



(<https://traininglegends.com/>)

COACH/PARENT LOG IN ([HTTPS://APP.TRAININGLEGENDS.COM](https://app.traininglegends.com))

# PITCHING POLICY

In order to protect the health of young arms, Training Legends is imposing limits on the number of innings a player may pitch in a tournament:

- As soon as a player throws 1 pitch, it is considered an inning pitched.
- These limits are in effect for all tournaments, regardless of how many days the tournament runs.
- Through the first 4 games, a pitcher may throw:
  - 8u – 12u = 6 innings
  - 13u – 14u = 7 innings
  - 15u = 8 innings
- An additional inning is added for every game after the 4<sup>th</sup> game in a tournament. For example, in the 5<sup>th</sup> game, a 12u player's limit increases to 7 innings. In the 6<sup>th</sup> game, the 12u player's limit increases to 8 innings. And so on.
- There are no limits on the number of appearances by a pitcher in a day or in the tournament.
- Managers from both teams must sign scorecards after the game in order to verify innings pitched by all players and to prevent issues in subsequent games.
- A pitcher shall receive at least 8 warm-up pitches from the mound on the initial appearance in the game and 5 warmup pitches at the start of every subsequent inning in the same game. The umpire may allow more pitches at his discretion, but not fewer pitches. At the player's discretion, the player may choose to throw fewer warmup pitches.
- If pitching violations are detected, the situation will be reviewed and the tournament director, or his representative (e.g., site director), will determine the consequences.

Consequences may include, but are not limited to, the following actions:

- Ejection of the coach and/or the player
- Forfeiture of the game
- Team ejection from the tournament
- Team suspension from future tournaments.

## NEED HELP?

WE SPECIALIZE IN HELPING



---

We differentiate ourselves by offering personalized "concierge" style service to our teams and families. Please call us at (404) 382-7899 (tel:+1-404-382-7899) or email us at [help@traininglegends.com](mailto:help@traininglegends.com) (mailto:help@traininglegends.com) if we can help in any way.

## TOURNAMENT INFORMATION

Spring 2018 Tournaments (<https://app.traininglegends.com/tournament/search>)

Tournament Rules (<https://traininglegends.com/tournament-rules/>)

Credit and Refund Policy (<https://traininglegends.com/credit-refund-policy/>)

Pitching Policy (<https://traininglegends.com/pitching-policy/>)

## SERVICES

Player Showcase Winter 2018 (<https://traininglegends.com/showcase-jan2018/>)

Player Showcase Resources (<https://traininglegends.com/player-showcase-resources/>)

Showcase Winter 2018 Coach Registration (<https://traininglegends.com/showcase-jan2018-coach-registration/>)

Showcase Winter 2018 Player Registration (<https://traininglegends.com/showcase-jan2018-player-registration/>)

Legend of the Week (<https://traininglegends.com/player-legend-of-the-week/>)

Team Services (<https://traininglegends.com/team-services/>)

Game Photography (<https://traininglegends.com/photos/>)

Rec Park Services (<https://traininglegends.com/rec-park-services/>)

## FREQUENTLY ASKED QUESTIONS

FAQ (<https://traininglegends.com/faq/>)

## ABOUT US

About Us (<https://traininglegends.com/about/>)

Our Legends (<https://traininglegends.com/our-legends/>)

## RESOURCES

Tools and Resources (<https://traininglegends.com/resources/>)

Training Legends Blog (<https://traininglegends.com/blog/>)

Metro Atlanta Tournament Calendar (<https://traininglegends.com/metro-atlanta-tournament-calendar/>)

## CONTACT US

Contact (<https://traininglegends.com/contact/>)



TEAM LOGIN/REGISTER

© Training Legends LLC | 4880 Lower Roswell Rd., Suite 165-111, Marietta, GA 30068 | (404) 382-7899  
(tel:+1-404-382-7899) | [help@traininglegends.com](mailto:help@traininglegends.com) (<mailto:help@traininglegends.com>)

Terms of Use (<https://traininglegends.com/terms-of-use/>) | Privacy Policy (<https://traininglegends.com/privacy-policy/>)