



## GHSA BASEBALL PITCH COUNT POLICY

### TOTAL PITCHES THROWN IN A GAME

Varsity	110
Sub Varsity	90

### REQUIRED REST PERIOD

#### **VARSITY**

86-110	Pitches	3 Days
61-85	Pitches	2 Days
36-60	Pitches	1 Day
1-35	Pitches	0 Days

NOTE: A pitcher shall not throw more than 110 pitches cumulative over a two-day period, and cannot pitch more than two consecutive days, at which time a 1-day rest period is required. All other rest periods are based on the total pitches thrown.

#### **SUB VARSITY**

65-90	Pitches	3 Days
45-64	Pitches	2 Days
25-44	Pitches	1 Day
1-24	Pitches	0 Days

NOTE: A pitcher shall not throw more than 90 pitches cumulative over a two-day period, and cannot pitch more than two consecutive days, at which time a 1-day rest period is required. All other rest periods are based on the total pitches thrown.