the catcher position (after pitching) as long as he does not throw more than 40 pitches in the game.

## **AAA, MAJORS, JUNIORS & SENIORS**

### Required rest in between games (for pitchers aged 7-16)

If a pitcher pitches 61 or more pitches – 3 days of rest are required  
If a pitcher pitches 41 to 60 pitches – 2 days of rest are required  
If a pitcher pitches 21 to 40 pitches – 1 day of rest are required  
If a pitcher pitches 1 to 20 pitches – 0 days of rest are required

If a pitcher pitches 41 or more pitches, they may not pitch the next game (regardless of days between games).

A player may not play the position of catcher after they have pitched if they have thrown more than 40 pitches. (A player may catch and then pitch).