

## ARM CARE & PITCH COUNT RULES FAQ

### WHERE CAN I FIND INFORMATION ON THE REP ARM CARE RULES?

The full Arm Care rules can be found in the Baseball Ontario ONDeck app under Arm Care.

### WHAT ARE THE PITCH COUNT LIMITS AND DAYS REST REQUIREMENTS FOR EACH DIVISION?

9U*	11U	13U	15U	18U	22U	REST REQUIRED
1-20	1-25	1-30	1-35	1-40	1-45	None
20-35	26-40	31-45	36-50	41-55	46-60	1 Day
36-50	41-55	46-60	51-65	56-70	61-75	2 Days
N/A	56-65	61-75	66-80	71-85	76-90	3 Days
N/A	66-75	76-85	81-95	86-105	91-115	4 Days
50	75	85	95	105	115	Daily Max

Day 1 of the rest period is the day after the game the pitcher last pitched.

### CAN PITCHERS PITCH IN MULTIPLE GAMES ON THE SAME DAY?

Yes, pitchers can pitch in 2 games (max) on the same day as long as they don't exceed their no rest required threshold in the first game of the day. The pitch count for both games will be added together to calculate days rest required. For example, a 15U pitcher could throw 25 pitches in game 1 of a doubleheader and in game 2 can pitch again because they haven't exceeded their no-days rest threshold. They start game 2 at pitch 26 and can throw a total of 95 pitches combined over the two games.

### CAN PITCHERS PITCH TWO DAYS IN A ROW?

Yes, pitchers can pitch on two consecutive days as long as they haven't exceeded their no rest required threshold on the first day and have only pitched in one game on the first day.

On Day 2, the pitcher starts the day with the same number of pitches thrown on Day 1. So, for example, if a pitcher threw 20 pitches on Friday, they can pitch again on Saturday but their pitch count for the day starts at 21, not at zero.

Pitchers can not pitch in more than 2 games in any 2-day period. In all cases, the pitch count for all games are added together to calculate days rest required.

### CAN PITCHERS PITCH THREE DAYS IN A ROW?

Yes, pitchers can pitch on three consecutive days as long as they do not exceed their no rest required threshold in all three games combined. For example, at 13U, a pitcher could throw 10 pitches each day on Friday, Saturday, and Sunday; as long as the pitcher does not exceed 30 pitches over the three consecutive days, this is permitted. If a pitcher throws on three consecutive days, they must rest for 1 day before they are eligible to pitch again.



### CAN A PLAYER PITCH AND CATCH IN THE SAME GAME/DAY?

Yes, in **Rep baseball only**. This rule is the only Arm Care rule that is different between Rep and Select.

- A Rep player **can** catch and then pitch on the same day.
- A Rep player **can not** pitch and then catch on the same day.
- A Select player **can not** pitch or catch on the same day regardless of which order they start.

### WHO IS RESPONSIBLE FOR ENTERING THE PITCH COUNT AND WHEN?

The Home Team is **always** responsible for entering the pitch count **for both teams**.

The Head Coach is accountable for the pitch count but may delegate it to a trusted assistant coach, team manager, trainer, or other volunteer. Only coaches on an approved Baseball Ontario roster will be given credentials to log in to the app.

### DO PITCH COUNTS HAVE TO BE ENTERED LIVE IN-GAME, OR CAN THEY BE ENTERED AFTER THE GAME?

In Rep tournaments, pitch counts **must** be entered in the app **live in-game** (pitch-by-pitch). During regular season play it is permitted to enter pitch counts after the game as long as they are entered within 24 hours. However, Baseball Ontario strongly recommends pitch-by-pitch tracking in the app for **all games** to ensure that coaches are notified of potential violations before they occur to avoid penalties to their team. Pitch-by-pitch tracking also displays real-time pitch counts, pitches remaining, and dramatically reduces the volume of data entry errors versus entering pitch counts post-game.

### WHAT SHOULD THE HOME TEAM DO IF EITHER TEAM HAS REACHED THEIR PITCH COUNT LIMIT?

The Home Team is responsible for notifying the plate umpire when the opposing team’s pitcher has reached their pitch count limit as soon as the app turns **RED**. The umpire must notify the Away Team Head Coach. The Head Coach is responsible for reporting to the umpire regardless of if they have delegated the pitch count responsibilities to someone.

The Away team has the right to request the pitch count for either team at any time throughout the game to ensure that the count is accurate, and rules have not been violated.

### WHAT PENALTIES APPLY WHEN A TEAM VIOLATES THE PITCH COUNT RULES?

Different penalties apply depending on which team violates the pitch count rule, whether or not the umpire was notified, as well as if and when the violation was reported.

TEAM VIOLATION	VIOLATION REPORTED	PENALTY
Home Team violates pitch count	In game	Forfeit + 1 game suspension for Head Coach
Home Team violates pitch count	Post-game	No forfeit 2 game suspension for Head Coach
Away Team violates pitch count after notification by Official Pitch Counter to umpire at time of infraction	In game	Forfeit + 1 game suspension for Head Coach
Away Team violates pitch count with <b>NO</b> notification to umpire at time of infraction	In game	No forfeit Head Coach is ejected + 1 game suspension for Head Coach
Away team violates pitch count	Post-game	No forfeit 2 game suspension for Head Coach





The intent of these rules is to enforce the pitch count rules and not to promote forfeits. The Home Team is responsible for the pitch count and therefore the duty of responsibility falls upon the home team to notify the opposing team of a pitcher reaching their pitch count via the plate umpire. Regardless of whether or not the Home Team Head Coach delegates the pitch count to someone else, they are ultimately responsible and accountable to the Pitch Count.

#### **WHAT HAPPENS IF A TEAM IS NOT IN THE APP?**

If a team is not in the app, it means that their roster has not yet been submitted and the team is not permitted to play. In Rep, as per RP1.9(m), after May 1<sup>st</sup>, any team playing without having submitted a roster shall be automatically suspended until their roster is submitted.

#### **WHAT HAPPENS IF A PLAYER IS NOT ON THE TEAM IN THE APP?**

If a player is not on the team in the app, they are not permitted to pitch. Call-up players can be added only by the team they are playing on **before the game starts**. Once the game starts, they can't be added to the team in the app and are therefore not allowed to pitch.

