

DYBA Protection of Pitchers Guidelines

In order to protect the developing arms of young pitchers, coaches shall strive to limit the amount of strain and insure that those arms are properly rested and conditioned. Coaches should make sure that pitchers take appropriate warm-up throws before being placed on the mound. Coaches should also pay attention to the behavior of their pitchers and remove them from the pitching position at the first sign of fatigue or pain even if the pitch limit has not been reached.

These limits are used in concert with the inning-per-game limits specified in individual house league or travel tournament rules. Pitchers are constrained by whichever limit applies first.

The following guidelines define the eligibility of a player to pitch in either house league or travel games.

1. Coaches should monitor and record the number of pitches that each pitcher delivers to batters during a game.
2. A pitcher should not begin pitching in a new inning if he or she has already pitched the maximum number of pitches that is specified for his or her league or age group.
 - a. The basic pitch limit is defined as the number of pitches thrown to batters during a one day period (see Table 1).
 - b. The pitcher that has reached his or her pitch limit should not pitch again until an appropriate period of rest has elapsed (see Table 2).
 - c. During travel tournaments when games are played on two or three consecutive days, a weekend pitch limit can be used. Each pitcher should not exceed the daily limit but may disregard the rest requirement between days. The appropriate rest period for the total number of pitches over the course of the weekend should be applied following the last day of pitching.
 - d. If a pitcher reaches his or her maximum pitch count in the middle of an inning, the pitcher shall be permitted to complete that inning.

Table 1			
League	Age Group	Maximum Pitches per Day	Maximum Pitches per Weekend
Mustang	9-10 year old	45	70
Bronco	11-12 year old	60	85
Pony	13-14 year old	75	100

Table 2		
Number of Pitches	Full Days of Rest	For example: If pitching was on <u>Monday</u>, the next day the player can pitch is
24 or fewer	0	Tuesday
25 to 48	1	Wednesday
49 to 71	2	Thursday
72 or more	3	Friday

3. Each pitcher should maintain a logbook of pitches thrown in both house league and travel games. The logbook should be checked by the manager before each game and should be filled in and signed by the manager following each game in which the player pitches.