

PITCHING LIMITATION RULE (REVISED FOR 2019)

Each individual is limited on the number of pitches thrown on a given day. The chart below shows how many pitches an individual can throw on a particular day and the number of days of rest required after throwing a specific number of pitches.

	10th-12th Graders	8th-9th Graders
No Rest	1-25	1-25
1 Day	26-40	26-40
2 Days	41-65	41-65
3 Days	66-90	66-90
4 Days	91-110	*More than 90 pitches allowed only if finishing pitching to a batter

When the pitcher reaches his daily maximum, he may not pitch to another batter. He may only finish pitching to the current batter.

If an individual were to pitch on consecutive days, the two or more-day total would determine how many days of rest would be required before the individual could return to pitch. The consecutive day total cannot exceed 110 pitches for 10th-12 graders and 90 pitches for 8th and 9th graders (soft-cap).

10th-12th graders may only throw 180 pitches in a week through Saturday, June 9th. Starting with the week of June 10, 10th-12th graders are only restricted with the daily limitation. 8th-9th graders may only throw 150 pitches in a week for the entire season. A week is defined as Sunday-Saturday. An 8th or 9th grader playing varsity baseball is still limited to 90 pitches on a day and 150 pitches in the week. The weekly limit is a soft-cap number similar to that off the 110 pitch daily limit for upperclassmen.

If an individual were to throw 40 or fewer pitches in game one of a doubleheader, he may return to pitch in game two, up to 110 pitches for the day. If an individual were to throw more than 40 pitches in game one of a doubleheader, he would be ineligible to pitch in game two. An individual can return to pitch in the same game if he had pitched earlier in the contests.

An adult designee from each team approved by the school will confirm the pitch count of each pitcher at the completion of each inning. If there is a discrepancy that cannot be worked out, the home scorebook/count will be considered the official count.

All varsity pitch counts are required to be entered into QuikStats within 24 hours of the completion of the game. All levels of baseball (freshman, JV, varsity, etc.) are required to complete the IHSA Pitch Count Chart and both schools' recorders are required to verify and sign said chart at the conclusion of the contest.

Pitch Count Scenarios

- 1) A pitcher throws 85 pitches on Monday. How many calendar days of rest are required? Three calendar days of rest are required. He may pitch again on Friday of that week.
- 2) An upperclassmen pitcher throws 106 pitches on Saturday. When is the next day he is eligible to pitch? Eligible to pitch on Thursday after receiving four (4) days of rest. He is eligible to pitch the maximum of 110 pitches on Thursday.
- 3) An upperclassmen pitcher throws 12 pitches on Tuesday. He does not throw on Wednesday. How many pitches can he throw on Thursday? He is eligible to pitch 110 pitches on Thursday.
- 4) An upperclassmen pitcher throws 85 pitches on Monday and 85 pitches on Friday. When is the next day he is eligible to pitch? He is eligible to pitch on Tuesday, after receiving three (3) days of rest.
- 5) During the first week of the season, an underclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The maximum number of pitches he can throw is 65. Underclassmen can throw a maximum of 150 pitches per week.
- 6) During the last week of the regular season, an underclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The maximum number of pitches he can throw is 65. Underclassmen are restricted to 150 pitches per week all season long.
- 7) During the first week of the season, an upperclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The maximum number of pitches he can throw is 95. Upperclassmen can throw a maximum of 180 pitches per week through Saturday, June 9th.
- 8) During the last week of the regular season, an upperclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. How many pitches can he throw on Friday? The upperclassmen can throw a maximum of 110 pitches. Upperclassmen are only held to the daily maximum starting with Sunday, June 10.
- 9) In the bottom of the 6th, an upperclassmen pitcher has reached his 110 pitch limit with a 2-2 count on the batter. Is he required to come out at that time? No, the pitcher may complete the at bat with the current batter or inning, whatever occurs first. After either of these events, the pitcher is required to be replaced. The total number of pitches thrown will be the number recorded and not limited to 110.
- 10) An upperclassmen pitcher throws 85 pitches on Monday and is eligible to pitch again on Friday. During the game on Friday, the pitcher reaches 95 pitches (180 weekly maximum) with a 2 ball, 2 strike count. Is he required to come out at that time? No, the pitcher may complete the at bat with the current batter or inning, whatever occurs first. After either of these events, the pitcher is required to be replaced.

- 11)** An upperclassmen pitcher has thrown 89 pitches. His coach decides to have him face one more batter. The batter is retired on four (4) pitches. How many days of rest is required for this pitcher? This individual is required to rest four (4) days. The "soft cap" only applies to the 110 pitch limit and not to the lower tier limits.
- 12)** An upperclassmen pitcher throws 12 pitches on Tuesday. How many pitches can he throw on Wednesday? He can throw 98 pitches on Wednesday. He is now required to rest for four (4) calendar days. He cannot pitch again until the following Monday.
- 13)** An upperclassmen pitcher throws 12 pitches on Tuesday and throws 12 pitches on Wednesday. How many pitches can he throw on Thursday? He can throw 86 pitches on Thursday. He is now required to rest for four (4) calendar days. He cannot pitch again until the following Tuesday.
- 14)** An upperclassmen pitcher throws 12 pitches on Tuesday, throws 12 pitches on Wednesday, and throws 12 pitches on Thursday. How many pitches can he throw on Friday? He cannot throw on Friday due to the fact that his consecutive day pitch total is greater than 25. He is eligible to pitch 110 pitches on Saturday.
- 15)** An upperclassmen pitcher throws 30 pitches in game 1 of same day doubleheader. Can he throw in game 2 of the same day doubleheader? Yes, he may throw 80 pitches in the second game.
- 16)** An upperclassmen pitcher throws 45 pitches in game 1 of the same day doubleheader. Can he throw in game 2 of the same day doubleheader? No, he may not return to throw as his game 1 total was greater than 40. Also, he is required to have two calendar days of rest.
- 17)** A game begins on Monday at 10 PM and is completed at 12:05 AM on Tuesday. The upperclassmen pitcher throws a complete game with 89 pitches. When is he eligible to pitch again? He is eligible to pitch on Friday after receiving three (3) days rest. The contest is considered to have been played on Monday.
- 18)** A game begins on Monday at 10 PM and is completed at 12:05 AM on Tuesday. Team A uses two pitchers during the contest, each throwing 45 pitches. When are both eligible to pitch again. Both pitchers are eligible to pitch again on Thursday, after receiving two (2) days rest. The contest is considered to have been played on Monday.
- 19)** A game begins on Monday at 11 PM and is completed at 1 AM on Tuesday. A relief pitcher enters the game in the 5th inning at 12:25 AM on Tuesday and throws 30 pitches. When is he eligible to pitch again? He is eligible to pitch on Wednesday after receiving one (1) day of rest. The contest is considered to have been played on Monday.
- 20)** A game begins on Wednesday and is suspended in the 4th inning. An upperclassmen pitcher has thrown 70 pitches. The game is rescheduled to be played in two weeks. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Sunday, after receiving three (3) days of rest. 2) Is he limited to 40 pitches when the game resumes? No. He can throw as many pitches as the current policy allows.
- 21)** A game begins on Tuesday and is suspended in the 4th inning. An upperclassmen pitcher has thrown 70 pitches. The game is rescheduled to be played on Thursday of that week. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Saturday, after receiving three (3) days of rest. 2) How many pitches can he throw during the completion of the game later that week? Zero, he has not had the required amount of days or rest to pitch, based on his pitch count.
- 22)** A game begins on the first Monday of the season and is suspended in the 6th inning at 3-3. An upperclassmen pitcher has thrown 89 pitches. The game is rescheduled to be played on Friday of that week. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Friday, after receiving three (3) days of rest. 2) How many pitches can he throw during the completion of the game on Friday? He may throw 91 pitches. 3) Assuming he throws 21 pitches on Friday, how many pitches can he throw on Saturday? Due to throwing less than 25 on Friday, he may throw 70 pitches on Saturday as he will meet his maximum pitch count of 180.
- 23)** A game begins on the fifth Monday of the season and is suspended in the 6th inning at 3-3. An upperclassmen pitcher has thrown 89 pitches. The game is rescheduled to be played on Friday of that week. 1) When is the pitcher eligible to pitch again? He is eligible to pitch again on Friday, after receiving three (3) days of rest. 2) How many pitches can he throw during the completion of the game on Friday? He may throw 110 pitches. 3) Assuming he throws 21 pitches on Friday, how many pitches can he throw on Saturday? Due to throwing less than 25 on Friday, he may throw 89 pitches on Saturday.
- 24)** An ambidextrous pitcher throws 20 pitches with his right arm and 15 pitches with his left arm during a game on Monday. Is the individual eligible to pitch on Tuesday? No. Even though each arm total is below 25 pitches, his total pitch count is 35, which requires one day of rest.
- 25)** The home team scorebook has the pitcher of Team A with 93 pitches, with the visiting team scorebook has the pitcher of Team A with 90 pitches. How is the issue resolved? An adult designee from both teams approve by each school will confirm the pitch count of each pitcher at the completion of each inning. If there is a discrepancy that cannot be resolved, the home team scorebook/count will be considered the official count. (NOTE: The umpiring crew will not be involved in the determination of appropriate pitch count total(s).)
- 26)** On Monday, a 9th grader throws 90 pitches and has a 2 ball, 2 strike count on the batter. His coach replaces after the 90th pitch. How many calendar days of rest are required? Three calendar days of rest are required. He may pitch again on Friday of that week and is limited to 60 pitches (soft-cap).
- 27)** On Monday, a 9th grader throws 90 pitches and has a 2 ball, 2 strike count on the batter. His coach allows him to finish the batter and he strikes him out on the next pitch, having thrown 91 pitches. By rule, the pitcher is required to be removed from the contest. How many calendar days of rest are required? Four calendar days of rest are required. He may pitch again on Saturday of that week and is limited to 59 pitches (soft-cap).
- 28)** On Monday, an underclassman throws 70 pitches. On Friday, he begins a batter at 79 pitches. Is he limited to only one pitch on the batter? No, the weekly limit is a soft cap, and the pitcher may pitch to the batter as he started the at bat with fewer than 150 pitches for the week.