

Draft Copy

AHSAA Pitching Limitation Rule (Regular Season and Championship Playoffs) is based on the number of pitches thrown in a game. The pitch count is based on pitches thrown for strikes; balls; foul balls; and outs. 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. All NFHS Substitution and Pitching Rules must be followed.

The number of pitches is based on the level of pitching. Specific rest periods are in place when a pitcher reaches a high threshold of pitches delivered in a day.

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

The rest periods required during the 2016 regular and tournament season are listed below:

VARSAITY:

- If a pitcher throws 76 or more pitches in a day, three (3) calendar days of rest must be observed.
- If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.
- If a pitcher throws 26-50 pitches in a day one (1) calendar day of rest must be observed.
- If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again. A calendar day means that if a pitcher throws 76 pitches on Tuesday that player may not pitch again until Saturday. If they throw 76 pitches on Saturday that player may not pitch again until Wednesday. The starting time of the game does not matter in the calculation of when a pitcher is eligible to pitch again.

JV/FRESHMEN:

- If a pitcher throws 66 or more pitches in a day, three (3) calendar days or rest must be observed.
- If a pitcher throws 41-65 pitches in a day, two (2) calendar days of rest must be observed.
- If a pitcher throws 26-40 pitches in a day one (1) calendar day of rest must be observed.
- If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.

MIDDLE LEVEL:

- If a pitcher throws 56 or more pitches in a day, three (3) calendar days or rest must be observed.
- If a pitcher throws 36-55 pitches in a day, two (2) calendar days of rest must be observed.
- If a pitcher throws 20-35 pitches in a day one (1) calendar day of rest must be observed.

- If a pitcher throws 1-19 pitches in a day no calendar day of rest is required before pitching again.

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. This only applies to maximum limitations. i.e. varsity 120, JV/Freshman 110, middle level 85.

AHSAA Pitch Count Limitations applies to varsity, jayvee and freshman games: 1) The pitch count chart of both teams are to be presented to the opposing coach BEFORE the game. 2) During the game pitch counts will be recorded by a Registered Pitch Count Recorder. Any discrepancy during the game will be reported to the umpire to resolve. 3) At game's conclusion, the AHSAA pitching form will be signed by both head coaches or designated representatives. 4) Schools Both schools have the responsibility to maintain every pitching chart form until the school season is complete. Any discrepancy found after the game will be reported to the AHSAA and treated as an eligibility issue to resolve. A hard copy must be available upon AHSAA request.

Alabama High School Athletic Association 2016 BASEBALL PITCHERS' RECORD

Middle School/Junior High – Junior Varsity - Varsity [CIRCLE APPROPRIATE LEVEL]

SCHOOL _____

COACH _____

INSTRUCTIONS

1. The record of each pitcher used in a regular season and AHSAA tournament game shall be entered below. This record must be completed immediately following each game and signed by both coaches as this will determine the eligibility of each pitcher.

2. AHSAA Pitching Limitation Rule: is based on the number of pitches thrown in a game. The pitch count is based on pitches thrown for strikes, balls and foul balls. The use of an ineligible pitcher, one who has violated this rule, shall result in forfeiture of game in which ineligible pitcher participated as a pitcher. The following is the number of allowable pitches and days of rest needed. Varsity – 76-120 (3 days), 51-75 (2 days), 26-50 (1 day), 1-25 (0 days) JV/Fresh – 66-110 (3 days), 41-65 (2 days), 26-40 (1 day), 1-25 (0 days) Middle Level – 56-85 (3 days), 36-55 (2 days), 20-35 (1 day) 1-20 (0 Days)

Note – these are calendar days, if a pitcher throws the maximum on Tuesday, they cannot pitch again until Saturday. Also – if you reach the maximum during an at bat, you may complete pitching to that batter.

3. The coach and/or team manager shall carry this form to all games and shall present it to the opposing coach at the conclusion of the game for his signature.

4. Pitchers, during one outing will not exceed 120 pitches, exclusive of warm-up pitches.

(This form may be photocopied as needed)

***Coaches who do not have their pitching charts with them during the regular season or Championship Play will forfeit the contest.**

