



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
<i>Monday</i>	<i>61-85</i>	<i>61-85</i>	<i>86-110</i>
<i>Tuesday</i>	<i>Rest</i>	<i>Rest</i>	<i>Rest</i>
<i>Wednesday</i>	<i>Rest</i>	<i>Rest</i>	<i>Rest</i>
<i>Thursday</i>	<i>1-25</i>	<i>26-45</i>	<i>Rest</i>
<i>Friday</i>	<i>Full Eligibility</i>	<i>Rest</i>	<i>1-25</i>
<i>Saturday</i>		<i>Full Eligibility</i>	<i>Full Eligibility</i>
<i>Sunday</i>			

ALL VARSITY GAMES MUST BE ENTERED ONTO THE OSAA WEBSITE PRIOR TO THE NEXT DAYS GAME BEING PLAYED.