

# Kent Little League Baseball Pitching Safety and Arm Health Policy

## Purpose:

Kent Little League prioritizes the safety and arm health of our young athletes, particularly in the demanding aspect of pitching. To uphold this commitment, the following comprehensive requirements and best practices are aimed at fostering a safe and healthy pitching environment and consist of (3) main factors:

### 1) Maximum number of pitches a pitcher can throw per game

- Per the Little League Rule book (*Regulation VI Section C*).
- Max pitch count is determined by the first pitch thrown to a batter. The pitcher may not start a new batter once the limit posted in Regulation VI(c) has been met.

League Age	Max Pitches Per Day
6-8	50
9-10	75
11-12	85
13-16	95

### 2) Required rest days for a pitcher based on number of pitches thrown

- Per the Little League Rule book Regulation VI Section D.

Pitches Thrown	*Required Calendar Day Rest
1-20	0 days rest
21-35	1 days rest
36-50	2 days rest
51-65	3 days rest
66	4 days rest

- Example: if a pitcher delivered 55 pitches, on Saturday, they would not be eligible to pitch again until Wednesday. (3-days rest)
- \*Applies to league age 14 and under. See Regulation VI Section D for 15+ requirements.

### 3) Strength and Endurance of the pitcher

- Gradually increase pitch counts for each pitcher at the beginning of the season and during initial learning phases.
- We strongly recommend that players only pitch up to 50% of their maximum pitch count their first few mound visits, gradually increasing their pitch count with each subsequent visit as they build strength and endurance.

### Additional Arm Health Best Practices:

- Encourage proper warm-up and cool-down routines before and after pitching.
- Monitor players for signs of fatigue or discomfort on the mound.
- Emphasize the importance of proper pitching mechanics to reduce stress on the arm.
- Prioritize rest and recovery for pitchers, allowing sufficient time between pitching appearances.

By adhering to these guidelines and recommendations, we can ensure the safety and arm health of our young pitchers, allowing them to enjoy the game while minimizing the risk of injury. Thank you for your cooperation in promoting a safe and healthy environment for our players.