

Pitching Counts

A - Varsity - After 30 Days

Pitches	Required Rest
86-110	3 Days
61-85	2 Days
36-60	1 Day
1-35	0 Days

A - Sub-Varsity – After 30 Days

Pitches	Required Rest
61-85	3 Days
36-60	2 Days
26-35	1 Day
1-25	0 Days

B - Varsity - First 30 Days of Season

Pitches	Required Rest
71-88	3 Days
50-70	2 Days
29-49	1 Day
1-28	0 Days

B - Sub-Varsity– First 30 Days of Season

Pitches	Required Rest
50-70	3 Days
29-49	2 Days
1-28	0 Days

1. No pitcher may throw more than 110 pitches in a game. A pitcher will be allowed to finish a batter if they hit the maximum limit (110 in varsity play; 85 in sub-varsity) during an at-bat, but must exit the position after the hitter.
2. 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. (Note: Swing players who play multiple days at multiple levels should combine pitches thrown and use the VARSITY chart for mandated rest.)
3. A pitcher cannot throw three consecutive days no matter how many pitches they have combined to throw the previous two days.
4. Starting with the first day of practice, pitchers cannot throw more than the amount listed on chart B above. This will be for the first 30 days of practice and games.
5. Each contest must be recorded with the opposing team, noting the names of each pitcher and how many pitches that pitcher threw in the game. Schools will use MaxPreps to record their total pitches. **PENALTY: Any school not entering the information within the mandated timeframe will be placed on restriction from the playoffs.**
 - 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.
 - The IHSAA and the IHSAA Sports Medicine Committee strongly urge coaches and schools to follow these guidelines:
 - 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.
 - It is strongly encouraged that schools provide an additional day of rest for those pitchers that throw more than 70 pitches.
 - Coaches must be cognizant of each pitchers “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 this ability and threshold. In essence, the coach must learn the behaviors of his/her players.
 - The IHSAA also recommends that each school develop a season long pitching limit for each player.