



## Pitching Rules Important Reminders

1. You can never pitch more than 6 innings in a day for 12 and under and 7 in a day for 13/14u
2. If you pitch more than 3 innings in a day, you must rest the next day.
3. There is an 8 innings max for three (3) days for all ages. Remember you must always look back 2 days from the current day to check on the 8 innings max
4. An out has to be recorded before a pitcher is in violation of any pitching rules
5. A day of rest does not reset pitching

### Examples that apply to all ages 14 and below:

1. Day 1: 3 innings, Day 2: 0 innings, Day 3: max is 5 innings
2. Day 1: 6 innings, Day 2: 0 innings, Day 3: 2 innings max
3. Day 1: 2 innings, Day 2: 3 innings, Day 3: 3 innings max

### Examples that only apply to 13 and up:

1. Day 1: 7 innings, Day 2: 0 innings, Day 3: 1 inning

**Any verbal answers received by park staff will still be the responsibility of the coach to make sure they are within the pitching guidelines. It is easy. To be confused when talking about pitching. Please use this along with the National USSSA Rule book to determine what pitching you have available each day.**

1. Teams often violate 2 rules: They pitch more than 3 innings in a day and they throw the next day. This one is easy to prevent. If you record more than 3 innings in any one day, don't pitch the player the next day.
2. The second issue most teams have, is they pitch more than 8 innings in a 3-day window. To better understand this rule, just look back 2 days. If you look back 2 days, that will tell you what you have left on day 3.

**Please remember you are responsible for your pitching**

**Please use this along with the National USSSA rule book. See rule 7.05**

# Team Inning Tracker

**This is for your team's use only and is not an official document**

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