



## KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION PITCHING LIMITATION VERIFICATION FORM

*(keep current and in scorebook throughout season and playoffs)*

KHSAA Form BA101  
Rev. 01/16

Opponent	Game Date	Level (MS / F / JV / V)	Jersey Number	Pitcher Name	Pitches Thrown	Days Rest Required (see chart below)	Pitchers Coach Signature	Opposing Coach Signature

**Opponent** – That Specific Date’s Opponent; **Game Date** – Current Pitching Date, **Level (MS/F/JV/V)** – Middle School, Freshman, Junior Varsity or Varsity); **Jersey Number** - player’s game jersey number; **Pitcher Name** - player name; **Pitches Thrown** - Number of pitches thrown on this date, pitches thrown for strikes; balls; foul balls; and outs; **Days Rest Required** – See chart below.

**DAILY LIMITATION**

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

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

By signing below, the individuals certify that the information on this form is complete and accurate.

(Coach Signature)	Position (Coach)
(Principal/AD Signature)	Position
DATE	DATE

**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