

SCHSL –Pitch Count Restrictions -

The following pitching guidelines to use in all SCHSL sanctioned baseball games and tournaments:

Level	MAX / DAY	0 DAYS REST	1 DAY REST	2 DAYS REST	3 DAYS REST	4 DAYS REST	5 DAYS REST
Sub Varsity	75	0-30	31-45	46-60	61-75	N/A	N/A
VARSITY	110	0-30	31-45	46-60	61-75	76-90	91-110

Notes on pitching guidelines:

1. The limits are enforced at the level the athlete pitches. Limits are per day, not per game.
Note: 7th and 8th Graders cannot exceed the Sub Varsity limits regardless of the level they pitch.
2. Varsity pitcher will be allowed to finish the batter if he reaches 110 pitch limit during the at-bat. A Sub-Varsity pitcher will be allowed to finish the batter if he reaches the 75-pitch limit during the at-bat. A pitcher throwing on the 2nd consecutive day will be allowed to finish the batter if he reaches the 75 pitch limit during the at-bat.
3. If a pitcher throws on consecutive days, he is required to have at minimum one day rest. His cumulative total of pitches for the two consecutive days will determine if additional days rest are needed. **Example 1:** Pitcher throws 20 pitches on Tuesday and throws 30 on Wednesday he has thrown a total of 50. He will need 2 days' rest. **Example 2:** Pitcher throws 10 pitches on Monday and throws 15 pitches on Tuesday. He has a total of 25 pitches. He cannot throw on Wednesday and will be eligible on Thursday.
4. If a pitcher throws on consecutive days, he has a maximum of 75 pitches on the 2nd day regardless of whether he threw one pitch or 30 pitches on the first day.
5. A days rest is defined as a Calendar Day. Example: A pitcher throws 65 pitches on Monday. By rule, he will not be eligible to pitch again until he has 3 days' rest. (Tuesday, Wednesday, and Thursday) He would be eligible to pitch again on Friday.
6. A player who has pitched may not move to catcher in the same game/day.
7. If this rule is violated, the pitcher is considered an ineligible player and the game will be forfeited. In addition to the forfeit, the school will be fined according to the SCHSL handbook.

*** Updated April 19, 2023

