

NYSA Baseball

Pitch Count Rules

| Pitches thrown in a game | Required Days of Rest |
|--------------------------|-----------------------|
| 66 or more | 3 full calendar days |
| 51-65 | 2 full calendar days |
| 36-50 | 1 full calendar day |
| 21-35 | Rest of game day |
| 1-20 | No rest |

Maximum Pitches Per Game

| Age Division | Max # Pitches Thrown Per Game |
|--------------|-------------------------------|
| 13-15 | 95 |
| 11-12 | 85 |
| 9-10 | 75 |

The day of the game counts as the first day of rest. Example: pitcher throws 35 or less pitches they are eligible to pitch again the following day. 36 pitches or more the pitcher is required to rest 1 full calendar day.

The maximum number of pitches thrown per game is a **HARD LIMIT**, for the respective age groups. There will be no pitching past this limit regardless of where the pitcher is during the at bat. **NO EXCEPTIONS to this rule!**

The Starting Pitcher **ONLY**, may return to the mound and resume his pitch count in the same game. All other relief pitchers may not return to mound after they are replaced by another pitcher.

Pitchers pitching 20 or less pitches may pitch again in the same day in another game. 21 or more pitches they are not allowed to pitch in another game.

Only 10U pitchers can pitch for a total of 9 outs as a team or pitchers max pitch count. It's one or the other, whichever is reached first.

Only 10U relief pitchers must face 3 batters before being relieved. Unless due to an injury. After 2 pitchers have been relived within the same inning for injury the opposing coach has the option to take the remainder of the outs to turn over the inning.

In 13-15U, only 1 15 year old can pitch 1 inning per game per team.