



Oregon School Activities Association

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Excerpt from 2022-2023 OSAA Handbook, Participation Limitations

2. **BASEBALL**

(Revised February 2020)

- A. **Team.** A school team shall not play more than 26 games at each level of competition, exclusive of varsity district playoffs and state championships.
- B. **Individual.** A student shall not participate in more than 26 games, exclusive of varsity district playoffs and state championships. A student may participate in only one jamboree.

If a student participates in no more than seven innings on one day at different levels (e.g., four innings junior varsity, three innings varsity), the student is charged with participation in one game. For every additional seven innings played, or portion thereof, the student is charged with an additional game of participation. Participation in two games at the same level in one day counts as two games.

A game that goes into extra innings is considered an extension of the 7th inning and only counts as one inning played.

NOTE: The OSAA pitching limitation, which states that participation for any length of time in an inning as a pitcher shall count as one inning, applies during extra innings.

- C. **Jamboree.** A school may participate in only one jamboree at each level of competition. A jamboree shall include at least three teams and shall not be counted as a contest. Jamborees may be held only on the first playing date and for 30 days thereafter. A jamboree is limited to not more than six innings (three or more teams) and limited to not more than three innings against any school and with each pitcher limited to not more than two innings.

D. **Pitching.**

- 1) A pitcher shall not pitch more than 110 pitches per day. A pitcher will be allowed to finish pitching to a batter if he reaches the daily maximum (110 pitches) during an at-bat, but then must be removed from the mound.
- 2) Pitch Count Limits and Corresponding Days of Rest. It is strongly recommended that once a pitcher is removed from the mound, consideration be given to the throwing requirements of the fielding position he will assume. It is strongly advised that a player does not play the positions of pitcher and catcher in the same game.

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)

EXCEPTION: *If a pitcher had thrown 61-85 pitches (Level Three) the day he last pitched; on his third day of rest he would be eligible to throw a maximum of 45 pitches (Level One). If he threw less than 25 pitches on that third rest day, he would then be eligible to throw the next day with a 110-pitch maximum. If he threw 26-45 pitches on that third rest day, he would need one full day of rest prior to pitching again.

EXCEPTION: *If a pitcher had thrown 86-110 pitches (Level Four) the day he last pitched; on his fourth day of rest he would be eligible to throw a maximum of 25 pitches (Level Zero). Following the 25-pitch day, he would then be eligible to throw the next day with a 110-pitch maximum.

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			

3) **Tracking.** [*\(Baseball Pitch Count – Contest Form\)*](#)

- a) All levels include Varsity, JV, JVII and Frosh. All levels are mandated to track the pitch counts of every pitcher.
 - b) After the game, each team will fill out the OSAA Baseball Pitch Count form with the players' names and numbers from each school that pitched and have the total number of pitches for that game listed. Each coach will sign their own sheet and the other team's sheet to show what the number of pitches were for each player that pitched and that is a confirmation of what pitch count total will be entered into the OSAA website, through your school account.
 - c) Schools are required to enter each player's pitch count on the OSAA website for all levels following each game and by 10am the day following the contest, or the school may be fined, the head coach may be suspended, or the player may be considered an ineligible participant. The home book is official, but it is recommended that opposing teams compare as the game progresses for accuracy. Umpires will not be a part of the process.
- 4) The penalty if a baseball player pitches more than 110 pitches in a day and/or violates the days of rest requirement is forfeiture of the contest in which the pitcher exceeds his limit or violates the requirement.

1. **Q.** How is an intentional base on balls counted in the pitch count policy?
A. A player's pitch count is not affected when issuing an intentional base on balls, unless pitches were actually thrown during the at-bat. The pitch count policy only counts pitches that are actually thrown.
2. **Q.** Is an ambidextrous pitcher allowed to exceed the pitch count limits if he switches to other arm?
A. No. The pitch count limits are in effect for the player, not just one arm or the other.
3. **Q.** What constitutes a pitch?
A. Any throw by the pitcher that moves in the direction of home plate during live ball. Every pitch must be counted, remember to take into account all pitches, including the pitches thrown that a batter fouls off after having two strikes and pitches thrown where an offensive/batter's interference is called. Warm-up pitches are not counted in the pitch count.
4. **Q.** Does the pitching limitation count for the second game of a double header?
A. The policy is based on days, not games. Therefore, a pitcher may pitch in both games of a double header, but the total pitch count for the day will be what is considered when determining the days of rest required. The total number of pitches for the day cannot exceed the 110 pitches.
5. **Q.** Is there a mandatory form that needs to be filled out per game?
A. Yes. Each coach will enter the names, numbers and totals of each pitcher for each game on the OSAA Baseball Pitch Count form. This form needs to be kept for records. Each level needs to keep a form for each game played, Varsity, JV, JVII and Frosh.
6. **Q.** If a pitcher throws 40 pitches and the game is called because of weather, do those pitches count towards that pitcher's pitch count?
A. Yes, every pitch that is thrown needs to be recorded even if the game is postponed or cancelled. Ultimately, each school is responsible for adhering to the pitch count policy.
7. **Q.** Should the opposing teams get together during/after a contest to confirm/agree with the number of pitches thrown by each pitcher?
A. It is highly recommended that the opposing coaches or their adult representative consult with each other at the end of each inning to make sure the number of pitches thrown are consistent between the two scorebooks. In OSAA championship play, the home team will have a third party keep track of both teams pitch counts and provide a total at any point in the game to both teams for any pitcher.

8. Q. Do sub-varsity pitchers need to follow this pitching limitation?
- A. Yes, this policy is for all levels. Schools are mandated to enter pitch counts for pitchers for all levels into the OSAA website, through your school account.
9. Q. May a pitcher who has reached beyond the 25, 45, 60 or 85 pitch thresholds exceed that limit while finishing an at-bat and still be considered within the limit?
- A. No, each pitch beyond the 25, 45, 60 or 85 pitch threshold counts and will push the pitcher into the next level. The only time a pitcher is allowed to finish pitching to a batter without it counting is when they reach the daily maximum of 110 pitches during an at-bat.
10. Q. If a pitcher is throwing during one of the two exceptions; Level Four throwing on day four with a maximum 25 pitch limit or Level Three throwing on day three with a maximum 45 pitch limit and is close to **their** pitch count daily restriction of 25 or 45, can they finish that batter?
- A. No, that would be considered a violation. If a pitcher is coming back to throw a day earlier than their required rest days per the exception they cannot surpass the maximum pitch limit for that exception (25 or 45 pitches). The only time a pitcher is allowed to finish pitching to a batter without it counting is when they reach the daily maximum 110 pitches during an at-bat.