

## 2022 IHSAA Pitch Count Rules

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 charts below. This will be for the first 30 days of practice and games. After 30 days pitchers will use the other chart.

### 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 April 1, 2022

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 April 1, 2022

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.

5. If a school/pitcher violates the pitching rules, the game in which the violation occurred will result in a forfeit.
6. 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 each game.
7. Each school will use MaxPreps to record their own team's total pitches of each game.
  - a. Pitch count will be recorded on MaxPreps by noon the date following the game or prior to their next contest whichever occurs first.
  - b. If a team plays a doubleheader, pitch count for both games will be recorded on MaxPreps by noon the date following the doubleheader or prior to their next contest whichever occurs first.
8. If a school fails to report the pitch count from a game to Max Preps, the violation should be reported to the board of control and the coach will be suspended for the following two games.