



TSSAA BASEBALL PITCH COUNT POLICY

Due to concerns over player safety in regards to pitching a baseball, the following pitching plan has been implemented to better insure players' health. This policy satisfies NFHS Baseball Rule 6-2-6.

THESE RULES ARE IN REGARD TO THE POSITION OF BASEBALL PITCHER.

GENERAL GUIDELINES:

1. Make sure properly warmed up prior to any throwing activity. Use proper equipment to aid in the warm up. (Surgical tubing, etc...)
2. Make sure a proper dynamic and static stretching plan is followed prior to throwing.
3. Educate pitchers on proper mechanics and techniques of throwing.
4. Monitor for signs of mechanical breakdown and fatigue.
5. Take immediate action if a pitcher complains of pain.
6. Consult a trainer/doctor/trained coach upon completion of game pitching activity.
7. Put in place and follow a prescribed post pitching rehabilitation program.
8. Make every effort to avoid pitching a player in multiple games on the same day.

RULES:

1. A player cannot pitch three (3) days in a row regardless of number of pitches thrown. Using a pitcher three (3) days in a row would violate the rule regarding using an ineligible player.
2. Each pitch will count as a pitch. Even if a pitcher surpasses a cutoff number, the pitch count will be exactly the number of pitches thrown. No pitch count will revert to another number. (ie. 120 pitches will be 120 pitches)
3. It is strongly recommended that coaches check with the opposing team between each half inning to make sure both teams agree to and record the same pitch count.
4. In case of disagreement, the home team's count will be the final accepted count.
5. Both teams are required to sign each other's pitch count form at the end of each game.
6. The pitch count will apply to any player who pitches and is cumulative each day. JV pitch count and high school varsity pitch count are linked together. Example: a pitcher who pitches 45 Varsity pitches on Monday is not permitted to pitch JV on Tuesday.
7. The pitch count applies to regular season and postseason.
8. A pitcher may pitch in Game 1 of a doubleheader and return to pitch in Game 2 of the same doubleheader. The pitches in Game 2 will be added to the Game 1 total for the purposes of determining the number of days rest needed.

Level	Maximum pitches per day	Daily Pitch Allowances by Calendar Days of Rest				
		0 days	1 day	2 days	3 days	4 days
Middle School (6-8 Grade)	85	1 - 19	20 - 35	36 - 50	51 - 66	67-85
High School Freshman/JV	100	1 - 25	26 - 40	41 - 65	66 - 80	81-100
High School Varsity	120	1 - 25	26 - 55	56 - 75	76 - 105	106-120

First Violation: Forfeit, \$50 fine and head coach suspended for one game at level the violation occurred.

Second Violation: Forfeit, \$250 fine and head coach suspended for two games at level the violation occurred.

Third Violation: Forfeit, \$500 fine and head coach suspended for four games at level the violation occurred.



TSSAA BASEBALL PITCHING LIMITATION VERIFICATION FORM

Keep updated, on hand, and in dugout

School _____ City _____ Level _____ (MS/JV/V) Year _____

Date	Opponent	Jersey Number	Pitcher's Name	Pitches Thrown	Days Rest Required	Pitcher's Coach Signature	Opposing Coach Signature

Pitches Thrown: Number of pitches thrown on this date including pitches thrown for strikes, balls, foul balls, balls in play, hits, and outs. **All balls thrown to the catcher when game is in progress.**

By signing below, the individuals certify that the information on this form is complete and accurate.

(Head Coach Signature and Date)

(Principal / AD Signature and Date)

(Coach Title Head Coach)

(Administrative Title)