

Baseball Nova Scotia 2009 Pitch Count Guidelines

Level	Daily Pitches (No rest)	Daily Pitches (1 day rest)	Daily Pitches (2 days rest)	Daily Pitches (3 days rest)	Daily Pitches (4 days rest)	Daily/Max.
Mosquito	1-30	31-40	41-50	51-60	61-70	70
Peewee	1-40	41-50	51-60	61-70	71-80	80
Bantam	1-50	51-60	61-70	71-80	81-90	90
Midget	1-50	51-60	61-70	71-80	81-100	100

PART A

- A pitcher cannot pitch in 3 consecutive days regardless of pitch count.

PART B

- If you pitched today, that determines when you can pitch again.(consult the chart)
- If you did not pitch today, when you pitched last and how many pitches were thrown determines when you can pitch again (consult the chart).

PART C

- A player can not pitch and catch or catch and pitch in the same game

PART D

- When a pitcher reaches his daily pitch maximum, he must come out at that time and cannot finish the batter.
- Pitch Counts be adopted for BNS sanctioned tournaments (Districts, Provincial, Atlantics, Bluenose play & National Eliminations).
- It will be used in Mosquito, Peewee, Bantam & Midget @ the A, AA & AAA level, but not the House League.
- The House League (R level) will use reduced innings during tournament play (Districts/Provincials). 2 innings maximum per game for Mosquito and 3 Innings Maximum per game for Peewee and Bantam.
- Only one (agreed on by both teams) official Pitch Counter should be recognized during a game.
- Warm up pitches & throws to other bases should not be included in the Pitch Count.
- The Pitch Count Official must warn coaches of any pitcher reaching the daily minimum/maximum level of pitches.
- Any team disregarding the Pitch Count rules during a game will be in default & the opposing team could be awarded the win. BNS to determine this.
- Official Pitch Count sheets should be kept during each tournament in order to prove compliance. BNS will supply these Pitch Count sheets.
- If a team has no remaining players eligible to pitch in a game the opposing coach may designate a player who has yet to pitch in that game, this pitcher may not throw more than 30 pitches.