

*******New rule for 2018*******

Teams must have a pitching sheet signed for every game with all pitchers used and the number of pitches thrown by each pitcher. Each team will need to do this every game. This is the same as High School and Legion baseball. There are pitching sheets attached.

b. VPA Pitching Limitation Rule (6-1-6) regular season and tournament) is based on the number of pitches thrown in a game. The pitch count is based on pitches thrown for strikes; balls; foul balls; and outs. Not warm up pitches allowed before each inning or those warm ups allowed by the umpire in case of injury or game delay.

The number of pitches is based on the level of pitching. Specific rest periods are in place when a pitcher reaches a high threshold of pitches delivered in a **day**.

LEVEL & PITCHES ALLOWED PER DAY

Freshmen/JV - 110

The rest periods required during the 2018 regular and tournament season are listed below:

A calendar day means that if a pitcher throws 66 pitches on Tuesday that player may not pitch again until Saturday. If they throw 66 pitches on Saturday that player may not pitch again until Wednesday. The starting time of the game NO longer matters in the calculation of when a pitcher is eligible to pitch again.

JV/FRESHMEN:

- **If a pitcher throws 66 or more pitches in a day, three (3) calendar days or rest must be observed.**
- **If a pitcher throws 41-65 pitches in a day, two (2) calendar days of rest must be observed.**
- **If a pitcher throws 26-40 pitches in a day one (1) calendar day of rest must be observed.**
- **If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.**

.A pitcher, who reaches the pitch count limit in the middle of an at bat, will be allowed to finish that hitter. This only applies to maximum limitations. I.e. JV/Freshman 110

******* No pitcher shall re-enter a game as a pitcher once they are removed from pitching. There will be no exceptions to this rule. *******

Balks will be called the entire season, no warnings.

