



Baseball Pitch Count Rule

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

The AAMSL Pitching Limitation Rule (for all play including scrimmages, regular season, and all rounds of the postseason) is based on the number of pitches thrown in a day with the following provisions:

1. The pitch count is based on pitches thrown for strikes (including all foul balls; balls, balls in play, and outs.
2. A pitcher who reaches the pitch count in the middle of an "at-bat" will be allowed to finish that hitter.
3. Warm-up pitches allowed before each inning and warm-up pitches allowed by the umpire in case of injury or game delay **do not** count against the limit.
4. If a pitcher throws on consecutive days, his cumulative total of pitches for those two days will determine the number of days rest required.

Example: A pitcher throws 22 pitches on Monday and throws 25 pitches on Tuesday has thrown a total of 47 pitches. He will need two (2) days of rest.

5. A day's 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 three (3) days' rest (Tuesday, Wednesday, and Thursday). He would be eligible to pitch again on Friday.

6. If this rule is violated, the pitcher is considered an ineligible player and the game will be forfeited. The Head Coach shall be suspended for the next game.
7. For pitchers pitching multiple levels, the most restrictive rule shall apply when there is conflict.
8. DH: if a pitcher throws 31 pitches or more in game one of a doubleheader then he is prohibited to pitch in game two.

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



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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.
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.