

Revised pitch count limits for 2010

League Age	Pitches Allowed Per Day
11-12	85
9 - 10	75
7 - 8	50 [Note: this is a change from the 2007 rules, which lumped all pitchers 10 and under together so as to allow even the youngest pitchers to throw 75 pitches in a day]

New rules on rest periods

In general, the new rules add extra days for pitchers regardless of age and lower the threshold for pitches triggering extra days off between taking the mound. The old rules set different rules for pitchers league age 16 and under and league age 17 and 18. The new rules establish different rules for pitchers league age 14 and under and league age 15 to 18. Reflecting new research findings about the risk of injury to pitches who throw the most pitches, the new rules require a fourth day of rest - not required for a pitcher of any age at any pitch count under the old rules - for pitchers throwing 66 pitches or more for younger pitchers (7 to 14) and 76 pitches or more for older pitchers (15 to 18).

Rest requirements: Pitchers league ages 7 to 12

Number of pitches in a day	Number of <i>CALENDAR</i> Days of Rest before Pitching Again
66 or more	4 (for example 66 pitches on Monday next game Saturday)
51 to 65	3
36 to 50	2
21 to 35	1
1 to 20	No day of rest required.

Other important rule changes

- **Pitcher to catcher ban:** any pitcher who delivers 41 or more pitches in a game may not go behind the plate to play catcher for the remainder of the day. **Minor league pitching:** Players over age 12 may not pitch in Minors division games
- **Multiple games:** Players may not pitch in more than one game in a day.
- **Pitches in suspended/regulation tie games charged against pitcher's eligibility.** If suspended games are resumed on another day, pitchers of record at time game was suspended will be allowed to pitch to the extent of their eligibility for that day if they have rested the proper amount of days.
- **Completion of pitching to batter:** In a new ruling for 2010, if a pitcher reaches the pitch-count limit for their age while facing a batter, the pitcher may continue to throw until the batter reaches base, is thrown out, or the third out is made to complete the half-inning.