

NMAA Baseball - Pitching Restriction Regulations for Middle School / Junior High

NMAA Bylaw 9.8.1.C.3

1. Pitching Restrictions

- a) A pitcher may throw 90 pitches in any one day. The pitcher will be allowed to finish a batter if they hit the maximum limit (90) during an at-bat, but must exit the game after the batter.

Note – Once a player exceeds the maximum daily 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.

Q1: Does a player who has exceeded his maximum daily pitch threshold have to be removed from the game completely, or can he stay in the game at another position?

A1: Once the maximum pitch count threshold is reached, a player can stay in the game and participate at any position other than pitcher.

- b) Coaches must keep a written record of all pitch counts for each player for all games. This information should be kept on file with the head coach and also reported to the school administration. (Coaches are responsible for their own players only)
- c) Required Rest Periods

Pitches	Required Rest
81+	4 Calendar Days
61-80	3 Calendar Days
41-60	2 Calendar Days
21-40	1 Calendar Day
0-20	0 Calendar Days

Calendar day = If a pitcher throws 75 pitches on Tuesday, that player cannot pitch again until Saturday (3 required calendar days of rest).

Note – if a player pitches on consecutive days, the cumulative pitch count from those two days must be used to calculate the required rest period. Example = Pitcher A throws 17 pitches on Friday and 45 pitches on Saturday, which is 62 pitches cumulatively – required rest after day two would be 3 calendar days.

Q1: Pitcher A throws 17 pitches on Friday, thus is eligible to pitch on Saturday. How many pitches can he throw on Saturday?

A1: Pitcher A can throw 90* pitches on Saturday. The daily maximum is 90*, regardless if a player pitched the previous day. *Pitcher A may exceed 90 pitches if he is finishing an at-bat that started before 90

d) Additional Recommendations

1. 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.
2. 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 50 pitches in weeks 1-3, no more than 70 in weeks 4-6 to allow for growth and arm strength to develop.)