



# Pitching Regulations for High School Baseball

## Bylaw 7.12.1.D

1. At the varsity level, a pitcher may throw 120 pitches in any three-day period. At the sub-varsity level, a pitcher may throw 105 pitches in any three-day period. The pitcher will be allowed to finish a batter if they hit the maximum limit (120 in varsity, 105 in sub-varsity) during an at-bat, but must exit the game after the batter.

*Note – Once a player exceeds the maximum pitch count threshold, that player is considered ineligible to pitch, and if used as pitcher once ineligible, the game must be forfeited by the team in violation of these regulations. The school and/or head coach will also be subject to additional sanctions as determined by the Executive Director.*

2. Coaches must post the pitch counts for all players from each game to MaxPreps, along with results, within 24 hours.

*Failure to post pitch count numbers to MaxPreps within 24 hours will result in the following:*

*1<sup>st</sup> Offense – Warning      2<sup>nd</sup> & Subsequent Offenses – Head Coach will be suspended for one game*

In addition to these maximum daily pitch counts, the following “days of rest” requirements must be followed:

**\*\*Rest Periods (varsity & sub-varsity)**

Pitches	Required Rest
91+	4 Calendar Days
61-90	3 Calendar Days
41-60	1 Calendar Day
0-40	0 Calendar Days

Calendar day = If a pitcher throws 85 pitches on Tuesday, that player cannot pitch again until Saturday (3 required calendar days of rest).

Consecutive Day Note – If a player pitches on consecutive days and accumulates more than 60 pitches total during those two days, the cumulative pitch count must be used to calculate the required rest period. If a player pitches on two consecutive days and is eligible to pitch a third consecutive day, the maximum number of pitches allowed on day three will be 60. The pitcher will be allowed to finish a batter if they hit this maximum limit during an at bat, but must exit the game after the batter.

*\*If a player pitches on three consecutive days, the cumulative pitch count from those three days must be used to calculate the required rest period after day 3. (i.e. Example = Pitcher A throws 25 pitches on Thursday, 27 pitches on Friday, and 35 pitches on Saturday, which is 87 pitches cumulatively – required rest after day three would be 3 calendar days.*

### Other Recommendations

**\*\*** Once a pitcher is removed, consideration should be given to the position he is assigned once he is done pitching. Consideration should be given to the throwing requirement of the fielding position once the pitcher vacates the mound.

**\*\***Develop a pitching philosophy that includes the instruction in proper throwing mechanics, broadening the number of players who will become pitchers on their staffs, and developing a “work up” plan so that a pitcher is not throwing the maximum allowable pitches from the first day of competition (i.e., no more than 65 pitches in weeks 1-3, no more than 85 in weeks 4-6 to allow for growth and arm strength to develop.)

*^NOTE – There are separate pitching regulations for middle school athletes participating at the mid school level. Please visit Section 9 of the NMAA Handbook if you would like to review these regulations as well. Q & A for the high school regulations can be found on the next page.*

- 1) Q: Does a player who has exceeded his maximum pitch count threshold have to be removed from the game completely, or can he stay in the game at another position.  
A: Once the maximum pitch count threshold is reached, a player can stay in the game and participate at any position other than pitcher.
- 2) Q: Player A starts a batter at 39 pitches and finishes the batter at 43. How many days of required rest does Player A need before his next outing as a pitcher?  
A: Player A threw 43 total pitches, thus would need 1 calendar day of rest before pitching again.
- 3) Q: Do the same pitch count regulations apply to the State Tournament?  
A: Yes. Please note, however, that NMAA tournament staff will work directly with each coach during/after quarterfinal-final round contests to ensure accurate pitch counts are recorded. Coaches will still be required to post pitch count information to MaxPreps after each state tournament contest.
- 4) Q: Would an 8<sup>th</sup> grade student-athlete be subject to the middle school or high school pitching regulations if he/she is pitching at the high school level (JV, C-Team, Varsity, etc.)?  
A: An 8<sup>th</sup> grade student playing at any high school level would be subject to the high school pitching regulations.
- 5) Q: Do coaches have to record pitch counts for high school players at the sub-varsity level(s)?  
A: Yes. This information must be entered in to MaxPreps within a school's sub-varsity team page.
- 6) Q: What is the penalty if a coach is found to have posted inaccurate pitch count information within MaxPreps?  
A: Although there is no specific penalty listed within the NMAA handbook, these situations will be handled on a case by case basis with potentially severe sanctions assessed to the coach and/or school, as determined by the Executive Director. Coaches are expected to "Compete with Class" in this area.
- 7) Q: During each contest, should coaches track pitch counts for the opposing team as well?  
A: Coaches are only required to track, record, and post the pitch counts for their own players.
- 8) Q: Do intentional walks count towards an individual's pitch count total?  
A: Yes. A ball(s) should be entered in to the official scorebook to reach a 4-ball (base on balls) count, thus those shall be added to a player's pitch count even if an actual pitch was not thrown.
- 9) Q: Pitcher A throws 21 pitches on Friday, thus is eligible to pitch on Saturday. How many pitches can he throw on Saturday?  
A: Pitcher A can throw 99\* pitches on Saturday. The three-day maximum is 120, unless the player pitched the two previous days. \*Pitcher A may exceed 99 pitches if he is finishing an at-bat that started before 99.
- 10) Q: Pitcher A throws 27 pitches on Thursday and 35 pitches on Friday, which is 62 pitches cumulatively. Can he pitch again on Saturday?  
A: No, he is over 60 pitches cumulatively and required rest after day two would be 3 calendar days.
- 11) Q: Pitcher A throws 38 pitches on Thursday and 21 pitches on Friday, which is 59 pitches cumulatively. Can he pitch on Saturday? If so, how many pitches can he throw?  
A: Yes he could pitch on Saturday because the total amount is under 61 for the two days and under 41 for Friday. Although Pitcher A is eligible to pitch again on Saturday, Pitcher A is limited to 60 pitches on day three (can finish the batter if the threshold is reached during an at-bat).
- 12) Q: Pitcher A throws 13 pitches on Thursday and 45 pitches on Friday, which is 58 pitches cumulatively. Can he pitch on Saturday?  
A: No, the required rest after day two would be 1 calendar day. Although the cumulative total is under 61, the single day total from day two of 45 pitches requires 1 calendar day of rest.
- 13) Q: Pitcher A throws 41 pitches on Thursday. Can the player throw again on Friday if he does not accumulate more than 60 pitches between the two days?  
A: NO, the single day pitch count thresholds still apply, thus the required rest for any player throwing 41-60 pitches is 1 calendar day.