



MINNESOTA STATE HIGH SCHOOL LEAGUE

BASEBALL PITCH COUNT POLICY

The following pitch count policy has been in effect since the 2017 Baseball season. All schools and coaches must abide by these limitations and report their pitch counts as described.

Required Days of Rest	Number of Pitches (Varsity)	Number of Pitches (lower levels)
0	1-30	1-25
1	31-50	26-35
2	51-75	36-60
3	76- 105*	61-85
Daily Max	105	85

- Once the limit is reached a pitcher may finish pitching to that batter.
- One day of rest is required if a pitcher pitches two straight days.
- Days of rest are measured in calendar days, not 24 hour periods. If a player throws 55 pitches on Monday they are not able to pitch on either Tuesday or Wednesday, but could pitch again anytime on Thursday.
- Only pitches thrown to a batter count toward the pitch count.
- When pitching below the varsity level, those pitch counts apply. The pitcher must meet the rest requirements for that level before pitching at the varsity level. When pitching at the varsity level those pitch count rules apply. The player must then meet those rest requirements before pitching at a lower level.

*The maximum is extended to 115 once Section Playoffs begin.

Penalties:

Violation of Pitch Count Rule:

When a pitcher pitches more than the allotted number of pitches or does not meet the rest requirement they become an ineligible athlete.

1st Offense: Game is forfeited and the head coach is censured.

2nd Offense in the same season: Game is forfeited and the head coach is suspended for one game.

3rd Offense in the same season: Game is forfeited and the head coach is suspended for four games.

Violation of tracking pitches policy:

Failure to record and track pitches as per the following stipulations will result in the following penalties:

1st Offense: Head Coach is reminded.

2nd Offense: Head Coach is censured.

3rd Offense: Head Coach is suspended for one game.

4th Offense: Head Coach is suspended for four games.

Tracking Pitches:

- 1) The pitch counts for any pitchers that compete at the grade 10-12 level (Varsity, JV, B-Squad) shall be tracked and recorded after each game. All pitch counts for the entire season will be available for any school to view.
- 2) The MSHSL has partnered with PitchKount to provide pitch count reporting.
- 3) During the regular season, each team must designate a student or adult who is responsible to track the pitches for their team. In the post season this must be an adult. Pitches must be recorded in PitchKount by 11 p.m. This can be done by using the PitchKount app which immediately records pitches or on a paper form with the pitches transferred to the PitchKount website. Each team should track the pitches for both their team and their opponent.
- 4) After each half-inning those responsible for tracking pitches will confirm the number of pitches for that half-inning. Any discrepancies need to be worked out at that time. If a dispute cannot be resolved the number calculated by the home team will stand as the official number. Once the next half inning has begun, the numbers from the previous half inning are final. Umpires will not be involved in tracking or confirming the number of pitches.
- 5) By 11 p.m. following the conclusion of the game, each team is responsible to record the pitch counts for each participating pitcher on PitchKount.
- 6) Each morning PitchKount will send the pitch count report to the Head Coach.

Recommendations:

The following **are not** policies, but are strong recommendations for all coaches, parents and players:

- 1) A player should not pitch and catch during the same game. Preferably a player does not play both of these positions.
- 2) On rest days a pitcher may play other positions but care should be taken where they play and how much they throw, adapting to the player, the number of pitches thrown, weather issues, other rest days, etc.
- 3) Preferably pitchers rest their arms completely the day after pitching. Bullpen session with light throwing is OK on other rest days.
- 4) Pitchers may practice other positions on rest days, but should use the arm sparingly, if at all.
- 5) Proper off-season and pre-season conditioning and strength-training programs should be followed (sample programs will be provided).
- 6) Strength training should focus on core training (hips, abdomen, and back), rotator cuff strengthening, and scapular stabilization (upper back strength).
- 7) Once removed as a pitcher, a pitcher should not return to that game
- 8) Once warmed up a pitcher should be put into the game or should not pitch that day. Warming up multiple times in the same day is hard on the pitcher
- 9) Pitchers should not pitch more than seven innings in a three-day period.
- 10) Look for signs of fatigue – decreased velocity, decreased accuracy, increased time between pitches, dropping the elbow, upright trunk while pitching, etc. The biggest risk factor for injuries is pitching while fatigued
- 11) When a pitcher complains of pain in his elbow or shoulder, discontinue pitching until evaluated by an athletic trainer or a sports medicine physician.
- 12) Avoid using radar guns. The harder a pitcher throws the more likely they are to be injured.
- 13) No overhand throwing of any kind for at least two to three months per year.
- 14) During a calendar year a pitcher should have at least four months when they are not pitching competitively.
- 15) Avoid pitching on multiple teams with overlapping seasons.
- 16) Pitching competitively in the off season is not recommended, especially if the pitcher is not able to be properly conditioned before pitching.
- 17) During a calendar year the recommendation is for a pitcher to not pitch more than 100 innings – total – for all teams. Those who pitch more than 100 innings are 3X more likely to be injured.