



NEW PROVIDENCE GREEN AND GOLD LEAGUE

PITCHING RULES

NPGL is proud to be a *certified* PITCH SMART SELECT COMPLIANCE ORGANIZATION

1. It is important that all coaches set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that **pitch counts** and **days of rest** are the most accurate and effective means of doing so. NPGL is a developmental league, and we encourage both arm care of existing pitchers *and* the development of new pitchers.
2. There are no limitations on the number of innings a pitcher may pitch in a game, subject to the pitch count limitations listed here. These pitch-count rules override any other rule or directive to the contrary for NPGL play.
3. NO pitcher shall appear in a game as a pitcher for three (3) consecutive days, regardless of pitch count. If a pitcher has the available daily pitches, he/she *may* pitch in two (2) games in one day.
4. A pitcher is charged with the number of pitches on the specific calendar day on which they are thrown regardless of whether they are NPGL regular-season games, playoff games, postponed games, suspended games, tie games, or exhibition games.
5. The **Home Team Book** shall be the official record of game statistics, and shall include home and visitor pitch counts. Electronic scoring devices are encouraged at all levels of play in order to assist in recording an accurate pitch count.
6. Opposing Head Coaches must communicate all pitcher's pitch counts to each other at the conclusion of each half-inning in an effort to keep an accurate pitch count.
7. Pitch-Count Dispute - If a dispute arises between the home and visitor books regarding pitch count, and opposing Head Coaches cannot come to an agreement, the difference shall be split mid-way between the two pitch-count numbers, rounding up if necessary, and recorded as the official pitch count.
 - a. **PLEASE WORK TOGETHER TO KEEP YOUNG ARMS HEALTHY**
8. The Home Team Book or Head Coach shall inform the umpire-in-chief when either pitcher has delivered his/her **Daily Max Limit** of pitches for the game as noted above. Pitchers reaching their maximum number of pitches while pitching to a batter may finish pitching to that batter before being removed.
9. A failure by the Home Team Book to notify the Umpire-in-Chief and/or the failure of the

Umpire-in-Chief to notify the Head Coach does not relieve the Head Coach of his/her responsibility to remove a pitcher when that pitcher is no longer eligible (has reached Daily Max Limit).

10. Failure to remove a pitcher when he/she has reached the Daily Max Limit is basis for protest by the opposing coach. If the protest is upheld by the NPGL Rules Official and there are no mitigating circumstances the penalty shall be forfeiture of the game.

11. Pitcher/Catcher Guideline (*Recommendation only*)

- a. A pitcher who delivers 41+ pitches in a game should not play the position of catcher for the remainder of the game for purposes of arm care.
- b. A player who has played the position of catcher in 4 or more complete innings in a game should not pitch in that game for purposes of arm care.



AGE	DAILY MAX PITCHES	REQUIRED REST (PITCHES)				
		0 Days	1 Day	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-20	31-45	46-60	61-75	76+
17-18	105	1-20	31-45	46-60	61-75	

- Rest is calculated as *per calendar day*
 - Example: 10-year-old player throws 49 pitches on Monday - Chart shows 2 days rest required. Tuesday = REST. Wednesday = REST. The player may pitch again on Thursday.
- Age is based on League not Player Age
 - Example: 8u League and the pitcher turned 9 years old in June. That pitcher must follow the 7-8 Age guidelines

[MLB Pitch Smart guidelines](#)

