



**INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION BY-LAW 51-4**

**INDIANA HIGH SCHOOL BASEBALL PITCH COUNT RULE**

**2016-17**

***Pitching Limits:***

***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

***Sub-Varsity***

<u>Pitches</u>	<u>Required Rest</u>
81-90	4 Days
61-80	3 Days
36-60	2 Days
26-35	1 Day
1-25	0 Days

## **Requirements and Suggestions:**

- a. No pitcher may throw more than 120 pitches in a game. A pitcher will be allowed to finish a batter if they hit the maximum limit (120 in varsity play; 90 in sub-varsity) during an at bat, but must exit the position after the hitter.**
- b. 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.**
- c. A pitcher who throws more than 60 pitches over two days will be required to have one day of required rest. No sub-varsity pitcher can throw more than 60 pitches over two days. 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 varsity chart for mandated rest.)**
- d. 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.**
- e. All schools have the responsibility to maintain every pitching chart form until the school season is complete.**
- f. 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.**
- g. 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.**
- h. A pitcher who enters the game to replace a pitcher who has reached his maximum number of pitches permitted will be allowed a maximum of sixteen (16) warm up pitches.**
- i. It is recommended for accuracy that each school adopt a current app such as Game Changer**
- j. 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.**
- k. It is strongly recommended 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.**
- l. It is strongly encouraged that schools provide an additional day of rest for those pitchers that throw more than 70 pitches.**

**m. Coaches must recognize each pitchers "fatigue threshold". Each pitcher will be different in his ability and threshold. In essence, the coach must learn the behaviors of his/her players.**