

Long Valley Baseball Club Rules and Regulations

1.0 Preamble

The Rules and Regulations of the Long Valley Baseball Club (LVBC) shall be followed for direction of play. These rules may supersede the official regulations and playing rules of the Cal Ripken and Babe Ruth organizations in some areas. However, in all other areas, the official rules of those organizations shall apply.

No Cal Ripken and Babe Ruth rules may be changed at any point. Other rules or verbiage may be changed as a result of a $\frac{3}{4}$ majority vote in favor of the entire voting membership.

2.0 Objective

2.1 The objective of the LVBC is to teach the children of this community the concepts of good sportsmanship, honesty, loyalty, courage, and respect so that they may become well-adjusted, stronger and happier children who will grow to be respectable, trustworthy adults.

2.2 To help achieve this objective, the LVBC will provide a supervised program of baseball games under its rules and policies. All members of our program should keep in mind that the stressing of exceptional athletic skills or the winning of games is secondary to the above stated objective.

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3.0 Club Structure

3.1 The LVBC will be governed by a board of elected members who will all serve terms as set forth in the LVBC Bylaws.

3.2 LVBC board members must have a specific defined job title within the club and must perform the duties of that job to be a member in good standing.

4.0 Conduct of Coaches, Players and Spectators

4.1 Good sportsman ship is required from all participants. LVBC shall not tolerate any unsportsmanlike conduct including, but not limited to, offensive language, heckling, attempting to cause injury, or excessive discussion with or disrespect to umpires. Umpires will remove offenders from the field and report violations to the LVBC.

4.2 Umpire decisions are final. Participants, including spectators, may be ejected from the game and playing area for arguing with an umpire. Only the head coach or manager of the team is to consult with the umpire(s).

4.3 All LVBC sanctioned events must adhere to the local field rules and local laws.

4.4 The fields and equipment provided by the LVBC and the township must be treated properly at all times.

4.5 The use of alcohol and/or any tobacco products is strictly prohibited at any LVBC sanctioned event.

4.6 Rule violations may result in warnings, probation, suspension, and/or removal from the LVBC program. The Executive Committee will consider all reported violations and make this determination and notify the violator if this occurs.

5.0 League Structure

League	Age/Grade	Player Selection	Optimal # Players per Team
Babe Ruth	13-15/7 th -10 th	Draft	10 to 12
Majors	11-12/5 th - 6 th	Draft	10 to 12
Minors	9-10/3 rd - 4 th	Draft	10 to 12
AA	8/2 nd	Assigned	8 to 10
A	7/1 st	Assigned	6 to 8
T Ball	5-6/Pre K - K	Assigned	6 to 8

5.1 LVBC continuously strives to improve the focus of the T-Ball program. We encourage all coaches to focus primarily on instruction/skills development and finish each session with a 1-2 inning game.

5.2 Age is the player's age as of May 1st of the current or upcoming baseball season. Fall and Summer grade should be based off of the school grade enrolled as of May 1 of that season's year. Fall grade should be based off of the school grade enrolled as of October 1 of that season's year.

5.3 Players may also play in the spring or fall recreational league that matches their grade if it is different from their age eligibility.

5.4 Requests to play in a league in which a player is neither grade nor age eligible must be formally made in writing to the LVBC board.

5.5 The number of teams per league will be based on the level of interest of eligible players. LVBC shall strive to have 12 players on each team.

5.6 Based on player interest and eligibility, LVBC may consider temporarily modifying the league structure to better accommodate the need. Splitting leagues into divisions (typically only if there are more than 9 teams) or merging leagues (generally only if too few teams exist), will be considered on an as needed basis.

6.0 Player Eligibility

6.1 All players must be residents of Washington Township or residents within the territorial boundaries of the club's Babe Ruth charter to participate in the recreation program. Possible exceptions include a player moving to town later in the year, a player who moves from town

but who would like to continue in the program, or a player from a town without a comparable recreation program. Exceptions require LVBC Board approval.

6.2 No exception of the eligibility rule may violate the territorial terms of the club's Babe Ruth charter.

6.3 It is the responsibility of the Player Coordinator to bring any exceptions to the attention of the Board so they may be properly considered and voted on if necessary.

7.0 Coach Selection and Responsibility

7.1 Head coaches are required to have completed the Babe Ruth League/Ripken Baseball Coaching Certification program. This training course is required only once. All head and assistant coaches must submit to the league mandated background check.

7.2 Coaches are expected to adhere to the code of conduct as detailed previously. Any violations brought to the attention of the LVBC will be addressed by the Executive Committee.

7.3 Head coach selection criteria include but are not limited to the following:

- a. Conduct
- b. Prior service as a head coach
- c. Board membership
- d. Baseball experience both coaching and playing
- e. Training and certification
- f. Adherence to club administrative duties such as equipment pick up and return, player ratings completion, etc.
- g. Completion of concession stand responsibilities

7.4 Head coaches are responsible for the conduct of their players and spectators where they can be reasonably controlled.

7.5 Head coaches are responsible for the proper preparation and care of the field and surrounding playing facilities. In situations where a field is unplayable, head coaches must cancel or postpone a game or practice if not doing so could damage the field or cause participant injury.

7.6 The Head Coach is responsible to complete and submit their teams' evaluation to their League Coordinator (if applicable) in a timely manner.

7.7 The Head Coach is ultimately responsible for reporting pitch counts as mandated by LVBC pitch count rules.

8.0 Team Formation

8.1 As noted in the League Structure section 5.0 of this document some leagues have assigned teams and some have player drafts.

8.2. In non-draft leagues (assigned teams), the respective League Coordinator will assign the

teams. Teams will be constructed fairly by the Coordinator leveraging any available ratings as well as balancing players across the different schools. An even distribution of assistant coaches will also be a primary goal in team makeups. Requests to play together or to be placed on a team with a specific coach will not be given consideration. Post assignment trades by coaches are not permitted. The ultimate goal is to create a fair and competitive experience for all players.

8.3 In leagues with drafts, the Player Coordinator will prepare a list of all eligible players and their ratings and distribute to the League Coordinators in advance of the scheduled drafts. The League Coordinator will schedule a ratings meeting on a date prior to the draft or on the same date immediately prior to the draft to review the ratings and make adjustments as necessary. If no rating is available for a player, the player will be assigned a draft rating average minus 1.0 rounded to the nearest half point – or an agreed upon rating prior to the draft.

8.4 Unless otherwise agreed the order of the draft will be lowest rated coach's son to highest rated coach's son in round one. After round one the order will be the team with the lowest cumulative total to the team with the highest cumulative total. The final round of the draft will be based on the remaining number of players. If there are 8 players left then the 8 teams with the highest cumulative totals will select lowest cumulative total to highest. Trades by coaches are allowed right after the draft with all coaches present.

8.5 Late signups will be accepted up until the day of the league draft with a late charge fee assessed. Any subsequent late sign ups must be approved by vote of the club. Approved late additions to the league after the draft are assigned by the player coordinator. The player should first be assigned to any team that has lost a player since the draft. If no team has lost a player then the player should be assigned to the team with the lowest cumulative total that did not draft in the final round. No consideration is given for coach/team requests for post-draft sign-ups.

8.6 In leagues comprised of multiple grades/ages a concerted effort should be made to balance teams with at least 2 players (preferably more) from each available age group. The League Coordinator has the authority to make this mandatory if they see fit.

9.0 Games

9.1 In leagues with standings a team must have 8 players to start a game and must finish the game with no less than 7 players.

9.2 A team unable to field a team by 15 minutes after the scheduled start time of a game will forfeit that game.

9.3 When another game is scheduled on the same field as a game in progress, no new inning may start after 1:45 from the actual start time of the game. If there is no game following the current game to limit the time, games will be played to their conclusion unless called by darkness, weather, coaches' agreement, or umpire availability. The umpire makes the final decision as to weather conditions or darkness. Games halted prior to becoming an official game (see below) will need to be continued at a later date. Under no circumstances are extra innings permitted during regular season games.

Any night games are subject to the town ordinances regarding curfews. No new inning will begin after 10:00 PM.

9.4 For all games (AA-Majors) a game is official when the team trailing has completed 4 at bats. Babe Ruth games are official when the trailing has completed five at bats.

9.5 The home team is the second team listed on the schedule unless otherwise specified. The home team gets the first base dugout.

9.6 Each team must supply a new baseball to the umpire and have other baseballs available if necessary.

9.7 If a game is postponed or suspended the coaches must make every effort to make up or finish the game on the subsequent Friday or earlier if possible. Games should not be put off for weeks to avoid playing 3 or more games in one week.

9.8 An unofficial game halted by inclement weather or other circumstances will be resumed at the point of interruption if possible. All innings pitched will count and the original batting order will be used (if possible) when play is resumed. This also applies to playoff games.

9.9 In the event a player has missed the originally scheduled game and is then available for the makeup game, the player is added to the bottom of the batting order.

9.10 Both coaches must report scores and pitches thrown on the league website and/or to the appointed league representative by midnight of the day the game is played. The pitching rules supplement (17.0) applies.

10.0 Safety

10.1 No coach, parent, spectator or non-participating player may be on the field during play with the exception of base coaches (see lower league specific rules for exceptions). The playing field consists of the entire area inside the fences or the area considered in play if the field is not entirely fenced in.

10.2 All offensive players must wear batting helmets when on the field of play. If they remove the helmet intentionally they will be issued a warning. A second and subsequent violation will result in the player being called out and possibly in ejection from the game.

10.3 On deck batters must remain in the designated on deck area and only one batter may be in the on deck area at a time.

10.4 No head first sliding is allowed except when a base runner is returning to a base they previously occupied.

10.5 A base runner must slide or avoid the fielder on a play at any base. As this rule is open to much interpretation on what avoid means and what constitutes a play it is the sole discretion of the umpire to make this call and no protest of it will be allowed. The intention is to avoid unnecessary injury at all costs while also teaching base runners when and how to slide properly.

10.5.1 Catchers (and other fielders) should be taught when it is appropriate to stand in front of the base while awaiting a throw. Fielders cannot block a runner's access to the base if there is no throw coming. Please refer to the Cal Ripken rulebook for more information.

10.5.2 (APPLIES TO AA LEVELS AND BELOW) Players are never required to slide at first base, but the LVBC is also not teaching youth baseball players to look for contact. However, runners will not be penalized for incidental contact at first base, and discretion should be used if first base is "blocked" by a fielder. Runners should be permitted to run by/next to first base if needed to avoid contact.

10.5.3 No fielder may "trick" or "fool" a player into sliding by simulating a tag when there is no play at a base. This practice is generally forbidden at all levels of youth baseball.

10.6 All injuries should be treated with proper care. Any time a player is either knocked unconscious or incapacitated 911 should be called. Any type of head injury regardless of whether a player appears dazed should result in the player being removed from the game and observed closely. All serious injuries of the nature described above should be reported to the player's parents and to the league coordinator.

10.7 Play will be halted for 30 minutes after each lightning strike. The 30 minute clock resets with every subsequent lightning strike. THIS RULE MUST BE STRICTLY ADHERED TO. During this time the playing field (including the dugouts) must be cleared of all participants, parents, and coaches. AT WASHINGTON TOWNSHIP FIELDS, THE SAFEST PLACE FOR ALL PLAYERS, COACHES, AND SPECTATORS IS AN AUTOMOBILE.

10.8 All pitchers in any division must wear a heart guard or equivalent device. LVBC recommends the T-Shirt with the built in guard that is soft and covers the sternum and left side of the chest.

11.0 Baseball Bats

Cal Ripken Division (through Majors/12u)

11.1 All Bats Must be "USA Baseball" Stamped. The bat may not exceed 33" in length, and the bat barrel may not exceed 2 5/8" in diameter. T-Ball may use any bat under 26" in length.

Babe Ruth Divisions (13-15)

11.2 The bat may not exceed 34" in length, and the bat barrel must be 2 5/8" in diameter. Only bats certified and marked BBCOR .50 or "USA Baseball" will be allowed.

Babe Ruth Divisions (16-18)

The bat may not exceed 34" in length, and the bat barrel must be 2 5/8" in diameter. Only bats certified and marked BBCOR .50 no greater than drop 3.

Note all divisions may use a solid one piece bat as long as the conform with rule 1.10 of the Babe Ruth Rule Book

12.0 Prevention and Treatment Of Sports-Related Concussions And Head Injuries

12.1. The Long Valley Baseball Club believes it is very important for coaches, parents and members of the Long Valley Baseball Club To be made aware of the dangers of head Injuries. It is the responsibility for the coaches and parents to aid in the prevention, detection and notification of a head injury.

12.2. Any athlete who exhibits sign or symptoms of a sports-related head injury or concussion shall be immediately removed from the practice or game and may not return that day. It is the responsibility of the coach to inform the parents of the player injured as such. Kids who display signs of a concussion may not return to play until cleared by their physician.

12.3. Symptoms of Concussion: (*courtesy of www.kidshealth.org*)

- “Seeing Stars” And feeling dazed, dizzy or lightheaded
- Memory loss, such as trouble remembering things that happened
- Headaches, nausea or vomiting
- Blurred vision and sensitivity to light
- Slurred speech or saying things that don’t make sense
- Difficulty concentrating, thinking, or making decisions
- Difficulty with coordination or balance (such as being able to catch a ball or other easy tasks)
- Feeling anxious or irritable for no apparent reason
- Feeling overly tired

13.0 Pitching

13.1 No curve balls are allowed in the Minors and Majors levels (ages 12 and under).

13.1.1 A curve ball is an “illegal pitch”, and the batter will be awarded a “ball” OR the outcome of the play (batting team’s choice) See official amateur baseball rules 8.05 for further details. If a coach suspects a player is intentionally throwing curveballs, he should respectfully bring it to the attention of the umpire. Final determination rests with the umpire. It is always wise to discuss our town rules regarding curve balls with the umpire during ground rules.

13.2 If a pitcher hits 3 batters in a game he must be removed.

13.3 A second or subsequent visit to the mound in an inning requires that the pitcher be removed from the game as a pitcher.

13.4 There are no intentional walks in any league.

13.5 Pitch counts are mandatory. Please visit the pitching rules (17.0) for specific league counts. There is no such thing as a “pitching week”. We use pitch counts.

13. 6 Pitchers once returned from the mound may not enter the game as a pitcher.

14.0 LVBC Recreation Baseball Playing Time

14.1 For rec games, every available player must be in the batting lineup.

14.2 Players arriving after the game begins must be placed at the bottom of the order.

14.3 Players leaving early are removed from the lineup with no penalty.

14.4 If a player is injured and removed from the batting order, that player will not be considered an out when it comes time for the player to bat again. Once a player is removed from the batting lineup that player can no longer return to the game.

14.5 A player may not avoid an at bat. The LVBC encourages every player to participate. If a player is not able to complete their at bat and intends to play a defensive position, that at bat will be considered an out.

14.6 Players must play no less than half the innings in the field of a regulation game and must never sit consecutive innings. Free defensive substitutions (except for the pitcher) are allowed throughout the game.

14.7 Players must be allowed to play an infield position (includes pitcher and catcher) at least once every game. The LVBC encourages parents to monitor this situation with their children. Coaches who do not follow this rule must be reported to the club. If there is a legitimate safety issue with doing this the coach should discuss it privately with the parents and notify the league coordinator about it.

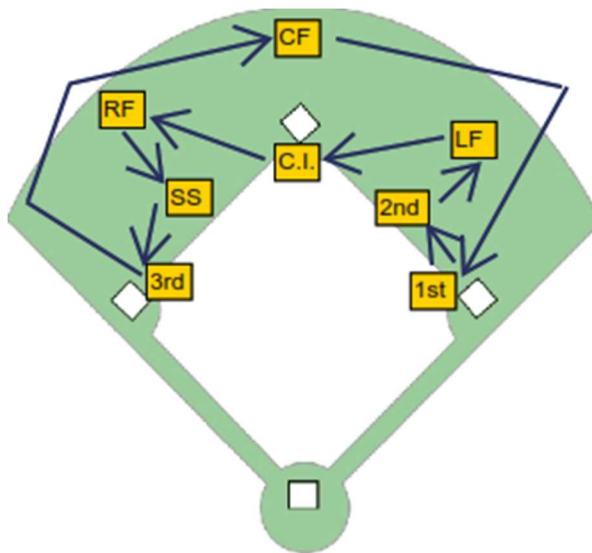
15.0 League Specific Rules

15.1 T Ball

- a) All players in lineup and all bat off the tee with the batting order varied each game.
- b) All players play in the field. No pitcher or catcher allowed. Only four infielders, a plus a player playing the physical 2nd base position (Center Infielder) allowed in the infield. Outfielders must be positioned at least 5 feet into the OFF grass. Every effort should be made to limit roster sizes!
- c) All players bat in every inning.
- d) All players remain on base whether they were out or not.
- e) Defensive coaches allowed on field.
- f) RIF 5 soft balls used.
- g) Only rubber cleats will be permitted, no metal cleats are allowed.
- h) Defensive Play goes as followed – Unless the ball is hit directly at a player playing one of the 3 bases it will be the responsibility of either the SS or 2nd Baseman to field the ball if in the infield or an outfielder if the ball is hit out of the infield.

When the first batter hits the ball the play will be at 1st base, when the next batter hits the play will be at 2nd base, then 3rd. The fielders will then rotate (See diagram). The progression then begins again until the opposing team finishes its batting order.

Teams are awarded a point for outs made at the base that the play is at. Teams are awarded a win if they score more points than they did in the game before.



15.2 A-Ball (Machine Pitch)

- a) All players in lineup.
- b) No catcher allowed. Only four infielders plus the pitcher position allowed in the infield. Outfielders must be positioned at least 5 feet into the OF grass. Every effort should be made to limit the roster sizes!
- c) Three outs per inning.
- d) A batter or base runner deemed out is removed from the bases.
- e) Defensive coaches allowed on field.
- f) A coach from the offensive team runs the pitching machine.
- g) No Walks
- h) A strike is only recorded if a batter swings and misses. 3 strikes and the batter is out. There will be no more than 6 pitches from the machine, after 6 pitches the batter is out.
- i) RIF 5 soft balls used.
- j) Only rubber cleats will be permitted, no metal cleats are allowed.
- k) Unlimited innings – no new inning after 50min.

15.3 AA

General Rules

- a) 46/60 distance is used
- b) 4 inning game
- c) No walks allowed
- d) All players in batting lineup
- e) Maximum of ten players in the field, four infielders plus the pitcher and catcher
- f) One inning limit for pitchers
- g) RIF 5 soft balls used
- h) Two coaches from defensive team are allowed on the field
- i) No leading. Runners may only advance after the ball has been put in play by the batter. Runners may only advance one base at a time.
- j) Only rubber cleats will be permitted, no metal cleats are allowed.

- k) Players pitch. Each player may pitch no more than 1 inning a game. Pitch counts do NOT have to be reported at this level.
- l) If three outs are recorded, the half inning is over, regardless of how many players have batted.
- m) If three outs are not recorded, the half inning ends after the entire lineup has batted.
- n) If the count reaches four balls, the coach of the batting team finishes the at bat. The count on the batter does not reset, but one strike is subtracted from the count. If the batter had two strikes when the coach comes in to pitch, he starts with one strike.
- o) Score may be kept. 4 run max per inning including the last inning.

15.4 Minors

- a) All players in lineup.
- b) 6 inning game.
- c) No infield fly rule.
- d) No dropped 3rd strike rule.
- e) Five run maximum per team per inning.
- f) No base leading is allowed until the ball crosses home-plate on a pitch.
- g) Stealing a base is allowed. Base leading rule above applies where a base runner cannot leave the base until the ball crosses home-plate on a pitch.
- h) No “stealing” of home plate.
- i) No advance allowed on catcher overthrows at any base. Catchers should be encouraged to make throws.
- j) The pitch count rules (17.0) must be followed.
- k) ***No slashing/fake bunt*** -- A batter is out for illegal action when the batter fakes a bunt and then takes a full swing, thus eliminating a batter from fake bunting the ball. **Penalty:** Batter is out, the ball is dead, and no runners may advance.
- l) ***Contact Rule*** – If a runner attempting to reach home plate or another base intentionally and maliciously runs into a defensive player in the area of home plate or a base, he will be called out and ejected from the game.
- m) No intentional walks allowed.
- n) Only rubber cleats will be permitted, no metal cleats are allowed.

15.5 Majors

- a) Games will be played on the 50/70 field dimensions.
- b) All players in lineup.
- c) 6 inning game.
- d) Infield fly rule is in effect.
- e) Dropped 3rd strike rule is in effect.
- f) Seven run maximum per team per inning.
- g) Standard base leading and stealing are allowed.
- h) The pitch count rules supplement (17.0) must be followed.
- i) If a balk results in a runner being picked off or thrown out that runner is put back on the base they began at. Otherwise balks result in warnings to the pitcher.
- j) ***No slashing/fake bunt*** -- A batter is out for illegal action when the batter fakes a bunt and then takes a full swing, thus eliminating a batter from fake bunting the ball. **Penalty:** Batter is out, the ball is dead, and no runners may advance.

- k) **Contact Rule** – If a runner attempting to reach home plate or another base intentionally and maliciously runs into a defensive player in the area of home plate or a base, he will be called out and ejected from the game.
- l) No intentional walks allowed.
- m) Only rubber cleats will be permitted, no metal cleats are allowed.

15.6 Babe Ruth

- a) Games will be played on the 60/90 field dimensions.
- b) All players bat.
- c) 7 inning game.
- d) A pitcher will receive two balk warnings per game before being penalized for it. If a balk that prompts a warning results in a runner being thrown out that runner is put back on the base they began at.
- e) If playing in our regional recreation league, those league rules must be followed.
 - 1. **All Bats MUST be 2 5/8” Diameter barrels**
 - 2. **Allowed Bats**
 - a. Alloy Barrel & Alloy Handle
 - b. Alloy Barrel & Composite Handle
 - c. Composite Barrel & Composite Handle - BBCOR .50 ONLY
 - d. Wood
 - e. Wood Hybrid
 - 3. **Disallowed Bats**
 - a. Composite Barrel bats that are NOT BBCOR .50
 - b. Any bat barrels with diameter that are NOT 2 5/8”
- f) **Contact Rule** – If a runner attempting to reach home plate or another base intentionally and maliciously runs into a defensive player in the area of home plate or a base, he will be called out and ejected from the game.
- g) **Intentional Walk Rule** – An intentional base on balls may be given by the defensive team by having its catcher or coach request the umpire to award the batter first base. This may be done before pitching to the batter or on any ball and strike count. The ball shall be declared dead before making the award. A limit of two intentional walks will be allowed by each team per game.
- h) Metal cleats are permitted at the Babe Ruth level.

16.0 Standings, Tiebreakers and Playoffs

16.1 Wins count as 2 points, ties count as 1 point and games not played count as 0 points.

16.2 All teams make the playoffs.

16.3 Seedings and matchups for leagues with multiple divisions should be done by points regardless of division. (e.g. top two seeds can come from same division)

16.4 Regular season rules apply including official game rule.

16.5 In playoff games, the higher seeded team is the home team.

16.6 Seeding tiebreakers, in the following order:

- a. Points earned
- b. Head to head record
- c. Winner of last head to head game
- d. Coin toss
- e. If more than two teams are tied, the coordinator will review the head to head matchups and seed the teams. The League Coordinator will make all final decisions on seedings.

16.7 All playoff games will be played to completion. This includes games suspended due to time, darkness, or weather. League coordinators will rule on all special circumstances.

17.0 Pitch Count Supplement

17.2 the below chart of pitch count limits and days’ rest will be followed as an absolute maximum guideline by all coaches of LVBC (see tournament exception in section 17.8).

Pitch Count Limits and Required Rest Recommendations

It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so. See required rest recommendations below.

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A
15-16	95	1-30	31-45	46-60	61-75	76+	N/A
17-18	105	1-30	31-45	46-60	61-80	81+	N/A
19-22	120	1-30	31-45	46-60	61-80	81-105	106+

17.3 A Pitch Count Score Keeper will be designated by each head coach. A pitch count clicker will be given to each head coach. The Pitch Count Score Keepers are to communicate with each other and their respective head coaches to (1) confirm pitch count and (2) when a pitcher is approaching his maximum limit of pitches for the game.

Rec Coach	
Violates pitch count / innings rule	Result of rec game forfeited (if win)
	Suspended for next game (if loss)
Travel Coach	
Violates pitch count rule	Suspended for next travel game
<i>*second offense may result in removal from coaching position (at the LVBC board’s discretion)</i>	

17.4 The Recreation and Travel Head Coach is responsible for entering his player's pitch count via the LVBC website by midnight on game day. Updates are critical for recreation and travel program communication.

17.5 If a pitcher has reached his limit he will be removed as the pitcher. If a pitcher has reached his limit while still pitching to a batter he may complete his pitching assignment to that batter. Once complete the pitcher must be removed.

17.6 When a pitcher is removed from his pitching assignment he may be placed in other defensive positions.

17.7 Care should be taken when placing a pitcher in defensive positions that will continue to tax his arm, i.e. catcher, shortstop.

17.8 Innings limits do not apply to travel games; pitch count limits apply. If a team is playing in a tournament the pitching rules of that tournament should be followed.

17.9 Warm-up pitches are not to be counted.

17.10 If a game is suspended and is resumed at a later date, Cal Ripken rules for resumption of a game are to be followed. If a pitcher by the Cal Ripken rules for resumption of a suspended game is able to pitch, this pitcher must first meet the Pitch Count and Rest Guideline as stated above.