



IHSAA Baseball Pitch Count Form

Pitching Limits:

School Name:

Varsity

Pitcher

Date of Contest

Opponent

Pitches Thrown

Days of rest required

Pitches

Required Rest

101-120

4 Days

81-100

3 Days

61-80

2 Days

36-60

1 Day

1-35

0 Days

Sub-Varsity

Pitches

Required Rest

81-90

4 Days

61-80

3 Days

36-60

2 Days

26-35

1 Day

1-25

0 Days