



GHSA BASEBALL PITCH COUNT POLICY

EFFECTIVE IMMEDIATELY

The NFHS Board of Directors has approved a revised pitching policy in Rule 6-2-6 with regard to the total number of pitches thrown in a game. As such, the GHSA will implement the following “pitch count” policy beginning in the 2017 season. This new policy will address total pitches, days of rest, and level of play (varsity/sub varsity).

TOTAL PITCHES THROWN IN A GAME

Varsity 110

Sub Varsity 90

REQUIRED REST PERIOD

VARSIITY

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 in a single game or cumulative over a two-day period. A pitcher shall not pitch more than two consecutive days regardless of the pitch count, at which time a minimum 1-day rest period is required. Double headers are considered two separate games and single game pitch count limitations are in effect. 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 in a single game or cumulative over a two-day period. A pitcher shall not pitch more than two consecutive days regardless of the pitch count, at which time a minimum 1-day rest period is required. Double headers are considered two separate games and single game pitch count limitations are in effect. All other rest periods are based on the total pitches thrown.

MORE INFORMATION

1. FINISH THE BATTER – A pitcher at either level (Varsity/Sub Varsity) shall be allowed to finish the batter when the pitch count limit is reached during an at bat, but shall be replaced immediately when the at bat ends. A coach may inquire with the PCM about the number of pitches recorded as the game progresses.
2. DAYS OF REST – A day of rest is defined as a “calendar day”. Example: A varsity level pitcher who has reached the 110 pitch limit on Tuesday shall not be allowed to pitch again until Saturday.
3. TABULATION OF PITCH COUNTS – The process for all level games will be done by an individual who is registered with a local GHSA sanctioned umpire association. The Pitch Count Monitor (PCM) will be paid a ½ game fee plus travel (similar to the football ECO). It will then be the responsibility of the PCM to enter the pitch count information for each school following the completion of the game in the GHSA MIS system.

EXAMPLE: Date – Team – Opponent – Pitcher’s # & Name – Total Pitches Thrown – Reported By

4. GAMES VS. NON-MEMBER OPPONENTS – In games vs. non-GHSA member schools the GHSA Pitch Count Policy shall be adhered to, regardless of the pitch count policy of the host school affiliation or state association. When playing out of state it is the school’s responsibility to report the pitch count information to the GHSA Office.
5. STATE TOURNAMENT – The format for all rounds will be a “Best of Three” series, with the first two games being played on the first day. During the State Tournament no pitcher shall be allowed to throw more than 120 pitches during a three-game series, unless scheduling is affected by weather delays.
6. PENALTIES FOR VIOLATIONS – If a school is found to have violated any of the provisions of this policy the offending school shall be fined \$250.00 and the head coach assessed a two-game suspension. Any subsequent violation during the current season will result in the penalties being doubled, and require the head coach of the violating school to meet with the GHSA Executive Director prior to being reinstated to coach.