

Rhode Island Interscholastic League Pitch Count regulations:

These regulations are endorsed by and adopted from Little League National and Little League International pitch count regulations for baseball and softball:

1. Each league must designate the scorekeeper or another game official as the official pitch count recorder.
2. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group, but the pitcher may remain in the game at another position.

League Age	Pitches allowed per day
17-18	105
13-16	95
11-12	85
10 and under	75

The rest periods required during the 2007 regular season are listed below.

Pitchers league ages 7 through 16 must adhere to the following rest requirements:

- If a player pitches 61 or more pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 41 - 60 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21 - 40 pitches in a day, one (1) calendar day of rest must be observed.
- If a player pitches 1-20 pitches in a day, no calendar day of rest is required before pitching again.

Pitchers league age 17-18 must adhere to the following rest requirements:

- If a player pitches 76 or more pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 51 - 75 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 26 - 50 pitches in a day, one (1) calendar day of rest must be observed.
- If a player pitches 1-25 pitches in a day, no calendar day of rest is required before pitching again.