**Pitching Rules  
Rule 19: PITCHING RULES: AGES 9 Through 14**

A. Pitchers will be governed by the following rules:

1. Balks will be called by the umpires in the eleven (11) through fourteen (14) year old leagues.

2. For Ages 9-10, three strikes is an out even if the catcher drops the ball.

3. A pitcher shall only make one (1) appearance on the pitching mound per game. Once a pitcher is removed from the mound he cannot return to the mound to pitch in that game.

B. The number of pitches allowable is based on the League Age per the table below. The pitch counts do not include warm-up throws, throws from other positions, practice throws, etc. These counts are intended to account for all pitches thrown in VHYB games and practice games. Weekly pitch counts restart on Sundays at midnight. The Association is unable to monitor or control pitching outside of VHYB competition. However, for the protection of the players the Association strongly discourages pitching in non-VHYB games during the VHYB season if the combined number of pitches in VHYB and non-VHYB games exceed the pitching limitations in Rule 19.

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| League Age | Pitches Allowed Per Day | Pitches allowed per Week |
| 13-14 | 75 | 135 |
| 12 | 75 | 125 |
| 11 | 75 | 115 |
| 9-10 | 60 | 100 |

C. Required rest periods are in place when a pitcher reaches thresholds of pitches delivered in a day as noted below. The rest period begins the moment the pitcher physically leaves the mound. The official scorekeeper will make note of the time in the official score book. Except for World Series games, the following rest periods shall apply:

1. If a player pitches more than 60 pitches in a day, 72 hours of rest must be observed.

2. If a player pitches more than 40 pitches in a day, 40 hours of rest must be observed.

3. If a player pitches more than 20 pitches in a day, 24 hours of rest must be observed.

4. If a player pitches 20 pitches or less in a day, no rest is required before pitching again.

D. In World Series games, the following rest periods shall apply (the per day and per week pitch limits remain the same):

1. If a player pitches more than 60 pitches in a day, 40 hours of rest must be observed.

2. If a player pitches more than 40 pitches in a day, 24 hours of rest must be observed.

3. If a player pitches 40 pitches or less in a day, no rest is required before pitching again.

E. If a player pitches more than 40 pitches in a day, he will not be allowed to play catcher for the remainder of that calendar day. If a player pitches between 20 and 40 pitches and then subsequently plays catcher in the same game, the player must observe 40 hours of rest before pitching again.

F. If a pitcher reaches the daily pitch limit imposed in Rule 19B above for his/her league age while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out. All pitches (including those pitched to finish the last batter) count against the weekly pitch count but will not be counted for purposes of the required rest periods. For example, if a player in the 9-10 league reaches the daily pitch limit (60) while facing a batter and throws 3 more pitches, as allowed, to finish the batter, the player will be considered to have thrown a total of 63 pitches for purposes of the 100 pitch weekly limit but only 60 for purposes of applying the rest rules. In this example, he would have 40 hours of required rest.

G. If a pitcher reaches the weekly pitch limit imposed in Rule 19B above for his/her league age while facing a batter, the pitcher may continue to pitch until that batter reaches base or is put out.

H. For intentional walks, the pitcher must throw the pitches to that batter. No player may be intentionally walked more than once per game.

I. The official scorekeeper will track each pitcher’s number of pitches as well as the time the pitcher completes his final pitch and physically leaves the mound in the official score book which both coaches must sign at the conclusion of each game.

J. Should a pitcher exceed the required daily or weekly pitch count limit or violate the required rest rules, the head coach and team may be penalized. These penalties may include but are not limited to letter of reprimand, suspension, or game forfeiture.

Offending Coaches may appeal each penalty before the league board for final determination.