

LAKELAND league:

PITCH COUNTS May weekend and June weekend games

	11U	13U	15U	18U	REST REQUIRED
LOW	1 - 30	1 - 30	1 - 35	1 - 40	NONE
MEDIUM LOW	31 - 45	31 - 45	36 - 50	41 - 55	1 DAY
MEDIUM	46 - 60	46 - 60	51 - 65	56 - 70	2 DAYS
MEDIUM HIGH	61 - 70	61 - 75	66 - 80	71 - 85	3 DAYS
HIGH	71 - 80	76 - 85	81 - 95	86 - 105	4 DAYS
MAXIMUM	80	85	95	105	4 DAYS

1. Any player on the team who is not overage is eligible to pitch, and there are no restrictions to the number of pitchers a manager may use in a game.
2. Pitchers shall be permitted to have 2 appearances in the same calendar day. If a pitcher requires a rest following 1st appearance, they cannot return in the same calendar day (see examples above).
3. The official scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest starting the next calendar day. Athletes must not exceed the maximum pitch count total for that day.
4. Pitchers will be permitted to finish the batter if the maximum pitch limit has been reached.
5. Required Rest shall be defined in "Days" starting at 12:01am and ending at 11:59pm of the next calendar day.
6. A pitcher who is removed from the mound during a game shall not be permitted to return to pitch in the same game, even if the pitcher is retained in the game at another position.
7. The scorekeeper will inform the umpire of the pitch count when a count is nearing the end of a pitcher's daily limits. The umpire will then notify the team manager or coach of the pitcher's team so that an opportunity for assignment correction may be immediately affected.

PITCH COUNT EXAMPLES

Two appearances in the same day

- Example 1:

Game 1: In a 15U game, John throws 29 pitches which is in the LOW category allowing him to pitch again in the same day.

Game 2: John may pitch in Game 2 of on the same day, but may not start a new batter after 61 pitches are thrown in this game taking his total to the maximum allowed 90 pitches for one day. Now, John must rest the required 4 days as defined by the rule.

- Example 2:

Game 1: In a 15U game, John records 31 pitches in the first game Saturday morning which is in the MEDIUM LOW category. Therefore, he is required to take one day of rest beginning at

midnight Saturday and he is unavailable to pitch Sunday. Any pitcher exceeding the maximum number of pitches in the LOW category will not be able to pitch in a second game that day and must rest for the number of days required for the category of pitches thrown.

Above are the rules of baseball alberta I condensed them a bit to the rules that pertain to our league. But if you want you can see the full rules in the [baseball alberta handbook](#)

It may seem overwhelming but once you get it sorted out it is quite manageable. For each game Hosts will need:

Pitchcount log book: this is the job of the pitch counter to tick off the pitches every time the pitcher throws a pitch (Balks and Pick offs do not count toward pitch count), please notify coaches/umpires when the pitcher is within 10 of the minimum pitches allowed. Please make sure you are not behind on the flip chart because the coaches rely on that to know when to make a switch if needed.

[Pitch count log book](#) you will need one of these per team per game (2 per game)

[Game summary report](#) pitch counter will need to fill this in after every inning, then give to tournament coordinator so they can update their chart

[weekly pitching report](#) after the first game give this to coaches to bring back and forth to get updated after every game they play.

[Receipt for umpire payment](#) to give to each team as they pay for the umpires for the weekend (May only)

That is it for forms. team summary report

If you have any questions do not hesitate to ask. See Below for an example of keeping track of pitches thrown:

What I like to do when I am hosting is on a poster board I keep all the teams pitch count as we go along the tournament. Below is an Example of what the poster board would look like:

