Mount Seymour Little League – Pitch Count Guide

- Pitch counts are used to ensure pitchers do not over use their arms
- All MSLL players are limited to 50 pitches in the month of April
- Pitch count specifies the maximum number of pitches per game based on age
- Pitch count also determines the number of days rest a player needs after pitching
- We also need to record the number of innings each catcher plays

Maximum number of pitches based on baseball age

Baseball Age	Date range for Spring 2017	Max number of pitches in April	Max number of pitches in May/June
8	Sept 1 2008 – Aug 31 2009	50	50
9	Sept 1 2007 – Aug 31 2008	50	75
10	Sept 1 2006 – Aug 31 2007	50	75
11	May 1 2005 – Aug 31 2006	50	85
12	May 1 2004 – Apr 30 2005	50	85

Number of days rest based on number of pitches

Pitches Thrown	Days Rest Required
1-20	0
21-35	1
36-50	2
51-65	3
< 66	4

* A pitcher may go over a pitch count limit to finish as batter. The pitch count and number of days rest is based on the count of the first pitch of the last batter.

Rules for catchers

A catcher who has caught 4 of more innings may not pitch
A pitcher who has pitched 41+ pitches may not play catcher

* Catching even 1 pitch counts as catching that inning

Using the Pitch Count Book

- Both teams must keep pitch count for both teams
- Home team is the official pitch counter
- Use a separate page for each team
- Fill in the top of each page with the division, date and team name

PITCH COUNT LOG

TOURNAMENT / DIVISION: ___MSLL AA___   GAME NO. ___20 Apr 2015___   TEAM: ___AA Giants___

League Age	Pitch Limit		Pitches Thrown	Days Rest	League Age	Pitch Limit		Pitches Thrown	Days Rest
7 <> 8	50		1 <> 20	0				1 <> 30	0
9 <> 10	75		21 <> 35	1				31 <> 45	1
11 <> 12	85		36 <> 50	2	17 <> 18	105		46 <> 60	2
13 <> 16	95		51 <> 65	3				61 <> 75	3
			<= 66	4				>= 76	4

Day / Date / Opponent	Pitcher's Name	Age	X CROSS OUT THE NUMBER AS THAT PITCH IS THROWN / O CIRCLE THE NUMBER FOR THE LAST PITCH THROWN IN EACH HALF INNING	# Days Rest	Can Pitch Again
20 Apr 15 / v AA Astros	P#5 Jack / C#2 Owen (1) / C#6 Mary (2)	9	[pitch count grid 1–105]	1	
	P#7 Simon / C#2 Mary (2, 3)	10	[pitch count grid 1–105]	0	
			[pitch count grid 1–105]		
			[pitch count grid 1–105]		

In this example Jack pitched the 1st inning with Owen catching. He ended the first inning at 15 pitches. Jack continued pitching in the 2nd inning with Mary catching. Jack started his last batter at 33 pitches and so will require 1 day of rest before pitching again. Simon was the next pitcher with Mary still catching. Simon pitched the 2nd and 3rd innings and finished his last batter on 18 pitches and therefore requires 0 days rest. Mary has caught for 2 innings so far so would still be eligible to pitch. Neither Jack nor Simon pitched more than 41 pitches so could still play the catcher position in this game.

- Use a new pitching row for each pitcher
- Enter "P" for pitcher, the jersey number and the player name
- Enter the catcher below the pitcher – use "C" for catcher, jersey number and player name
- For catchers indicate each inning number that they catch in
- If a pitcher continues in a second inning with a new catcher, write that catcher below the first catcher
- Cross out each pitch number as it is thrown
  - Do not count warm up pitches
  - Once inning starts all pitches count including foul balls
- At the end of each batter draw a vertical line to show where this batter ended
- At the end of an inning circle the last pitch
- For the last batter faced, circle the first pitch in the last batter – this represents the pitchers final pitch count