

New Little League Pitch Count Rules Released

December 10, 2009

Little League has just announced new pitch rules:

<http://www.littleleague.org/media/newsarchive/2009/Sep-Dec/LLTournamentRegularSeasonPitchingRulesMadeSame.htm>

that go as follows:

2010 Little League Baseball Regular Season and Tournament Pitching Rules

Pitchers league age 14 and under must adhere to the following rest requirements:

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.

- If a player pitches 21 - 35 pitches in a day, one (1) calendar day of rest must be observed.
- If a player pitches 1-20 pitches in a day, no (0) calendar day of rest is required.

Pitchers league age 15-18 must adhere to the following rest requirements:

- If a player pitches 76 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 61 - 75 pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 46 - 60 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 31 -45 pitches in a day, one (1) calendar day of rest must be observed.
- If a player pitches 1-30 pitches in a day, no (0) calendar day of rest is required.

The Lunge Test: Is Your Body Ready To Pitch?

The lunge is the #1 lower body exercise for all athletes, especially pitchers:



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Now a new article ([click here for the link](#)) in *Strength and Conditioning Journal* looks at using the lunge to screen for muscle weaknesses:

Mattgew K. Using the Body Weight Forward Lunge To Screen an Athlete's Lunge Pattern.
Strength and Conditioning Journal 2009; 31:15-24

When done correctly, this is what a lunge should look like. Notice the (1) straight back, (2) front knee behind the toe, and (3) the head over the belly button:



Figure 1. Optimal forward lunge technique, viewed from the side (A) and the front (B).

Be careful NOT to overextend your back (left picture), or bend too far forward (middle pic):



Figure 5. (A) Extended, (B) flexed, and (C) neutral lumbar spine during the lunge. Note that spinal flexion is considered improper technique, and excessive spinal extension is considered improper technique.

Be sure that the front knee does NOT drift to the center-line (left pic) or come out over the knee (right pic):



Figure 2. Medial knee motion, on the forward lunge, which is considered improper technique.



Figure 3. Knee position in front of the toes on descent, which is considered improper technique.

What Exercises Can Help Me With The Lunge?

One of the best exercises for overall trunk strength is 'The Bird Dog' which was also written about this month in the *Strength and Conditioning Journal* ([click here for the article](#))

Graham JF. **Exercise: Bird Dog.**
Strength and Conditioning Journal 2009; 31:93-94

The Bird Dog focuses on core strength:



Figure 1. Bird dog: right arm-left leg.



Figure 2. Bird dog: left arm-right leg.

and uses ALL of these muscles during each movement that range from the back of the shoulder all the way down to the hamstrings:

MUSCLES USED

Erector spinae, latissimus dorsi, rectus abdominis, transverse abdominus, gluteus maximus, trapezius, supraspinatus, infraspinatus, subscapularis, teres minor, anterior and medial deltoids, posterior deltoids, serratus anterior, gluteus medius/minimus.

Hope that helps. best of luck.

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