



### **Pitchers and Catchers Regulations**

- Pitchers and catchers can begin workouts on March 26.
- The spirit of this rule is for pitchers to safely work their arms into shape for the start of the season. Other than potential 9<sup>th</sup> graders, this should not be an entire team tryout for pitchers and catchers. We are asking Athletic Directors to please monitor this carefully.
- Pitchers and catchers workouts **will not count** toward the six-day practice rule.
- Workouts must be conducted outdoors when feasible.
- All NJ Department of Health, CDC, and local health department protocols must be followed both indoors and outdoors.
- Face coverings will follow current NJSIAA guidelines.
- No other position players are permitted at these workouts, which includes players observing or helping.
  - When working on catchers throw downs to 2<sup>nd</sup> base, use extra pitchers or catchers to receive the throw.
  - When working on pitchers throw overs to 1<sup>st</sup> base, use extra pitchers or catchers to receive the throw.
  - When working on pitchers throwing with batters in the batters box, use extra pitchers or catchers to be the batter, or use dummies.
  - There is no swinging of bats permitted at any time.
- If other position players are present, it will be considered out-of-season coaching and may result in game suspensions.