

## CFBL Jr. Prep Pitching Rules

1. There will be a 65 pitch limit per game. May finish the current batter if reaching 65 during an at bat.
  - a. ALL pitches to a batter count as a pitch thrown. ie: foul balls after 2 strikes, intentional walk
2. Must use mandatory rest as follows
  - a. >55 pitches 4 calendar days
    - i. Example 65 on Monday, off Tue, Wed, Thur, Fri—Can pitch Sat
  - b. 46 – 55 pitches 3 calendar days
  - c. 31 – 45 pitches 2 calendar days
  - d. 21- 30 pitches 1 calendar day
  - e. 20 or less pitches, no rest needed
3. Report pitching to [cfblpitching@gmail.com](mailto:cfblpitching@gmail.com)
  - a. Pitch log will be placed online for all coaches to review
  - b. Both Managers should have someone tracking pitch count, using CFBL sheet provided
  - c. End of game, both Managers should sign pitching sheet to verify pitch counts.
4. If a pitcher is approaching the 65 pitch limit, the Manager should have a pitcher warming up and ready to be placed in the game
5. In a suspected rule violation, opposing coach should call for time and approach the umpire
  - a. Umpire will then ask for pitching logs
  - b. If pitcher has gone over 65 pitches, coach is ejected for the remainder of that game and the next game and faces possible fine as described in League rules
  - c. Pitcher is immediately removed from mound without penalty to player
6. A pitcher is only eligible to play the position of catcher if he thrown less than 20 pitches. After a pitcher has thrown > 20 pitches, he is still eligible to play defensively, however, he becomes ineligible to play catcher the remainder of the game, **OR that day if multiple games are scheduled**

The above pitching limits and days rest are guidelines taken from the ASMI, Dr. James Andrews. As we know, Dr. Andrews is arguably the most noted Sports Surgeon in the country.

The purpose for these rules is the safety and future of the players.