



Updated March 2024

In-House Pitching Restrictions					
League Level	Daily Max (Regular Season/Tournaments)	The next day(s) rest will be determined by the number of pitches thrown that day, based on the chart below.			
		No Days Rest	1 Days Rest	2 Days Rest	3 Days Rest
Rookies	No Player Pitch	N/A			
Futures	Max of 1 Inning per Game or 40 Pitches - Whichever comes first (Pitching begins mid-season for 2nd year and 2nd grade players)	1 - 25	26 - 40	N/A	N/A
Minors	55 / 65 (May finish the current batter)	1 - 40	41 - 50	51+	N/A
Majors	70 / 80 (May finish the current batter)	1 - 40	41 - 55	56+	N/A
Ponee	75 / 85 (May finish the current batter) (150 Pitch Max during a 7 day rolling period)	1 - 40	41 - 55	56+	N/A
** PLAYERS WHO PITCH LESS THAN 50 PITCHES IN A GAME WILL BE ALLOWED TO PLAY THE CATCHER'S POSITION IN THE SAME GAME **					
** PLAYERS WILL NOT BE PERMITTED TO PITCH ON THREE (3) CONSECUTIVE DAYS, REGARDLESS OF PITCH COUNT **					

Gladiators & Titans Pitching Restrictions					
League Level	Daily Max (Regular Season/Tournaments)	The next day(s) rest will be determined by the number of pitches thrown that day, based on the chart below.			
		No Days Rest	1 Days Rest	2 Days Rest	3 Days Rest
9 - 10	55 / 65 (May finish the current batter)	1 - 40	41 - 50	51+	N/A
11 - 12	70 / 80 (May finish the current batter)	1 - 40	41 - 55	56+	N/A
13 - 14	70 / 85 (May finish the current batter) (150 Pitch Max during a 7 day rolling period)	1 - 40	41 - 55	56+	N/A
** PLAYERS WHO PITCH LESS THAN 30 PITCHES IN A GAME WILL BE ALLOWED TO PLAY THE CATCHER'S POSITION IN THE SAME GAME **					
** PLAYERS WILL NOT BE PERMITTED TO PITCH ON THREE (3) CONSECUTIVE DAYS, REGARDLESS OF PITCH COUNT **					

THE FOLLOWING DISCIPLINARY ACTIONS WILL BE ENFORCED WITH COACHES THAT DO NOT ADHERE TO SYB'S PITCHING RESTRICTIONS:	
1ST OFFENSE: 1 GAME SUSPENSION	
2ND OFFENSE: 3 GAME SUSPENSION	
3RD OFFENSE: REMOVAL FROM THE LEAGUE	