



Oregon School Activities Association

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 Wilsonville, OR 97070
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Baseball Pitching Limitation Verification

Pitcher _____

Game Date	Opponent	Pitches Thrown	Days' Rest Required <i>(see chart below)</i>	Coach Signature

DAILY LIMITATION

The maximum number of pitches in a day is 110. Specific rest periods are in place when a pitcher reaches a threshold of pitches thrown in a day. The rest periods required during the regular and postseason are listed below. See OSAA Handbook, Participation Limitations, "Baseball" for additional information.

All levels 110 pitches/day max (Varsity and Sub-Varsity) 1-25 pitches = 0 days' rest (Level Zero) 26-45 pitches = 1 day rest (Level One) 46-60 pitches = 2 days' rest (Level Two) 61-85 pitches = 3 days' rest (Level Three) 86+ pitches = 4 days' rest (Level Four)	Day of Week	Pitches Thrown	Pitches Thrown	Pitches Thrown
	Monday	61-85	61-85	86-110
	Tuesday	Rest	Rest	Rest
	Wednesday	Rest	Rest	Rest
	Thursday	1-25	26-45	Rest
	Friday	Full Eligibility	Rest	1-25
	Saturday		Full Eligibility	Full Eligibility
	Sunday			

ALL VARSITY GAMES MUST BE ENTERED ONTO THE OSAA WEBSITE BY 10AM THE DAY FOLLOWING THE CONTEST.