

LOWNDES RECREATION DEPARTMENT

BASEBALL LEAGUES

2021

The Dizzy Dean National Board has voted unanimously to add as a legal bat for Dizzy Dean Baseball the 1.15 BPF APPROVED BAT for ages 12 and under.

New Pitch Count Rule

Pitch Count & Required Rest Limitations - League	Required Rest (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)	Required Rest (Pitches)	Daily Max (Pitches)
	0 Calendar Day	1 Calendar Day	2 Calendar Day	3 Calendar Day	
9-10	1-35	36-50	51-65	66+	75
11-12	1-35	36-50	51-65	66+	85
13-14	1-45	46-60	61-75	76+	95
15-16	1-45	46-60	61-75	76+	95
17-18	1-45	46-60	61-75	76+	105