



INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION BY-LAW 51-4

INDIANA HIGH SCHOOL BASEBALL PITCH COUNT RULE

Pitching Limits: Varsity/Sub-Varsity

<u>Pitches</u>	<u>Required Rest</u>
101-120	4 Days
81-100	3 Days
61-80	2 Days
36-60	1 Day
1-35	0 Days

Requirements and Suggestions:

- No pitcher may throw more than 120 pitches in a game/day. A pitcher will be allowed to finish a batter if they reach the maximum limit during an at bat but must exit the position after the hitter. Each legal pitch counts against the pitch count. (ie., a strike two foul ball counts as a pitch against the pitch count.)
- If a pitcher reaches the maximum number in a pitch count level (see table), during an at-bat, the pitcher may complete the at-bat without moving to the next pitch count level. Any replacement pitcher will have a maximum of 16 warm-up throws.
- A pitcher who throws more than 60 pitches over two days will be required to have one day of required rest. That limit will result in one day of mandated rest. (Swing players who play multiple days at multiple levels should combine pitches thrown and use the chart for mandated rest.)
- Warm-up pitches allowed before each inning, warm-up pitches allowed by the umpire in case of injury or game delay, and plays attempted against the batter-runner at first, second, or third base do not count against the limit.
- All schools have the responsibility to maintain every pitching chart form until the school season is complete.
- A copy of the pitching count form with current statistics shall be submitted following each game to the respective athletic administrator of his school by the varsity baseball coach.
- The use of a pitcher not eligible to pitch by the pitch count restrictions shall constitute the use of an ineligible player and result in a contest forfeiture. All violations must be reported in writing to the IHSAA Commissioner.
- It is recommended for accuracy that each school adopt a current app such as Game Changer

- i. 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 once the pitcher vacates the mound.
- j. It is strongly recommended/suggested that each school team 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.)
- k. It is strongly encouraged that schools provide an additional day of rest for those pitchers that throw more than 70 pitches.
- l. Coaches must recognize each pitcher’s “fatigue threshold”. Each pitcher will be different in his ability and threshold. In essence, the coach must learn the behaviors of his/her players.

IHSAA BASEBALL TOURNAMENT SERIES

PITCH COUNT ADMINISTRATION

All IHSAA Tournament contests will have an Official Scorer for each Game. The Official scorer will be responsible for the pitch count for all pitchers on both teams.

At the conclusion of each inning, the Head Coaches will meet at home plate and exchange pitch counts for both teams for the inning which was just concluded. In the event of a discrepancy, the pitch count will be determined by the Official scorer. The Official Scorer will be allowed to advise both coaches of the total number of pitches for each current pitcher.

When a pitcher reaches their pitch count limit for the game, the official scorer will notify the Home Plate Umpire at the conclusion of the at-bat. The Home Plate Umpire will notify the Head Coach that the Pitcher has reached their pitch count limit. The Home Plate Umpire will also note on their lineup card the inning of the notification, the number of outs in the inning when the notification was made, and the score of the game when the notification was made.

Following notification from the Home Plate Umpire the Head Coach must remove the pitcher.

At the conclusion of the Game, both coaches will reconcile the pitch count for each pitcher on each team. Any discrepancies in pitch counts will be determined by the Official Scorer Pitch Count.

The responsibility for administering the pitch count remains with the Head Coach. The Pitch Count is a Participation Rule. Additionally, any violation of the Pitch Count Rule will result in a forfeit during the Regular Season and the Tournament Series. (Rule 51-4e)