

Pitch Counts

Pre April 1st

Varsity

Pitches	Required Rest
71-90	3 Days
51-70	2 Days
31-50	1 Day
1-30	0 Days

Sub-Varsity

Pitches	Required Rest
71-90	4 Days
51-70	3 Days
31-50	2 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. No pitcher may throw more than 2 consecutive days. Use the 2 day total to determine how many days rest is needed following day 2. The 2 day total should not exceed the cap of 90 pitches.
4. "Swing" players who play multiple days at multiple levels should combine pitches thrown and use the VARSITY chart for mandated rest.

April 1st – State Championships

Varsity

Pitches	Required Rest
91-110	4 Days
71-90	3 Days
51-70	2 Days
31-50	1 Day
1-30	0 Days

Sub-Varsity

Pitches	Required Rest
71-90	4 Days
51-70	3 Days
31-50	2 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 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. No pitcher may throw more than 2 consecutive days. Use the 2 day total to determine how many days rest is needed following day 2. The 2 day total should not exceed the cap of 110 pitches.
4. "Swing" players who play multiple days at multiple levels should combine pitches thrown and use the VARSITY chart for mandated rest.

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.

Midnight Play: The calendar day in which a game is started shall be used to determine pitcher eligibility. Therefore, if a game happens to go past 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.

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. Your pitcher from that game(s) should still abide by the recommended day’s rest based on the number of pitches thrown that day.

PENALTY:

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.

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 his/her players.
- It is strongly recommended that each school develop a season-long pitching limit for each player.

USA BASEBALL:

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:

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 post-season game should be entered into the Pitcher’s Record form shown below. 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. We recommend that the individuals keeping team pitch counts 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.
 - i. We recommend using GameChanger for stat keeping as you may export the pitch counts directly to MaxPreps.
7. Coaches must keep a hard copy of the Pitcher's Record from each game on file throughout the season.

