

Illinois High School Association Baseball Pitch Count Guidelines
Recommended by the Baseball Advisory Committee
August 30, 2016

A pitch is defined as a pitch thrown during live competition. Strikes (including all foul balls), balls, balls put in play, and pitches for outs all count in a pitcher's pitch count.

Warmup pitches, pick off attempts, or other throws by a pitcher after the ball has been put in play do not count in a pitcher's pitch count.

A pitcher who reaches the pitch count limit in the middle of an at-bat will be allowed to pitch to that batter until that at-bat ends.

Teams must follow all NFHS rules regarding pitching substitution.

If the pitcher is ambidextrous, the pitch count guidelines apply to the individual pitcher, not to the individual arm.

All pitch count guidelines apply to an individual pitcher on a daily basis. For example, a pitcher could pitch in both games of a double header. The total number of pitches the pitcher throws that day will determine the pitcher's days of rest that must follow the double header.

During the regular season, each team is responsible for counting its own team's pitches and the opposing team's pitches. Coaches will compare pitch counts after every even-numbered inning (2nd, 4th, 6th). Teams must keep pitching records of every game they play during the season.

When schools submit their varsity scores to the IHSA through MaxPreps, they must also include their own pitchers' names and the number of pitches thrown during the game.

During the postseason, each team is responsible for counting its own team's pitches and the opposing team's pitches. Coaches will compare pitch counts after every even-numbered inning (2nd, 4th, 6th). In addition, the host school must provide a pitch counter to verify each team's pitch counts after every even-numbered inning and at the conclusion of the game. The host school will submit the final score, pitchers' names, and pitch counts through MaxPreps.

Regular Season Varsity Game Guidelines

PITCH COUNT	REST SCHEDULE	ELIGIBLE PITCH COUNT ON NEXT APPEARANCE WITHIN A 7-DAY PERIOD	<p style="text-align: center;">NEXT APPEARANCE CAP</p> <p style="text-align: center;">Note: Pitch count caps are soft, meaning that the pitcher will be afforded the opportunity to finish the at bat.</p>
1-30	Next day After 1 day of rest	90 pitches 115 pitches	A pitcher who throws 1-30 pitches may pitch on two consecutive days without rest. On the pitcher's third consecutive day, the pitcher is eligible to pitch to a cap of 45 pitches. The pitcher then must rest for two days. If the pitcher pitches a fourth time in a 7-day period, the pitch count is capped at 45.
31-45	Next day After 1 day of rest After 2 days of rest	Not eligible to pitch 90 pitches 115 pitches	A pitcher who throws 31-45 pitches must rest for one day. After one day of rest, the pitcher is eligible to pitch to a cap of 90 pitches. There is a possibility that he may appear a 4 th time in a 7-day period. If the pitcher pitches a fourth time in a 7-day period, the pitch count is capped at 45.
46-60	Next day After 1 day of rest After 2 days of rest After 3 days of rest	Not eligible to pitch Not eligible to pitch 60 pitches 75 pitches	A pitcher who throws 46-60 pitches must rest for two days. After two days of rest, the pitcher is eligible to pitch to a cap of 60 pitches. There is a possibility that the pitcher may pitch a fourth time in a 7-day period. If the pitcher pitches a fourth time in a 7-day period, the pitch count is capped at 45.
61-75	Next day After 1 day of rest After 2 days of rest After 3 days of rest	Not eligible to pitch Not eligible to pitch Not eligible to pitch 75 pitches	A pitcher who throws 61-75 pitches must rest for three days. After three days of rest, the pitcher is eligible to pitch to a cap of 75 pitches. There is a possibility that the pitcher may pitch a third time in a 7-day period. If the pitcher pitches a third time in a 7-day period, the pitch count is capped at 45.
76-115	Next day After 1 day of rest After 2 days of rest After 3 days of rest After 4 days of rest	Not eligible to pitch Not eligible to pitch Not eligible to pitch Not eligible to pitch 90 pitches	A pitcher who throws 76-115 pitches must rest for four days. After four days of rest, the pitcher is eligible to pitch to a cap of 90 pitches. There is a possibility that the pitcher may pitch a second time in a 7-day period. If the pitcher pitches a second time in a 7-day period, the pitch count is capped at 90.

Postseason Guidelines

PITCHES	REST SCHEDULE
1-30	Eligible to pitch the next day
31-45	Eligible to pitch after 1 day of rest
46-60	Eligible to pitch after 2 days of rest
61-75	Eligible to pitch after 3 days of rest
76-115	Eligible to pitch after 4 days of rest

Postseason pitch count guidelines are identical to the regular season Varsity guidelines, with one exception. In the postseason, there is no maximum number of pitches in a pitcher's next appearance.

Regular Season Sub-Varsity (Freshman, Sophomore, JV) Game Guidelines

PITCH COUNT	DAYS OF REST	ELIGIBLE PITCH COUNT ON NEXT APPEARANCE WITHIN A 7-DAY PERIOD	NEXT APPEARANCE CAP Note: Pitch count caps are soft, meaning that the pitcher will be afforded the opportunity to finish the at bat.
1-30	Next day After 1 day of rest	90 pitches 95 pitches	A pitcher who throws 1-30 pitches may pitch on two consecutive days without rest. On the pitcher's third consecutive day, the pitcher is eligible to pitch to a cap of 45 pitches. The pitcher then must rest for two days. If the pitcher pitches a fourth time in a 7-day period, the pitch count is capped at 45.
31-45	Next day After 1 day of rest After 2 days of rest	Not eligible to pitch 90 pitches 95 pitches	A pitcher who throws 31-45 pitches must rest for one day. After one day of rest, the pitcher is eligible to pitch to a cap of 90 pitches. There is a possibility that he may appear a 4 th time in a 7-day period. If the pitcher pitches a fourth time in a 7-day period, the pitch count is capped at 45.
46-60	Next day After 1 day of rest After 2 days of rest After 3 days of rest	Not eligible to pitch Not eligible to pitch 60 pitches 75 pitches	A pitcher who throws 46-60 pitches must rest for two days. After two days of rest, the pitcher is eligible to pitch to a cap of 60 pitches. There is a possibility that the pitcher may pitch a fourth time in a 7-day period. If the pitcher pitches a fourth time in a 7-day period, the pitch count is capped at 45.
61-75	Next day After 1 day of rest After 2 days of rest After 3 days of rest	Not eligible to pitch Not eligible to pitch Not eligible to pitch 75 pitches	A pitcher who throws 61-75 pitches must rest for three days. After three days of rest, the pitcher is eligible to pitch to a cap of 75 pitches. There is a possibility that the pitcher may pitch a third time in a 7-day period. If the pitcher pitches a third time in a 7-day period, the pitch count is capped at 45.
76-95	Next day After 1 day of rest After 2 days of rest After 3 days of rest After 4 days of rest	Not eligible to pitch Not eligible to pitch Not eligible to pitch Not eligible to pitch 90 pitches	A pitcher who throws 76-115 pitches must rest for four days. After four days of rest, the pitcher is eligible to pitch to a cap of 90 pitches. There is a possibility that the pitcher may pitch a third time in a 7-day period. If the pitcher pitches a third time in a 7-day period, the pitch count is capped at 45.

Sub-Varsity (Freshman, Sophomore, JV) guidelines are identical to the Varsity guidelines, with one exception. A pitcher may throw a maximum of 95 pitches in a Sub-Varsity game.