

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. The head coach or designee will compare pitch counts with the opposing team after every even-numbered inning and at the conclusion of the game.

If teams report different pitch count numbers to one another, the teams will split the difference and will use that number as the pitcher's official number. If splitting the difference results in a number that ends in a decimal, the teams will round that number up to the next whole number.

For example: Following the 2nd inning, Team A has recorded 32 pitches for its pitcher. Team B has recorded 36 pitches for Team A's pitcher. The official pitch count number for Team A's pitcher will be 34 pitches.

Another example: Following the 6th inning, Team A has recorded 93 pitches for its pitcher. Team B has recorded 90 pitches for Team A's pitcher. Since splitting the difference results in 91.5 pitches, the official pitch count number for Team A's pitcher will be 92 pitches.

After each game, schools will report their own pitch counts to the IHSA. Although schools will report their pitch counts, and the IHSA will store the data, schools must maintain pitching records of every game they play during the entire season in case questions arise about a certain game.

During the postseason, each team is responsible for counting its own team's pitches and the opposing team's pitches. The head coach or designee will compare pitch counts after every even-numbered inning and at the conclusion of the game. Additionally, the host school must provide an independent pitch counter to verify each team's pitch counts after every even-numbered inning and at the conclusion of the game.

The IHSA's Sports Medicine Advisory Committee strongly urges coaches to carefully consider using pitchers at other key positions (catcher, shortstop, outfield) either just prior to or immediately following a pitching appearance since these positions may require players to make repeated throws at maximum effort.

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 105 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 105 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 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.
46-60	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 60 pitches 75 pitches 105 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 After 4 days of rest	Not eligible to pitch Not eligible to pitch Not eligible to pitch 75 pitches 105 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 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.
76-105	Next day After 1 day of rest After 2 days of rest After 3 days of rest After 4 days of rest After 5 days of rest	Not eligible to pitch Not eligible to pitch Not eligible to pitch Not eligible to pitch 90 pitches 105 pitches	A pitcher who throws 76-105 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.

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

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 After 4 days of rest	Not eligible to pitch Not eligible to pitch 60 pitches 75 pitches 95 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 After 4 days of rest	Not eligible to pitch Not eligible to pitch Not eligible to pitch 75 pitches 95 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 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.
76-95	Next day After 1 day of rest After 2 days of rest After 3 days of rest After 4 days of rest After 5 days of rest	Not eligible to pitch Not eligible to pitch Not eligible to pitch Not eligible to pitch 90 pitches 95 pitches	A pitcher who throws 76-95 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.