

# NMAA Pitching Regulations – State Tournament



## **Bylaw 7.12.1.D**

1. At the varsity level, a pitcher may throw 120 pitches in any three-day period. At the sub-varsity level, a pitcher may throw 105 pitches in any three-day period. The pitcher will be allowed to finish a batter if they hit the maximum limit (120 in varsity, 105 in sub-varsity) during an at-bat, but must exit the game after the batter.

Note – Once a player exceeds the maximum daily pitch count threshold, that player is considered ineligible to pitch, and if used as pitcher once ineligible, the game must be forfeited by the team in violation of these regulations. The school and/or head coach will also be subject to additional sanctions as determined by the Executive Director.

## 2. Required Rest Periods

Pitches	Required Rest
91+	4 Calendar Days
61-90	3 Calendar Days
41-60	1 Calendar Day
0-40	0 Calendar Days

Calendar day = If a pitcher throws 85 pitches on Tuesday, that player cannot pitch again until Saturday (3 required calendar days of rest).

Note – If a player pitches on consecutive days and accumulates more than 60 pitches total during those two days, the cumulative pitch count must be used to calculate the required rest period. If a player pitches on two consecutive days and is eligible to pitch a third consecutive day, the maximum number of pitches allowed on day three will be 60. The pitcher will be allowed to finish a batter if they hit this maximum limit during an at bat, but must exit the game after the batter.

## **Additional State Tournament Pitch Count Info**

Coaches are still responsible for the tracking & posting of pitch counts for each player that pitches during state tournament contests. For the quarterfinal-final (semi/final for 1A) round matchups, the NMAA's official scorer will also keep track of this information. The Field Manager or Site Director representing the NMAA will work with the coaching staff and official scorer during & after each contest to ensure accurate pitch counts are recorded for each player. If coaches have questions about the pitch count at any other point throughout the game, they should contact the Field Manager who can then visit with the official scorer. Note that although tournament staff will work with the coaches throughout each contest, the final count used for each player will be that which is tracked by the official scorer.

Additional information (Q & As) regarding pitch counts can be found in the NMAA's full pitching regulation document which can be accessed from the baseball page of the NMAA website at the following link:

[https://www.nmact.org/files/NMAA\\_Baseball\\_HS\\_Pitching\\_Restrictions.pdf](https://www.nmact.org/files/NMAA_Baseball_HS_Pitching_Restrictions.pdf)