



1. PITCH COUNTS

EDHLL takes pitch counts very seriously because studies show that adhering to league age pitch counts is a very effective injury prevention strategy. Scorekeepers for the Minors 8 and above. Majors divisions and above keep track of pitch counts during games; managers must be aware of pitch counts during games to ensure their players are not exceeding their maximum number of pitches per day. Pitch counts are reported to the EDHLL VP of Operations with the game report.

Many Little League players simultaneously participate in other activities. In the best interest of their players, managers must be informed and aware of pitches thrown outside of Little League activities. It is paramount for player safety that parents inform their player's manager of any pitching or other throwing activities that their player participates in outside of Little League. A player's pitch count includes pitches thrown in Little League AND outside of Little League, such as for a travel ball team. Since pitches thrown outside of Little League activities are part of a player's pitch count, EDHLL managers must have this information to ensure the safety of players and to plan their lineups effectively. EDHLL encourages managers and parents to have open communication because we are all here to make sure our players have fun and are safe playing baseball!

Maximum pitch counts by league age are as follows:

League Age	Maximum # 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

Pitch count thresholds and associated required rest days, shown below, are an integral part of preventing injuries and must be followed, **no exceptions**:

League age 14 and under		League age 15-16	
66+ pitches	4 days rest	76+ pitches	4 days rest
51-65 pitches	3 days rest	61-75 pitches	3 days rest
36-50 pitches	2 days rest	46-60 pitches	2 days rest
21-35 pitches	1 days rest	31-45 pitches	1 day rest
1-20 pitches	0 days rest	1-30 pitches	0 days rest