



Baseball Pitch Count Rule

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The Augusta-Aiken Middle School League has adopted the following policies in response to concerns regarding student safety expressed locally and nationally concerning arm injuries and overuse. The National Federation has required each state association to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so.

Daily Max Pitches in a Game - 75

Days of Rest:

- 1- 20 Pitches - 0 Days
- 21-35 pitches - 1 Day Rest
- 36-50 pitches - 2 Days Rest
- 51-65 pitches - 3 Days Rest
- 66-75 pitches - 4 Days Rest

AAMSL Pitching Limitation Rule

This rule applies to **all games**, including **scrimmages, regular season, non-league games, and postseason play**. It is based on the number of pitches thrown **in a single day** with the following guidelines:

1. What Counts as a Pitch?

- Every pitch thrown in a game counts toward the total, including:
 - **Strikes (including foul balls)**
 - **Balls**
 - **Balls put in play**
 - **Outs recorded**

2. Maximum Pitch Count & Finishing an At-Bat

- **75 pitches is the daily limit.**
- If a pitcher reaches **75 pitches in the middle of an at-bat**, they may finish the current batter before being removed.
- **Rest rules apply at all pitch count thresholds.**
 - Example: If a pitcher is at **50 pitches** in an at-bat, the coach has two options:
 - **Remove the pitcher** to keep them under 51 pitches and avoid a **mandatory 3-day rest**.
 - **Let them continue**, but if they throw just **one more pitch (51st)**, they now require **3 days of rest**.

3. Warm-Up Pitches

- **Warm-up pitches before each inning are allowed** and do **not count** against the pitch limit.



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- **Warm-up pitches granted by the umpire due to an injury or game delay also do not count.**

4. Pitching on Consecutive Days

- If a pitcher throws **on back-to-back days**, the **total number of pitches thrown over those two days** determines the required rest.
 - **Example:** A pitcher throws **22 pitches on Monday** and **25 on Tuesday** (total: **47**).
 - Since the total is under **50**, they need **2 days of rest** before pitching again.

5. Definition of a “Day’s Rest”

- **A day’s rest is a full calendar day.**
 - **Example:** A pitcher throws **65 pitches on Monday**.
 - They require **3 full days of rest** (**Tuesday, Wednesday, and Thursday**).
 - They **can pitch again on Friday**.

6. Violations & Penalties

- If a team violates this rule:
 - The pitcher is considered **ineligible**, and the game is **forfeited**.
 - The **Head Coach is suspended for the next game**.

7. Pitching at Multiple Levels

- If a pitcher competes at **multiple levels**, the **most restrictive rule applies**.

8. Doubleheaders (DH) Rule

- If a pitcher throws **31 or more pitches in Game 1** of a doubleheader, they **are not allowed to pitch in Game 2**.

This rule is designed to protect pitchers from overuse and ensure fair play across all AAMSL games.

Designated Pitch Count Recorder

1. Each school shall name a “Designated Pitch Count Recorder” (DPCR).
2. During the game, pitch counts will be recorded by the DPCR and are to be reviewed by both DPCRs between innings.
3. In case of a discrepancy, the pitch count of that pitcher’s DPCR shall be official.
4. A protest over a discrepancy in pitch counts alleged in a later inning from a previous inning will not be permitted due to the end of an inning verification.
5. At the game’s conclusion, the AAMSL Pitch Count Form will be signed by both DPCRs.



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6. Schools are responsible for maintaining every pitch chart form until the season is complete.
7. AAMSL may request a Pitch Count Form at any point during the season and the school shall comply with the request within 24 hours.