

BCC Baseball -- Pitching Restrictions (as of 9/25/25)

Bethesda-Chevy Chase Baseball is committed to the safety and long-term health of our players. All athletic programs carry a certain amount of risk of injury and no policies can remove the possibility that player, coach, or fan may be injured during practice or a game. Because of the importance of healthy arms, BCC Baseball is taking steps to minimize the opportunity for injury to pitchers.

The pitching rules described below shall apply to and be incorporated into the rules for each of BCC Baseball's kid-pitch recreational and select leagues. In addition, for all kid pitch leagues, the coach for each team shall keep a pitching log that will keep an accurate count of the pitches and innings for each pitcher. The coach of the opposing team shall have the right to inspect the pitching log before and after a game. A coach who violates the pitching rules or fails to provide a pitching log for the opposing teams' review and signature shall forfeit the game. These Pitching Restrictions apply to all spring and fall leagues as well as summer tournament teams.

Especially at the younger ages, it's best to develop as many pitchers as possible. Work with your players on pitching and try to give players an opportunity in a game.

General Rules

- No "breaking" pitches will be taught by BCC coaches to Recreational or Select players league age 12 or under. A breaking pitch shall be defined as any pitch in which the pitcher makes a "break" or "snapping" motion with their wrist to impart spin to the ball.
- No pitcher 12 and under shall deliberately throw a breaking pitch as defined above. Any pitch that the umpire deems to be a breaking pitch shall be deemed "no pitch." If the pitcher throws another breaking ball at any time during the remainder of the game, that pitcher shall be removed as a pitcher, and the game report shall reflect such removal. Other off-speed pitches, such as change-ups and different iterations of the fastball (2-Seam, Sinker, Cutter) are permitted.
- Pitchers in all recreational leagues will have per-game and per-week inning limitations. Pitchers in the recreational Minor League are limited to throwing in no more than two (2) consecutive innings in any one game and four (4) innings in any calendar week (Monday through following Sunday). Major League pitchers are limited to throwing in no more than three (3) consecutive innings in any one game and six (6) innings in any calendar week (Monday through following Sunday). Pitchers in the recreational Senior Leagues are limited to four (4) consecutive innings in any one game and seven (7) innings per calendar week. One pitch thrown in an inning constitutes an inning pitched for purposes of these rules.
- Pitchers in all leagues are further restricted by the pitch count guidelines as described in the league rules for each division (see below).
- **Once a pitcher is removed from a game, the pitcher may not be reinserted into that game as a pitcher. This rule applies to all recreational and select leagues.**

Recreational League Pitching Restrictions

Minor League

A pitcher may pitch a maximum of two (2) consecutive innings per game (or any one day if a team plays more than one game for any reason) subject to a maximum four (4) innings per "calendar week" which begins on Monday and ends on Sunday. If the pitcher delivers at least one (1) pitch in an inning and is then removed that pitcher shall be charged for one (1) inning.

The above rule notwithstanding, the League recognizes that pitch counts are often a better measure of strain on a young pitcher's arm than innings pitched. As a guideline at this level, pitchers should be removed from the game after throwing 60 pitches regardless of the innings pitched (maximum innings rules still apply in any case). A pitcher may be permitted to exceed 60 pitches to avoid removing the pitcher during an at-bat. Subject to the innings restrictions above, pitchers who throw more than 35 pitches in any one game, and/or 60 pitches during a calendar week, may not pitch in another game until after three additional calendar days have passed since the completion of the game in which he/she last pitched. For example, if a pitcher crosses the single game 35-pitch threshold (or the weekly 60-pitch threshold) on Sunday, that pitcher is not permitted to pitch again until Thursday of the following week at the earliest. Subject to the above rules, for Minor League Pitchers, the weekly (Monday – Sunday) pitch count restriction shall be 60 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Major League

A pitcher may pitch a maximum of three (3) consecutive innings per game (or any one day if a team plays more than one game for any reason) subject to a maximum six (6) innings per "calendar week" which begins on Monday and ends on Sunday. If the pitcher delivers at least one (1) pitch in an inning and is then removed that pitcher shall be charged for one (1) inning.

The above rule notwithstanding, the League recognizes that pitch counts are often a better measure of strain on a young pitcher's arm than innings pitched. As a guideline at this level, pitchers should be removed from the game after throwing 70 pitches regardless of the innings pitched (maximum innings rules still apply in any case). A pitcher may be permitted to exceed 70 pitches to avoid removing the pitcher during an at-bat. Subject to the innings restrictions above, pitchers who throw more than 40 pitches in any one game, and/or 70 pitches during a calendar week, may not pitch in another game until after three additional calendar days have passed since the completion of the game in which he/she last pitched. For example, if a pitcher crosses the single game 40-pitch threshold (or the weekly 70-pitch threshold) on Sunday, that pitcher is not permitted to pitch again until Thursday of the following week at the earliest. Subject to the above rules for Major League Pitchers, the weekly (Monday – Sunday) pitch count restriction shall be 70 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games.

Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

Senior League

A pitcher may pitch a maximum of four (4) consecutive innings per game (or any one day if a team plays more than one game for any reason) subject to a maximum seven (7) innings per "calendar week" which begins on Monday and ends on Sunday. If the pitcher delivers at least one (1) pitch in an inning and is then removed that pitcher shall be charged for one (1) inning.

The above rule notwithstanding, the League recognizes that pitch counts are often a better measure of strain on a young pitcher's arm than innings pitched. As a guideline at this level, pitchers should be removed from the game after throwing 90 pitches regardless of the innings pitched (maximum innings rules still apply in any case). A pitcher may be permitted to exceed 90 pitches to avoid removing the pitcher during an at-bat. Subject to the innings restrictions above, pitchers who throw more than 90 pitches in any one game, and/or during a calendar week, may not pitch in another game until after three additional calendar days have passed since the completion of the game in which he/she last pitched. For example, if a pitcher crosses the 90-pitch threshold on Sunday, that pitcher is not permitted to pitch again until Thursday of the following week at the earliest. Subject to the above rules, for Senior League Pitchers, the weekly (Monday – Sunday) pitch count restriction shall be 90 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

Select League Pitching Restrictions

9/10U Select

There are no restrictions on the number of innings that a pitcher can pitch in a game or during a particular week, but our goal is to promote and develop more pitchers. Pitchers should be removed from a particular game after throwing 65 pitches. A pitcher may be permitted to exceed 65 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 35 pitches in any one game, and/or 65 pitches during a calendar week, may not pitch in another game until after three additional calendar days have passed since the completion of the game in which he/she last pitched. For example, if a pitcher crosses the single game 35 pitch threshold (or the weekly 65 pitch threshold) on Sunday, that pitcher is not permitted to pitch again until Thursday of the following week at the earliest; provided that a pitcher may exceed this 35-pitch limit to complete an at-bat and shall remain eligible to pitch at any time (other than the same game) up to the weekly maximum of 65 pitches. Subject to the above rules, the weekly (Monday – Sunday) pitch count restriction for 10U Select pitchers shall be 65 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

11/12U Select

There are no restrictions on the number of innings that a pitcher can pitch in a game or during a particular week, but our goal is to promote and develop pitchers. Pitchers should be removed from a particular game after throwing 80 pitches. A pitcher may be permitted to exceed 80 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 45 pitches in any one game, and/or 80 pitches during a calendar week, may not pitch in another game until after three additional calendar days have passed since the completion of the game in which he/she last pitched. For example, if a pitcher crosses the single game 45-pitch threshold (or the weekly 80-pitch threshold) on Sunday, that pitcher is not permitted to pitch again until Thursday of the following week at the earliest; provided that a pitcher may exceed this 45-pitch limit to complete an at-bat and shall remain eligible to pitch at any time (other than the same game) up to the weekly maximum of 80 pitches. Subject to the above rules, the weekly (Monday – Sunday) pitch count restriction for 11/12U Select pitchers shall be 80 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

13/14U Select

There are no restrictions on the number of innings that a pitcher can pitch in a game or during a particular week. Pitchers should be removed from a particular game after throwing 95 pitches. A pitcher may be permitted to exceed 95 pitches to avoid removing the pitcher during an at-bat. Pitchers who throw more than 50 pitches in any one game, and/or 95 pitches during a calendar week, may not pitch in another game until after three additional calendar days have passed since the completion of the game in which he/she last pitched. For example, if a pitcher crosses the single game 50-pitch threshold (or the weekly 95-pitch threshold) on Sunday, that pitcher is not permitted to pitch again until Thursday of the following week at the earliest; provided that a pitcher may exceed this 50-pitch limit to complete an at-bat and shall remain eligible to pitch at any time (other than the same game) up to the weekly maximum of 95 pitches. Subject to the above rules, the weekly (Monday – Sunday) pitch count restriction for Senior Select (13/14U) pitchers shall be 95 pitches, provided that a pitcher may exceed this limit to complete an at-bat.

Games in which an ineligible pitcher has been used as specified in the above limitations shall be declared forfeited and the team Manager may be subject to disciplinary action at the discretion of the League Commissioner.

Managers with players who also play on traveling or other baseball teams are responsible for letting the managers of the traveling teams know when the players have pitched in BCC division games. Although there are no restrictions on how much a player can pitch for a combination of the two teams, the managers should take this information into consideration when scheduling team pitchers in order to protect the health and safety of the players.

The Commissioner of this BCC Baseball league shall have the right to modify and/or interpret these rules at any time and in any situation that may arise, in his or her sole and absolute discretion.