

# ***Protecting Young Pitching Arms***

***Updated for 2008!***



***The Little League® Pitch Count Regulation Guide  
for Parents, Coaches and League Officials***



LITTLE LEAGUE BASEBALL® INCORPORATED THANKS THE AMERICAN SPORTS MEDICINE INSTITUTE FOR ITS LEADERSHIP IN PROTECTING YOUNG ATHLETES AND ITS ENDORSEMENT OF OUR PITCH COUNT PROGRAM.



[www.asmi.org](http://www.asmi.org)

Baseball is a great sport, and Little League continues to be one of the premier youth organizations. However in the mid-1990's (when today's Little Leaguers were born), we started to notice an alarming increase in serious injuries in adolescent pitchers. For example during the last five years of the 1990's, 21 of the 190 "Tommy John" surgeries at our center were high school age pitchers or younger; however during the first five years of this decade, 124 of our 627 "Tommy John" surgeries were high school age pitchers or younger. This alarming trend was also happening for other types of pitching injuries.

Anecdotally it's believed that the rise in injuries is due to increased amounts of pitching at a younger age. To determine if this was true, our American Sports Medicine Institute conducted a series of scientific studies with support and cooperation from USA Baseball, Little League Baseball, and Major League Baseball. We followed hundreds of youth baseball pitchers, and monitored arm problems and potential contributing factors including pitch counts, types of pitches, quality of mechanics, and other factors. The scientific results confirmed that the number of pitches thrown was the most significant contributor to arm problems. Another study compared our young, surgery patients with healthy adolescent pitchers and found that young pitchers who often pitched past the point of fatigue were 36 times more likely to end up on the surgery table. Another risk factor was year-round baseball without sufficient rest (the data suggested at least four months a year away from throwing). Other risk factors included participating in showcases, and throwing with high ball velocity. Of course ball velocity is valuable for all pitchers, but we believe that there is too much emphasis on ball speed instead of on quality of mechanics, speed variation, and control, in today's "radar gun" generation. Details about these scientific studies can be found at [asmi.org](http://asmi.org).

Little League Baseball has been the leader in recognizing the rise in injuries and has taken dramatic steps to make baseball safe for young players. Some issues – such as showcases and participation in independent traveling teams – may be beyond Little League's control, but Little League has embraced the pitch count research and boldly altered their rules. We applaud Little League for their continued effort to insure that their game is as safe and enjoyable as possible for you and your children.

A handwritten signature in black ink that reads "James R. Andrews M.D." in a cursive style.

James R. Andrews, M.D.  
ASMI Medical Director

A handwritten signature in black ink that reads "Glenn S. Fleisig" in a cursive style.

Glenn S. Fleisig, Ph.D.  
ASMI Research Director



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### THE PITCH COUNT IN 2008

“The first year of using pitch counts in Little League Baseball® appears to be a success at all levels, and we are pleased that Little League continues to refine the program. The changes for the 12008 season reflect the leadership position Little League has taken to protect young pitching arms, and we wholeheartedly endorse these actions.”

# INTRODUCTION

## GOAL OF THE LITTLE LEAGUE PITCH COUNT REGULATION: PROTECTING PITCHERS' ARMS

In 2007, Little League Baseball changed its decades-old pitching rules, making the actual number of pitches delivered the deciding factor in determining eligibility in the baseball division.

This publication, "Protecting Young Pitching Arms: The Little League Pitch Count Regulation Guide for Parents, Coaches and League Officials," is provided at no charge via the Internet to local Little League programs worldwide. The goal of this publication is to reach as many parents and volunteers as possible, so that everyone will know the benefits and their responsibilities in making this regulation work.

Inside, you'll find helpful questions and answers about the regulation, as well as the regular season regulation and the rule to be used in the International Tournament. It also includes great advice from respected medical professionals on the care and conditioning of the pitching arm, and the best ideas from the thousands of Little League volunteers who have successfully used "pitch counts" in their local Little Leagues in the past.

Pitchers in all divisions of Little League, from age 7 to 18, now have specific limits for each game, based on their age. The number of pitches delivered in a game will determine the amount of rest the player must have before pitching again.

"Little League has a rich history of pioneering baseball safety innovations," said Stephen D. Keener, president and chief executive officer of Little League Baseball and Softball. "As the world's largest organized youth sports program, Little League is proud to take a leadership position in youth sports safety."

There are about 2.3 million players in the baseball divisions of Little League worldwide. There are nearly 400,000 female softball players, but the regulations do not apply to softball.

For all of Little League Baseball's history, and for the history of amateur youth baseball in general, pitching regulations have used innings pitched to determine pitcher eligibility. Recently, researchers and medical professionals in the field of sports medicine have been working to determine if the actual number of pitches thrown (i.e., pitch count) is a better way to regulate pitching in youth baseball.

Most notable among those calling for pitch counts has been Dr. James R. Andrews, M.D., medical director at the American Sports Medicine Institute (ASMI) in Birmingham, Ala. Dr. Andrews is the world's foremost authority on pitching injuries and ulnar collateral ligament reconstruction, or, as it is better known, "Tommy John surgery." The ASMI and the USA Baseball Medical and Safety Advisory Committee have worked closely with Little League to create the guidelines for the new regulation.

"This is one of the most important injury prevention steps ever initiated in youth baseball by the leader in youth baseball," Dr. Andrews said. "It is certain to serve as the youth sports injury prevention cornerstone and the inspiration for other youth organizations to take the initiative to get serious about injury prevention in youth sports. I am proud that our American Sports Medicine Institute and USA Baseball can play a small role in this important initiative."

Little League is the first national youth baseball organization to institute a pitch count. The Little League International Board of Directors approved the measure unanimously at a meeting on Aug. 25, 2006, two days before the conclusion of the Little League Baseball World Series.

"This is the right time to make this change," Mr. Keener said. "We call upon all youth baseball organizations, including travel leagues, to implement their own pitch count programs in the interest of protecting young pitching arms. Our goal continues to be to educate everyone, particularly parents and coaches, on the potential injuries that can occur from throwing too many pitches."

In 2005 and 2006, Little League conducted a Pitch Count Pilot Program to determine the feasibility of implementing a regulation limiting the number of pitches a Little Leaguer can throw in a day, and the rest required before pitching again. Fifty leagues were studied in 2005, and nearly 500 signed up for the program in 2006.

"Surveys of those leagues showed the overwhelming majority were able to implement a pitch count without any problems," Mr. Keener said. "They also found that they were able to develop other pitchers who might not have otherwise ever taken the mound. And they found that their pitchers were stronger at the end of the season."

Regulations for tournament play (all-stars) are similar, but with some modifications. Little League also continues to explore other pitching-related issues, such as the use of breaking pitches.

"While there is no medical evidence to support a ban on breaking pitches, it is widely speculated by medical professionals that it is ill-advised for players under 14 years old to throw breaking pitches," Mr. Keener said. "Breaking pitches for these ages continues to be strongly discouraged by Little League, and that is an issue we are looking at as well. As with our stance on pitch counts, we will act if and when there is enough medical evidence to support a change."

Little League International is taking part in a five-year study on breaking pitches by Little League pitchers. The study is being conducted by the University of North Carolina and is supported by the Yawkey Foundation.

# THE PITCH COUNT REGULATION

The following is the text of the new regular season Pitch Count Regulation for all levels of Little League Baseball. (The rule for use in the International Tournament is similar, and also is printed below.)

## REGULAR SEASON – BASEBALL ONLY

### REGULATION VI – PITCHERS:

- (a) Any player on a regular season team may pitch. (**NOTE:** There is no limit to the number of pitchers a team may use in a game.)
- (b) Players once removed from the mound may not return as pitchers. **Junior, Senior, and Big League Divisions only:** A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- (c) The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age	17-18	105 pitches per day
	13-16	95 pitches per day
	11-12	85 pitches per day
	9-10	75 pitches per day
	7-8	50 pitches per day

**Exception:** Exception: If a pitcher reaches the limit imposed in Regulation VI (c) for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning. **Note 1: A pitcher who delivers one or more pitches in a game cannot play the position of catcher for the remainder of that day.**

- (d) Pitchers league age 16 and under must adhere to the following rest requirements:
  - If a player pitches 61 or more pitches in a day, three (3) calendar days of rest and a game (see e. below) must be observed.
  - If a player pitches 41 - 60 pitches in a day, two (2) calendar days of rest and a game (see e. below) must be observed.
  - If a player pitches 21 - 40 pitches in a day, one (1) calendar days of rest must be observed.
  - If a player pitches 1-20 pitches in a day, no (0) calendar day of rest must be observed.

Pitchers league age 17-18 must adhere to the following rest requirements:

- If a player pitches 76 or more pitches in a day, three (3) calendar days of rest and a game (see e. below) must be observed.
  - If a player pitches 51 - 75 pitches in a day, two (2) calendar days of rest and a game (see e. below) must be observed.
  - If a player pitches 26 - 50 pitches in a day, one (1) calendar days of rest must be observed.
  - If a player pitches 1-25 pitches in a day, no (0) calendar day of rest must be observed.
- (e) A player may not pitch in consecutive games. Exception – League Age 16 and under - A player may pitch in consecutive games if 40 or less pitches were delivered in the previous game. League Age 17-18 - A player may pitch in consecutive games if 50 or less pitches were delivered in the previous game.
  - (f) Each league must designate the scorekeeper or another game official as the official pitch count recorder.
  - (g) The pitch count recorder must provide the current pitch count for any pitcher when requested by either manager or any umpire. However, the manager is responsible for knowing when his/her pitcher must be removed.
  - (h) The official pitch count recorder should inform the umpire-in-chief when a pitcher has delivered his/her maximum limit of pitches for the game, as noted in Regulation VI (c). The umpire-in-chief will inform the pitcher's manager that the pitcher must be removed in accordance with Regulation VI (c). However, the failure by the pitch count recorder to notify the umpire-in-chief, and/or the failure of the umpire-in-chief to notify the

manager, does not relieve the manager of his/her responsibility to remove a pitcher when that pitcher is no longer eligible.

- (i) Violation of any section of this regulation can result in protest of the game in which it occurs. Protest shall be made in accordance with Playing Rule 4.19.
- (j) A player who has attained the league age of twelve (12) is not eligible to pitch in the Minor League. (See Regulation V – Selection of Players)
- (k) A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

**NOTES:**

1. The withdrawal of an ineligible pitcher after that pitcher is announced, or after a warm-up pitch is delivered, but before that player has pitched a ball to a batter, shall not be considered a violation. Little League officials are urged to take precautions to prevent protests. When a protest situation is imminent, the potential offender should be notified immediately.
2. Pitches delivered in games declared “Regulation Tie Games” or “Suspended Games” shall be charged against pitcher’s eligibility.
3. In suspended games resumed on another day, the pitchers of record at the time the game was halted may continue to pitch to the extent of their eligibility for that day, provided said pitcher has observed the required days of rest.

**Example 1:** A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on the following Thursday. The pitcher is not eligible to pitch in the resumption of the game because he/she has not observed the required three days of rest.

**Example 2:** A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes on Saturday. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game because he/she has observed the required three days of rest.

**Example 3:** A league age 12 pitcher delivers 70 pitches in a game on Monday when the game is suspended. The game resumes two weeks later. The pitcher is eligible to pitch up to 85 more pitches in the resumption of the game, provided he/she is eligible based on his/her pitching record during the previous three days.

**Note:** The use of this regulation negates the concept of the “calendar week” with regard to pitching eligibility.

**TOURNAMENT RULE – BASEBALL ONLY**

**4. PITCHING RULES – LITTLE LEAGUE BASEBALL, 9-10 YEAR OLD, 10-11 YEAR OLD DIVISION, JUNIOR LEAGUE AND SENIOR LEAGUE**

These rules replace the regular season pitching regulations.

- a. Any player on a tournament team may pitch. (**NOTE:** There is no limit to the number of pitchers a tournament team may use in a game.)
- b. A tournament pitcher may not pitch in regular season or Special Games while the team is still participating in the tournament.
- c. Pitchers once removed from the mound may not return as pitchers. **Junior/Senior League:** A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- d. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:

League Age:	13-16	95 pitches per day
	11-12	85 pitches per day
	9-10	75 pitches per day

**Exception:** If a pitcher reaches the limit imposed above for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning. **Note: A pitcher who delivers one or more pitches in a game cannot play the position of catcher for the remainder of that day.**

- e. Pitchers league age 16 and under must adhere to the following requirements:
  - If a player pitches 46 or more pitches in a day, two (2) calendar days of rest and a game (see f. below), must be observed.
  - If a player pitches 21 to 45 pitches in a day, one calendar day of rest and a game (see f. below), must be

observed.

- If a player pitches 1 to 20 pitches in a day, no rest is required.
- f. A player may not pitch in consecutive games. **Exceptions** – A player may pitch in consecutive games if:
  1. less than 21 pitches were pitched in the previous game, or,
  2. the previous game was at another level, and the pitcher has received the required number of days of rest as noted in (e.) above. (Levels are District, Section, State, Division, Region, and World Series.)  
**Note:** A contest decided by forfeit does not constitute a “game” for the purpose of this rule unless one complete inning was physically played before the game was forfeited. (Forfeits are only by decree of the Tournament Committee in Williamsport.)
- g. A player may not pitch in more than one game in a day.
- h. In a game suspended by darkness, weather, or other causes and resumed the following calendar day, the pitcher of record at the time the game was halted may continue to the extent of his/her eligibility, provided he/she delivered 40 or less pitches, and subject to each of these conditions:
  1. If the pitcher delivered 20 or less pitches before the game was suspended, that pitcher’s pitch count will begin at zero for the continuation portion of the game;
  2. If the pitcher delivered between 21 and 40 pitches before the game was suspended, that pitcher’s pitch count will begin with the number of pitches delivered in that game;
- i. In a game (“Game A”) suspended by darkness, weather, or other causes and resumed more than one calendar day later, the provisions of (h.) above shall apply, unless the pitcher of record pitched in another game or games after Game A was halted. In that event, eligibility to pitch in the continuation portion of Game A shall be determined by the number of pitches delivered in the game or games after Game A was halted.
- j. Failure to remove a pitcher who has reached his/her maximum number of pitches required by league age or use of an ineligible pitcher is basis for protest. Violation protested before the umpires leave the playing field, shall result (by action of the Tournament Committee) in the suspension of the team’s manager for the next two scheduled tournament games, even if those games are played at the next tournament level. Additional penalties (up to and including forfeiture of a game and/or disqualification of the team, managers or coaches from further tournament participation) may be imposed if, in the opinion of the Tournament Committee:
  1. a manager or coach takes any action that results in making a travesty of the game,
  2. a team fails to meet the requirements of this rule more than once during the International Tournament, which begins with District play and ends at the World Series level (State level for 9-10 and 10-11), or;
  3. a manager willfully and knowingly disregards the requirements of this rule.

A manager or coach suspended for any reason is not permitted to be at the game site and must not take any part in the game, nor have any communications whatsoever with any persons at the game site. Violation may result, by action of the Tournament Committee, in further suspension, forfeiture of a game and/or disqualification of the team, managers or coaches from further tournament participation.

#### 4. PITCHING RULES – BIG LEAGUE BASEBALL

These rules replace the regular season pitching regulations.

- a. Any player on a tournament team may pitch. (**NOTE:** There is no limit to the number of pitchers a tournament team may use in a game.)
- b. A tournament pitcher may not pitch in regular season or Special Games while the team is still participating in the tournament.
- c. A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- d. The manager must remove the pitcher when said pitcher reaches the limit for his/her age group as noted below, but the pitcher may remain in the game at another position:  
League Age:   16 – 18                   105 pitches per day

**Exception:** If a pitcher reaches the limit imposed above for his/her league age while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is put out; 3. The third out is made to complete the half-inning. **Note: A pitcher who delivers one or more pitches in a game cannot play the position of catcher for the remainder of that day.**

- e. Pitchers league age 16 and above must adhere to the following requirements:
- If a player pitches 61 or more pitches in a day, two (2) calendar days of rest, and a game (see f. below), must be observed.
  - If a player pitches 36 to 60 pitches in a day, one calendar day of rest, and a game (see f. below), must be observed.
  - If a player pitches 1 to 35 pitches in a day, no rest is required.
- f. A player may not pitch in consecutive games. **Exceptions** – A player may pitch in consecutive games if:
1. less than 36 pitches were pitched in the previous game, or,
  2. the previous game was at another level, and the pitcher has received the required number of days of rest as noted in (e.) above. (Levels are District, Section, State, Division, Region, and World Series.)**Note:** A contest decided by forfeit does not constitute a “game” for the purpose of this rule unless one complete inning was physically played before the game was forfeited. (Forfeits are only by decree of the Tournament Committee in Williamsport.)
- g. A player may not pitch in more than two games in a day.
- h. In a game suspended by darkness, weather, or other causes and resumed the following calendar day, the pitcher of record at the time the game was halted may continue to the extent of his/her eligibility, provided he/she delivered 50 or less pitches, and subject to each of these conditions:
1. If the pitcher delivered 25 or less pitches before the game was suspended, that pitcher’s pitch count will begin at zero for the continuation portion of the game;
  2. If the pitcher delivered between 26 and 50 pitches before the game was suspended, that pitcher’s pitch count will begin with the number of pitches delivered in that game;
- i. In a game (“Game A”) suspended by darkness, weather, or other causes and resumed more than one calendar day later, the provisions of (h.) above shall apply, unless the pitcher of record pitched in another game or games after Game A was halted. In that event, eligibility to pitch in the continuation portion of Game A shall be determined by the number of pitches delivered in the game or games after Game A was halted.
- j. Failure to remove a pitcher who has reached his/her maximum number of pitches required by league age or use of an ineligible pitcher is basis for protest. Violation protested before the umpires leave the playing field, shall result (by action of the Tournament Committee) in the suspension of the team’s manager for the next two scheduled tournament games, even if those games are played at the next tournament level. Additional penalties (up to and including forfeiture of a game and/or disqualification of the team, managers or coaches from further tournament participation) may be imposed if, in the opinion of the Tournament Committee:
1. a manager or coach takes any action that results in making a travesty of the game,
  2. a team fails to meet the requirements of this rule more than once during the International Tournament, which begins with District play and ends at the World Series level or;
  3. a manager willfully and knowingly disregards the requirements of this rule.
- A manager or coach suspended for any reason is not permitted to be at the game site and must not take any part in the game, nor have any communications whatsoever with any persons at the game site. Violation may result, by action of the Tournament Committee, in further suspension, forfeiture of a game and/or disqualification of the team, managers or coaches from further tournament participation.

## FREQUENTLY ASKED QUESTIONS ON THE PITCH COUNT

Here are some commonly asked questions regarding the regular season baseball pitching regulation (pitch count).

### 1. Why has Little League changed the pitching regulation for all baseball divisions?

Recently, researchers and medical professionals in the field of sports medicine have determined that the actual number of pitches thrown (i.e., pitch count) is a safer way to regulate pitching in youth baseball. Little League has a rich history of pioneering baseball safety innovations. As the world’s largest organized youth sports program, Little League is again taking a leadership position in youth sports safety.

### 2. How will a league determine who is responsible for counting the pitches?

Selecting the person responsible for counting pitches will be a decision of each local league. That person’s pitch count will be the officially recognized pitch count for the game.

In most leagues, this responsibility will rest with the game’s official scorekeeper. In that case, since a scorekeeper already keeps track of the balls and strikes on each batter, so he or she will additionally need to keep track of the number of foul batted balls that are hit with two strikes. Each pitcher’s pitch count is computed by adding the number of balls and strikes, the number of foul balls hit with two strikes, and the number of fair batted balls.



Other leagues might assign a separate person who simply keeps track of every pitch on a piece of paper. Little League International will provide local leagues with a suggested form for this in the coming months. Leagues also can use any of the various digital or mechanical pitch counting tools that are available commercially.

Still other leagues might assign the task to one or both of the managers, or to one of the base umpires.

**3. What is the penalty for violating the pitch count regulation?**

Violating the regular season pitch count regulation can be protested in accordance with Rule 4.19. And, as with all regular season games, the local league (by action of the local league Board of Directors through the Protest Committee) resolves all protests. The local league Protest Committee could decree a forfeit, or not, as it sees fit. The Board of Directors also could suspend or remove managers who willfully and persistently violate any rule or regulation.

**4. What is the procedure for Interleague Play games?**

As with any procedure of this nature, the Interleague Play Committee (formed from among personnel in the leagues involved before the start of the season) should decide this. The procedure for counting pitches should be agreed upon between all leagues involved in an interleague arrangement before the first game is played.

**5. What is meant by “calendar days” in the regulation?**

The principle of “calendar days” remains the same. A calendar day is one full day as it is seen on a calendar. A calendar day begins at midnight and ends at midnight the following evening.

Example: If a pitcher in the Little League Major Division throws 70 pitches in a game on Saturday morning, that pitcher cannot pitch again until Wednesday, when he/she has had three calendar days of rest (Sunday, Monday, and Tuesday). It makes no difference what time of day the pitcher pitched on Saturday, as the rest period does not begin until midnight that night.

**6. Can the same pitcher throw in consecutive games?**

Depending on the number of pitches thrown and the days of rest, the same pitcher could pitch in consecutive games. However, pitchers who deliver a certain number of pitches beyond the threshold stated in the regulation/rule must also have a game of rest. The “game of rest” refers only to pitching. A pitcher completing his/her “game of rest” may play in any other position. (See also question 17.)

**7. Can the same pitcher pitch in both games of a doubleheader played on the same day?**

No. A player may not pitch in more than one game in a day. (Exception: In the Big League Division, a player may be used as a pitcher in up to two games in a day.)

**8. If a pitcher is pitching a perfect game or no hitter and reaches his or her maximum pitch count, does he or she have to be removed as a pitcher, or can he/she continue until the perfect game or no hitter is lost?**

Any pitcher, without regard to his/her effectiveness, must be removed when he or she reaches the limit prescribed in the regulation. Remember, no game is more important than protecting pitchers’ arms.

**9. Is the pitch count regulation mandatory in all divisions of baseball? What about softball?**

The regulation applies to all baseball divisions of Little League. It does not apply to and cannot be used in softball.

**10. Is there a limit to the number of 12 year olds that can pitch in a week?**

No. A manager may use as many 12-year-old pitchers in a week as he/she chooses.

**11. Can 12 year olds pitch in the minors?**

No. The regulation prohibits 12 year olds from pitching in the Minor Division. The Minor Division must be considered an instructional division for players who, because of age or ability, are not placed in the Major Division. It should be the goal of every league to place all 12 year olds in the Major Division who are capable of playing at that level.

Note: A local Little League is limited to only one Major Division, but may have multiple levels of Minor Division play (player pitch, coach pitch, machine pitch, etc.).

**12. Are warm up pitches calculated in the pitch count for a pitcher?**

No. As always, however, umpires should be mindful that the rules permit a returning pitcher to have eight preparatory pitches, or one minute, whichever comes first. (See Rule 8.04.)

**13. If a Major Division pitcher has completed six innings in a game, and the game is tied, will that pitcher be permitted to pitch in the seventh inning?**

Yes. There is no limit to the number of innings a pitcher can pitch in a day. A limit is placed on the number of pitches only.

**14. Is the Tournament Pitching Rule the same as the regular season regulation?**

The Tournament Pitching Rule is similar to the regular season rule, but there are some modifications.

**15. Will local leagues have the ability to continue to provide feedback to Little League International regarding the new pitch count regulation?**

Absolutely. As with any rule or regulation of Little League, local leagues and districts are encouraged to provide feedback through the regional office. This feedback is valuable in determining what, if any, changes need to be made.

**16. What about breaking pitches (curve balls, sliders, etc.)?**

As of now, there is no solid medical evidence that these pitches are detrimental. However, Little League and many experts recommend they not be thrown until age 14. We are currently conducting an epidemiological study on this issue to see if these pitches are harmful.

**17. Why is there a regulation prohibiting a player from moving from pitcher to catcher in the same day?**

Medical authorities and experts say that a player who warms up to pitch, and then pitches, should not play catcher for the remainder of the day. Doing so does not provide enough “cool down” time for such a player. The same is not true for catchers who may become pitchers.

# BEST PRACTICES OF THE PITCH COUNT PILOT PROGRAM: LITTLE LEAGUE VOLUNTEERS TELL US HOW IT WORKED

Here is a sampling of the comments we received from volunteers in those leagues that used the Pitch Count Pilot Program. Little League International asked for the “best practices,” so the information could be shared with all Little Leagues worldwide. In this book, we’ve also included some sample forms that local leagues can use, also based on the best ideas from Little League volunteers.

- **Greg, from a local Little League in New Jersey** – “We had each team’s scorekeeper keep track of pitches. We made up our own form, which was modeled after the pitching affidavit for tournament play. Before each game, the managers checked both forms to determine eligibility, and after each game, the opposing manager had to sign the sheet (in ink). We bought counters for all teams to use.”
- **Pat, from a local Little League in California** – “We created a sheet that was placed in the scorekeeper’s notebook that kept track of the number of pitches for each pitcher. The scorekeeper was the official pitch count recorder. We used two counters for each game and kept track of the pitches on one counter for each pitcher that was in the game.”
- **Rick, from a local Little League in Illinois** – “We required all managers to purchase a pitch count device with the home team keeping the ‘official book.’ After a few initial complaints from a few managers who, in the past, relied on only a few pitchers to carry the load, our program ran quite well.”
- **David, a president of a local Little League in New York** – “As we do not have enough volunteers to provide official scorers, each team was responsible for keeping track of its own pitch count. Most teams tried to keep track of both pitchers.”
- **Florian, from a local Little League in Alberta, Canada** – “It was fairly easy. The scorekeeper ticks off each ball and strike, and counts one for the pitch that puts the ball into play. If he/she also ticks off two-strike foul balls at the top or below the column, you simply total the column at the end of each inning. The teams were also required to have with them an updated pitching control roster. They simply stapled it to the back of their scorebook.”
- **Gary, from a local Little League in New Jersey** – “We used a volunteer parent to keep track of pitches for each team. They used a hand-held counter and compared numbers with each other after each half-inning to make sure they were both on the same page. This system worked out very well. Coaches e-mailed pitch counts to our Information Officer along with the scores of the game. The Information Officer kept track of the pitch count for each player.”
- **Rene, from a local Little League in California** – “Our league was very successful with the Pitch Count Pilot Program last season. Everyone was a little hesitant at first, but within a couple of weeks, it was running smoothly. We purchased small hand-held tally counters for each manager and they made one available to the official scorekeeper for each game. Between innings, each manager would come to the official scorekeeper and the three of them would compare pitch counts from the prior inning. Once it was determined how many pitches were thrown, the official scorekeeper would mark it in the official book by the particular pitcher’s name and/or number. We never had any problems with this system.”
- **Steve, from a local Little League in Wisconsin** – “We issued each manager a ‘lap counter’ so each bench could keep track of pitches during each half-inning. At the end of each half-inning, the pitch counters would meet at home plate and record the number of pitches on the umpire’s game sheet. Then we recorded the game totals on our website, for all other coaches and interested parties to view.”
- **Kevin, from a local Little League in California** – “We found that the teams that developed the younger pitching advanced further at the end of the season in the Tournament of Champions. With a year of experience, I don’t think we’ll get any objections from the coaches this year. After a little training of the scorekeepers, coaches and umpires, this seemed to work.”
- **Gary, from a local Little League in Rhode Island** – “We used hand-held counters, and confirmed pitch counts for pitchers after each half-inning. At the conclusion of each game, we had a pitch count sheet that was filled in by each manager and signed by the opposing manager. This sheet was available to all managers at every game, so they could quickly find out the eligibility on any player. It worked extremely well.”
- **Ray, from a local Little League in California** – “We don’t have official scorekeepers for the regular season, so each team had to count pitches for both pitchers. The coaches met between innings to validate the numbers. All coaches must fill in the game results in a book that is kept in our field house.”
- **Kevin, from a local Little League in Iowa** – “We bought a hand-held pitch counter for every field that had a baseball team on it. That allowed one person to track both pitchers in the game on the same device. We just used the home team as the official scorekeeper, since we don’t have a separate scorekeeper. We provided everyone with a form that they were required to fill out and keep with them for the pitches thrown by game. If a manager

fails to sign it, we allow the umpire to sign for that person.”

- **Joe, from a local Little League in Pennsylvania** – “We found the best and easiest way to track the number of pitches thrown, was to have the coach keep the scorebook in the dugout, and record each pitch in the scorebook. Since the scorebooks we use had a box for balls and strikes, it was simply a matter of checking off each pitch in the book. For fouls, we just made extra marks next to the strikes. We would then compare the numbers between innings with the opposing coaches, and I would estimate there were not issues 99 percent of the time.”
- **Curtis, from a local Little League in California** – “The Pitching Record form was kept with the ‘Official Game Scorebook’ and the information listed was recorded as the total summary of the pitcher’s usage for that game. To try to maintain a level of honesty, the Pitch Count Record was kept by the visiting team’s scorekeeper, and the Pitching Record was recorded into the book by the home team’s scorekeeper, who was responsible for the ‘Official Game Scorebook.’”
- **Bill, from a local Little League in Pennsylvania** – “The feedback I received from my managers was that the process was pretty easy and straightforward. Feedback from the parents was very positive, and we know they can be our worst critics.”
- **Jim, from a local Little League in New Hampshire** – “Each team typically has a coach keeping a book, and we provide a pitch counter to them before the start of each game. In between each half-inning (or when a pitching change occurs), the coaches sync up with the official scorer.”
- **Mike, from a local Little League in Rhode Island** – “Each team received a small hand-held counter. After each inning, the two scorekeepers checked the counts. Counts were e-mailed to me, and a spread sheet was updated each night and e-mailed back to all managers so they would know pitcher eligibility.”
- **Bob, from a local Little League in Michigan** – “We kept the pitch count a couple of different ways. One way was using a small, hand-held counter device (such as one purchased in an office supply store). The other way was to simply add a tally mark next to the area where we keep balls and strikes in the scorebook. The total pitches thrown by each pitcher were written next to each pitcher’s name on the scorebook, and then circled. In our league, the home team is responsible for keeping and tuning in our scorebooks in after each game. This gave the league the ability to periodically audit the program as well as settle any disputes about when pitchers were eligible to pitch again. In addition to protecting young pitchers’ arms, the pitch count program also places a priority on developing and teaching many more players how to pitch.”
- **Kent, from a local Little League in California** – “I am proud to report that we had absolutely NO arm injuries in 2006, as opposed to at least two a year in previous years. I believe the Pitch Count Pilot Program was a key factor. In our league, each team designated a “pitch count person” (not a coach, but a parent in the stands, as the coaches have too much else going on). The parent was given a hand-held counter and kept track of each pitch. After the end of each half-inning, the parents from each side compared their counts, which were exactly the same 99 percent of the time, then reported them to the official scorekeeper. The scorekeeper had a simple log for each game, which were kept with the official scorebooks in our board room.”
- **Chris, from a local Little League in Arizona** – “As an umpire, we always asked about the pitch count at the end of every half-inning to make sure everyone is communicating.”

## CONCLUSIONS

A common thread in many of the responses was the importance of clear communication. Leagues reported that the official scorekeeper, the pitch counter(s), the umpire-in-chief, and the managers should all be made aware of the pitch counts.

It is also very important for leagues involved in interleague play to ensure all officials concerned are “on the same page.”

Most leagues also kept the Pitch Count Log someplace accessible, so that both teams would know which pitchers were eligible for a particular game, and which ones were not. The location for the log varied, however. Some kept it in the concession stand or other common building, while others maintained the log on the league’s web site, or sent it to managers via e-mail.

The person who actually counts the pitches can vary from league to league. Here are a few of the ideas for the official pitch counters:

- The official scorekeeper. (Sometimes, this was a coach or parent from the home or visiting team).
- An assistant to the official scorekeeper whose duty it is to track only the pitch count for each pitcher.
- One coach or parent for each team in the game, with the two tallies being compared every half-inning.
- A base umpire.

The mechanics involved in counting the pitches also can vary:

- The official scorekeeper counts up the balls, strikes, foul balls with two strikes, and fair batted balls in a scorebook designed for this purpose, or on a separate sheet of paper.

- The official scorekeeper uses a commercially-available computerized scoring program, rather than the traditional paper scorebook, which allows the user to easily track the number of pitches throughout the game.
- The assistant to the scorekeeper counts up the balls, strikes, foul balls with two strikes, and fair batted balls using a form designed for this purpose.
- The person doing the counting uses a hand-held counter specifically designed for counting pitches or counting laps. These are generally available at sporting goods outlets.
- The person doing the counting uses a standard “inventory counter” that is available in most office supply stores.

The bottom line is, whichever system works best in your league for counting pitches, is the system you should use. It might take some leagues a week or two to become accustomed to the new regulation, and some refinements in putting it into effect in your league may be necessary – just as they were in the leagues that used “pitch counts” over the past two years.

# PITCHING FUNDAMENTALS

By NICHOLAS CARINGI

## INTRODUCTION

The purpose of this part of “Protecting Young Pitching Arms: The Little League Pitch Count Regulation Guide for Parents, Coaches and League Officials,” is to provide some insight to players and coaches learning about pitching in a mechanically correct way.

From Little League to the professional ranks, pitching styles have always varied. Regardless of the style, there are definite fundamentals all pitchers must follow. By doing this, the chances of injury are lessened.

Most effective pitchers have three things in common; working fast, throwing strikes and changing speeds. To be effective a pitcher must learn to keep hitters off balance. After all, hitting requires good timing on the part of the batter. The pitcher’s main task should be to disrupt the hitter’s timing. As a result, this portion of “Protecting Young Pitching Arms: The Little League Pitch Count Regulation Guide for Parents, Coaches and League Officials,” will teach the change-up, which gives the pitcher an added edge on the hitter.

Learning a skill like pitching is not easy for most players. In order to assist teaching this skill several drills are included that are specifically designed to improve and maintain proper pitching mechanics. Pitchers need to work on these drills every day. The drills do not require expensive equipment; just a baseball, glove, and a hard-working player.

With a positive frame of mind, the willingness to succeed, and the latest knowledge provided in “Protecting Young Pitching Arms: The Little League Pitch Count Regulation Guide for Parents, Coaches and League Officials,” pitchers can succeed – safely – at any level of ball.

## THE STARTING POSITION

When a pitcher stands on the rubber to begin the delivery to the hitter, it is suggested that a right-handed pitcher stand on the right corner of the pitching rubber. Left-handed pitchers should stand on the left side of the rubber. Deception is an important part of pitching. By standing on the throwing-hand side of the rubber, the pitcher gains a deception advantage. The hitter is prevented from picking up the baseball during the delivery until it gets to the “window” – the spot over the pitcher’s shoulder where the batter sees the release of the ball.

The pitcher should start in a relaxed stance with the shoulders square to the plate. Standing with both feet on the rubber, the pitcher’s toes should be slightly in front of the pitching plate. Be sure that there is space between the pitcher’s feet (a little closer than shoulder-width apart). The pitcher’s weight should be on his/her pivot foot with



the glove-side leg relaxed and slightly bent. This helps emphasize the weight transfer back when beginning the delivery.



The starting position of the hands can be held in any way that feels comfortable, such as: 1. In the throwing hand behind the back; 2. In the glove to the side, and; 3. In the glove resting against the waist or chest.

However, at the point of the delivery, the hands will be brought together in front of the chest and the hands will be together. If the pitcher holds the ball in the glove it is important that the pitcher holds the ball in the palm of the glove for securing a grip. Be sure that the pitcher keeps the ball hidden from the batter and the opposing team's coaches' view to prevent them from picking up what pitch is going to be thrown.

## THE DELIVERY

**Weight Transfer:** Regardless of the pitcher's position on the rubber, the next progression is to start the delivery. The pitcher will take a small step straight back with the left foot (right-handed pitcher), about five or six inches. The pitcher may want to step to the side instead of straight back. Either way is fine.

One important checkpoint is to make sure that the bill of the cap of the pitcher never leaves the plane of the rubber. This ensures that the pitcher will not pull the body back too far, causing a rushed delivery. The aim is to produce a smooth, tension-free delivery.

The best approach is to keep an unobstructed view of the target. Many pitchers like to take their hands back over their head when beginning the delivery, but some young pitchers may have trouble maintaining balance. Be keeping the pitcher's hands near the chest during the delivery, balance is more easily maintained. It is important for the pitcher to move the hands at the same time the small step back is taken.

Otherwise the pitcher gets out of rhythm and the delivery will not be as smooth.

**The Pivot Foot:** Establishing the pivot foot is one of the most important elements in getting the pitcher's body in a correct position to throw accurately. After transferring the weight back, the next step in the progression is for the pitcher to square off

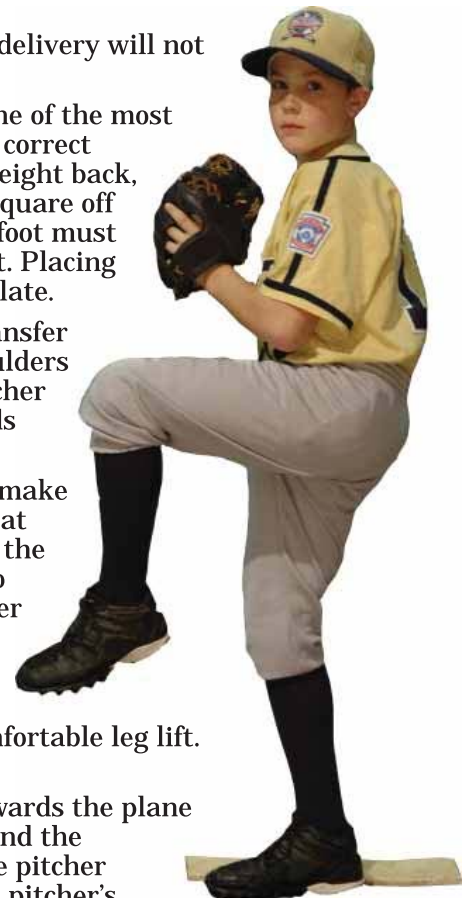
the pivot foot and place it in front of the rubber. The outside portion of the pivot foot must remain in contact with the rubber, and the instep should be directly at the target. Placing the foot on top of the rubber does not allow for an effective push or drive to the plate.

**The Leg Lift:** The leg lift enables the pitcher to obtain a maximum weight transfer towards the plate. As the pitcher's weight transfers to the pivot foot, his/her shoulders will automatically square toward third base (right-handed pitcher). Now the pitcher has established a pointer or a directional side with the glove side pointed towards the catcher.

The pitcher then begins the knee lift, with three important checkpoints. First, make sure the pitcher's thigh is at least parallel to the ground at the height of the lift, at a comfortable level. A good way to find a comfortable knee lift position is to have the pitcher freeze at the top of the lift. If the pitcher loses balance, the knee lift is too high. The pitcher must keep good posture. Arching the back may cause the pitcher to lose balance during the delivery.

Another checkpoint on the leg lift is to keep the lift foot somewhat underneath the knee. Kicking the foot out will cause the pitcher to lose balance. If the foot is relaxed, it will allow the pitcher to have a higher, more comfortable leg lift. Remember, the pitcher needs to achieve a tension-free delivery.

Finally, at the height of the leg lift, the knee should be turned back slightly towards the plane of the rubber. By bringing the knee back, this ensures that the hips stay closed and the pitcher's weight is completely on the back leg. By not keeping the hips closed, the pitcher cannot get maximum hip thrust when throwing the ball. It is important that the pitcher's head is over the back knee. If the pitcher tips his head toward the plate, it will



cause a rushed delivery.

The hands, regardless of where the pitcher has them during the beginning of the delivery, must be at the chest or waist area at the height of the leg lift.

**The Stride:** From the leg lift position, the pitcher should drive off the back leg into the stride. The extent of the drive is the pitcher's preference. Some pitchers like to drop their hips low and drive the ball to the plate using their legs as a part of the throwing action.

Others like to keep tall and in a sense "fall" towards the plate. This is a decision for the pitcher to make. The length of the stride may range anywhere from approximately 85 percent of the body height to the actual length of the entire body.

Good advice is to use the pitcher's physical attributes when making this decision. If the pitcher is tall, then the "tall and fall" method might be desired. If the pitcher is not tall then the "drop and drive" method might be desired. The only problem with the drop and drive method is that some pitchers have a tendency to drop and drag the elbow during the throwing motion. A low elbow at delivery of the pitch can lead to arm and shoulder injuries. The "tall and fall" method will not necessarily keep the elbow from dragging, but it makes it easier for the pitcher to stay on top of the ball.

What is important is that the pitcher gets a maximum stride that is comfortable. A maximum stride will allow the pitcher to release the ball closer to the plate, increasing velocity. Over-striding may result in the pitcher having trouble keeping pitches down in the strike zone.

As the lift knee moves forward into the stride, the pitcher should keep the knee flexible. This prevents the pitcher from kicking out the foot when pushing toward the plate. If the pitcher does kick the lift foot out when striding, the pitcher will normally arch the back in order to attempt to gain balance. Arching the back cuts down on the stride.

As the pitcher lands on the stride foot, make sure that the landing is on the ball of the foot with the toes pointing just slightly closed to the plate. Landing on the heel of the foot will cause a "jerk" or momentary stop in the delivery. This can create arm problems.

The foot must be in a direct line with the target when landing. If the foot lands away from this line, then the pitcher is forced to either throw across the body, or the follow-through will be affected by the loss of balance.

**Getting to the Launch Position:** As the pitcher lifts the leg and takes a comfortable stride, the hands must separate and reach what is called the launch position. The pitcher must concentrate on turning the thumbs in toward the body (down) and turning the palms away from the body when separating the ball from the glove. This action helps to get both the glove-side elbow and the throwing-arm elbow to shoulder height. When the hands break, be sure the pitcher separates the ball and glove inside of the lift knee. If the pitcher throws the hands outside the lift knee, the back may arch.

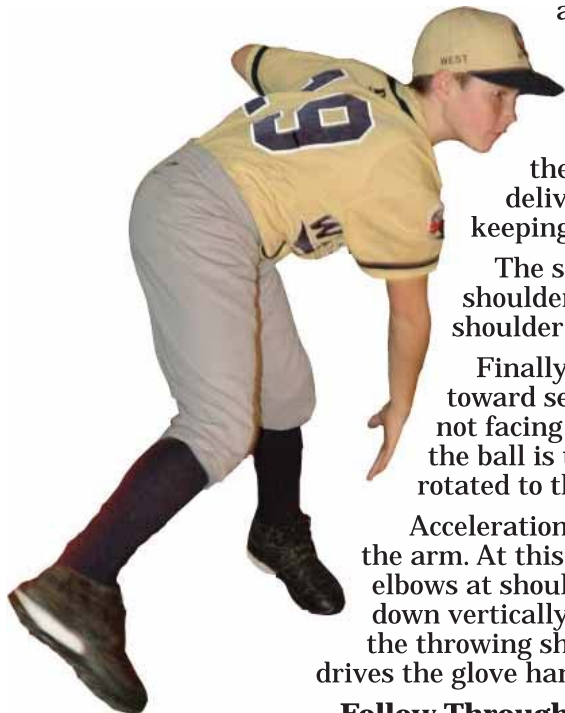
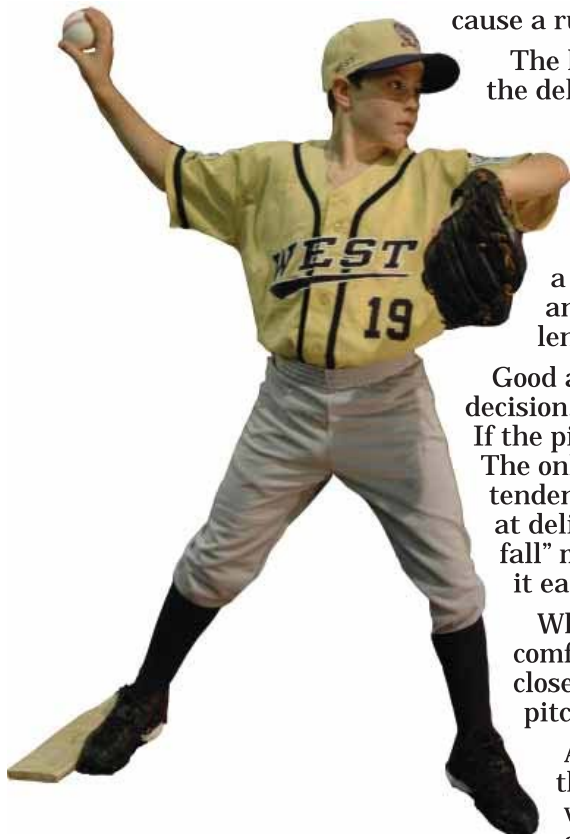
There are three checkpoints in the launch position. One is to be sure the glove-side elbow is at shoulder height when the pitcher is ready to deliver the ball. This will give the pitcher a better balance and will aid in keeping the throwing elbow from dragging.

The second checkpoint involves the throwing elbow at or slightly above shoulder height. If the elbow drops or drags when throwing the ball, elbow and shoulder problems are soon to follow.

Finally and most important, make sure the ball is facing away from the catcher toward second base. Keep the elbow slightly bent in an "L" shape. If the ball is not facing away, the elbow will have a tendency to drag below shoulder height as the ball is thrown. With the ball facing away in the correct position, as the hips are rotated to the plate the ball also will automatically be rotated toward the plate.

**Acceleration of the Arm:** From the launch position, the pitcher begins to accelerate the arm. At this point, the glove side is just as important as the throwing side. With the elbows at shoulder height in the launch, the pitcher must drive the glove side elbow down vertically past the hip. By "driving the front side down" the pitcher ensures that the throwing shoulder is up and the throwing elbow is at shoulder height. If the pitcher drives the glove hand or elbow horizontally, the throwing elbow may drag.

**Follow Through:** Pitchers must adhere to two absolutes for an effective follow through after delivering the pitch. First, be sure that the pitcher bends at the waist and is getting



the head out over the stride knee. Also, the front knee should be slightly bent to cushion the weight transfer, and to aid in a smooth follow through.

Second, it is important that the pitcher is in a good fielding position after following through. Make sure that the pitcher does not stop the throwing arm during the follow through. The slowing action causes control problems and completely stopping the arm can lead to injuries.

## PITCH VARIETY

A Little League pitcher should concentrate on mastering two pitches, the fast ball and the change up. As players get older, they may elect to learn the breaking ball.

**Fast Ball – Four-Seam Grip:** The most commonly used grip for accuracy is the four-seam fast ball. The four-seam fast ball is held with the index and middle fingers positioned across the large seams. A finger's width should be the distance between the index and middle fingers with the thumb positioned underneath the ball on a seam. The pitcher should be sure there is a small space between the web of the hand and the ball. The third and fourth fingers are curled back.

**Fast Ball – Two-Seam Grip:** The two-seam fast ball is held with the index and middle fingers across the seams where the horseshoe-like seams almost meet. The thumb is placed on a seam at the bottom of the ball, while the third and fourth fingers are curled back. Using this grip provides a little extra movement on the fast ball. Again, the pitcher should be sure there is a small space between the web of the hand and the ball.

**Fast Ball – With-the-Seam Grip:** On this grip, the index and middle fingers should be placed on the seams where both horseshoe seams almost meet. The thumb is placed on a seam underneath the ball. The pitcher should be sure there is a small space between the web of the hand and the ball. The third and fourth fingers are curled back. When thrown, this pitch has a tendency to move a little which will make it more difficult to hit.

**Three-Finger Change Up:** The purpose of a change up is to give the appearance of a fastball, but because the speed of the ball is much slower, the hitter's timing is disrupted.

The three-finger change up can be gripped in any way the pitcher feels comfortable. Most pitchers grip the first and third fingers running the length of the seams with the middle finger in between the seams. The thumb is positioned underneath on a seam. Some pitchers grip the three-finger change up similar to a four seam fastball with slight modifications.

The most important aspect of the change up is that the ball, unlike all the fast ball grips, is tucked back against the pad of the hand. When throwing any change up, the key is to keep the same pitching mechanics and arm speed. The grip of the ball will slow the speed of the pitch.



## DRILLS

The following drills are designed to break down the pitching motion into progressions that can be isolated. They can be done from shorter throwing distances.

**Slow Motion Drill:** Standing on the rubber, or a simulated rubber, or simply line in the dirt or grass and without a ball, the pitcher begins the pitching progression as slow as he or she possibly can. This concentration drill allows the coach and the pitcher to look very closely at each progression of the motion and make corrections. The pitcher fakes a pitch and completes the progression with the follow through.

**Pivot Foot Drill:** The pivot foot drill begins with the pitcher's pivot foot or power foot placed against the rubber with the instep facing the target or the plate. The weight is on the stride foot. At this point the body should be in control and above the plane of the rubber. The pitcher transfers the weight to the pivot foot which then creates the directional side (meaning glove side pointing to the plate) and goes right through to the knee lift and finishes the progression. This drill reinforces the control over the rubber as well as the creation of the directional side.



**Knee Lift Drill:** Starting in the knee lift position, the pitcher simply holds a proper, comfortable knee lift for three to five seconds, and then completes the progression moving to the stride and launch positions. This drill reinforces the balance needed and controlled direction towards the plate.

**Launch Drill:** With the feet separated more than shoulder-width apart, and in a good launch position (both elbows at shoulder height, ball facing away and throwing arm in an “L shape”), the pitcher should simply lift the stride foot slightly, transfer weight from the pivot foot back to the stride foot, continue with the progression by driving the glove side elbow down and back past the hip, and throw the ball with a good follow through.

If needed, the coach can reinforce any position of the launch by simply holding or reinforcing the position. For instance, a pitcher may drag his elbow through the delivery, and the coach may correct it by holding the elbow at the correct height at the start of the launch.

# EIGHT ESSENTIALS OF POST-PITCHING RECOVERY

BY JIM RONAI MS, PT, ATC, CSCS

The institution of the pitch count in Little League Baseball represents a positive step towards ensuring that the game of baseball is safer both in the present and future careers of young pitchers.

As an adjunct to this new pitch count regulation and in an attempt to protect the health and safety of youth baseball pitchers, the following post-performance suggestions are offered. Since most youth baseball pitchers are typically removed from the mound, but not necessarily from the game, these suggestions are intended for post-game or for a time when the pitcher is considered done for the day.

1. Children learn most effectively with a consistent routine. All athletes need to have a routine that they perform both pre- and post-game. The routine needs to be monitored and consistent. Athletes need to know that the routine needs to be completed correctly before they will be permitted to participate in subsequent game or practice play.
2. Perform a “cool down activity.” Have pitchers jog for four to six minutes, to the point when they start to sweat. This increases general blood flow throughout the body and prepares the body for a post-performance flexibility routine. Increasing blood flow allows the body to circulate oxygenated blood to fatigued muscles. Oxygenated blood helps soft tissues recover and heal following activity.
3. Spend five minutes on a post-game, movement-based, “dynamic flexibility program.” Incorporate movements for the forearms, shoulders as well as the torso and lower body. As an example, have athletes perform progressive arm circles forward and backward for their arm and shoulder muscles, and walking heel grabs for their thigh and hip flexor muscles. These drills represent only a portion of a post-outing routine that help the athlete stretch their entire body. Along with increasing the flow of oxygenated blood to muscles and tendons, stretching dynamically following an athletic performance helps to mediate the by-products of exercise that make the body stiff and sore.
4. Designate one staff member to review the pitcher’s performance. Keep things simple and to the point. Review the negative aspects of the pitcher’s performance, but be sure to finish the conversation by emphasizing the positive. Leave the athlete feeling good about his/her outing.
5. Since most young athletes answer questions about how they feel with a shrug or a one-word answer, develop a visual analog scale for the pitchers to use to quantify how they feel before, during, and after the game. The scale can be something as simple as a one-to-10 scale with a picture of a frown at No. 1, a neutral face at No. 5, and a happy face at No. 10. Ask the pitcher how he/she feels before the game, at the end of each inning, and at the end of the performance. The visual scale allows younger players to easily point to the number or picture that most describes how the arm is feeling. Coaches can use the scale to inquire about the condition of a pitcher’s arm before the game as well as any symptoms that he/she develops during or at the conclusion of the game. Monitoring a young pitcher’s perception of his/her physical wellness helps coaches make note of trends related to performance or potential injury related to volume, lack of endurance, or other variables.
6. Having a cooler of ice available in the dugout is an important part of optimizing a pitcher’s recovery. Keep a few bags of ice available for pitchers to apply to their shoulders and elbows following a pitching outing. Never apply ice directly to the skin or for more than 12-15 minutes. Also be aware of the ulnar nerve found in the area of the “funny bone,” and be sure not to apply ice directly over it.
7. Do not allow pitchers to go home and re-create their game by throwing with “coach mom or

dad.” Once they are done on the field, they are done for the day. Encourage families to follow this approach for the sake of the child’s health.

8. In an attempt to establish consistent pitching performance, athletes need to gain and maintain strength as well as control of their bodies. An age-appropriate strength, balance and coordination routine for your pitchers should be taught at the beginning of the season and should be performed by pitchers the day after each outing. These activities help to ensure that the athlete is taking care of his/her “pitching muscles” on a consistent basis in preparation for the next outing. Simple programs should address balance, as well as strengthening for the rotator cuff, back, core and leg muscles. Remember that the season is long, and that without training, muscles fatigue and lose strength over time. Keep them strong for the long haul.

# Little League -- Baseball Pitcher Eligibility Tracking Form

Division \_\_\_\_\_ Team \_\_\_\_\_

Date of Game	Pitches Thrown	Pitcher's Name	Unif. No.	League Age	Tm. Manager's Signature *	Opp. Manager's Signature *	Scorekeeper/Ump Signature *	Game of rest required?	Eligible to pitch again on (date) if game rest is met
								Yes / No	
								Yes / No	
								Yes / No	
								Yes / No	
								Yes / No	
								Yes / No	
								Yes / No	
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								Yes / No	
								Yes / No	

Pitching eligibility varies by the league age of the pitcher, which is the pitcher's age as of May 1 of the current year. The pitching eligibility regulation is Regulation VI (see current rule book for details). An electronic version of this form is available for free download at [www.LittleLeague.org](http://www.LittleLeague.org).

\* Note: These signatures may be optional as determined by the local league.

# Little League -- Baseball Game Pitch Log

Team \_\_\_\_\_ Opponent \_\_\_\_\_ Date \_\_\_\_\_

Pitcher's Name		Uniform Number	League Age	X Cross out the number as that pitch is thrown. O Circle the number for the last pitch thrown in each half-inning.																																		
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
				36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
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				71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
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Pitching eligibility varies by the league age of the pitcher, which is the pitcher's age as of May 1 of the current year. The pitching eligibility regulation is Regulation VI (see current rule book for details). A blank electronic version of this form is available for free download at [www.littleleague.org](http://www.littleleague.org).

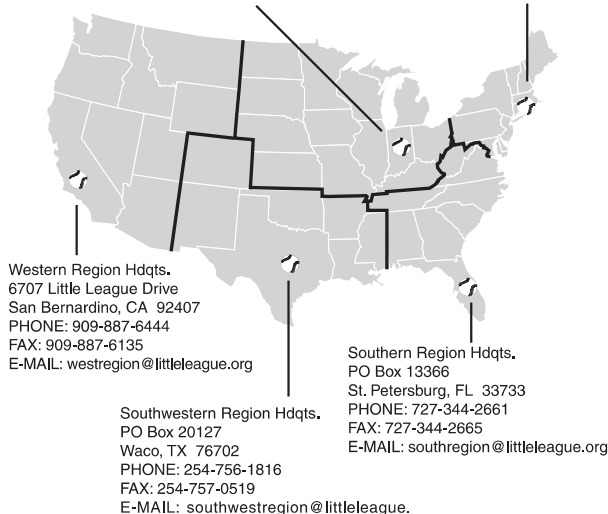
## LITTLE LEAGUE FIELD CENTERS

Little League Field Centers are fully staffed year round to provide assistance and direction to Little League volunteers. All general questions, written suggestions for improving this rulebook, tournament inquiries, rule interpretation requests and supply orders should be directed to the appropriate field center in your region as indicated.

### U.S. REGIONS

Central Region Hdqts.  
9802 E. Little League Drive  
Indianapolis, IN 46235  
PHONE: 317-897-6127  
FAX: 317-897-6158  
E-MAIL: [centralregion@littleleague.org](mailto:centralregion@littleleague.org)

Eastern Region Hdqts.  
PO Box 2926  
Bristol, CT 06011  
PHONE: 860-585-4730  
FAX: 860-585-4734  
E-MAIL: [eastregion@littleleague.org](mailto:eastregion@littleleague.org)



Western Region Hdqts.  
6707 Little League Drive  
San Bernardino, CA 92407  
PHONE: 909-887-6444  
FAX: 909-887-6135  
E-MAIL: [westregion@littleleague.org](mailto:westregion@littleleague.org)

Southern Region Hdqts.  
PO Box 13366  
St. Petersburg, FL 33733  
PHONE: 727-344-2661  
FAX: 727-344-2665  
E-MAIL: [southregion@littleleague.org](mailto:southregion@littleleague.org)

Southwestern Region Hdqts.  
PO Box 20127  
Waco, TX 76702  
PHONE: 254-756-1816  
FAX: 254-757-0519  
E-MAIL: [southwestregion@littleleague.org](mailto:southwestregion@littleleague.org)

### INTERNATIONAL REGIONS

Canadian Region Hdqts.  
235 Dale Avenue  
Ottawa, ONT  
Canada K1G 0H6  
PHONE: 613-731-3301  
FAX: 613-731-2829  
E-MAIL: [canada@littleleague.org](mailto:canada@littleleague.org)

European Region Hdqts.  
Little League Europe  
Al. Malej Ligi 1  
Kutno, 99-300, Poland  
PHONE: 011-48-24-254-4569  
FAX: 011-48-24-254-4571  
E-MAIL: [europe@littleleague.org](mailto:europe@littleleague.org)



Latin America Region Hdqts.  
PO Box 10237  
Caparra Heights, Puerto Rico 00922-0237  
PHONE: 787-982-3076  
FAX: 787-982-3076 or 787-728-8164  
E-MAIL: [latinamerica@littleleague.org](mailto:latinamerica@littleleague.org)

Asia-Pacific Region Hdqts.  
Asia-Pacific Regional Director  
C/O Hong Kong Little League  
Room 1005, Sports House  
1 Stadium Path  
Causeway Bay  
Hong Kong  
PHONE: 011-852-2504-4007  
FAX: 011-852-2504-8629  
E-MAIL: [llbapr@hkbaseball.com.hk](mailto:llbapr@hkbaseball.com.hk)

## ***What They Are Saying About Little League's Pitch Count Regulation...***

"This is one of the most important injury-prevention steps ever initiated in youth baseball by the leader in youth baseball. It is certain to serve as the youth sports injury prevention cornerstone and the inspiration for other youth organizations to take the initiative to get serious about injury prevention in youth sports." – ***Dr. James Andrews, medical director and the world's foremost authority on pitching injuries at the American Sports Medicine Institute***

"We, as scouts, like fresh arms and cringe when we hear of players throwing 100-plus pitches. You can teach players with fresh arms and mold them. Older players, or players who have thrown a lot, simply don't adapt well to change and have a greater chance of being injured." – ***Jimmy Lester, scout for the Pittsburgh Pirates***

"Following the pitch count rule made our managers teach the fundamentals and start to develop more pitching at a younger age." – ***Jeff Keller, manager of the 2007 Northwest U.S. Champion Murrayhill (Ore.) Little League team***

"It's too early to see kids having elbow and shoulder surgery at 17 and 18 years old. I vote for doing the best we can to take care of them, and that's why I support this program." – ***Mike Mussina, Major League Baseball pitcher***

"By the time (the Marlins) sign a player, I've done extensive medical background work. A lot of guys have already had specific problems with their arms because coaches don't seem to realize that there are only a certain number of throws a player has in him." – ***Matt Anderson, scout for the Florida Marlins***

"Naturally, this rule will make coaches develop more pitching. I've said all along, a pitcher's arm has a certain number of throws in it before it gives out. Little League is for fun no matter how you look at it. It's not about throwing a player's arm away to win a game." – ***Randy Morris, manager of the 2006 Little League Baseball World Championship team, Columbus (Ga.) Little League***

"I think Little League going to a pitch count is awesome. I think since players in pro baseball are on pitch counts, that tells you something. Teams want their pitchers to be healthy and have something left. I can't imagine a Little League coach's argument against that." – ***Dale Murphy, former Major League player***

"Over the course of the regular season and into tournament play is when you will see the benefits of counting a player's pitches. By keeping pitch numbers down in April and May, these players will be better pitchers in June and July." – ***Jamie Reed, athletic trainer for the Texas Rangers***

"Little League has a rich history of pioneering baseball safety innovations. As the world's largest organized youth sports program, Little League is proud to take a leadership position in youth sports safety." – ***Stephen D. Keener, president and chief executive officer, Little League Baseball***