

VHSL Baseball Pitching Regulations (Revised 03/11/14)

For the purposes of this rule, delivery of one pitch constitutes having pitched in one inning.

A pitcher may pitch in a maximum of **nine** innings in one day but not more than **fourteen** innings in any seven day consecutive period.

If a pitcher pitches in one inning for four consecutive days that pitcher shall have one calendar day of rest from competition pitching beginning with the day following the fourth consecutive day a pitch is thrown.

If a pitcher pitches in two or three innings in one day that pitcher shall have one calendar day of rest from competition pitching beginning with the day following the first day a pitch is thrown.

If a pitcher pitches **four to seven** innings in one day that pitcher shall have two calendar days of rest from competition pitching beginning with the day following the first day a pitch is thrown. Further restrictions regarding this section include:

- After **two** days of rest a pitcher may pitch a maximum of **two** innings.
- After **three** days of rest a pitcher may pitch a maximum of **three** innings.
- After **four** days of rest a pitcher may pitch to the limit of the rule.

If a pitcher returns to competition pitching prior to receiving the amount of rest required to pitch to the limit of the rule (his full rest cycle), that pitcher shall have one calendar day of rest beginning with the day following the early return to competition pitching. (Emergency Legislation passed 12/04/13)

NOTE: This means if a pitcher returns to the mound after two or three day's rest and pitches one to three innings, that pitcher shall have one calendar day of rest from competition pitching beginning with the day following the first day a pitch is thrown.

If a pitcher pitches in **eight or nine** innings in one day that pitcher shall have three calendar days of rest from competition pitching beginning with the day following the first day a pitch is thrown.

- After **three** days of rest a pitcher may pitch a maximum of **two** innings.
- After **four** days of rest a pitcher may pitch a maximum of **three** innings.
- After **five** days of rest a pitcher may pitch to the limit of the rule.

If a pitcher returns to competition pitching prior to receiving the amount of rest required to pitch to the limit of the rule (his full rest cycle), that pitcher shall have one calendar day of rest beginning with the day following the early return to competition pitching. (Emergency Legislation passed 12/04/13)

NOTE: This means if a pitcher returns to the mound after three or four day's rest and pitches one to three innings, that pitcher shall have one calendar day of rest from competition pitching beginning with the day following the first day a pitch is thrown.

These limitations apply to regular season as well as post season play.

Penalty

Violation of this rule constitutes use of an ineligible and forfeiture of any games in which such violation occurs. Additionally use of an ineligible carries a \$100 fine for the offending school.

Educational Points

The medical community generally uses 10 to 15 as an average of pitches per inning.

A pitcher's pregame, postgame and between appearance programs are critical in development an appropriate pitching program.

Preseason and early season programs should recognize acclimatization, progression of pitches and physical fitness development of the athlete.

Physical development of the player, including age and fitness, should be considered in acclimatization and pitch progression.

Fatigue (including arm, leg, general or a combination) should be strongly considered in the pitching regulation process.

Other suggestions

The current baseball rules clinic should be held face to face so that time may be provided for education of coaches regarding this subject.