

PITCHING LIMITATION RULE

Each individual is limited on the number of pitches thrown on a given day. The chart below shows how many pitches an individual can throw on a particular day and the number of days of rest required after throwing a specific number of pitches.

	<u>10th-12th Graders</u>	<u>8th-9th Graders</u>
No Rest.....	1-25.....	1-25.....
1 Day.....	26-40.....	26-40.....
2 Days.....	41-65.....	41-65.....
3 Days.....	66-90.....	66-90.....
4 Days.....	91-110.....	>90*

****More than 90 pitches allowed only if finishing pitching to a batter***

When the pitcher reaches his daily maximum, he may not pitch to another batter. He may only finish pitching to the current batter.

If an individual were to pitch on consecutive days, the two or more-day total would determine how many days of rest would be required before the individual could return to pitch. The consecutive day total cannot exceed 110 pitches for 10th-12 graders and 90 pitches for 8th and 9th graders (soft-cap).

If an individual were to throw 40 or fewer pitches in game one of a doubleheader, he may return to pitch in game two, up to 110 pitches for the day. If an individual were to throw more than 40 pitches in game one of a doubleheader, he would be ineligible to pitch in game two. An individual can return to pitch in the same game if he had pitched earlier in the contests.

An adult designee from each team approved by the school will confirm the pitch count of each pitcher at the completion of each inning. If there is a discrepancy that cannot be worked out, the home scorebook/count will be considered the official count.

TO THE COACH:

Write your starting line-up & all eligible substitutions on inside and present at pregame conference.

TO THE UMPIRE-IN-CHIEF:

1. When receiving starting line-ups from each coach, check to see that ONLY nine players (10 players if DH) are listed with their respective positions and all substitutes.
2. Keep a record of the inning in which a charged conference occurs and inform the coach of any charged conferences.

SCHOOL NAME _____ H OR V

OFFICIAL BASEBALL LINE-UP CARD



**IOWA HIGH SCHOOL
ATHLETIC ASSOCIATION**

OFFICIAL STARTING LINE-UP

#	TEAM	DATE			RE	POS
		SITE				
	Sub.					
	Sub.					
	Sub.					
	Sub.					
	Sub.					
	Sub.					
	Sub.					
	Sub.					
	Sub.					
	Sub.					
	Sub.					
	Sub.					

CHARGED CONFERENCES:
In which inning?
Offensive Conference:

Defensive Conferences:			1st	2nd	3rd	4th

#	Eligible Substitutes	POSITION

COACHES: _____ #
 _____ #
 _____ #

WARNINGS

TEAM: _____
 PLAYER: _____
 COACH: _____
 RESTRICTED / INNING: _____