

State by State Pitching Restrictions

(These restrictions were submitted by the respective state associations)

Alabama

(A) Pitching limitations apply for all regular season, tournament and playoff games and any violation of the following limitations will result in the forfeiture of the game and a fine of \$250:

(1) A player may pitch in a maximum of 14 innings per week (Sunday through Saturday for regular season, tournament and playoff games).

(2) A player may pitch in a maximum of seven innings in one day or over two consecutive calendar days, after which three consecutive calendar days of rest are required before being eligible to pitch again. A player's eligibility to pitch is not determined by the number of hours between pitching appearances.

Exception: The pitcher of record in a game tied at the end of regulation play may continue to pitch in that game on that day provided his total number of innings pitched for that day or for two consecutive days does not exceed 10 and his total number of innings pitched for that week does not exceed 14. If the game suspended at the end of regulation play is continued on the next day or another day, the pitcher of record at the time of suspension may not continue to pitch if his total number of innings pitched has reached seven on the day of suspension or over two consecutive calendar days. (Note: Under no circumstances can a player pitch in more than 10 innings on any one day or over two consecutive days nor in more than 14 innings in one week.)

(3) A player may make two pitching appearances in one day or over two consecutive calendar days, after which three consecutive calendar days of rest are required before being eligible to pitch again. A player's eligibility to pitch is not determined by the number of hours between pitching appearances.

(Note: An appearance is an official participation as a pitcher. An appearance is concluded upon the player's removal from the pitcher's position or by the conclusion of the game.)

(4) Innings pitched in a game suspended for any reason will count on a player's pitching record for that day and that week.

(5) One pitch (legal or illegal) thrown in any inning will count as one inning pitched for the player making the pitch. Warm-up throws by a pitcher do not count on a player's record.

(6) The coach of each team will be required to keep written pitching records in his team's scorebook. These records shall always be available for review upon request.

Arizona

12 innings in 36 hours

(After pitching 12 innings, a player may not pitch again for 36 hours - He could pitch 7 innings on Monday, 5 Innings on Tuesday, and then would have to wait until Friday to pitch again. He could also pitch ALL 12 on Monday, and then not pitch again until Thursday).

California

Sections shall adopt the following baseball pitching limitation rule: 30 outs and/or three appearances in a calendar week.

A. The calendar week begins Monday.

B. Innings pitched in a no game (i.e. rainout, power failure, etc.) shall count toward the total.

C. If the 30th out involves a double or triple play, the team will not be penalized.

D. An appearance is defined as a pitcher pitching at least one pitch. If the pitcher is removed from the mound to another position or to the dugout, and later returns to pitch in the same game, the pitcher will be charged with a second appearance.

E. Any violation constitutes a forfeit of the contest.

Colorado

A pitcher may appear in no more than 12 innings in any three consecutive calendar days.

- a. applies to regular season and playoffs
- b. one pitch equals an inning
- c. no exception for extra-inning games.

A pitcher may not appear in more than 70 innings, exclusive of district, regional and state playoff games during the season.

- a. one pitch equals an inning
- b. no exclusion for extra innings

Connecticut

The pitcher may not pitch more than ten (10) innings in any three (3) consecutive calendar days. To determine the eligible number of innings that a pitcher may pitch on game day, total the number of innings pitched during the two previous calendar days and subtract from ten (10). Ten innings are equal to thirty outs.

A pitcher in violation will be ejected for the remainder of the game in which the violation occurs as well as the next entire game. The player ejected as a result of violating this rule is ejected as a player as well and may not participate in any other position until the penalty is fully served. If the violation is discovered after the conclusion of the contest, the player is suspended for the following contest.

Delaware

- A. A player may not pitch in more than 16 innings in any seven calendar day period. Delivery of one pitch constitutes having pitched in an inning.
- B. If a player pitches in three innings or less in a day, no rest is required before he/she pitches again.
- C. If a player pitches in four, five, or six innings in a day, he/she must have two calendar days of rest.
- D. If a player pitches in seven or more innings in a day, he/she must have three calendar days of rest.
- E. This regulation is in effect for both regularly scheduled tournament games and games that were postponed or suspended for any reason. It also applies to any playoff games that are under the jurisdiction of the Committee.

District of Columbia

A pitcher or team member shall not be allowed to pitch more than ten (10) innings in a week (Monday – Saturday).

Florida

A pitcher may not pitch more than 14 innings in a week (Monday through Saturday) and may never pitch more than 10 innings on two consecutive days. A pitcher may pitch a maximum of 10 innings on any one day.

Georgia

GHSA rule allows a pitcher to pitch 10 innings in one day or 14 innings in 4 days.

Hawaii

No rule for regular season. In state tournaments, the following governs:

All pitchers who pitch on the first day will be given a bonus of one (1) to nine (9) outs that may be used only on the fourth day of the tournament. No pitcher will be allowed to pitch more than 39 outs in three consecutive days.

Explanation: In a four-day tournament, a pitcher may pitch a maximum of 48 outs but no more than 39 outs on three consecutive days.

FYI, our tournament is four straight days.

Idaho

A pitcher shall not be permitted to pitch more than a total of seven innings in: (a) one game, (b) in two games the same day, or (c) a total of two games on two consecutive days. In (a), (b), and (c), if the player is the pitcher at the end of the seventh inning in a tie game, he may pitch a total of nine innings.

A player who has pitched (a) a full game, (b) in two games the same day, or (c) a total of two on two consecutive days, must have a full calendar day of rest before pitching again. E.g., A player who pitches a full game on Thursday afternoon the 10th may pitch again Saturday morning the 12th.

A player who has pitched nine innings due to a tie, must have a full calendar day and one-half of rest before pitching again. E.g., A player who pitches a nine inning ball game on Thursday afternoon the 10th may pitch again Saturday afternoon the 12th.

A Pitcher will be credited with one inning pitched:

- When the pitcher appears in said inning and delivers a pitched ball to the batter.
- When the pitcher appears in said inning and an out is recorded to the opponent.
- When the pitcher appears in said inning, assumes a position at the pitchers plate and attempts to throw out a base runner.

The Idaho pitching rules must be observed by Idaho teams even when playing in other states.

Indiana

A pitcher may not pitch in more than ten innings in any three consecutive calendar days. To determine the eligible number of innings for a pitcher on a given day, total the number of innings pitched in during the 2 previous calendar days and subtract from 10. A partial inning pitched must be counted as 1 inning." (IHSAA By-Law 51-4)

Iowa

A. Sixteen innings will be the maximum total number of innings a pitcher may pitch in a given week. (For purpose of reference, Sunday through Saturday is a week.)

B. A pitcher may not pitch more than a total of nine innings in any one day or on two consecutive calendar days. The ninth inning must be followed by two calendar days of rest.

C. If a pitcher pitches on any two consecutive days with the combined total greater than four innings, he will follow with two day, but is not completed until the next day, and is not a suspended game is to be considered played on the original calendar date the game started.

The penalty for violation of the pitching limitation rule will be forfeiture of the contest.

The pitching limitation rule and the penalty for violation is a recommendation of your Baseball Coaches Advisory Committee.

As part of the pitching limitation rule, one pitch constitutes an inning having been pitched. The maximum number of innings a pitcher may pitch in a week is 16.

Kansas

A pitcher shall pitch in only nine innings in any one day, regardless of whether one game or a double header is played. A pitcher is allowed a maximum accumulation of 12 innings during any 48 hour period. If a pitcher throws one ball to a batter it is considered an inning of participation as it relates to this regulation. The 48 hour period starts with the beginning of the game.

Kentucky

- 1) For purposes of this rule, delivery of a minimum of one (1) pitch constitutes having pitched in one inning.
- 2) A pitcher may pitch in a maximum of nine (9) innings in one (1) day, but not more than fifteen (15) innings in any seven (7) day period.
- 3) If a pitcher pitches in three (3) innings to five (5) innings, in one (1) day, that pitcher shall have one (1) calendar day of rest beginning with the day following the first day a pitch is thrown.
- 4) If a pitcher pitches in six (6) innings, that pitcher shall have two (2) calendar days of rest beginning with the day following the first day a pitch is thrown.
- 5) If a pitcher pitches in seven (7) or more innings in one day, that pitcher shall have three (3) calendar days of rest beginning with the day following the first day a pitch is thrown.
- 6) This limitation affects regular season and postseason play.

Louisiana

Louisiana lets the school's principal make the pitching rule for his school.

Maryland

Pitching limitations (penalty for violation – forfeit game in which illegal pitcher was used):

- a. A pitcher may pitch in a maximum of 14 innings in any seven calendar-day period and a maximum of 10 innings within a three calendar-day period. (If a pitcher throws at least one pitch or attempts a play as a pitcher in an inning, it counts as one full inning against his limitation of innings.)
- b. It is the responsibility of the coach to have all pitchers, with their pitching limitations, listed on the line-up cards presented to the umpire and opposing coach at the beginning of the game.
- c. The pitching limitations rule is in continuous effect between the regular season and playoffs.
- d. When a suspended game is made up, the pitching limitations in effect at the time of suspension apply. In addition, current pitching limitations apply at the time of the makeup.

Michigan

A player shall not pitch more than three consecutive days regardless of the outs pitched; and a player shall not pitch for two calendar days following that in which he pitched his 30th out. A student shall participate in no more than two games per school day.

Comments and Interpretations.

1. Regardless of the number of outs pitched, no player shall pitch more than three consecutive days.
2. MHSAA tournament pitching regulations shall not displace regular-season pitching regulations. The "30 out" tournament rule is not automatic unless the player has not pitched for two consecutive calendar days prior to the MHSAA tournament in question.
3. Following the 30th out in any sequence which does not include a two-day rest period, a player shall not pitch for two calendar days.
4. Violations of the 30 out rule are considered the same as a school using an ineligible player. The minimum penalty in this case is forfeiture of the game.
5. At the beginning of each day of competition coaches of teams competing shall exchange up-to-date "rotation" records.
6. Failure to present the up-to-date **Pitching Rotation Record** form will require verification by the violating school athletic director the next school day. If verification is not provided the penalty will be the same as for using an ineligible player.

7. A pitcher is allowed a maximum of 30 outs in each of the following rounds of the baseball tournament: District Quarterfinal Round; District Semifinal and Final Round (if preceded by at least two days rest); Regional Semifinal and Final Round; Quarterfinal Round; Semifinal and Final Round.

Note: If a pitcher exceeds the 30-out limit because a batter hits into a double or triple play, that pitcher shall be credited with 30 outs and removed from the game as a pitcher. The one or two outs beyond the 30 shall not be credited to any pitcher. It is critical to recognize that the Pitching Limitation Rule can be observed in two ways. **First, a player shall qualify for a new set of 30 outs by voluntarily resting two calendar days after pitching less than 30 outs. Secondly, a player shall qualify for a new set of outs following a required rest of two consecutive calendar days after pitching the 30th out.**

Finally, in order to begin a new set of 30 outs, there must be two days of required or voluntary rest, regardless of the number of outs credited to a player. The "three-day period" is interpreted as the most recent three days.

Minnesota

"On any given day or in any three (3) consecutive days, a high school player shall not be permitted to pitch more than a total of 14 innings. Each out shall constitute one-third inning. If a player is striving for a 42nd out and exceeds the limit because of a double or triple play, there shall be no violation. In any game the starting pitcher may return to the mound once in relief, however, if the pitcher is not a starter, the pitcher may make two relief appearances. All games scheduled and played as state under non-League tournaments count toward daily player participation limitations."

Missouri

A pitcher may not pitch in more than 10 innings in 3 days.

Ohio

Pitchers are limited to pitching 10 innings in any 3 day period. Any pitch thrown in an inning is considered a full inning. This rule is in effect for grades 7-12.

Nebraska

In Nebraska, high school pitchers have a limit of 12 innings over a three day period.

Nevada

No more than 33 outs in any four consecutive days.

Note: Four day periods begins a-new on the first day of regional tournament and begins again on the first day of State tournament.

Example:

Tue - 6 complete innings (18 outs)

Wed 3 innings

Thur NONE

Pitcher would be eligible to throw 2 innings (6 outs) on Friday.

If he did throw 2 on Friday, then he would be eligible to throw 6 innings on Saturday. (WED / THUR / FRI / SAT = no more than 11 innings)

New Jersey

A pitcher may not appear as a pitcher again for three (3) calendar days after having pitched six (6) or more innings on any day.

A pitcher may not appear as a pitcher again for two (2) calendar days after having pitched five (5) innings.

A pitcher may not appear as a pitcher in more than a total of ten (10) innings during any (4) calendar day period. This does not set aside 1 or 2 above.

New Mexico

Pitchers may throw a maximum of 12 innings in a 72-hour period, regardless of the length of a game.

In state tournament play, a pitcher may throw a maximum of 12 innings during the first round.

A pitcher may also throw a maximum of 12 innings during the quarterfinals, semifinals, and finals (final 8).

North Carolina

No player may pitch more than 12 innings during any consecutive three-day period, nor may a player make more than four appearances as a pitcher during any three consecutive day period. One pitch constitutes an inning pitched or an appearance.

North Dakota

An individual may pitch a maximum of 14 innings in any seven-day period.

A player may pitch only 12 innings or make only three appearances as a pitcher in a one, two or three consecutive day tournament.

The penalty for violation is; forfeit the game in which the violation occurred and the student who violated must sit out the next regularly scheduled game at that level.

A double or triple play will not cause a pitcher to violate the pitching regulation.

Each pitcher will have a full complement of innings for the region and state tournament providing there is a minimum of four days rest prior to the tournament (pitch on the fifth day).

Pitching innings are counted in thirds.

Oklahoma

A. A pitcher may pitch a full game of any length in a day. If he pitches less than six innings in a game, he may pitch in a second game that day, but he may not pitch more than a total of ten innings in the two games. (NOTE: A pitcher who pitches five innings in the first game and makes an appearance in the second game the same day shall not be eligible the next day.) An appearance during an inning shall count as a full inning. The pitcher taking the mound and the ball becoming live constitutes an appearance. A player who has pitched six innings or more in a day shall not be used as a pitcher the following day. A player who has pitched five (5) innings or less in a day is eligible to pitch the next day, with the same restrictions as a player who had not pitched. (Example: In a double header, a pitcher may go 1-9, 2-8, 3-7, 4-6, 5-5, but cannot go 6-4, 7-3, 8-2, 9-1, in the same day.) A pitcher may not appear in 3 games in any one day.

B. NEXT DAY INTERPRETATION - Next day will begin at daylight the morning following the game and will last until daylight the next day. (EXAMPLE: Game played at 5:15 p.m., Thursday. Pitcher will not be able to throw again until daylight, Saturday.)

C. There will be no change made in the pitching rule and each coach is responsible for knowing the rule. In play-off tournaments, the official scorer should have the coach sign the scorebook at the end of each game if their team will be playing another game in the tournament. Also, the tournament manager shall post a record of all innings pitched the previous day in the press box. This shall be done prior to games the next day. The OSSAA will be the only one who can declare a forfeit. (Regulation) The coach should go directly to the scorer immediately after the game and sign the book before talking to the press or anyone other than his team.

D. The pitching regulations shall apply to regular season games as well as tournaments and any violation of such rule constitutes game forfeiture. (NOTE: The game is a forfeiture at the time of the pitching rule violation. By mutual agreement the game may continue to its normal conclusion with the outcome already decided.)

E. Suspended games. The pitching rule remains intact during a suspended game. "Intact" should be interpreted to mean the pitching rules in effect at the time the game was suspended are continued when the suspended game is continued.

Oregon

1) A pitcher shall not pitch more than 12 innings on three consecutive days.

2) EXAMPLE: If he pitches two innings one day and four innings the second day, he is eligible to pitch only six innings the third day. The number of innings pitched the previous two days must be taken into account in figuring the number of innings he is eligible to pitch on the third day. Participation for any length of time in an inning as pitcher shall count as one inning.

3) The penalty if a baseball player pitches in more than 12 innings in a three-day period is forfeiture of the contest in which the pitcher exceeds his limit.

Pennsylvania

A player may pitch in a maximum of nine (9) innings in one (1) calendar day, but not more than fourteen (14) innings in a Calendar Week (Sunday through Saturday). Delivery of one (1) pitch constitutes having pitched in any inning. If an inning is played in part on two (2) calendar days, delivery of one (1) pitch in that inning in each of those calendar days constitutes having pitched in two (2) innings. If he pitches in three (3) innings or less in one (1) calendar day, no rest is required; however, no player may pitch more than three (3) consecutive three-inning days. If he pitches three (3) consecutive three-inning days, he must have one (1) calendar day of rest. If he pitches in four (4) or five (5) innings in one (1) calendar day, he must have two (2) calendar days of rest. If he pitches in six (6) or more innings in one (1) calendar day, he must have three (3) calendar days of rest.

South Carolina

Pitchers are limited to 10 innings pitched during any 3 consecutive day period. If this rule is violated, the pitcher is considered an ineligible player and the game will be forfeited. One pitch beyond the 10 innings constitutes a violation of this rule. (NOTE: Any portion of an inning pitched constitutes an inning. Ex. One pitch, 1 out, etc. = 1 inning)

Tennessee

No player may pitch more than 10 innings on consecutive days. After one day's rest, a pitcher may again pitch as many as 10 innings on consecutive days. If a player pitched at all in any inning, the inning shall count as one full inning pitched. If a player is pitching in a game that is tied at the end of the regulation play, he may finish such tied game regardless of the number of innings, provided he did not pitch the previous day or in the first game of a double-header on the same day. If a game is called due to weather or any other reason, innings pitched by any player in such game shall count against the pitcher. THIS RULE SHALL APPLY IN REGULAR-SEASON PLAY AND IN ALL TOURNAMENTS.

Texas

A pitcher may pitch one game each day in an unlimited number of innings. If he pitches in more than one game during a day, he will be limited to a total of ten innings each day. It is strongly recommended that a player who has pitched a full game the previous day not be used as a pitcher the following day.

Utah

A player may pitch a maximum of 14 innings per calendar week (Sunday 12:01 am through Saturday 12:00 midnight) regardless of game length and regardless whether the player participates in varsity or sub-varsity games. One pitch constitutes a full inning.

Virginia

A pitcher shall not pitch in more than ten (10) innings in any two consecutive calendar days. Pitching one ball or more in any one inning is considered as having pitched an inning. If a game is called due to weather or any other reason, innings pitched by any player in such game shall be counted. **Exception**-If a player is pitching in a district, region or state tournament game that is tied at the end of regulation play, he may finish such a tie game regardless of the number of innings, provided (1) he did not pitch the previous day or in the first game of a double header on the same day and (2) the tie game does not extend into a subsequent day.

Washington

When a pitcher pitches four (4) innings or more in a contest which began and ended on the same day or in a day, the pitcher shall not pitch again until two (2) calendar days have elapsed. The following examples indicate when a pitcher could pitch: Monday-Thursday, Tuesday-Friday, Wednesday-Saturday, Thursday-Monday, Friday-Monday, Saturday-Tuesday.

One (1) pitch constitutes an inning.

The same rule applies to playoffs as well as to regular season play, and to tied, suspended, discontinued or protested games.

West Virginia

1. If a game is tied at the end of seven (7) innings, any pitcher shall be required to take three (3) calendar days of rest after he has pitched eight (8) to ten (10) innings in that one game.

Note: In the event of a doubleheader, a pitcher MAY NOT pitch more than 7 innings if pitching in both games.

2. Any pitcher shall be required to take two (2) calendar days of rest after he has pitched seven (7) innings in one day or over consecutive days.

Note: a) When the ball becomes live, any substitute pitcher just entering the ball game will be credited with an inning pitched. If it is discovered after the ball becomes live that the player is ineligible to pitch, he must be removed from the game as a pitcher immediately. b) A calendar day refers to sunrise of the following day.

3. If the game is suspended and continued the following day, the same pitcher of record at the point of termination may continue to his limit of seven (7) innings. If the score is tied at that point and he was the pitcher on the previous day, the pitching limit is ten (10) innings.

4. If the suspended game is continued on any other day, the pitching rule will be used without any change.

5. It is the responsibility of each head coach to keep pitching information and records of appearance current and available in case the opponent or WVSSAC requests information. A violation of these provisions shall cause a game to be forfeited, head coach suspended for three (3) games, and the pitcher may not pitch the next three (3) games.

Wisconsin

(1) A pitcher is required to take two calendar days of rest, after pitching a total of seven innings over any three-day period, unless the following additional inning provision applies: A pitcher may pitch three additional consecutive innings for a total of 10 over a three-day period, provided the three additional innings occur during an extra inning period of a game which immediately follows the pitcher's personal seventh inning (including the third out) of that three-day period.

(2) A player who is announced as pitcher uses one inning of his allowed maximum even though he throws only one pitch, issues an intentional walk or picks a runner off base before throwing his first pitch.

(3) The pitching rule applies even though a game is called (ended) by the umpire because of darkness, rain or some other factor before it has become an official game. However the inning in which play was suspended will not need to be counted twice, if the suspended game is continued the same day and/or within three days with no other intervening competition against any other team prior to completion of the suspended game.