

**ARTICLE 150
BASEBALL**

1500. PITCHING LIMITATION RULE – 30 OUTS

Sections shall adopt the following baseball pitching limitation rule: 30 outs and/or three (3) appearances in a calendar week through the season.

- A. The calendar week begins on Monday.
- B. Innings pitched in a no game (i.e., rainout, power failure, etc.) shall count toward the total.
- C. If the 30th out involves a double or triple play, the team will not be penalized.
- D. An appearance is defined as a pitcher pitching at least one (1) pitch. If a pitcher is removed from the mound to another position or to the dugout and later returns to pitch in the same game, the pitcher will be charged with a second appearance.
- E. Any violation constitutes a forfeit of the contest.

1501. PITCHING LIMITATION RULE – PITCH COUNT

In addition to 1500 above, Sections shall adopt the following baseball pitching limitation rule with respect to pitch count and required days of rest:

Pitch count limits and required rest:

Level	Maximum Contest Pitch Limit	0 Days Rest Required	1 Day Rest Required	2 Days Rest Required	3 Days Rest Required
Varsity	110 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches
Freshman; F/S; JV	90 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches

- A. A pitcher may finish the current batter if the Maximum Contest Pitch Limit is reached during that at-bat.
- B. Pitches thrown and appearances made in a no game (i.e., rainout, power failure, etc.) shall count toward the totals.
- C. At the end of each half inning, the head coaches will confirm and both team score books will record the pitch count for all pitchers who threw a pitch in that half inning. In the case of a discrepancy, the home score book is considered the official score book.
- D. Each school must keep a record of all pitches thrown by each of their players in each game and make this available to their respective Section Office upon request.
- E. Any violation constitutes a forfeit of the contest.

Questions & Answers:

Q: If a pitch count mechanism is used that is visible to both teams, do the coaches still need to confirm the pitch count every half inning?

A: No. If the mechanism (i.e. scoreboard add-on, flip chart behind home plate, etc.) can be seen by both teams, the coaches may use that as verification of the pitch count.

Q: How is a day of rest defined?

A: A day of rest is defined as a calendar day. For example, if a pitcher throws 76 or more pitches in a Monday game thus requiring three-days rest before being allowed to pitch again, those days of rest would be Tuesday, Wednesday and Thursday allowing that pitcher to pitch again on Friday.

Q: If a pitcher exceeds the maximum number of allowable pitches with respect to the required days of rest while finishing a batter, how are the required number of rest days calculated?

A: The required days of rest is determined by the actual number of pitches thrown. For example, if a pitcher starts a batter with 48 pitches, finishes the batter with 53 pitches and is then removed from the game, that pitcher would be required to rest for two days before making another appearance.

Q: What, if any role, do the umpires play in the confirmation and recording of the pitch count after each half inning?

A: The umpires are asked to ensure that the teams are exchanging the required information but the actual recording of the pitch count is up to the head coach from each school.

Q: If an intentional walk is issued to the batter and no pitches are delivered to home plate, are those pitches counted towards the pitcher's total number?

A: No. Those pitches would not count towards the pitcher's total number

Q: In the case of balk, when does a pitch count towards the pitcher's total number?

A: A pitch would only count if the ball is delivered to the batter.

Q: If a batter is awarded timeout by the umpire but the pitcher still delivers the ball to the batter, does that pitch count towards the pitcher's total number?

A: No. That pitch would not count towards the pitcher's total number.

Q: Does the Pitch Count reset each Monday like the 30 Out Rule?

A: No. While the 30 Out Rule will reset each Monday, the Pitch Count Rule will not. For example, if a pitcher throws 76+ pitches in a game on Saturday, they would have to rest on Sunday, Monday and Tuesday before being eligible to pitch again on Wednesday.

Q: May the same pitcher appear in two different games on the same day?

A: Yes. However, they may only do so if they threw 30 pitches or less in the first game and are not required to rest. Also, they may not throw more than 110 pitches total for the day.

Q: What is the protest protocol for a possible violation of the pitch count Bylaw?

A: A school wishing to protest should follow the normal protocol of immediately informing the umpire that it is playing the game under protest. The contest will continue and the protest will be forwarded to the local league and/or CIF/Section Office for review depending on the protocols in place for handling protests in that Section.

Q: Does the above protocol preclude the Section from assessing a forfeiture for a violation of the pitch count Bylaw that is brought to them after the completion of the contest?

A: No. The above protocol simply outlines how a dispute is to be handled during a contest.

Q: Do pitches thrown and appearances made in an incomplete inning during a suspended game count towards the totals?

A: Yes.

(Approved January 2017 Federated Council)

1502. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball and water polo.

(Revised to include lacrosse November 2000 Federated Council)

1503. PROTECTIVE EQUIPMENT

It is required that adult base coaches wear a protective helmet. Play will not continue until compliance with this rule is met. It is recommended that the helmet meet NOCSAE standards.

NOTE: NFHS rules govern use of protective equipment by a player/student.