

### **Sports Committee Pitch Count Recommendation**

#### **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 he reaches 105

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

-1<sup>st</sup> 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