

# SCHSL Pitch Limits

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	91-110

## Notes on pitching guidelines:

1. The limits are enforced at the level the athlete pitches. Limits are per day, not per game.  
**Note: 7<sup>th</sup> and 8<sup>th</sup> 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.