



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Baseball-Coach and AD Memo #8

June 19, 2026

1. National Anthem Standoff:

The standing and singing of the national anthem is a valued tradition that is held prior to sporting events. Staring down an opponent after the national anthem, trying to intimidate them or refusing to leave the respective foul line before the other team departs is not consistent with the mission of education-based athletics. Coaches are the closest role models to these students and are held accountable for the behavior of their players as they represent their school and community. If those actions are not representative of high school sports and what they stand for, then corrective measures should take place.

2. Iowa High School Baseball Coaches Association

As we move closer to the postseason, coaches are encouraged to pay close attention to important information communicated by the IHSBCA. Their website [Iowa High School Baseball Coaches Association](#) is a valuable resource, for those who are not currently members, additional information about the association and membership opportunities can be found [HERE](#).

3. Bound Stats

1A and 2A schools please have your game Stats through Saturday June 20th entered by 8 AM on Monday June so your team can be properly evaluated for their post-season assignment.

3A and 4A schools please have your game Stats through Saturday June 27th entered by 8 AM so your team can be properly evaluated for their post-season assignment.

4. Postseason Manual

To ensure everyone is familiar with the IHSAA postseason procedures as we head into postseason play, please review our [2026 Baseball Postseason Manual](#).

5. Post-Season Release Date

Class 1A/2A will be released the week (mid week) of June 22nd

Class 3A/4A will be released the week (mid week) of June 29th

6. Pitch Count Forms

I have received reports that many schools and individuals are not using the required [Pitch Count Form](#). This is unacceptable. The Pitch Count Form is **mandatory** and must be used at all levels within your high school program without exception. All forms must be completed accurately, signed, and properly maintained. Failure to do so places your program at risk. In at least one instance, the proper use of the pitch count form prevented a team from committing a pitch count violation. Attention **to detail is not optional—details matter.**

7. Pitch Count Violations

Thank you all for your diligence so far this season in tracking and entering pitch counts. I know most of violations were not intentional; however, they are preventable. Please use [Pitch Count Spreadsheets](#) to track your staff's usage. As a reminder, this responsibility lies with you as the Head Coach not the umpires. **As we continue to see an increase in makeup games, the consecutive-day allowance is the area that seems to create the most issues.** Below is some guidance pulled from the regular season manual that may be helpful.

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.

An upperclassmen pitcher throws 12 pitches on Tuesday. How many pitches can he throw on Wednesday? He can throw 98 pitches on Wednesday. He is now required to rest for four (4) calendar days. He cannot pitch again until the following Monday.

An upperclassmen pitcher throws 12 pitches on Tuesday and throws 12 pitches on Wednesday. How many pitches can he throw on Thursday? He can throw 86 pitches on Thursday. He is now required to rest for four (4) calendar days. He cannot pitch again until the following Tuesday.