



HAMPTON ATHLETIC ASSOCIATION PITCH COUNT RULES

As approved by the PONY Baseball Rules Committee and the International Board of Directors, PONY Baseball instituted a pitch count instead of an innings limit, as recommended by MLB Pitch Smart Guidelines. The HAA adopted these guidelines for its baseball in-house play rules.

Pitch Count

As stated in Section 10 “Pitching Rules” of the Pony league baseball rulebook, any team member may pitch, subject to the restrictions of the pitch count, as recommended by MLB Pitch Smart Guidelines.

For age divisions Pinto 8U, Mustang 10U, Bronco 12U, Pony 14U, Colt 16U, Palomino 18U and Thorobred 23U, pitchers are to adhere to the chart below for league and sanction tournament play. Players in the Shetland 6U age division are not permitted to pitch.

<u>AGE</u>	<u>DAILY MAX PITCHES</u>	<u>REQUIRED REST (PITCHES)</u>					
		<u>0 DAYS</u>	<u>1 DAY</u>	<u>2 DAYS</u>	<u>3 DAYS</u>	<u>4 DAYS</u>	<u>5 DAYS</u>
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A
15-16	95	1-30	31-45	46-60	61-75	76+	N/A
17-18	105	1-30	31-45	46-60	61-80	81+	N/A
19-22	120	1-30	31-45	46-60	61-80	81-105	106+

Pitchers reaching their maximum number of pitches in a day, while pitching to a batter, may finish pitching to that batter before being removed. A pitcher is charged with the number of pitches in the specific calendar day and week in which they are pitched, regardless of whether they are local organization league games, the playoff of postponed games or suspended games, tie games, or exhibition games.

Rest is calculated as per calendar day. No pitcher shall appear in a game as a pitcher for three (3) consecutive days, regardless of pitch count.

Each team will assign an official scorekeeper for each game to track pitch counts. In the absence of an official scorekeeper, the home team book shall be the official record of games statistics including pitch count. [Electronic scoring devices](#) are recommended at all levels of tournament play in order to ensure accurate pitch count.

Ultimately, it is the responsibility of the parent and the athlete to ensure that the player follows the guidelines for his age group over the course of a year — given that he will oftentimes play in multiple leagues with different affiliations covering different times of the year.