

PALM BEACH COUNTY MIDDLE SCHOOL ACTIVITIES ASSOCIATION

PBBUA Web Site www.palmbeachbaseballumpires.com

Baseball Pitching Rules

ALL MIDDLE SCHOOL COACHES AND PLAYERS WILL ADHERE TO THE PITCHING REGULATIONS. ANY VIOLATION OF THESE RULES WILL RESULT IN A FORFEIT AND FINE.

1. Any member of the team may pitch, provided he is eligible under the rules set forth by the Association.
2. A pitcher shall not:
 - (a) Pitch more than seven (7) innings in any one day, nor more than ten (10) innings in one calendar week. The calendar week starts at 12:01AM Monday and ends at Midnight Sunday.
 - (b) Pitch in more than one game on any one day.
 - (c) Pitch on two consecutive days. (No Exceptions)
 - (d) Pitch without three calendar days rest after having pitched in four or more innings in a game and still eligible to pitch under 2a.
 - (e) Be returned to the mound after once having been removed or substituted for as a pitcher, even if he is placed in another position.
3. If a player pitches but one ball to a batter and is then removed from the mound, he shall be considered as having pitched one inning.
4. If a player pitches four or more innings in one day, he shall have at least three days' rest.

If he pitched in 4 or more innings on:

Monday
Tuesday
Wednesday
Thursday
Friday

And is still eligible under 2a, he can pitch again:

Friday
Not again this week
Not again this week
Not again this week, Monday
Not again this week, Tuesday

This also applies to games suspended or postponed. If Pitcher 'A' pitches 1 inning in a game rained out or suspended on Monday, he cannot pitch on Tuesday if the game is resumed.
--

All Middle School coaches and players will adhere to these pitching regulations. Any violation of these rules will result in a forfeit and fine.

BBCOR LEGAL AND ILLEGAL BATS

On FHSAA web site under SPORTS/Baseball there is a list of LEGAL bats put out by Washington State University. That link: <http://www.mme.wsu-ssl.org/certifiedbaseballbats.aspx>

THE FOLLOWING BBCOR BATS ARE ILLEGAL:

33" & 34" Marucci Cat52 . 33" & 34" Marucci Black



32" & 33" Reebok Vector TLS



Prototype Rip It unless marked 'recertified' on barrel of bat.



NOTE: ALL OTHER Rip It bats are LEGAL. Rip It II, Rip It Air, Prototype B1303



Wood bats are LEGAL. Must be 2 3/4" or less in diameter at thickest part and 36" or less in length.