

Rest Between Pitching Assignments – (1) Any player who pitches in any portion of a game (including practice games) shall not be permitted to pitch again without two complete nights' rest between pitching assignments. (2) In any one day a pitcher cannot pitch more innings than the length of a normal game in his class in his district. Note: A single pitch in any inning counts as an inning pitched. (3) Notwithstanding any of the published pitching limits in Rule 17, a pitcher who has thrown twenty (20) or fewer pitches in a game(s) on a given day and has not exceeded his inning limit may come back and pitch the next day up to the current published pitching limits for pitch count and innings; the pitch count and innings pitched on day one count toward the limitations on consecutive day two. After two consecutive days pitching, the pitcher MUST have two nights rest before pitching again. Under NO circumstances may a pitcher pitch three (3) days in a row. (Example 1: Pitcher in Class B has a pitch count and innings limit of 80 and 6 respectively. Day one, pitcher throws 19 pitches and 2 innings; on consecutive day two, the same pitcher may throw up to 61 pitches or four innings, whichever comes first; then the pitcher MUST have two(2) nights rest before pitching again. Example 2: Any Class – pitcher throws 21 pitches on day one; the same pitcher can't return to pitching on consecutive day two and MUST have two(2) nights rest before pitching again.)