

Upper Saddle River Baseball Association

2011 Pitching Guidelines

The following pitching guidelines will be in effect throughout the Rec & Travel Baseball season (i.e. Opening Day through Rec Playoffs) and apply to all Rec Leagues, except the Pony League (see Pony specific pitching rules in the Pony Appendix) and T-Ball.

There are four elements to the pitching rules, all of which need to be satisfied:

- 1) The maximum number of innings a pitcher can pitch in a game is:
 - 1st Grade: 2; note: it is parent pitch in Rec, thus, this rule applies to USR Travel.
 - 2nd Grade: 2
 - Minors: 3
 - Majors: 3; note: Majors Travel teams are not subject to the 3 innings max rule.

- 2) The daily maximum number of pitches a pitcher can pitch is:
 - 1st Grade: 35
 - 2nd Grade: 45
 - Minors: 55
 - Majors: 65

NOTE: Daily pitch count totals include all pitches thrown by a child in all leagues played including USR Recreation, USR Travel, School and Club teams.

- 3) Pitchers must adhere to the following days rest requirements:
 - If a player pitches 1 - 20 pitches in a day, no (0) calendar day of rest is required.
 - If a player pitches 21 - 35 pitches in a day, one (1) calendar day of rest must be observed.
 - If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.

- 4) A pitcher can NOT pitch in more than two consecutive days.