

FHSAA PITCH COUNT POLICY



4.1.3 Pitch County Policy

TOTAL PITCHES THROWN IN A GAME						
AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+
19-22	120	1-30	31-45	46-60	61-75	76+

- (1) A pitcher at either level (Varsity/Sub Varsity) shall be allowed to finish the batter when the pitch count limit is reached during an at bat, but shall be replaced immediately when the at bat ends.
- (2) Once the student athlete reaches the maximum amount of pitches in the chart above, that student athlete is ineligible to pitch from that point forward. If there is a violation of the chart above that student athlete at the time is considered an ineligible student athlete at the pitching position. A student athlete who exceeds the maximum number of pitches listed in the chart above he/she will be required to rest for the next seven (7) days and shall not be permitted to pitch during that time period. The student athlete shall be permitted to play any other position during this mandatory rest period. The student athlete will be eligible to pitch on the eighth (8) day.
- (3) Days Rest – A day of rest is defined as a “calendar day”. Example: A varsity level pitcher who has reached the 105 pitch limit on Monday shall not be allowed to pitch again until Saturday.
- (4) Tabulation of Pitch Counts – The process for all level games will be done by each school. The school is responsible for tracking the pitches. If a school has a question in regards to total pitches for an opposing pitcher they are to contact our office the following day.

