

## **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:**

Age 13-16: 95 pitches

Age 11-12: 85 pitches

Age 17-18: 105 pitches

Age 10 and under: 75 pitches

### **Required Rest for pitchers age 7-16:**

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

### **Required rest for pitchers 17-18:**

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