

## **KSHSAA Pitching Limitations**

<b>Pitches Thrown in a day</b>	<b>Full Days Rest Required</b>
76 to 105	4 Days
61 to 75	3 Days
46 to 60	2 Days
31 to 45	1 Day
1 to 30	0 days

The max # of pitches in a day is 105. A pitcher will be allowed to finish a batter if they reach the max of 105 in the middle of an at bat.

The above pitch count chart applies to all levels of competition

Required rest means calendar days. Throwing 100 pitches on Monday means the required rest period will be Tuesday, Wednesday, Thursday and Friday. The first available day to return to competitive pitching is Saturday.

All pitch count guidelines apply to an individual pitcher on a daily basis. For example, a pitcher could pitch in both games of a double header, not to exceed 105 pitches. The total number of pitches the pitcher throws that day will determine the pitcher's days of rest that must follow the double header

Number of pitches are competitive pitches only. Warmup or bullpen pitches do not count.