

## 2018 PITCH COUNT RULES

### REQUIRED REST FOR # OF PITCHES THROWN PER DAY

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST FOR # OF PITCHES THROWN PER DAY				
		0 DAYS*	1 DAY	2 DAYS	3 DAYS	4 DAYS
15-16 (Recommendation)	95	1-30	31-45	46-60	61-80	81+
ALB Class B & Junior Programs	105	1-30	31-45	46-60	61-80	81+
ALB Senior Program	105**	1-30	31-45	46-60	61-80	81+

\* Per National Rule 1-R, No player may make more than two appearances as a pitcher during any consecutive three-day period. Players will be charged with two appearances if they leave the pitching position and return as a pitcher in the same game.

\*\* Per National Rule 1-R, A pitcher will be allowed to finish a batter if he reaches or exceeds the maximum limit during an at-bat, but must exit the position after the hitter