NHIAA Baseball Committee recommendations ("best practices") for following the Pitching Rule

1. Provide the opposing team a list of pitchers that are eligible to pitch for that day.

2. Assign someone to track your pitches per inning.

3. At the end of each half inning confer with the opposing team to report the number of pitches thrown.
   a. It is your responsibility to keep an accurate count of the number of pitches your student athletes have thrown. The sharing of information between innings is just a means of keeping each other honest. If you are tracking your opponent's pitches, make a note if any discrepancy that exists and report it to the umpire.
   b. The team's count for their own pitcher will be used if a discrepancy does in fact exist between innings or at the end of the game.

4. At the conclusion of the game, coaches or their designee need to sign off on the pitching log for the game. Once this log is signed, the pitches logged for each pitcher is the pitch count the coach will use to provide the required rest per by-law:

NHIAA Pitching Limitation Rule (regular season and tournament) is based on the number of pitches thrown in a game. The pitch count is based on pitches thrown for strikes; balls; foul balls; and outs. Warm up pitches allowed before each inning or those warm ups allowed by the umpire in case of injury or game delay do not count towards the total pitches thrown.

The number of pitches is based on the level of pitching. Specific rest periods are in place when a pitcher reaches a high threshold of pitches delivered in a day.

LEVEL	PITCHES ALLOWED PER DAY
Varsity	120
JV and Freshman	100

The rest periods required during the 2017 regular and tournament season are listed below:
VARSITY:
- If a pitcher throws 76 or more pitches in a day, three (3) calendar days of rest must be observed
- If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.
- If a pitcher throws 26-50 pitches in a day one (1) calendar day of rest must be observed.
- If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.

A calendar day means that if a pitcher throws 76 pitches on Tuesday that player may not pitch again until Saturday. If they throw 76 pitches on Saturday that player may not pitch again until

Wednesday. The starting time of the game does not matter in the calculation of when a pitcher is eligible to pitch again.

JV/FRESHMEN:

- If a pitcher throws 66 or more pitches in a day, three (3) calendar days or rest must be observed.
- If a pitcher throws 41-65 pitches in a day, two (2) calendar days of rest must be observed.
- If a pitcher throws 26-40 pitches in a day one (1) calendar day of rest must be observed.
- If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.

A pitcher at any level who reaches the pitch count limit in the middle of an at bat will be allowed to finish that hitter. This only applies to maximum limitations. i.e. varsity 120, JV/Freshman 100.

5. Should you have concerns regarding your opponent's pitch count, this should be reported to your athletic administrator immediately following the game.

- While it is an expectation that an accurate account of pitches thrown is tracked and recorded by each team on their own player, we recognize that it is possible to miss a few pitches. If a team is tracking an opposing pitcher, and if at the end of the game the two pitch counts on each pitcher utilized in the game are within 5 pitches, this discrepancy can be attributed to an accounting error. If, however, this becomes a pattern of behavior and or the two counts are off by 6 or more pitches (particularly if a kid only pitches one or two innings), this would rise to a level of concern you may feel compelled to report to your athletic administrator.

6. Each pitching log will be filed with the school and made available upon request by the NHIAA throughout the entire season and tournament.

7. At neutral sites, the Baseball Committee will provide someone to track pitches.