

PITCHING LIMITATIONS SIMPLIFIED

To begin, you must familiarize yourself with USSSA Pitching Limitation Rules. The foundation of these rules are a three (3) consecutive day cycle. No part of any rule makes reference to the length of an event (number of days) because regardless of the length of the event the rules **NEVER** change.

- Scenario 1:** If an event runs Friday to Sunday, the three consecutive day cycle is Friday, Saturday and Sunday.
- Scenario 2:** If an event runs Thursday to Sunday, there are two (2) overlapping three consecutive day cycles; Thursday, Friday, Saturday and Friday, Saturday, Sunday.
- Scenario 3:** If an event runs Monday to Sunday, there are five (5) overlapping three consecutive day cycles; Monday, Tuesday, Wednesday, and Tuesday, Wednesday, Thursday, and Wednesday, Thursday, Friday, and Thursday, Friday, Saturday, and Friday, Saturday, Sunday.

Regardless of the length of the event, the three consecutive day cycles “slide / overlap” day by day from the start of the event to finish.

EXAMPLE 1

DAY 1	DAY 2	DAY 3	DAY 4
3	4	0	
	4	0	4

Day 1: Pitcher “A” pitches 3 innings. **Day 2:** Pitcher “A” pitches 4 innings. **Day 3:** Pitcher “A” cannot pitch because he pitched more than 3 innings on Day 2 and pursuant to Rule 8.05.C.4, he must rest. **Day 4:** Pitcher “A” can pitch 4 innings because he pitched 4 innings on Day 2, did not pitch Day 3, leaving him 4 innings in his three consecutive day cycle ($4 + 0 + 4 = 8$).

In Example 1, Pitcher “A” establishes his three consecutive day cycle as **Days 1 – 3** by pitching on Day 1. When Pitcher “A” pitches on Day 2 he still has his original cycle but he also “slides / overlaps” into a new cycle of **Days 2 – 4**.

EXAMPLE 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
4	0	3		
	0	3	5	
		3	5	0

Day 1: Pitcher “B” pitches 4 innings. **Day 2:** Pitcher “B” cannot pitch because he pitched more than 3 innings on Day 1 and pursuant to Rule 8.05.C.4, he must rest. **Day 3:** Pitcher “B” pitches 3 innings. **Day 4:** Pitcher “B” can pitch 5 innings because he did not pitch on Day 2, pitched 3 innings on Day 3, leaving him 5 innings in his three consecutive day cycle ($0 + 3 + 5 = 8$). **Day 5:** Pitcher “B” cannot pitch for two reasons, first because he pitched more than 3 innings on Day 4 and because he pitched 3 innings on Day 3, 5 innings on Day 4, leaving him 0 innings in his three consecutive day cycle ($3 + 5 + 0 = 8$).

In Example 2, Pitcher “B” establishes his three consecutive day cycle as **Days 1 – 3** by pitching on Day 1. When Pitcher “B” pitches on Day 3 he still has his original cycle but he also “slides / overlaps” into a new cycle of **Days 2 – 4** and an additional cycle of **Days 3 – 5**.

Under no circumstances can a pitcher ever throw more than 8 innings in any three consecutive days! At no time does a day of rest cause a pitcher to RESET, RELOAD, REFRESH or RESTART anew!