

NSAA Pitch Counts

| Pre-April 1 st | | | |
|---------------------------|---------------|-------------|---------------|
| Varsity | | Sub-Varsity | |
| Pitches | Required Rest | Pitches | Required Rest |
| 71-90 | 3 Days | 71-90 | 4 Days |
| 51-70 | 2 Days | 51-70 | 3 Days |
| 31-50 | 1 Day | 31-50 | 2 Days |
| 1-30 | 0 Days | 1-30 | 1 Day |

1. The NSAA pitch count rule is based on the number of pitches thrown in a game. The pitch count is based on pitches thrown for strikes, balls and foul balls. *Note – the required rest days are calendar days
2. No pitcher may throw more than 90 pitches in a game. A pitcher will be allowed to finish a batter if they hit the maximum limit (90) during an at-bat, but must exit the position after the hitter.
3. “Swing” players who play multiple days at multiple levels should combine pitches thrown and use the VARSITY chart for mandated rest.

| April 1 st -State Championships | | | |
|--|---------------|-------------|---------------|
| Varsity | | Sub-Varsity | |
| Pitches | Required Rest | Pitches | Required Rest |
| 91-110 | 4 Days | 71-90 | 4 Days |
| 71-90 | 3 Days | 51-70 | 3 Days |
| 51-70 | 2 Days | 31-50 | 2 Days |
| 31-50 | 1 Day | 1-30 | 1 Day |
| 1-30 | 0 Days | | |

1. The NSAA pitch count rule is based on the number of pitches thrown in a game. The pitch count is based on pitches thrown for strikes, balls and foul balls. *Note – the required rest days are calendar days
2. No pitcher may throw more than 110 pitches in a game (90 for sub-varsity pitchers). A pitcher will be allowed to finish a batter if they hit the maximum limit (110 in varsity; 90 in sub-varsity) during an at-bat, but must exit the position after the hitter.
3. “Swing” players who play multiple days at multiple levels should combine pitches thrown and use the VARSITY chart for mandated rest.

Consecutive Days: No player may make more than two appearances as a pitcher during any consecutive three-day period. If a player returns as a pitcher in the same game, he will be charged with another appearance if at least one pitch is thrown from the pitching position during this second appearance.

SITUATION: A varsity pitcher throws 15 pitches in game one of a doubleheader on Thursday. He then throws 10 pitches in game two.

RULING: The pitcher will be required to rest Friday and Saturday despite pitching fewer than 31 pitches on Thursday.

SITUATION: A varsity pitcher throws 20 pitches in a game on Thursday. He then throws 22 pitches on Friday.

RULING: The pitcher is not eligible to pitch on Saturday despite having fewer than 31 pitches the previous day.

SITUATION: A varsity pitcher throws 20 pitches in a game on Thursday. He then throws 22 pitches in game one of a doubleheader on Friday.

RULING: The pitcher is not eligible to pitch in game two of the doubleheader on Friday or any game on Saturday.

Doubleheaders/"Swing" Players: If a player pitches in more than one game in a day, the pitch count for the day should be the two-game total and this number will be used to figure the days' rest. No pitcher shall pitch over the daily max.

SITUATION: A pitcher throws 63 pitches in the JV game and 10 pitches in the varsity game, both on the same day (April).

RULING: The pitcher is required to rest for 3 days as the total pitch count for the day was 73 pitches.

SITUATION: A pitcher throws 63 pitches in the first game of a varsity doubleheader and then 10 pitches in game two, both games on the same day (April).

RULING: The pitcher is required to rest for 3 days as the total pitch count for the day was 73 pitches.

12 AM: The calendar day in which a game is started shall be used to determine pitcher eligibility. If a game extends beyond 12 AM, a pitcher shall not be counted as now eligible, nor should a pitcher lose a day of rest because they've pitched past 12 AM.

SITUATION: A varsity game begins at 9 PM on Monday and is completed at 12:05 AM on Tuesday (May). Team A uses two pitchers during the game, each throwing 45 pitches. When are both eligible to pitch again?

RULING: Both pitchers are eligible to pitch again on Wednesday after receiving 1 day of rest. The game is considered to have been played on Monday.

SITUATION: A varsity game begins at 9 PM on Monday and is completed at 1 AM on Tuesday (May). A relief pitcher enters the game in the 6th inning at 12:45 AM on Tuesday and throws 32 pitches. When is he eligible to pitch again?

RULING: The pitcher is eligible to pitch on Wednesday after receiving 1 day of rest. The game is considered to have been played on Monday.

SITUATION: A varsity game begins at 9 PM on Monday and is completed at 12:15 AM on Tuesday. At 12:05 AM on Tuesday, Team A considers substituting a pitcher that is not considered eligible until Tuesday, following 4 days rest. Is this pitcher eligible?

RULING: No. The game is considered to have been played on Monday.

Suspended Games: If a game is suspended/canceled, do not input your score or pitch counts into MaxPreps. Still "sign-off" on the pitcher's record sheet and keep that as your hard copy record. The pitch count rule is a daily rule and follows calendar days. The pitchers in a suspended/canceled game should follow the recommended day's rest based on the number of pitches thrown that day.

SITUATION: A varsity game on a Monday is postponed in the 3rd inning and the pitcher has 63 pitches.

RULING: The pitcher is required to rest 2 days and is eligible to pitch on Thursday.

SITUATION: A varsity district (May) game is postponed in the 3rd inning. The game is scheduled to be completed the next day. Team A's pitcher has 63 pitches and Team B's pitcher has 25 pitches.

RULING: Team A's pitcher is required to rest 2 days and will not be able to pitch. Team B's pitcher may pitch in the game but must follow the guidelines for pitching in consecutive days.

SITUATION: A varsity game on a Monday is postponed in the 6th inning. The game is scheduled to be completed the next day. Team A has a pitcher that was not eligible to pitch on Monday, but eligible to pitch on Tuesday. Can he pitch in the resumed game on Tuesday?

RULING: Yes. Any substitution is subject to the rules of the game.

SITUATION: A varsity district (May) game is postponed in the 5th inning and scheduled to be completed the next day, prior to playing an additional game (1 ½ games total). Team A's pitcher has thrown 20 pitches in the postponed game. Can he pitch in BOTH games the next day?

RULING: No, not both games according to the "consecutive days" guidelines. However, he may pitch in one of the games.

Ambidextrous Pitchers: If the pitcher is ambidextrous, the pitch count guidelines apply to the individual pitcher, not to the individual arm.

SITUATION: An ambidextrous pitcher throws 20 pitches with his right arm and 15 pitches with his left arm during a varsity game. Is the individual eligible to pitch the next day?

RULING: No. Even though each individual arm total is below 30 pitches, his total pitch count is 35, which requires 1 day of rest.

Failure To Report Pitch Counts

The use of a pitcher not eligible to pitch by the pitch count restrictions or any discrepancy found after the game should be reported to the NSAA. The NSAA Executive Director will enforce appropriate penalties as outlined in Bylaw 2.11 ranging from forfeiture of a contest to school probation. If a violation is confirmed during a game, the head coach shall be ejected from the game, and the pitcher removed from the pitcher's position.

Pitch Count Recommendations

- It is strongly recommended that once a pitcher is removed, consideration be given to what position he is assigned once he is done pitching. Consideration should be given to the throwing requirement of the fielding position, especially catcher, once the pitcher vacates the mound.
- It is strongly recommended that coaches consider pitch count adjustments when the "Feels Like" temperature is below 50°.
- It is strongly recommended that pitchers not throw more than 40 pitches in one individual inning.
- Coaches must be cognizant of each pitcher's "fatigue threshold" (can be measured by velocity and accuracy among other factors) and adjust pitches to accommodate, learning what constitutes throwing "hurt" and throwing "injured." Each pitcher will be different in his ability and threshold. In essence, the coach must learn the behaviors of the players.
- It is strongly recommended that each school develop a season-long pitching limit for each player.

USA Baseball Risk Factors

USA Baseball (www.usabaseball.com) has determined the following risk factors (not a complete list) contribute to arm overuse issues:

- Pitching while fatigued
- Not taking enough time off from baseball every year
- Throwing too many pitches and not getting enough rest
- Pitching on consecutive days
- Playing for multiple teams at the same time
- Throwing breaking pitches at a young age

Tracking/Reporting Pitch Counts

1. The home team should designate a "Pitch Counter" prior to the start of the game. This could be a scorekeeper, volunteer, coach or manager. This person will serve as the official counter for the home team. The visiting team should also keep count.
2. The record of each pitcher used in a regular or postseason game should be entered into the Pitcher's Record form. The form must be completed immediately following each game and signed by both head coaches as this will determine eligibility of each pitcher.
3. A coach shall carry this form to all games and shall present it to the opposing head coach at the conclusion of the game for his signature.
4. Coaches, without the form, have the responsibility to submit the correct form to the opposing coach of the previous team. Coaches must notify their athletic director if the opposing coach does not have the form.
5. If there is a discrepancy in pitch counts following the game, the "Pitch Counter" retains jurisdiction and their number will be the number to be recorded. The individuals keeping team pitch counts should compare their numbers after each inning.
6. Each team is required to submit the pitch counts for their respective pitchers into MaxPreps. This must be done immediately following each game. The numbers submitted into MaxPreps must match the numbers recorded on the Pitcher's Record form.
7. Coaches must keep a hard copy of the Pitcher's Record from each game on file throughout the season.