

SCHSL –Pitch Count Restrictions

The following pitching guidelines to use in all SCHSL sanctioned baseball games and tournaments:

Level	MAX / DAY	0 DAYS REST	1 DAY REST	2 DAYS REST	3 DAYS REST	4 DAYS REST	5 DAYS REST
Sub Varsity	75	0-30	31-45	46-60	61-75	N/A	N/A
VARSITY	110	0-30	31-45	46-60	61-75	76-90	90-110

Notes on pitching guidelines:

1. The limits are enforced at the level the athlete pitches. Limits are per day, not per game.
Note: 7th and 8th Graders cannot exceed the Sub Varsity limits regardless of the level they pitch.
2. Varsity pitcher will be allowed to finish the batter if he reaches 110 pitch limit during the at-bat. A Sub-Varsity pitcher will be allowed to finish the batter if he reaches the 75 pitch limit during the at-bat.
3. If a pitcher throws in consecutive days, his cumulative total of pitches for those two days will determine the number of days rest required. . Ex. Pitcher throws 20 pitches on Tuesday and throws 30 on Wednesday he has thrown a total of 50. He will need 2 days' rest.
4. A days rest is defined as a Calendar day. Example: A pitcher throws 65 pitches on Monday. By rule, he will not be eligible to pitch again until he has 3 days' rest. (Tuesday, Wednesday and Thursday) He would be eligible to pitch again on Friday.
5. A player who has pitched may not move to catcher in the same game/day.
6. If this rule is violated, the pitcher is considered an ineligible player and the game will be forfeited. In addition to the forfeit, the school will be fined according to the SCHSL handbook.

Baseball Playoff Dates Changed:

The new dates for the baseball playoffs will be:

Districts: 4/25, 4/27, 4/29, 5/1

Upper/Lower: 5/4, 5/6, 5/8, 5/10

State Finals: 5/13, 5/16, 5/20

The Playoffs will start two days earlier and finish 1 day later than what it has finished in the past. Two of the 3 state finals games will now be scheduled for Saturdays.

Reason for the change: Using the same dates as we have in the past, teams who have pitchers that pitch in the Upper/Lower final and throw 90+ pitches, will not have that pitcher available for game 1 or 2 of the state championship series. By changing the dates, provided we have no weather issues, a pitcher who throws in the Upper/Lower final, will be able to meet the 5 day rest period and still be available to throw in game 2 of the state finals series.

Run-Rule Addition: Beginning in the 2017 Baseball Season, the game will end any time after 3 innings, or 2 ½ innings when a team is 15 or more runs behind and has completed its turn at bat.

NOTE: After 5 innings or 4 ½ innings the game will end when a team is 10 or more runs behind and has completed its turn at bat. (This remains unchanged)