

Pitching Cheat Sheet:

Pitching rules to keep in mind

1. You can never pitch more than 3 days in a row.
2. You can never pitch more than 6 innings in a day for 12 and under and 7 in a day for 13 and U
3. If you pitch more than 3 innings in a day, you must rest the next day.
4. There is an 8 inning max for three days for all ages. Remember, you must always look back 2 days from the current day to check on the 8 Inning max.
5. An out has to be recorded before a pitcher is in violation of any pitching rules.
6. A day of rest does not reset pitching

Examples that apply to all ages 14 and below:

1. Day 1: 3innings, Day 2: 0 Innings, Day 3 max is 5 innings.
2. Day 1: 1 inning, Day 2: 1/3inning, Day3: 2-1/3 inning, Day 4 player can't pitch because would be 4th day in a row. Day 5: max of 5-2/3.
3. Day 1: 6innings, Day 2: 0 innings, Day 3: 2 innings max.
4. Day 1: 2innings, Day 2: 3 innings, Day 3: 3 Innings, Day 4: 0 innings, Day 5: 5 innings max.

Example that only applies to 13 and Up:

1. Day 1: 7 innings, Day 2: 0 innings, Day 3: 1 Inning, Day 4: 3 Inning, Day 5: 4 Inning max

Any verbal answers received by park staff will still be the responsibility of the coach to make sure he is within the pitching guidelines. It is easy to be confused when talking about pitching. Please use this along with the national USSSA rule book to determine what pitching you have left each day.