

AYBS Arm Care Policy

It is the policy of Arrowhead Youth Baseball & Softball that arm and player health is a priority. It is our belief that long-term development, including the prevention of injuries that could impact that long-term development, is more important than short term wins.

As such, the AYBS board mandates that all Club and Select baseball teams adhere to the following Arm Care education and pitch count requirements.

Arm Care Education for Coaches

Before any team plays a scrimmage or game, every Club and Select baseball team Head Coach must attend a comprehensive Arm Care educational clinic as approved by the AYBS board. Should the Head Coach not be able to attend, at least TWO assistant coaches from that team may attend in their place.

After completing a comprehensive Arm Care educational clinic, and on a yearly basis thereafter, every Head Coach must complete a more condensed Arm Care education refresher as approved by the AYBS board. All Head Coaches must complete a comprehensive Arm Care education clinic prior to qualifying to being eligible to complete a refresher in subsequent years.

This requirement does not apply to new Head Coaches that are coaching “Fall Ball” or Fall scrimmages falling between August and December prior to their first regular season as coaches.

Any team found to be playing games or scrimmages prior to their Head Coach, or two assistant coaches, having completed their Arm Care education requirement, shall immediately have their Head Coach indefinitely suspended pending a hearing before a quorum of the AYBS board.

Arm Care Education for Parents

On an annual basis at least one parent or guardian of each Club and Select player shall be required to review an Arm Care Education informational brochure and/or watch an Arm Care Education video as approved by the AYBS Board. Proof of completion must be collected by the team’s Head Coach and submitted to the respective program Vice President prior to their child’s first scrimmage or game. No player is eligible to play without at least one parent or guardian having provided proof of completion of Arm Care Education.

This requirement does not apply to new players participating in Fall ball leagues or scrimmages between August and December prior to their first regular season as a player.

Any player found to be playing without a parent or guardian having provided proof of completion shall be subject to a two-game suspension during league or tournament play.

Pitch Count Policy for League, Fall Ball and Scrimmage Games

All Club and Select coaches and teams must adhere to their league's pitch count or inning restriction policies. In leagues where a pitch count or inning restriction policy is not in place, AYBS teams must adhere to the MLB Pitch Smart guidelines for league play (<https://www.mlb.com/pitch-smart>). Likewise, if a Fall ball league or scrimmage does not have a stated pitch count or inning restriction policy in place, AYBS teams must adhere to the MLB Pitch Smart guidelines for Fall ball and scrimmage games.

Pitch Count Policy for Tournaments

The AYBS board strongly urges coaches to follow the MLB Pitch Smart guidelines during all tournament play and during the transition between tournament and league games. While AYBS will not have a prescribed pitch count limit for tournament games, all AYBS Club and Select teams are REQUIRED to do the following for tournament play:

1. Score all games – including pitch counts by pitcher – on the Game Changer App. Coaches may NOT lock box scores or pitch counts. Coaches and/or score keepers may not knowingly record inaccurate pitch counts. Teams may not delete or alter scored games, except to correct errors, for 1 year following the completion of the season. This requirement only applies to recording pitch counts (offensive score keeping is optional) and applies to all games – including league games, tournament games, Fall ball and scrimmages.
2. All head coaches, or a designated team representative, must report – through the AYBS approved system – pitch counts and corresponding player names for every tournament game within 48 hours of the last game of the tournament. All pitch counts reported through this system shall be viewable by any AYBS Board member, the Director of Arm Care, and all ABYS Club and Select head coaches.
3. In any case where a player throws more than 15 pitches over the MLB Smart Pitch guidelines for pitch counts and corresponding rest days during a tournament, the Head Coach is required to email the Vice President of their program and the Director of Arm Care providing their rationale for exceeding the guidelines. This email must be sent within 48 hours of the competition of the game where the guidelines were exceeded.

The Head Coach of any team having been found to have violated one or more of these three requirements shall serve a minimum of a 3-game suspension. Suspension means the Head

Coach may not coach, be in the dugout area, speak to other coaches, or speak to players – other than their own child – during the game. Multiple violations within the same season shall result in an indefinite suspension of the Head Coach pending a hearing at the next AYBS Board meeting. Violations may be determined, and suspensions given, by the respective program’s Vice President, the AYBS President or the AYBS Board.

The respective program VP, AYBS President or the AYBS Board shall have the power to immediately suspend (for a period of time or indefinitely) any Head Coach or Assistant Coach deemed to have egregiously violated the MLB Pitch Smart guidelines. Any Head Coach or Assistant Coach having been suspended shall have the right to appeal their suspension to a quorum of the AYBS board.

Safe Reporting

The AYBS Board shall develop and implement an anonymous reporting process to allow concerned coaches and parents to report instances of Arm Care concerns. This reporting process shall be shared with all Select Baseball Parents and Coaches prior to April 1st of each season and all Club Baseball Parents and Coaches prior to May 1st. This reporting system shall be overseen by the Director of Arm Care, with supervision by the VP of Select Baseball and VP of Club Baseball. The Director of Arm Care shall forward all legitimate reports of concern to the respective program VP, AYBS Board Secretary and AYBS President and the report shall be put on the agenda of the next AYBS board meeting to determine appropriate action.

MLB Pitch Smart Guidelines

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	5 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A
15-16	95	1-30	31-45	46-60	61-75	76+	N/A
17-18	105	1-30	31-45	46-60	61-80	81+	N/A
19-22	120	1-30	31-45	46-60	61-80	81-105	106+