

# 2022 TOURNAMENT | RULES

\*The default rule book for all The Ripken Experience Tournaments will be the NFHS.

## TOURNAMENT RULES

### Lineups

#### 9U - 18U Tournaments

Teams may bat anywhere from 9 players to the entire roster. The number of batters in your lineup must stay the same throughout the game. For example, if a team has 12 players in their roster, they have the ability to bat 9, 10, 11 or the entire lineup. A team in this situation could bat 9 players with 3 substitutes; bat 10 players with 2 substitutes, bat 11 with 1 substitute, or bat all 12 players with no substitutes.

#### Free Defensive Substitution

All players will have free defensive substitution. Players in the starting lineup and all substitutions (including burnt subs) will have free defensive substitution. We will not keep track of defense substitutions.

**\*It is the responsibility of the opposing team to verify the accuracy of the other team's lineup prior to the start of each game.** Managers must bring any issues to the attention of a Ripken Tournament Official before the game. If a lineup issue is discovered during the game, the ruling will be that the lineup is corrected at that point for the rest of the game. If it is brought to our staff's attention after the game, there will be no penalty. There will not be a forfeit in this situation since the opposing team is responsible for verifying the other team's lineup prior to the start of the game.

### Injuries / Ejections / Substitutions

If a player is injured or ejected and no substitute is available, that spot in the lineup will be skipped with no penalty. If an injury occurs during an at-bat and the player can't continue the at-bat, the next batter in the lineup will take over that at-bat and assume the count. If an injury occurs while on the base paths and no substitute is available, the player that made the last recorded out will take the place of the injured player on the bases. Once a player cannot continue on the offensive side (at bat or on the bases) that player is not eligible to return to the game.

### Re-entry

If a team does not bat the entire lineup and substitutes are available, we use the standard NFHS re-entry rule. Starters may be re-entered once as long as the player occupies their original position in the batting order.

### Pitcher Re-entry

If a pitcher is removed after throwing a pitch and goes to another defensive position, they may not return as a pitcher in that game. In other words, as soon as another pitcher throws a warm-up pitch (becoming the new 'pitcher of record'), the previous pitcher is no longer able to pitch in that game. If a team substitutes for the pitcher when on offense, but then re-enters the pitcher before going out on defense, that pitcher is still the 'pitcher of record' and can continue to pitch in the game.

### Pitcher of Record

Once a pitcher throws a warm-up pitch, they must face at least one batter. If the pitcher is hurt during their warm-up pitches, another player may come in to pitch. The previous pitcher of record will not be allowed to re-enter back onto the mound after a pitcher has thrown a warm-up pitch.

### Pitcher / Fielder's Equipment

Pitchers are allowed to wear a protective helmet or head gear. The helmet/headgear can't be glossy or feature elements that will distract the batter. The umpire and Tournament Director will determine whether any of the pitcher's equipment or clothing is too distracting. This includes, but is not limited to: gloves, sunglasses, long sleeves, compression sleeves, athletic tape, and two-toned fielder gloves. **13u and older pitchers and catchers are not allowed to wear metal cleats. All other position players are allowed to wear metal cleats.**



## TOURNAMENT RULES CONTINUED

### Avoid Contact Rule

Players must attempt to avoid contact with other players in tag-out situations. If, in an umpire's judgment, there is intentional contact, that umpire may call the runner out on that play. If the contact is judged as intentional and malicious, that umpire may also eject the player from the game. If a player is ejected for this reason, they may face suspension for their team's next game with the possibility of further sanctions as well. The Tournament Director on-site will make the final ruling on a possible suspension.

On force out situations, if the runner slides, they must slide directly into the base. A slide that is not directly into the base is grounds for an interference call (umpire's judgment) and the runner could be declared out. In this instance, the batter/runner could also be declared out if the fielder was attempting to make a play on that batter/runner. It is important to note that if the runner makes a legal slide directly into the base and contact is made with the fielder, interference will not be called.

### Time Limit

No new inning may start after the time limit elapses. The standard time limit for all age groups is 2 hours from the time of the first pitch of the game to the last out of an inning. Games can go into extra innings if the time limit has not expired. Pool play games can end in a tie. If the time limit is reached during an inning, that inning will be the last one of the game. If the home team is winning after the top half of that last inning, they will be declared the winner of the game and will not hit in the bottom half. If the home team is trailing and must hit in the bottom half of the last inning, the game will end the moment the home team scores the winning run or at the moment of their third out. If the time limit is reached during the bottom half of an inning and the home team is winning at that moment, we will let the current batter complete the at-bat and then the game will end. Elimination games – depending upon the format, elimination games may have a time limit. If so, the details will be placed on the game schedule. Consolation games will have a 2 hour time limit.

- **Time in-between innings** – Our expectation is that teams will take 2 minutes in between innings. **Pitchers are permitted to throw 8 warm-up pitches in their first inning of work or 5 warm-up pitches every other inning. If a catcher is still getting dressed, a coach should be ready to warm-up the pitcher.**

### Extra Innings

**Pool Play/Consolation Games:** If the score remains tied after regulation play AND the time limit has not been reached, the top of the next inning and each half inning thereafter will start with a runner on second base until there is a winner or the time limit is reached. The batter who leads off an inning shall continue to be the batter who would lead off the inning in the absence of this extra-innings rule. The runner on second base shall be the player (or substitute for such a player) in the batting order immediately preceding the batter who leads off the inning. \*NOTE: This rule only goes into effect if the game is tied AND the time limit has NOT been reached. If the time limit is reached, and the score is tied, the game will end in a tie.

**Elimination Games:** If the score remains tied after regulation play, the top of the next inning and each half inning thereafter will start with a runner on second base until there is a winner. The batter who leads off an inning shall continue to be the batter who would lead off the inning in the absence of this extra-innings rule. The runner on second base shall be the player (or substitute for such a player) in the batting order immediately preceding the batter who leads off the inning.

### Dugouts & Home / Visiting Team

All dugouts at The Ripken Experience complex are labeled Home or Visitor. If playing on a field that does not have labeled dugouts, the home team will occupy the first base side. During the playoff rounds, home team will be the higher seeded team. A coin flip will determine the home team if both teams are the same seed in the playoff round. If a team plays back-to-back on the same field, that team can stay in the same dugout for both games. Only paid coaches and players are permitted in a dugout or on the field. Teams are responsible for cleaning up their respective dugouts including picking up trash at the conclusion of their game



## TOURNAMENT RULES CONTINUED

### Tie Game in Pool Play

Pool play games can end in a tie. A tie game in pool play equals  $\frac{1}{2}$  of a win and  $\frac{1}{2}$  of a loss for both teams toward their overall record and/or winning percentage. Therefore, a team that is 2-0-1 would have a winning percentage of .833 and a team that is 2-1-0 would have a winning percentage of .667. In other words, the 2-0-1 record is better than the 2-1-0 record.

### Line-up Cards

Teams must provide their own line-up cards. A copy should be given to opposing team each game.

### On-deck Batter

All on-deck batters must stay near their team's dugout on the warning track with a helmet on.

### Official Scorebook

The home team will keep the official scorebook.

### Number of Players

Teams are permitted to start and/or end a game with 7 players. Anything less than 7 available players at any time during a game will result in a forfeit for that team.

### Winning %

If teams play an uneven number of games during pool play, winning percentage will be the first tie breaker used to determine the final seeds. Example: Team (A) goes 4-1 in pool play and finishes with a winning % of .800. Team (B) goes 3-1 in pool play and finishes with a winning % of .750. Therefore, Team (A) will be seeded higher than Team (B) due to having a higher winning %.

### Mercy Rule

For all games – 15 runs after 4 innings or 10 runs after 5 innings.

### Tie Breaker System

#### 2 Team Tie Breaker

When 2 teams are tied, follow the list below until the tie is broken

- Head-to-head results (if applicable)
- Least runs allowed (average per games played)
- Lowest single game runs allowed
- Each subsequent lowest single game runs allowed (2nd lowest for each team, 3rd lowest, etc.)
- Highest average run differential per games played
- Highest single game run differential
- Each subsequent highest single game run differential (2nd highest for each team, 3rd highest, etc.)
- Coin flip

#### 3 or more Team Tie Breaker

If 3 or more teams are tied with the same record or winning %, use the following to break the tie

- Head-to-head results (only applicable if all of the tied teams played each other)
  - If one team beat all of the other tied teams, they will be the highest seed of the tied teams. (Even if all tied teams have not played each other)
  - Continue to use head to head results to seed the rest of the teams in the tie
- If one team has been beaten by all of the other tied teams, they will be the lowest seed of the tied teams. (Even if all tied teams have not played each other)
- If all tied teams have the same record against each other, then they are tied at head-to-head and you move to the next item on the list (least runs allowed)



## TOURNAMENT RULES CONTINUED

- If all of the tied teams did not play each other, head-to-head is not applicable.
- Continue down the 2-Team Tie Breaker list as stated above

When 2 teams are tied at any one of the criteria, we revert back to the beginning of the 2-Team Tie Breaker system (head-to-head).

### 3 or more Team Tie Breaker Examples

#### Example 1

Team A	2-1	15 runs allowed
Team B	2-1	16 runs allowed
Team C	2-1	16 runs allowed

- Team A beat Team B / Team B beat Team C / Team C beat Team A
- All 3 teams are tied at head-to-head
- Go to next criteria - least runs allowed: Team A is the highest seed of the 3 tied teams
- There now exists a tie between Team B and Team C and since this is now a 2-team tie, we revert back to the beginning of the 2-Team Tie System (head-to-head) which makes Team B the next highest seed of the 3 teams since Team B beat Team C.

### 3 or more Team Tie Breaker Examples Continued

#### Example 2

Team A	1-1	12 runs allowed
Team B	1-1	13 runs allowed
Team C	1-1	15 runs allowed
Team D	1-1	16 runs allowed
Team E	1-1	16 runs allowed
Team F	1-1	17 runs allowed

- Team D beat Team E
- This is a 6-team tie at a 1-1 record
- Since all of the teams in the tie did not play each other, head-to-head is not applicable for this 6-team tie and we move to least runs allowed. Based on the 'least runs allowed' criteria, Team A is the highest seed of this group, followed by Team B and then Team C.
- Team D and Team E are locked in a 2-team tie at least runs allowed so we revert back to the beginning of the 2-team tie breaker system (head-to-head). In this case, Team D beat Team E so Team D is the higher seed over Team E.
- Team F is the lowest seed of this group of 6 tied teams.

### Jewelry

In general, jewelry is not permitted during game play. Breakaway nylon necklaces are allowed (must be breakaway such as Phiten or Monsoon necklaces). Rubber bracelets that are not a distraction are also permitted. Jewelry worn for medical reasons is also allowed (in this case, it must be taped to the body). Any item that is deemed unsafe or distracting (Tournament Director's judgment) will not be allowed. The team will receive a warning if a player wears improper jewelry during the game and any players found wearing improper jewelry after the team warning will be ejected for the remainder of the game.



## TOURNAMENT RULES CONTINUED

### Casts

Orthopedic casts can be worn if there is no exposed metal. Ripken Baseball requires casts be padded. The Tournament Director and Certified Athletic Trainer or Emergency Personnel on site have final judgement as to its safety.

### Cell Phones / Electronic Devices

Cell phones, iPad, and other electronic devices are permitted in the dugout only during the game. A coach, manager, or scorekeeper is not permitted to have them on the field during the game. Failure to comply may result in ejection.

### Forfeits

If a team chooses to forfeit a pool play game, they are not eligible for the championship or consolation round and face suspension in future Ripken Baseball tournaments. The final score of the forfeited game will be based on the team giving up a run per inning for a complete game (e.g. for a 6-inning game the score would be 6-0; for a 7 inning game the score would be 7-0).

- If a team chooses to forfeit a consolation or elimination game, they face suspension in future Ripken Experience tournaments.
- If a team is unable to play a single elimination game, The Ripken Experience has the right to advance the losing team / or next best seed.
- If a team chooses to forfeit a championship game, they are not eligible for tournament awards.
- The Ripken Experience will attempt to replace a forfeited team in an elimination game if possible.
- If a game becomes a forfeit after it has started due to a team having less than the required 7 available players, the official score of that game still follows the guidelines above no matter what the score was at the time of the forfeit.

\*If a team is found to be using an illegal player (i.e. not age eligible or not on the roster) the team will be **ejected** from the tournament immediately. All previously played games will be reverted to a forfeit with score of 6-0. **No credits or refunds will be given to the ejected team.**

### Protests

It is the responsibility of the manager and/or coach of a team to stop the game at the time of the play and ask for a Ripken Tournament Official if they feel that a ruling during a game is incorrect (there is a radio or tournament official at each field for this purpose). **A game should never be stopped for umpire judgment calls as those cannot be protested.** Our staff will do everything possible to resolve issues as they occur.

### Mound Visits

The pitcher must be removed on the second mound visit in an inning for all age groups.

### Balks

We follow the NFHS rules pertaining to balks. Once a balk is called, it is an immediate dead ball for all age groups. Additionally, pitchers are no longer allowed to commit the fake to 3rd base, throw to 1st base move. 2nd base is the only base a pitcher can feint to while touching the pitchers plate.

9u: Warning only

10u: 1 warning per pitcher

11u-18u: No warning

### Proper Cheering / Noise Makers

All individuals (players, coaches, parents, and fans) are expected to cheer in a positive manner for their own team and never in a negative manner toward the opposing team. Noise makers are not permitted in the dugouts and if they are used by parents/fans, they must not cause any sort of distraction to the opposing team. Because the term "distraction" can be subjective, if an issue arises at a field involving noise makers, then Ripken Baseball staff may mandate that they not be used during moments of game play. They would only be permitted to be used when the ball is dead or in between innings. If that stipulation is not followed, the noise makers would be prohibited all together for that team for the remainder of the tournament.



## TOURNAMENT RULES CONTINUED

### Expected Behavior

Negative behavior/bad sportsmanship at youth sporting events has become a major issue. The Ripken Experience Tournaments are not immune as we still see coaches and parents that choose to act in a negative manner toward the opposing team or an umpire from time to time. Please remember that the games are for the kids, not the adults, and we expect each adult to set a positive example for the players through their words and actions.

Everyone that attends a tournament is expected to act in a positive manner, no matter the outcome of a play, call by an umpire, or the game itself. We simply ask the following:

- Let the players play
- Let the coaches coach
- Let the umpires umpire

Moreover, even when you're not on The Ripken Experience complex, your personal behavior is a reflection on your team and The Ripken Experience. We expect players, parents, coaches and family members to act in a positive manner at all times – with respect for people and property throughout our local community.

### Confinement To The Bench

The Ripken Experience Tournament Directors as well as the Umpires working a game have the ability to confine a manager or coach to the bench. If this step is enacted, that individual will not be able to leave the bench/dugout. The only exception that will be allowed is for a manager/coach to attend to an injured player on the field. If an individual that is confined to the bench violates this stipulation, they will be ejected from that game and will face further suspension as well.

### General Fair Play / Sportsmanship

Intentional disregard for the stated rules (or the spirit in which those rules exist) as well as obvious unsportsmanlike behavior will not be tolerated and will place the individuals and/or teams involved at risk for a possible forfeit or banishment from any future The Ripken Experience tournaments. We do hold the right to alter tournament seeds for teams failing to abide by our general fair play and sportsmanship guidelines.

### Bat Restrictions

Coaches are responsible for checking all of their player's bats before playing in the tournament. Please make sure all bats meet the guidelines below.

- **9u – 12u:** All bats must have either the BPF 1.15, USA Baseball, or BBCOR designation displayed on the bat. No other weight or size restrictions for these age groups. Coach Pitch bats not permitted in any age group.
- **13u:** All Bats must have either the BPF 1.15, USA Baseball, or BBCOR designation displayed on the bat with a -8 differential (length to weight) or below. Bats with a -10 length to weight differential for 13u are not permitted and will be deemed illegal.
- **14u – 18u:** BBCOR designated bats with a -3 differential (length to weight) only.
  - **Penalty for use of an illegal bat:** If the umpire discovers that a batter enters the batter's box with an illegal bat, the batter will be called out (even if a pitch has not been thrown). If the illegal bat is discovered after the ball is put into play (but before the next pitch is thrown to the next batter), the defensive team will have the choice of the result of play or the batter being called out and all runners returning to the base occupied before the pitch. An appeal on the legality of the bat must be made prior to the next pitch thrown to the next batter or the result of the previous at-bat will stand. Second Offense – If a team is found in violation of this rule a second time (either in the same game or in any other game throughout the tournament), in addition to the previous penalty, the manager will be immediately ejected and could face further suspension.
- **Altered / Damaged Bats:** Damaged or Altered bats (shaved, rolled, or in any other way altered to increase performance) are not permitted in any way. Any player using an altered bat will be ejected from the game and their at bat will be recorded as an out. All runners will go back to the base they occupied when the batter put the ball in play. The player ejected for use of an altered bat may also face further suspension.





## TOURNAMENT RULES CONTINUED

### Bat Restrictions Continued

- **Thrown Bats:** Using umpire discretion, if a thrown bat by a player is said to be of concern for player safety the following steps will be taken:
  - Teachable moment / explanation
  - Verbal warning (1 per player)
  - Removal from remainder of game (to be treated as ejected/injured player at no penalty)
- **Wood Bats:** Wood and composite bats are permitted in all tournaments.
- **Bat Sensors:** Sensors built inside the handle of the bat are legal. Sensors that are an addition to the exterior of the bat are not permitted. In case of a discrepancy, the Tournament Director will deem whether a sensor is permitted.

### Ejection / Suspension Policy

- **Managers / Coaches:** Managers or coaches (or scorekeepers or anyone else that is in the dugout or on the field during a game) that are ejected from a game (either by an umpire or by a Ripken Official) must leave the facility immediately and will automatically be suspended for 1 additional game. The Tournament Director may also lengthen the suspension to more games or expulsion from the facility for a period of time.  
If a manager or coach is ejected from a game twice during the same tournament, they will be suspended for the remainder of the tournament.
- **Players:** If a player is ejected from a game they may face further suspension.
- **Parents / Fans:** If a fan or parent is ejected from a game (either by an umpire or a Ripken Baseball Official), they must leave the facility immediately and will not be allowed to enter the complex for the remainder of the event.

### Team Speakers

Team music/media players are allowed on-site for pre-game warm ups and walk up songs before at bats. However, The Ripken Experience reserves the right to remove any outside music/media players from a field at any give time for any reason. Teams will be permitted to play their own music only during their respective at bats and for their pre-game warm ups, if they would like to do so. A Ripken Tournament Official will play pre game music and advertisements, walk up music, mid inning music, and announce players names for each game on-site at Ripken.

### Intentional Delays

Intentionally delaying a game to achieve a victory through the time limit is considered unsportsmanlike conduct and will not be tolerated at a Ripken Baseball Tournament. The umpires and/or tournament officials at the game reserve the right to eject a coach or player for intentionally delaying a game and possibly declare a forfeit to that team.

### Intentional Walk

Pitchers will no longer have to throw four pitches to intentionally walk a batter. A signal from the coach to the umpire, will be all that is required to intentionally walk the batter.

### Slash Bunt

For the 12U and under age groups, a slash bunt (aka butcher boy) is illegal and the player will be called out if this play is attempted. A slash bunt is defined as a player showing bunt at any time during the pitch and then swinging at that same pitch.



## RULES SUMMARY SHEET

RULE	9U	10U	11U	12U	13U	14U-18U
BASE DISTANCE	60'	70'	70'	70'	90'	90'
PITCHING DISTANCE	46'	46'	50'	50'	60'6"	60'6"
GAME LENGTH COMPLETE GAME	6 INNINGS 4 INNINGS	6 INNINGS 4 INNINGS	6 INNINGS 4 INNINGS	6 INNINGS 4 INNINGS	7 INNINGS 5 INNINGS	7 INNINGS 5 INNINGS
LEADS	*CROSSES PLATE	YES	YES	YES	YES	YES
STEALING (INCLUDING HOME)	*CROSSES PLATE	YES	YES	YES	YES	YES
	*Immediate dead ball call if they leave too early (1st offense per team - warning / 2nd offense - runner is out)					
RUN ON DROPPED 3RD STRIKE	NO	YES	YES	YES	YES	YES
MERCY RULE	For all games: 15 runs after 4 innings or 10 runs after 5 innings					
BALKS	WARNING EDUCATIONAL PURPOSES ONLY	YES 1 WARNING PER PITCHER	YES NO WARNINGS	YES NO WARNINGS	YES NO WARNINGS	YES NO WARNINGS
	*We use the NFHS rule book when pertaining to what constitutes a balk *Immediate dead ball for all balks 10U and older (not a delayed dead ball)					
BATS	2-1/4" - 2-3/4"	2-1/4" - 2-3/4"	2-1/4" - 2-3/4"	2-1/4" - 2-3/4"	2-1/4" - 2-3/4"	-3 BBCOR only
	*All bats must have either the BPF 1.15 USA Baseball or BBCOR designation displayed on the bat (9U-12U) *13u - All bats must have either the BPF 1.15, USA Baseball, or BBCOR designation displayed on the bat with a -8 differential (length to weight) or below. Bats with a -10 length to weight differential for 13u are not permitted and will be deemed illegal. - No weight restriction on bats - Wood bats are permitted in all tournaments - Coach Pitch bats are not permitted in any age group					
CLEATS	RUBBER	RUBBER	RUBBER	RUBBER	RUBBER OR METAL*	RUBBER OR METAL*
BUNTING	YES	YES	YES	YES	YES	YES
IF FLY RULE	NO	YES	YES	YES	YES	YES
MUST AVOID CONTACT	YES	YES	YES	YES	YES	YES
RUN ON DROPPED 3RD STRIKE	NO	YES	YES	YES	YES	YES





## RULES SUMMARY SHEET CONTINUED

RULE	9U	10U	11U	12U	13U	14U-18U
RUN ON DROPPED 3RD STRIKE	NO	YES	YES	YES	YES	YES
LINEUP	9U-18U: Anywhere from 9 to the whole roster can bat in the lineup - The number of batters in your lineup must stay the same throughout the game. - All players will have free defensive substitution. - It is each team's responsibility to check the opposing lineup prior to the game and call for a Ripken Experience Official if there is an issue.					
ROSTERS	No limited on player rosters. Up to 4 adults allowed in the dugout. Rosters are locked once a team's first game begins. A player is only allowed to participate on one team per tournament. A player cannot be on two rosters in two different age groups.					
RE-ENTRY	Starters may be re-entered once, as long as the player occupies the same position in the batting order. Starting pitchers may be re-entered, but not as pitchers'. *If a pitcher is removed from the mound and goes to another defensive position, they may not return as a pitcher in that game.					
COURTESY RUNNERS	Myrtle Beach will allow a courtesy runner for the catcher only. If you are not batting your entire line-up, the courtesy runner must be a substitute. If you are batting your entire line-up or have no substitutes available, you may use the last batted out as a courtesy runner.					
ON-DECK BATTERS	All on-deck batters must stay near their own dugout on the warning track with a helmet on.					
MOUND VISITS	Pitcher must be removed on second mound visit in the same inning (all ages)					
INTENTIONAL WALK	We follow NFHS rules. Intentional base on balls may be given at any time without the pitches being thrown.					
EJECTIONS	If a manager, coach, or scorekeeper is ejected from a game, they are automatically suspended for the next game with further sanctions possible. If a player is ejected from a game and there is no substitute available, that spot in the lineup will be skipped with no penalty. If a fan or parent is ejected from a game, they will not be allowed back in the complex for the remainder of the event.					
INJURIES	If a player is injured and no substitute is available, that spot in the lineup will be skipped with no penalty.					
SLIDING	Head first and feet first slides are allowed.					

\*No metal cleats for catchers and pitchers 13U and older.

\*This sheet represents only a summary of some of The Ripken Experience rules.



## PITCHING RECOMMENDATIONS FOR YOUTH PLAYERS

Information from USA Baseball Medical & Safety Advisory Committee with help by the American Sports Medicine Institute, USA Baseball News, Journal of Biomechanics, The American Journal of Sports Medicine (2006), and [wwwmib.com/pitch-smart/risk-factors](http://wwwmib.com/pitch-smart/risk-factors)

The following recommendations are not specifically from Ripken Baseball. We simply compiled the information and encourage each coach/parent to conduct further research and make the best decision for their player. Always consult a physician if you have any concerns.

- Watch for signs of fatigue during a game, during a season, and over the whole year. The American Sports Medicine Institute (ASMI) found that adolescent pitchers who undergo elbow or shoulder surgery are 36 times more likely to have routinely pitched with arm fatigue.
- ASMI found that players who pitched more than 100 Innings In at least one year were 3,5 times more likely to be Injured than those who did not exceed 100 Innings pitched, Every Inning -whether It be during a game or showcase event - should count toward that threshold.
- ASMI also found that pitchers who competed more than 8 months per year were 5 times as likely to suffer an Injury requiring surgery, Pitchers should refrain from throwing for at least 2-3 months per year and avoid competitive pitching for at least 4 months per year.
- Daily, weekly, and annual overuse Is the greatest risk to a youth pitcher's health. Numerous studies have shown that pitchers who throw more pitches per game and those who do not adequately rest between appearances are at an elevated risk of injury, While medical research does not Identify optimal pitch counts, pitch count programs have been shown to reduce the risk of shoulder Injury In Little League Baseball by as much as 50% (Little League, 2011 ), The most Important thing Is to set limits for a pitcher and stick with them throughout the season.
- Pitchers should avoid pitching on consecutive days, If possible, Irrespective of pitch count. According to Yang et al., pitchers who pitched on consecutive days had more than 2,5 times greater risk of experiencing arm pain, compared with pitchers who did not pitch on consecutive days.
- A pitcher should not also be a catcher for his team as It Is the next most throwing Intensive position and results In far more throws than players at other positions, ASMI found that amateurs who played catcher while not pitching were 2.7 times more likely to suffer a major arm Injury.
- Players who participate on multiple teams at the same time are at an Increased risk of Injury as It makes it more difficult to monitor pitch limits and results In reduced rest.
- Players should be cautious about returning to play after any Injury, A sprained ankle or oblique strain can Imperceptibly affect the player's biomechanics, changing the way he throws and putting more stress on his arm.
- While often overlooked, any strength and conditioning program should Include a shoulder and elbow component, Numerous studies have shown that deficits in upper extremity strength and mobility are strongly correlated to serious arm Injuries.
- A showcase can be a terrific opportunity for young players to demonstrate their skills for college coaches and professional scouts, However, pitching In a showcase during the offseason can be particularly hazardous, as It Is difficult to get back to healthy game condition and It also makes It difficult to get sufficient offseason rest, Pitchers should treat these appearances as they would any other game for purposes of daily, weekly, and annual pitch count limits, Furthermore, they should avoid the temptation to overthrow In an attempt to make a favorable Impression.
- While existing research has not consistently shown a strong connection between the curveball and Injuries, Yang et al., found that amateur pitchers who threw curveballs were 1.6 times more likely to experience arm pain while pitching and Lyman et al, found that youth pitchers who throw sliders are 86% more likely to experience elbow pain than those who do not (Lyman et al.. 2002).
- While radar guns do not directly cause harm to a young pitcher, they can Inspire pitchers to throw harder, oftentimes beyond their normal comfort level, In cIn attempt to Impress others, This may create additional strain on the arm. Research has linked faster pitch velocity with higher risk of Injury. Pitchers who succeed In the long run at all levels - especially starting pitchers - are the ones who are able to vary speeds for each pitch type, making themselves more difficult to hit and also enabling themselves to go deeper In games with less Fatigue and risk of Injury.



## PITCHING RECOMMENDATIONS FOR YOUTH PLAYERS CONTINUED

### Typically 46' - 50' Pitching Distance

- Focus on athleticism, physical fitness, and fun
- Focus on learning baseball rules, general techniques, and teamwork
- Do not exceed 80 combined Innings pitched In any 12-month period
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid throwing pitches other than fastballs and change-ups
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Players should not pitch In multiple games on the same day
- Play other sports during the course of the year
- Monitor for other signs of fatigue
- Pitchers once removed from the mound may not return as pitchers
- No pitcher shall appear In a game as a pitcher for three consecutive days, regardless of pitch counts

### USA Baseball Medical and Safety Advisory Committee

Recommendations for limits with youth pitchers and recommendations for day of rest after a start.

AGE GROUP	PITCHES PER GAME	1 DAY REST	2 DAYS REST	3 DAYS REST	4 DAYS REST
9-10	75	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66+ PITCHES
11-12	85	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66+ PITCHES
13-14	95	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66+ PITCHES
15-16	95	31-45 PITCHES	46-60 PITCHES	61-80 PITCHES	81+ PITCHES
17-18	105	31-45 PITCHES	46-60 PITCHES	61-80 PITCHES	81+ PITCHES

