



Kentucky High School Athletic Association

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DATE: Nov. 12, 2015

TO: KHSAA Board of Control

FROM: Commissioner Julian Tackett
Associate Commissioner Butch Cope

RE: Revised Pitching Restriction – Proposed First Reading

KHSAA Pitching Limitation Rule (Regular Season and Championship Playoffs) is based on the number of pitches thrown in a game with the following provisions:

1. The pitch count is based on pitches thrown for strikes; balls; foul balls; and outs.
2. A pitcher at any level who reaches the pitch count limit in the middle of an at bat will be allowed to finish that hitter
3. Warm up pitches allowed before each inning or those warm ups allowed by the umpire in case of injury or game delay do not count.
4. All NFHS Substitution and Pitching Rules must be followed.
5. The pitch count chart of both teams are to be presented to the opposing coach BEFORE the game.
6. During the game pitch counts will be recorded by the Designated Pitch Count Recorder. Any discrepancy during the game will be reported to the umpire immediately for resolution.
7. At game's conclusion, the KHSAA pitching form will be signed by both head coaches or designated representatives.
8. Both schools have the responsibility to maintain every pitching chart form until the school season is complete.
9. Any discrepancy found after the game will be reported to the KHSAA and treated as an eligibility issue to resolve. The use of a pitcher not eligible to pitch by the pitch count restrictions shall constitute the use of an ineligible player and result in contest forfeiture and additional penalties per Bylaw 27.
10. A hard copy must be available upon KHSAA request at any point during the season.

DAILY LIMITATION

The limit on the number of pitches is based on the level of pitching.

LEVEL	MAXIMUM PITCHES ALLOWED PER DAY
Varsity	120
JV	110
Freshmen	110
Middle Level	85

MANDATORY REST PERIOD

Specific rest periods are in place when a pitcher reaches a threshold of pitches delivered in a day. The rest periods required during the regular and postseason are listed below:

VARSITY LEVEL PITCHES THROWN IN ONE DAY	REQUIRED REST
76 pitches or more	Three (3) calendar days of rest
51-75	Two (2) calendar days of rest
26-50	One (1) calendar days of rest
1-25	No mandated rest

JUNIOR VARSITY/FRESHMAN LEVEL PITCHES THROWN IN ONE DAY	REQUIRED REST
66 pitches or more	Three (3) calendar days of rest
41-65	Two (2) calendar days of rest
26-50	One (1) calendar days of rest
1-25	No mandated rest

MIDDLE SCHOOL LEVEL RECOMMENDATION PITCHES THROWN IN ONE DAY	REQUIRED REST
56 pitches or more	Three (3) calendar days of rest
36-55	Two (2) calendar days of rest
20-35	One (1) calendar days of rest
1-19	No mandated rest