



## Oregon School Activities Association

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March 8, 2016

To: Athletic Directors and Head Baseball Coaches

From: Peter Weber, Assistant Executive Director

Subject: Pitch Smart Guidelines and Baseball Pitch Count Tracking Instructions

The OSAA Executive Board, with the backing of the Sports Medicine Advisory Committee (SMAC) and the Oregon Athletic Coaches Association (OACA), recently amended the participation limitations in baseball. These changes are recommended to schools for the 2016 season and will be required beginning with the 2017 season. For the 2016 season, the innings limit policy (not more than 12 innings pitched over three consecutive days) is still in effect. Information on how to track pitch counts through the OSAA website are posted on the 2<sup>nd</sup> page of this memo.

The SMAC, along with the coaches that helped develop the pitch count policy, understand that simply changing to a pitch count won't make all the difference. Educating players, parents, and coaches (high school and youth) on the benefits of these well researched guidelines will be critical to keeping players safe. Toward that end, we've added the following Pitch Smart information to the OSAA website (<http://www.osaa.org/activities/bbl/management>).



### **Pitch Smart Guidelines**

<http://m.mlb.com/pitchsmart/>

The OSAA Sports Medicine Advisory Committee (SMAC) supports the Pitch Smart guidelines created by USA Baseball and MLB. The two entities have teamed up to help young players reduce arm injuries by providing a comprehensive resource for safe pitching practices. Research has shown that pitching too much, particularly at a young age, can increase a pitcher's risk of injury. Pitch Smart is a series of practical, age-appropriate guidelines to help parents, players and coaches avoid overuse injuries and foster long, healthy careers for youth pitchers.

### **Pitch Smart Course on NFHSLearn.com**

<http://nfhslearn.com/courses/61054/introduction-to-pitch-smart>

The NFHS has partnered with USA Baseball and MLB to produce a **FREE** Pitch Smart Course through the NFHSLearn.com website. The course provides an overview of the Pitch Smart guidelines and concepts, and highlights additional resources available through the program. MLB Hall of Famer, John Smoltz, narrates this 30-minute course and we recommend it to all players, parents and coaches.

### **Sample Pitching Charts**

<http://www.osaa.org/docs/bbl/samplepitchingcharts.pdf>

The OSAA has added a couple of sample pitching charts to the OSAA website that schools may access as a resource (<http://www.osaa.org/activities/bbl/management>). There is no requirement that schools use these particular forms.

## Tracking Pitch Counts

Even though the new pitch count policy is only a recommendation for 2016, we've created a way for schools to track pitch counts through their team page on the OSAA website. Schools will be required, beginning in 2017, to enter the pitch counts of players this way through the OSAA website following each varsity game.

**Varsity Junior Varsity Freshman Pitch Counts** [Sample Pitch Count Charts](#)

### Century Pitch Counts

**All Levels (V, JV, & FR)**

Date	Day	Pitcher Name	# pitches	Rest	Full Return
3/14/2016	Mon				
3/17/2016	Thu				
3/23/2016	Wed				
3/24/2016	Thu				
3/26/2016	Sat				
3/28/2016	Mon				
3/30/2016	Wed				
4/1/2016	Fri				
4/5/2016	Tue				
4/6/2016	Wed				
4/8/2016	Fri				
4/11/2016	Mon				
4/13/2016	Wed				
4/14/2016	Thu				
4/19/2016	Tue				
4/20/2016	Wed				
4/22/2016	Fri				
4/26/2016	Tue				
4/27/2016	Wed				
4/29/2016	Fri				
5/3/2016	Tue				
5/4/2016	Wed				
5/6/2016	Fri				
5/10/2016	Tue				
5/11/2016	Wed				

[Add Date](#)

**Information**

Tracking pitch counts is optional for the 2015-16 school year. Beginning with the 2016-17 school year, schools will be required to track Varsity pitching counts.

Pitching Counts	Rest Days
1-25 pitches	0 rest days
26-45 pitches	1 rest day
46-60 pitches	2 rest days
61-85 pitches	3 rest days
86+ pitches	4 rest days

[More Information and Exceptions](#)

**Instructions**

Dates are pre-loaded from team schedules (varsity or sub-varsity). Click the to add a date to this schedule. Click to remove a date from this schedule. Click to add a pitch count on a specific date. Click to delete a pitch count entry.

- Click the Pitch Counts tab on your school's Baseball page.

- Dates are pre-loaded from team schedules (varsity or sub-varsity).

- Click to add a pitch count on a specific date.

- Click the icon to add a date to this schedule.

**Record a New Pitch Count for 3/14/2016**

Provide the name of the pitcher and the number of pitches below to add a new pitch count on 3/14/2016.

Pitcher:  # of Pitches:

[Add Pitch Count](#) [Cancel](#)

- Enter the name of the pitcher. Players listed as pitchers on your school's rosters will automatically appear on this list. Additionally, once you've entered a pitcher, they'll appear the next time you start to type their name into the form.

**Century Pitch Counts**

**All Levels (V, JV, & FR)**

Date	Day	Pitcher Name	# pitches	Rest	Full Return
3/14/2016	Mon	John Doe	82 pitches	3 rest days	Fri 3/18
3/17/2016	Thu				
3/23/2016	Wed				
3/24/2016	Thu				
3/26/2016	Sat				
3/28/2016	Mon				
3/30/2016	Wed				
4/1/2016	Fri				
4/5/2016	Tue				
4/6/2016	Wed				
4/8/2016	Fri				
4/11/2016	Mon				
4/13/2016	Wed				
4/14/2016	Thu				
4/19/2016	Tue				
4/20/2016	Wed				
4/22/2016	Fri				
4/26/2016	Tue				
4/27/2016	Wed				
4/29/2016	Fri				
5/3/2016	Tue				
5/4/2016	Wed				
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**Instructions**

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- Click to delete a pitch count entry.

- Once the pitch count is entered, the number of required rest days and date of Full Return appears

- Click this link for the entire policy from the OSAA Handbook