

## **BCC Baseball -- Pitching Restrictions (2016) – Applies to all kid-pitch Recreational and Select Leagues**

Bethesda-Chevy Chase Baseball is committed to the safety and long-term health of our players. All athletic programs carry a certain amount of risk of injury and no policies can remove the possibility that player, coach, or fan may be injured during practice or a game. Because of the importance of healthy arms, BCC Baseball is taking steps to minimize the opportunity for injury to pitchers.

The pitching rules described below shall apply to and be incorporated into the rules for each of BCC Baseball's kid-pitch recreational and select leagues. In addition, for all kid pitch leagues, the coach for each team shall keep a pitching log that will keep an accurate count of the pitches and innings for each pitcher. The coach of the opposing team shall have the right to inspect the pitching log before and after a game. A coach who violates the pitching rules or fails to provide a pitching log for the opposing teams' review and signature shall forfeit the game. Pitching Rules for the Major and Senior Divisions for Softball appear under the heading "Softball Pitching Rules."

### **General Rules**

- No "breaking" pitches will be taught by BCC coaches to Recreational or Select players league age 12 or under. Breaking pitches are defined as: curve balls, sliders, "slurves", and screw balls.
- No pitcher league age 12 and under is permitted to throw a "breaking" pitch in a game. Use of these pitches, as determined by the umpires, may result in a "no-pitch" and/or the player not being allowed to continue to pitch in a game in which a breaking pitch has been observed by the umpire. Other off-speed pitches, generally called "change ups", are permitted to be thrown.
- Pitchers in all recreational leagues will have per-game and per-week inning limitations. Pitchers in the recreational Minor League and Major League are limited to throwing in no more than three (3) innings in any one game and six (6) innings in any calendar week (Monday through following Sunday). One pitch thrown in an inning constitutes an inning pitched for purposes of these rules. Pitchers in the recreational Senior Leagues are limited to four (4) innings in any one game and seven (7) innings per calendar week.
- Pitchers in all leagues are further restricted by the pitch count guidelines as described in the league rules for each division (see below).
- **Once a pitcher is removed from a game, the pitcher may not be reinserted into that particular game as a pitcher. This rule applies to all recreational and select leagues.**

## **Recreational League Pitching Restrictions**

### **Recreational Major League Specific Pitching Rules**

A pitcher may pitch a maximum of three (3) innings per game (or any one day if a team plays more than one game for any reason) subject to a maximum six (6) innings per "calendar week" which begins on Monday and ends on Sunday. If the pitcher delivers at least one (1) pitch in an inning and is then removed that pitcher shall be charged for one (1) inning.

The above rule notwithstanding, the League recognizes that pitch counts are often a better measure of strain on a young pitchers arm than innings pitched. As a guideline at this level, pitchers should be removed from the game after throwing 70 pitches regardless of the innings pitched (maximum innings rules still apply in any case). A pitcher may be permitted to exceed 70 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 40 pitches in any one game may not pitch in another game until 72 hours have passed since the completion of the game in which he/she last pitched. Subject to the above rules, for Major League Pitchers, the weekly (Monday – Sunday) pitch count restriction shall be 70 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

### **Recreational Minor League Specific Pitching Rules**

A pitcher may pitch a maximum of three (3) innings per game (or any one day if a team plays more than one game for any reason) subject to a maximum six (6) innings per "calendar week" which begins on Monday and ends on Sunday. If the pitcher delivers at least one (1) pitch in an inning and is then removed that pitcher shall be charged for one (1) inning.

The above rule notwithstanding, the League recognizes that pitch counts are often a better measure of strain on a young pitchers arm than innings pitched. As a guideline at this level, pitchers should be removed from the game after throwing 60 pitches regardless of the innings pitched (maximum innings rules still apply in any case). A pitcher may be permitted to exceed 60 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 35 pitches in any one game may not pitch in another game until 72 hours have passed since the completion of the game in which he/she last pitched. Subject to the above rules, for Minor League Pitchers, the weekly (Monday – Sunday) pitch count restriction shall be 60 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

### **Recreational Senior League Specific Pitching Rules**

A pitcher may pitch a maximum of four (4) innings per game (or any one day if a team plays more than one game for any reason) subject to a maximum seven (7) innings per "calendar week" which begins on Monday and ends on Sunday. If the pitcher delivers at least one (1) pitch in an inning and is then removed that pitcher shall be charged for one (1) inning.

The above rule notwithstanding, the League recognizes that pitch counts are often a better measure of strain on a young pitchers arm than innings pitched. As a guideline at this level, pitchers should be removed from the game after throwing 90 pitches regardless of the innings pitched (maximum innings rules still apply in any case). A pitcher may be permitted to exceed 90 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 50 pitches in any one game may not pitch in another game until 72 hours have passed since the completion of the game in which he/she last pitched. Subject to the above rules, for Senior League Pitchers, the weekly (Monday – Sunday) pitch count restriction shall be 90 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

## **Select League Pitching Restrictions**

### **U10 Select League Specific Pitching Rules**

There are no restrictions on the number of innings that a pitcher can pitch in a game or during a particular week. Pitchers should be removed from a particular game after throwing 70 pitches. A pitcher may be permitted to exceed 70 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 40 pitches in any one game may not pitch in another game until 72 hours have passed since the completion of the game in which he/she last pitched, provided that a pitcher may exceed this 40 pitch limit to complete an at-bat and shall remain eligible to pitch at any time (other than the same game) up to the weekly maximum of 70 pitches. Subject to the above rules, the weekly (Monday – Sunday) pitch count restriction for U10 Select pitchers shall be 70 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

### **U11 Select League Specific Pitching Rules**

There are no restrictions on the number of innings that a pitcher can pitch in a game or during a particular week. Pitchers should be removed from a particular game after throwing 75 pitches. A pitcher may be permitted to exceed 75 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 45 pitches in any one game may not pitch in another game until 72 hours have passed since the completion of the game in which he/she last pitched, provided that a pitcher may exceed this 45 pitch limit to complete an at-bat and shall remain eligible to pitch at any time (other than the same game) up to the weekly maximum of 75 pitches. Subject to the above rules, the weekly (Monday – Sunday) pitch count restriction for U11 Select pitchers shall be 75 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

## **U12 Select League Specific Pitching Rules**

There are no restrictions on the number of innings that a pitcher can pitch in a game or during a particular week. Pitchers should be removed from a particular game after throwing 85 pitches. A pitcher may be permitted to exceed 85 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 45 pitches in any one game may not pitch in another game until 72 hours have passed since the completion of the game in which he/she last pitched, provided that a pitcher may exceed this 45 pitch limit to complete an at-bat and shall remain eligible to pitch at any time (other than the same game) up to the weekly maximum of 85 pitches. Subject to the above rules, the weekly (Monday – Sunday) pitch count restriction for U12 Select pitchers shall be 85 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

## **U13/14 Select League Specific Pitching Rules**

There are no restrictions on the number of innings that a pitcher can pitch in a game or during a particular week. Pitchers should be removed from a particular game after throwing 95 pitches. A pitcher may be permitted to exceed 95 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 50 pitches in any one game may not pitch in another game until 72 hours have passed since the completion of the game in which he/she last pitched, provided that a pitcher may exceed this 50 pitch limit to complete an at-bat and shall remain eligible to pitch at any time (other than the same game) up to the weekly maximum of 95 pitches. Subject to the above rules, the weekly (Monday – Sunday) pitch count restriction for U13/14 pitchers shall be 95 pitches, provided that a pitcher may exceed this limit to complete an at-bat..

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

## **Softball Pitching Rules – Applies to Major and Senior Divisions only**

A. Prior to the pitch, the pitcher shall take a position with:

- 1) the pivot foot on or partially on the surface of the pitcher's mound
- 2) the non-pivot foot in contact with or behind the pitcher's mound

Both feet must be on the mound within or partially within the 24 inch length of the pitcher's mound. The hands must be apart.

B. Prior to pitching, the pitcher must take a position with the shoulders in line with 1st and 3rd base with the ball in the glove or pitching hand, with the hands separated.

C. While in this position, the pitcher shall take (or simulate taking) a signal from the catcher.

D. After completing "C" above, the pitcher shall bring the hands together in front of the body for not less than 1 second and not more than 10 seconds before releasing the ball. The hand may be motionless or moving.

E. About the pitch

a. The pitch starts when one hand is taken off the ball or the pitcher makes any motion that is part of the windup after the hands have been brought together.

b. Once the hands are brought together, the pitcher shall not take more than 1 step which must be forward, toward the batter and simultaneous with the delivery. Any step backward shall begin before the hands come together. The step backward may end before or after the hands come together. NOTE: "Toward" is interpreted as within or partially within the 24 inch length of the pitcher's mound.

c. The pivot foot may remain in contact with or may push off and drag away from the pitching mound prior to the foot touching the ground as long as the pivot remains in contact with the ground. Pushing off with the pivot foot from a place other than the pitcher's mound is illegal.

NOTE 1: It is not a step if the pitcher slides her foot in any direction on the pitcher's mound, provided contact is maintained.

NOTE 2: Techniques such as the "crow hop" and the "leap" are illegal.

F. Legal delivery

A legal delivery shall be a pitched ball that is delivered to the batter with an underhand motion.

a. The release of the ball and follow-through of the hand and wrist must be forwarded past the vertical line the body.

b. The hand shall be below the hip and the wrist not farther from the body than the elbow.

c. The pitch is completed with a step toward the batter.

G. The pitcher may use any windup desired provided:

a. No motion to pitch is made without immediately delivering the ball to the batter.

b. The pitcher does not use a rocker action in which after having the ball in both hands in pitching position, she removes one hand from the ball, takes a backward and forward swing and returns the ball to both hands in front of the body.

c. The pitcher does not use a windup in which there is a stop or reversal of the forward motion.

d. The pitcher does not make more than one revolution of the arm in the windmill pitch. A pitcher may drop the pitching arm to the side and to the rear before starting the windmill motion. The ball does not have to be released the first time past the hip. NOTE: One revolution is interpreted as “not two revolutions,” provided the pitching arm is dropped to the side and to the rear before starting the windmill motion.

e. The pitcher does not continue to wind up after taking the forward step or after the ball is released. NOTE: Continuation of the windup is considered any action that, after the ball is released, causes the arm to continue to rotate past the shoulder.

H. The pitcher shall not wear any item on the pitching hand, wrist, arm, or thigh that may be distracting to the batter.

I. Foreign Substance on the ball - the pitcher shall not at any time be allowed to use any moisture or foreign substance on the ball, the pitching hand or fingers nor do anything to deface the ball. Neither shall any other player or team personnel apply moisture or a foreign substance to the ball nor do anything to deface the ball. Under the supervision and control of the umpire, powdered resin may be on the hands to dry them. The penalty for this offense is an illegal pitch will be called.