



Oregon School Activities Association

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To: Athletic Directors and Varsity Baseball Coaches
 From: Kris Welch, Assistant Executive Director
 Subject: Pitch Count Policy

Pitching.

- 1) A pitcher shall not pitch more than 110 pitches per day. A pitcher will be allowed to finish pitching to a batter if he reaches the daily maximum (110 pitches) during an at-bat, but then must be removed from the mound.
- 2) Pitch Count Limits and Corresponding Days of Rest. It is strongly recommended that once a pitcher is removed from the mound, consideration be given to the throwing requirements of the fielding position he will assume. It is strongly advised that a player does not play the positions of pitcher and catcher in the same game.

All levels 110 pitches/day max (Varsity and Sub-Varsity)

1-25 pitches = 0 days' rest (Level Zero)

26-45 pitches = 1 day rest (Level One)

46-60 pitches = 2 days' rest (Level Two)

61-85 pitches = 3 days' rest (Level Three)

86+ pitches = 4 days' rest (Level Four)

EXCEPTION: *If a pitcher had thrown 61-85 pitches (Level Three) the day he last pitched, on his third day of rest he would be eligible to throw a maximum of 45 pitches (Level One). If he threw less than 25 pitches on that third rest day, he would then be eligible to throw the next day with a 110-pitch maximum. If he threw 26-45 pitches on that third rest day, he would need one full day of rest prior to pitching again.

EXCEPTION: *If a pitcher had thrown 86-110 pitches (Level Four) the day he last pitched, on his fourth day of rest he would be eligible to throw a maximum of 25 pitches (Level Zero). Following the 25-pitch day, he would then be eligible to throw the next day with a 110-pitch maximum.

Day of Week	Pitches Thrown	Pitches Thrown	Pitches Thrown
Monday	61-85	61-85	86-110
Tuesday	Rest	Rest	Rest
Wednesday	Rest	Rest	Rest
Thursday	1-25	26-45	Rest
Friday	Full Eligibility	Rest	1-25
Saturday		Full Eligibility	Full Eligibility
Sunday			

- 3) **Tracking.** Schools are required to enter each Varsity player's pitch count on the OSAA website following each game and **by 10am the day following the contest or the school may be fined, the head coach may be suspended** or the player may be considered an ineligible participant. The home book is official but it is recommended that opposing teams compare as the game progresses for accuracy. Umpires will not be a part of the process.
- 4) The penalty if a baseball player pitches more than 110 pitches in a day and/or violates the days of rest requirement is forfeiture of the contest in which the pitcher exceeds his limit or violates the requirement.

1. Q. How is an intentional base on balls counted in the pitch count policy?

- A. A player's pitch count is not affected when issuing an intentional base on balls, unless pitches were actually thrown during the at-bat. The pitch count policy only counts pitches that are actually thrown.
2. Q. Is an ambidextrous pitcher allowed to exceed the pitch count limits if he switches to other arm?
A. No. The pitch count limits are in effect for the player, not just one arm or the other.
3. Q. *What constitutes a pitch?*
A. *Any throw by the pitcher that moves in the direction of home plate during live ball. Every pitch must be counted, remember to take into account all pitches, including the pitches thrown that a batter fouls off after having two strikes and pitches thrown where an offensive/batter's interference is called. Warm-up pitches are not counted in the pitch count.*
4. Q. *Does the pitching limitation count for the second game of a double header?*
A. *The policy is based on days, not games. Therefore, a pitcher may pitch in both games of a double header, but the total pitch count for the day will be what is considered when determining the days of rest required. The total number of pitches for the day cannot exceed the 110 pitches.*
5. Q. *Is there a mandatory form that needs to be filled out per game?*
A. *No, the OSAA does not mandate a form, but highly recommends using the form listed on the OSAA website, under Pitch Smart Resources.*
6. Q. *If a pitcher throws 40 pitches and the game is called because of weather, do those pitches count towards that pitcher's pitch count?*
A. *Yes, every pitch that is thrown needs to be recorded even if the game is postponed or cancelled. Ultimately, each school is responsible for adhering to the pitch count policy.*
7. Q. *Should the opposing teams get together during/after a contest to confirm/agree with the number of pitches thrown by each pitcher?*
A. *It is highly recommended that the opposing coaches or their adult representative consult with each other at the end of each inning to make sure the number of pitches thrown are consistent between the two scorebooks.*
8. Q. *Do sub-varsity pitchers need to follow this pitching limitation?*
A. *Yes, this policy is for all levels. Schools are mandated to enter pitch counts for Varsity pitchers into the OSAA website, through your school account.*
9. Q. *May a pitcher who has reached beyond the 25, 45, 60 or 85 pitch threshold exceed that limit while finishing an at-bat and still be considered within the limit?*
A. *No, each pitch beyond the 25, 45, 60 or 85 pitch threshold counts and will push the pitcher into the next level. The only time a pitcher is allowed to finish pitching to a batter without it counting is when he/she reach the daily maximum of 110 pitches during an at-bat.*
10. Q. *If a pitcher is throwing during one of the two exceptions; Level Four throwing on day four with a maximum 25 pitch limit or Level Three throwing on day three with a maximum 45 pitch limit and is close to his/her pitch count daily restriction of 25 or 45, can they finish that batter?*
A. *No, that would be considered a violation. If a pitcher is coming back to throw a day earlier than their required rest days per the exception they cannot surpass the maximum pitch limit for that exception (25 or 45 pitches). The only time a pitcher is allowed to finish pitching to a batter without it counting is when he/she reaches the daily maximum 110 pitches during an at-bat.*