

## **PITCHING RULES**

**A.** Breaking balls are prohibited in all divisions **EXCEPT MAJOR. Note:** (A knuckle ball or spit finger fastball is not considered breaking balls.) If this infraction occurs, the umpire will call it a ball and give the pitcher and manager a warning. However, if the batter hits the pitch and releases base safely, the play shall proceed without interference. If the pitcher continues throwing breaking balls after being warned, he/she shall be removed from the mound for the remainder of the game. This rule is to be in effect for all PAL games, including playoff games, and may not be waived by any league, committee, or person.

**B.** Balks shall be called in the Triple A and Major divisions from the first game of the season.

**C.** No player shall pitch more than ten (10) innings in a seven (7) consecutive day period during the regular season. For record purposes, an inning pitched shall be charged when a player takes his/her position on the pitching mound and the umpire indicates that play is resumed.

**D.** No player in **ANY DIVISION** shall pitch more than four (4) innings in any one game or day. **Penalty:** Forfeit of game in which infraction occurred.

**E.** No pitcher may re-enter game regardless of innings pitched that day. **Penalty:** Forfeit.

**F.** Pitching substitutions must be made from the playing field. Pitching substitutions cannot be made from the bench. (This applies to regular, playoff, and tournament seasons.)

**G.** Pitchers are allowed five (5) pitches or one (1) minute to warm up between innings. New pitchers are allowed eight (8) pitches. **If a sudden emergency causes a pitcher to be summoned into the game without any opportunity to warm up, the umpire in chief shall allow him as many pitches as deemed necessary.**

**H.** Double A thru Major Divisions: (2) hit batters in one inning, or (3) hit batters in one game by the same pitcher will result in the pitcher being removed for remainder of game.