



FHSAA BASEBALL PITCH COUNT POLICY

The NFHS has approved a revised pitching policy in Rule 6-2-6 with regard to the total number of pitches thrown in a game. This pitch count policy will address total pitches, days of rest, and level of play (varsity/sub varsity).

TOTAL PITCHES THROWN IN A GAME

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17+	105	1-30	31-45	46-60	61-75	76+

- (1) Once the student athlete reaches the maximum amount of pitches in the chart above, that student athlete is ineligible to pitch from that point forward
 - o A pitcher at either level (Varsity/Sub Varsity) shall be allowed to finish the batter when the pitch count limit is reached during an at bat, and must be replaced immediately when the at bat ends.
 - o Pitch Count is a daily count:
 - Game is delayed in the 3rd inning and pitcher has 63 pitches. Student athlete is required to rest 3 days.
 - o If there is a violation of the chart above, **Policy 16.8.2** will apply for the use of an ineligible athlete and the student athlete will be required to rest for the next seven (7) days and will not be permitted to pitch during that time period.
 - The student athlete will be permitted to play any other position during this mandatory rest period. The student athlete will be eligible to pitch on the eighth (8) day.

- (2) Days Rest – A day of rest is defined as a “calendar day.” If the game being played on the day of rest extends beyond midnight, is not considered a new calendar day for the pitcher who is under required rest.

- (3) Tabulation of Pitch Counts – The process for all level games will be done by each school. The school is responsible for tracking the pitches. If a school has a question in regards to total pitches for an opposing pitcher, they are to contact our office the following day. During the State Series the host team scorekeeper is responsible to compete the GameChanger software and complete the verification form.

- (4) Schools are required to complete the pitch count verification form after each game and keep on file at school.