



PLAYER PROTECTION POLICY & BAT AND BALL REGULATIONS

Preamble

- The purpose of this document is to set down guidelines for pitch restrictions and rest periods for baseball players in an effort to help prevent injury and promote player health
- The BNSW player protection policy was drafted and put into effect on 28 November 2005 with a review date of 8th October 2008
- This document is in dire need of review and given the timing the pathway shift now is an ideal time to review the document and its contents
- This policy does not differentiate between gender or ability
- The aim should be to use latest medical research information to streamline and simplify the document

CURRENT PITCH LIMITS

AGE GROUP	BNSW CURRENT POLICY	BASEBALL AUSTRALIA	LITTLE LEAGUE	MLB
UNDER 12	MINOR- 1-24 SUBSTANTIAL- 25-44 MAJOR- 45-55	N/A	11-12 YEAR OLDS- 85 PITCHES / DAY	N/A
UNDER 14	MINOR- 1-24 SUBSTANTIAL- 25-54 MAJOR- 55-65	MINOR- 1-24 SUBSTANTIAL- 25-54 MAJOR- 55-70	13-14 YEAR OLDS- 95 PITCHES DAY	N/A
UNDER 16	MINOR- 1-29 SUBSTANTIAL 30-64 MAJOR- 65-80	MINOR- 1-29 SUBSTANTIAL- 30-64 MAJOR- 65-80	15-16 YEAR OLDS- 95 PITCHES / DAY	N/A
UNDER 18	MINOR- 1-39 SUBSTANTIAL- 40-79 MAJOR- 80-100	MINOR- 1-39 SUBSTANTIAL- 40-79 MAJOR- 80-100	17-18 YEAR OLDS- 105 PITCHES / DAY	N/A
SENIOR	MINOR- 1-59 SUBSTANTIAL- 60-99 MAJOR- 100-125	N/A	N/A	VARIES FROM MLB CLUB'S, STARTERS BETWEEN 100-125 PITCHES

CURRENT DAYS REST

AGE GROUP	BNSW CURRENT POLICY	BASEBALL AUSTRALIA	LITTLE LEAGUE	MLB
UNDER 12	MINOR- P/C- nil, Play- nil MINOR/MINOR (MINOR)- P/C-1, Play- nil MINOR/MINOR (SUB)- P/C- 2, Play- 1 MINOR/SUBSTANTIAL- P/ C- 3, Play- 1 SUBSTANTIAL- P/C- 2, Play- nil MAJOR- P/C- 3, Play- 1	N/A	14 AND UNDER- 66 OR MORE- 4 DAYS 51-65- 3 DAYS 36-50- 2 DAYS 21-35- 1 DAY 1-20- 0 DAYS	N/A
UNDER 14		MINOR- P/C- nil, Play- nil MINOR/MINOR (MINOR)- P/C-1, Play- nil	15-18 YEARS OLD- 76 OR MORE- 4 DAYS 61-75- 3 DAYS 46-60- 2 DAYS 31-45- 1 DAY 1-30- 0 DAYS	
UNDER 16		MINOR/MINOR (SUB)- P/C- 2, Play- 1 MINOR/SUBSTANTIAL- P/ C- 3, Play- 1		
UNDER 18		SUBSTANTIAL- P/C- 2, Play- nil MAJOR- P/C- 3, Play- 1	MINOR/SUBSTANTIAL- P/ C- 3, Play- 1 SUBSTANTIAL- P/C- 2, Play- nil MAJOR- P/C- 3, Play- 1	
SENIOR	MINOR- P/C- nil, Play- nil MINOR/MINOR (MINOR)- P/C-1, Play- nil MINOR/MINOR (SUB)- P/C- 2, Play- 1 MINOR/SUBSTANTIAL- P/ C- 2, Play- 1 SUBSTANTIAL- P/C- 2, Play- nil MAJOR- P/C- 2, Play- 1	N/A	N/A	

RECOMMENDATION- BNSW Local League Play (club ball)

AGE GROUP	PITCHING ASSIGNMENT	PITCHES	DAYS REST PITCHING	DAYS REST CATCHING	DAYS REST PLAYING
UNDER 12 (LL MAJORS)	MINOR	1-24	0	1	0
	SUBSTANTIAL	25-44	2	2	0
	MAJOR	45-55	4	3	1
UNDER 14 (LL JUNIOR)	MINOR	1-29	0	1	0
	SUBSTANTIAL	30-54	2	2	0
	MAJOR	55-65	4	3	1
UNDER 16 (LL SENIOR)	MINOR	1-34	0	1	0
	SUBSTANTIAL	35-64	2	2	0
	MAJOR	65-80	4	3	1
UNDER 18 (LL BIG)	MINOR	1-39	0	1	0
	SUBSTANTIAL	40-79	2	2	0
	MAJOR	71-100	4	3	1
SENIOR / REC BALL 18+	MINOR	1-59	0	1	0
	SUBSTANTIAL	60-99	2	2	0
	MAJOR	100-125	3	2	1

- As soon as a pitch is delivered the player will be charged with the corresponding assignment
- If players throw a minor they can throw again the next calendar day. They will be limited to a substantial assignment the next day and throwing back-to-back days constitutes throwing a MAJOR. The appropriate rest periods for a MAJOR will be adhered to if players pitch back to back days
- Once a player reaches a major assignment they must be removed from the game and are not to stay in the game at any position
- Players may go from pitcher to any position (other than catcher) after a Minor or Substantial assignment
- A pitcher reaching the maximum number of pitches for a MAJOR Assignment is to be removed from the game once finishing the batter in the box. However, if the pitcher retires that batter as the 3rd out of an inning, that pitcher is entitled to remain as a batter (Designated Hitter) in the line-up.
- A Balk Pitch delivered to the plate whether it is hit safely or not shall be considered to be valid for the purpose of recording the "number of pitches".
- A "no pitch", eg, batter steps out of the batter's box and the pitcher delivers the pitch, shall not be included in the pitch count.
- In the event any Umpire calls an "Illegal Pitch", the pitched ball will count towards the pitcher's count.
- It will be the responsibility of the official scorer to notify the Chief Umpire and each team when a pitcher is within 10 pitches of the maximum allowable number.
- The Umpire has the authority to police the pitching rule.
- Rest periods relate to Pitching involvement, except where otherwise specifically provided.
- A days rest is considered as one full calendar day and not calculated as a 24 hour period.
- No player shall undertake a MAJOR Assignment on the same day, or the day following a MINOR Assignment.
- Any player pitching a MAJOR Assignment will be required to complete the required rest before any PLAYING participation, except as a designated hitter or for pinch hitting and pinch running.
- Having thrown a MINOR or SUBSTANTIAL Assignment, no pitcher may throw a MAJOR Assignment on the same day, or the following day.
- Any player may only throw two MINOR Assignments on the same calendar day.
- Should a pitcher complete a SECOND MINOR Assignment on the same day then 4 days rest is required, except where the aggregate number of pitches is equal to or less than a single MINOR Assignment, then only 1 days rest is required.
- If a player completes a SECOND MINOR Assignment on the same day, where the aggregate number of pitches thrown is equal to, a SUBSTANTIAL Assignment, then the player shall not have any further participation on that day, except for pinch hitting and pinch running and shall have 4 days rest before any further pitching Assignment.
- A pitcher will be permitted to complete pitching to the batter in the box, should their limit be reached with that batter, ONLY in the case where the pitcher is in the process of completing a Major Assignment.

RECOMMENDATION - TOURNAMENT BASEBALL

The recommendation for all little league tournament play or National Youth Championships is that players adhere to the specific tournament rules as set down by Little League and/or Baseball Australia.

For tournament play outside of Baseball Australia and/or Little League (e.g. travelling teams, localized tournament play) BNSW player protection policy restrictions to apply.

Little League Pitch counts / rules

http://www.littleleague.org/assets/forms_pubs/media/pitchingregulationchanges_bb_11-13-09.pdf

Little League FAQ's

http://www.littleleague.org/Assets/old_assets/media/pitchcount_faq_08.pdf

PITCH TYPES

Extensive medical research has indicated that the overwhelming culprit in increasing rates of injury is not the curve ball, but overuse, throwing too much, and throwing when fatigued. Multiple separate and extensive US studies have now found that throwing the curve ball does not represent a greater injury risk than throwing the fastball (*if thrown correctly). As substantiated by academic peer reviewed and published research, the most important factors contributing to arm injuries in pitchers, particularly young pitchers, is as follows:

- **Fatigue and overuse:** the more they pitch, the more connective tissue is overloaded, and the greater the likelihood of injury. This is by far the most important factor, and must be carefully monitored.
- **Throwing velocity:** the harder they throw, even if they have “good mechanics”, the more stress they put on key structures that are essentially still undergoing growth and adaptation. All force has to be transmitted through the shoulder and elbow at some stage. One problem is that, a coach will often want to use the hard thrower (or a player who can throw a curve ball) more often, when in fact, he should be throwing less.
- **Throwing mechanics:** a poor delivery can put even more stress on the arm.
- **Conditioning:** if the arm or the body is not conditioned to do the work, chances of injury increase.
- **Pitch type:** contrary to popular belief, the slider places more stress on the arm than any other pitch type, the fastball the second most, and the changeup the least (assuming all are thrown with proper mechanics).
- **Catching in addition to pitching:** pitchers should not alternate positions as catchers. It results in high volumes of throwing, adding to the cumulative fatigue of the throwing arm and therefore increasing the risk of injury.

With these factors in mind Baseball NSW recommends the following in terms of pitch type:

AGE GROUP	LEAGUE	FASTBALL	CHANGEUP	CURVEBALL	OTHER
UNDER 8	CLUB	N/A T-BALL	N/A T-BALL	N/A T-BALL	N/A T-BALL
UNDER 10	CLUB	YES	NO	NO	NO
	TOURNAMENT	YES	YES*	NO	NO
UNDER 12	CLUB	YES	YES*	NO	NO
	TOURNAMENT	YES	YES	YES*	NO
UNDER 14	CLUB	YES	YES	YES*	NO
	TOURNAMENT	YES	YES	YES	NO
UNDER 16	CLUB	YES	YES	YES	NO
	TOURNAMENT	YES	YES	YES	YES*
UNDER 18	CLUB	YES	YES	YES	YES*
	TOURNAMENT	YES	YES	YES	YES*
SENIOR 18+	ALL	YES	YES	YES	YES*

Based on recommendations from medical experts at STOP sport injuries

**Note- Please note that these recommendations are based on the notion of the pitch being throw correctly. Chronological age does not provide immunity to injury if a pitch is not thrown correctly. Determining whether a player can satisfactorily deliver a pitch properly is the main indicator of whether they are at a higher risk of throwing that pitch.*

Recommendations

Injuries in young athletes are on the rise, but elbow and shoulder injuries in children are on the verge of becoming an epidemic. Thousands of children are seen each year complaining of elbow or shoulder pain. Damage or tear to the ulnar collateral ligament (UCL) is the most common injury suffered and is often caused by pitchers throwing too much. This ligament is the main stabilizer of the elbow for the motions of pitching. When it becomes damaged, it can be difficult to repair and rehabilitate.

Overuse injuries — especially those related to the UCL and shoulder — are preventable. Some tips to keep you in the game throughout your life include:

- Warm up properly by stretching, running, and easy, gradual throwing
- Rotate playing other positions besides pitcher
- Concentrate on age-appropriate pitching
- Adhere to pitch count guidelines, such as those established by Baseball NSW
- Avoid pitching on multiple teams with overlapping seasons
- Don't pitch with elbow or shoulder pain, if the pain persists, see a doctor
- Don't pitch on consecutive days
- Don't play year-round
- Never use a radar gun
- Communicate regularly about how your arm is feeling and if there is pain
- Develop skills that are age appropriate
- Emphasize control, accuracy, and good mechanics
- Master the fastball first and the change-up second, before considering breaking pitches
- Speak with a sports medicine professional or athletic trainer if you have any concerns about injuries or prevention strategies

BNSW CLUB INFORMATION FOR 2014/15 SEASON

AGE Groups must be	U8 T-Ball	U10 Zooka/Coach Pitch	U12 Little League Div 1: Majors Div 2: Minors Div 3: Minors	U14 Junior League	U16 Senior League	STATE LEAGUE	Minor League (Park Ball Grade)
BALLS	8.5" safety ball Easton STB 8.5" K500 or equivalent	BNSW12	Div 1 Majors: 9" Reg B/ball Div 2 Minors: 8.5" BNSW12 Div 3 Minors: 8.5" BNSW 12	9" Regular Baseball	9" Regular Baseball	9" Regular Baseball	9" Regular Baseball

BAT RULES

CLUB BASEBALL Note: A transition period for the 2014/15 Club Season will be allowed for those who already own bats	ALLOY & COMPOSITE BATS 2 1/4" barrel Must meet 1.15BPF safety rating Maximum Length 32"			ALLOY BATS 2 1/4 & 2 5/8 barrel sizes Must meet 1.15BPF safety rating Maximum Length 32" COMPOSITE BATS 2 1/4" barrel size Must meet 1.15BPF safety rating Maximum Length 32" 2 5/8" barrel size Must meet 1.15BPF approval Maximum Length 33"	ALLOY BATS 2 1/4 & 2 5/8 barrel sizes Must meet 1.15BPF safety rating Maximum Length 33" COMPOSITE BATS 2 1/4" barrel size Must meet 1.15BPF safety rating Maximum Length 32" 2 5/8" barrel size Up to -5 weight differential Maximum length 33" & must meet		
LITTLE/JUNIOR LEAGUE NSW State Champs, NATIONAL Champs	ALLOY & COMPOSITE BATS 2 1/4" barrel Must meet 1.15BPF safety rating Maximum Length 32"			ALLOY BATS 2 1/4 & 2 5/8 barrel sizes Must meet 1.15BPF safety rating Maximum Length 32" COMPOSITE BATS 2 1/4" barrel size Must meet 1.15BPF safety rating Maximum Length 32" 2 5/8" barrel size Must meet 1.15BPF safety rating Maximum Length 33"	NOT AVIALABLE UNTIL 2015/16 SEASON		
NYC 16's					ALLOY BATS 2 1/4 & 2 5/8 barrel sizes Must meet 1.15BPF safety rating Maximum Length 33" COMPOSITE BATS 2 1/4" barrel size Must meet 1.15BPF safety rating Maximum Length 32" 2 5/8" barrel size Up to -5 weight differential Maximum length 33" Must meet 1.15BPF Safety rating		
STATE LEAGUE 1st, 2nd, 3rd Grade, U/18's NYC 18's						Wood or Wood Composite Only	
					16 YEAR OLDS	GIRLS / WOMEN	
MINOR LEAGUE (Park Ball Grade)					ALLOY BATS 2 5/8 barrel sizes Must meet 1.15BPF safety rating Maximum Length 32" COMPOSITE BATS 2 5/8" barrel size Up to -5 weight differential Maximum length 32" Must meet 1.15BPF Safety rating	ALLOY BATS 2 5/8 barrel sizes Must meet 1.15BPF safety rating Maximum Length 32" COMPOSITE BATS 2 5/8" barrel size Maximum length 32" Must meet 1.15BPF Safety rating	ALLOY BATS 2 5/8 barrel sizes Must meet BBCOR safety rating Maximum Length 34" COMPOSITE BATS 2 5/8" barrel size Must meet BBCOR safety rating Maximum Length 34"

APPROVED BASEBALLS

International	Senior Elite	State League	Senior Lower Grades & U18's	Junior	T-Ball
85% w/g	85%w/g	50% grey	50% grey	50% grey	
Mizuno 150	Mizuno 150	Wilson A1010B	Easton 600	Kenko	Greatrex soft
Rawlings ROM	Maxi K100, K2005	Skyline	^Minor League	Tower TBLL	X Plate RIB 9 inch
Easton 850	Wilson 1010HS	Easton 700	XP2000W XP2000S	Easton 600	K500
Greatrex	Easton 700, 800, 850	XP 2000W XP 2000S	Rawlings ROLB	^Little League	XP8.5RIB
X Plate 3000W	Rawlings R200	Rawlings 100 HSX	Rawlings 100 HSX	X Plate 1000 (renamed XP 1015)	
X Plate 3000S	SSK 190, 150	Diamond Baseball D1 - Pro	D1 – PRO	BNSW12 8.5 inch	
	Greatrex GS 850	Diamond Baseball D1 - NFHS	D1 – NFHS	K400	
	XP 3000W		Diamond Baseball DOL-MVP	Rawlings 100 HSX	
	Rawlings 100 HSX		Diamond Baseball DOL-A	Diamond Baseball D1 – PRO	
	X Plate 3000S			Diamond Baseball D1 – NFHS	
				Diamond Baseball DOL-MVP	
				Diamond Baseball DOL-A	