

January 3, 2017

NCHSAA Baseball Coaches:

The revised NFHS pitching policy in Rule 6-2-6 was one of six rules changes approved by the National Federation of State High School Associations (NFHS) Baseball Rules Committee at its June 5-7 meeting in Indianapolis. The rules changes were subsequently approved by the NFHS Board of Directors. Each NFHS member state association was required to develop its own pitching restriction policy, based on the number of pitches thrown during a game, to afford pitchers a required rest period between pitching appearances.

As you may be aware, at the NCHSAA Board of Directors Winter 2016 Meeting, the Board passed pitch count regulations effective for the 2017 season.

Approved Pitch Count

MAXIMUM PITCHES ALLOWED PER DAY: 105

The required rest periods are based on the following pitch windows:

***If a pitcher throws 76 or more pitches in a day, four (4) calendar days of rest are required before pitching again.**

***If a pitcher throws 61-75 pitches in a day, three (3) calendar days of rest are required before pitching again.**

***If a pitcher throws 46-60 pitches in a day, two (2) calendar days of rest are required before pitching again.**

***If a pitcher throws 31-45 pitches in a day, one (1) calendar day of rest is required before pitching again.**

***If a pitcher throws 1-30 pitches in a day, zero (0) calendar days of rest are required before pitching again.**

-1 day of rest for any pitcher appearing 2 consecutive days (regardless of number of pitches thrown) Exception – State Championship Series

-Pitch count applies only to pitches during an at bat

-Allow a pitcher to finish an at bat if pitcher reaches 105

-Accountability forms for tracking (signed by competing coaches, entered into MaxPreps)

-1st Round-Regionals: Pitch Count window and days of rest required (Best of 3 Series scheduled for Tue., Thur., Sat.)

-State Championship Only: Max of 120 pitches for the series (Best of 3 Series scheduled for Fri.-1, Sat.-2)

-Same scale for JV and Varsity

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Game Day Tracking Form: Attached you will find the game-day tracking form to be recorded by each school during the contest and signed by each head coach prior to leaving the facility. The forms must be kept on file throughout the season. These forms are NOT to be sent to the NCHSAA unless there is a suspended game (see below).

MaxPreps: Pitch counts must be entered into MaxPreps no later than 11:00 a.m. the day after each game. Instructions are attached.

In the event of a suspended game, the Game Day Tracking Forms must be sent to the NCHSAA office via email (brad@nchsaa.org) or fax (919-240-7399). It must be indicated on the form that the contest was suspended or picked up from the point of interruption. This is important because the game will not appear as suspended on MaxPreps and thus may or may not look within the approved regulations. (Example: Pitcher throws 80 pitches in a suspended game rule. Four (4) day of rest are required; however, the game is not picked up from point of interruption until 10 days later. Pitcher may be eligible for 105 pitches. If pitcher throws another 80 pitches it will appear in MaxPreps that the pitcher threw 160 pitches in a single contest.)

Violation of the pitch count rule will result in the use of an ineligible player, which according to the Penalty Code is a \$500 fine and forfeiture of the contest. Failure to record and keep on file Game Day Tracking Forms, submit suspended contest Game Day Tracking Forms, and entering post-game pitch count information into MaxPreps will result in a \$100 fine for late school information or other required documents.

Thank you,

Brad Alford

Director of Sports and Championships

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[North Carolina High School Athletic Association](http://www.nchsaa.org)

NCHSAA Pitch Count Tracking Form

Date of Contest: _____ Mon Tue Wed Thu Fri Sat

		Inning :1	2	3	4	5	6	7	8	9	10			
Home Team:	_____											Total Pitches Thrown Today	Exceeded 105 Pitches Due To Finishing At-Bat	Days Of Rest Required
Pitcher 1	_____													
Pitcher 2	_____													
Pitcher 3	_____													
Pitcher 4	_____													
Pitcher 5	_____													
Pitcher 6	_____													
Pitcher 7	_____													
Away Team:	_____													
Pitcher 1	_____													
Pitcher 2	_____													
Pitcher 3	_____													
Pitcher 4	_____													
Pitcher 5	_____													
Pitcher 6	_____													
Pitcher 7	_____													

- This contest was started and completed on the same day
- This contest was suspended
- This contest was picked up at the point of interruption

<u>Pitches Thrown</u>	<u>Days of Rest</u>
1-30	0
31-45	1
46-60	2
61-75	3
76+	4

Home Team Head Coach Signature _____

Away Team Head Coach Signature _____

This form must be signed by both coaches prior to leaving the facility and kept on file throughout the season.

How to Enter Pitch Counts on MaxPreps

Beginning with the 2016-2017 baseball season, pitch count tracking will be required per new NFHS rules. **(ADD your own state language regarding the rule).** Entering pitch counts on MaxPreps is both flexible and easy, making the transition to this new rule as seamless as possible.

Option 1 – Enter Pitch Counts directly into MaxPreps.com

Login to your team admin. Confirm that your roster is entered & then click Schedule/Results. Click the button to enter your score after the game & then select Save and Enter Stats. Navigate to your pitching stats to enter your pitch counts. Coming for the upcoming 2016-2017 season, pitch counts should be able to be entered through your free MPCoach app.

Select Contest Enter Score Batting/Baserunning Fielding Pitching Enter Player of the Game

Enter Stats for game on: 3/8/2016 3:00 PM

Team Name	1	2	3	4	5	6	7	Runs	H	E
Escondido (CA)	0	0	0	0	2	0	0	2	5	0
Horizon Christian Academy (San Diego, ...)	0	0	0	0	0	0	0	0	1	0

Sort By: Jersey Ascending

Important Notes

- Batting stats left blank will be assumed "0" for calculations.
- AB = Completed batting opportunity that did not result in a walk, hit-by-pitch or sacrifice.

#	First Name	Last Name	PL	GS	Win	L	SV	APP	CG	SO	NH	PG	IP	IP...	BF	R	ER	H	2B	3B	HR	SF	S...	BB	K	HBP	BK	WP	#P	PO	SB
1	Juan	Cervantes	R	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1	0	4	0	0	0	0	0	0	0	0	1	2	0	0	0	20	0	1

Option 2 – Sync your GameChanger stats to automatically post on MaxPreps

Go to your team settings in your GameChanger account and Enable MaxPreps under Team Syncing. Then sync your schedule from MaxPreps to GameChanger by clicking the button on your GameChanger schedule page. Once your schedule has synced, your stats, including pitch counts, should auto-post on MaxPreps.

Team Syncing

MAXPREPS Export Game Stats Disabled

Option 3 – Import your stats using any of our other compatible stat partners

MaxPreps is compatible with seven additional baseball stat companies allowing you to easily import your stats from your favorite stat app. These apps all work by emailing yourself the stats and then importing them into MaxPreps using the Save and Import button. [You can see the list of compatible stat apps here.](#)

Team Totals

Team Totals Escondido (CA)

Double Plays

Triple Plays

Team Totals Horizon Christian Academy (San Diego, CA)

Double Plays

Triple Plays