

2019 IHSAA Pitch Count Rules

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

Varsity- After 30 Days

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

Sub-Varsity - First 30 Days of Season

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

Sub-Varsity- After 30 Days

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

***Required Days rest is a complete calendar day**

EXAMPLE: (after the first 30 days of practice) If a Varsity pitcher throws more than 86 pitches on Tuesday, they would be able to pitch again on Saturday. Resting on Wednesday, Thursday and Friday.

The Idaho pitching rules must be observed by Idaho teams even when playing in other states.

1. No pitcher may throw more than 110 pitches in a game or day if the team is playing a doubleheader. 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 cannot throw three consecutive days no matter how many pitches they have combined to throw the previous two days.
 3. No varsity pitcher can throw more than 100 pitches over two consecutive days. No sub-varsity pitcher can throw more than 60 pitches over two days. That limit will result in two 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.)
 4. Starting with the first day of practice, pitchers cannot throw more than the amount listed on the (first 30 days chart). This will be for the first 30 days of practice and games. After 30 days pitchers will use the other chart.
 5. During each contest, the home team hosts the official book. A record of pitches should be recorded with the opposing team after each full inning. Verification of all pitchers and pitches thrown should be agreed on by both teams after the game. Each school will use MaxPreps to record their own teams total pitches of each game prior to their next contest.
 6. If a school fails to report the pitch count from a game to Max Preps, the violation for not reporting occurs at the 1st pitch of the following game resulting in a forfeit.
 7. If a school/pitcher violates the pitching rules, the game in which the violation occurred will result in a forfeit.
- 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.
 - 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.