



Airdrie Little League Pitch Count Discipline Policy

Objective:

To protect young pitchers from overuse injuries by strictly adhering to pitch count limits and mandatory rest periods as outlined by Little League International's guidelines. This includes fostering an environment where players feel comfortable reporting potential injuries and concerns.

Responsibilities of Coaches:

- **Understand and Apply Pitch Count Limits:** Coaches must familiarize themselves with and strictly follow pitch count limits and mandatory rest periods as defined by Little League International, tailored to the age and division of their players.
 - <https://www.littleleague.org/playing-rules/pitch-count/>
- **Ensure Mandatory Rest Periods:** Coaches are responsible for tracking the number of pitches thrown by each player and enforcing mandatory rest periods according to the pitch count. Rest Days are defined as calendar days and not a 24-hour period.
- **Record Keeping:** Utilize Airdrie Little League's [pitch tracking resources](#) to document and monitor pitch counts accurately for each player. This ensures transparency and accountability in managing pitchers' workload.
- **Education:** Coaches should educate players and parents about the importance of pitch counts and rest periods for long-term player health and development.

Responsibilities of Airdrie Little League Board of Directors:

- **Player Agent:** Verifying pitch count submissions and periodic audits of submissions
- **Division Directors:**
 - Pre-season- Facilitate communication with coaches about pitch count rules in Division Meeting.
 - In-Season- Ongoing check-ins with coaches and clarification of pitch count rules.
 - In-Season- Primary contact for pitch count concerns and initial escalation for disciplinary action.
 - Verifying pitch count submissions and periodic audits of submissions
- **Airdrie Little League Discipline Committee:** Reviewing appeal submissions and updating policy annually as needed.

Escalation and Discipline Process:

- **First Violation:** In the event of a first violation, the coach will receive a written warning and must attend a mandatory meeting with league officials to review pitch count guidelines and the importance of adhering to them. The coach must present a corrective action plan to prevent future violations.
- **Second Violation:** A second violation will result in the coach being suspended for three games.
- **Third Violation:** A third violation will lead to the coach's suspension for the remainder of the season. The league will also consider whether the coach should be barred from future participation in any coaching capacity.
- **Appeal Process:** Coaches may appeal any disciplinary action by submitting a written appeal to the Airdrie Little League Player Agent within seven days of the decision. The appeal should include any extenuating circumstances or additional information for consideration.

Implementation and Monitoring:

- This policy will be communicated to all coaches, players, and parents at the start of the season and reinforced through regular meetings and communications.
- Division Directors and Player Agent will conduct periodic audits of pitch counts and rest days to ensure compliance.
- Coaches or Parents with concerns should email the Division Director for their age group and CC the Player Agent.
- Feedback from coaches, players, and parents will be solicited to continually improve the pitch count policy's effectiveness.

Conclusion:

Adherence to this pitch count policy is crucial for protecting young pitchers' health and future playing potential. Airdrie Little League is committed to enforcing these rules strictly and supports coaches in their efforts to comply through education and resources. This policy ensures a safe and competitive environment that prioritizes the well-being of our young athletes.

Document Owner- Player Agent	Last Revision Date	Locations to update based on content changes	Notes
	March 2024	League Website- Policy Page, Coach Binders- Minors, Majors, Teenage	Document drafted and reviewed by Player Agent, Directors, Coach Coordinator and Vice President