

DC Everest Youth Baseball

Pitch Count LEAGUE RULES

Revised January 2023

- Home teams shall be determined by the schedule. It will be indicated on the schedule.
- The maximum number of pitchers per start for various age groups are show below in Table 1. If the pitcher reaches the maximum number of pitchers during a batter, they may continue pitching until the current batter is retired or reaches base.

Table 1: Recommended Pitch Counts by Age

Max. Number of Pitches (Per Start) by Age

1. 7-8	50
2. 9-10	75
3. 11-12	85
4. 13-16	95
5. 17-18	105

The minimum number of days between pitching based on pitch count for various age groups are show in table 2. A pitcher may not pitch again in Everest rec or Everest travel baseball until the mandatory rest period is satisfied.

Table 2: Days of Rest Required Based on Pitch Count After Pitching

Cal Ripken Baseball

AGE	REQUIRED REST (PITCHES)		
	0 Days	1 Day	2 Days
8 - 10	1 - 40	41 - 65	66 - 75
11 - 12	1 - 40	41 - 65	66 - 85

Babe Ruth Baseball

AGE	REQUIRED REST (PITCHES)		
	0 Days	1 Day	2 Days
13 - 15	1 - 45	46 - 75	76 - 95
16 - 18	1 - 45	46 - 75	76 - 105

- For example, a 9-year-old pitches 45 pitches on a Monday. The mandatory rest period is 1 day. In this case, the child will not be eligible to pitch again until Wednesday.
- The pitch count rules apply to league play and travel team play. For example, an 11-year-old pitches 67 pitches in a tournament game(s) on a Saturday. The mandatory rest period is 2 days. In this case, the child will not be eligible to pitch again in any game (rec league or travel team) until the 1-day rest period is met on Tuesday.
- It is the responsibility of the managers of the various teams to report the pitch count to all other managers of that player.
- The allowable pitch count and mandatory rest periods during the Babe Ruth/Cal Ripken State Tournament shall follow the tournament rules and are not subject to the guidelines listed above.