

PART IV – REGULATIONS FOR CONDITIONING WEEK -- DRILLS

REGULATIONS FOR CONDITIONING WEEK FOR BASEBALL PITCHERS

1. The conditioning program is limited to **ten (10)** pitchers and four (4) catchers in grades 9 through 12. This limits the number of participants to fourteen per school with no substitutions for absentees or dropouts allowed. Winter sport athletes still in season are ineligible to take part in this program.
2. Baseball conditioning for pitchers **(10) and catchers (4)** may be conducted for **no more than five (5) days per athlete (Saturday through Friday)** the week prior to the first date for baseball practice as designated by the CIAC.
3. Only one session per day is permitted – the maximum length of the session is one hour and 30 minutes (1-1/2 hours).
4. The program can be conducted indoors or out depending on the weather.
5. Balls, gloves and catcher's protective equipment are the only equipment permitted. (Bats, batting tees, fungos, batting cages, pitching machines, etc., are strictly prohibited.)
6. The program may consist only of warm-ups, stretching, calisthenics, weight training, running, other conditioning exercises and throwing. Throwing is permitted only because it is an important aspect of conditioning the arm.
7. A coach must be present at all conditioning sessions.

NOTE: IT IS A VIOLATION OF CIAC RULES TO ALLOW WORK ON FIELDING, COVERING BASES, PICKOFFS OR ANY OTHER RELATED FUNDAMENTALS, AND THEREFORE, THESE TYPES OF DRILLS ARE STRICTLY PROHIBITED. ALSO IT SHOULD NOT BE USED AS A TRYOUT, AND TEAM CUTS ARE NOT PERMITTED.

Safety Precautions – Catchers should wear full equipment. Do not use anyone to assume a batters position while pitchers are throwing, since although pitching control may be an outcome of the program, it is not a program objective.

Member schools found in violation of the above rules will be subject to disciplinary review by the CIAC Baseball Committee and possible action by the CIAC Board of Control.

Q & A

1. Now that I have 7 days to get 5 days of conditioning in for my pitchers can I bring in 10 varsity pitchers on 4 days and 10 JV/Freshman pitchers for 3 days?
A. No, you cannot substitute players and can **ONLY** bring in 10 total pitchers from your roster.
2. Do I have to bring in all 10 pitchers and 4 catchers during the 5 days I select for conditioning?
A. No, a coach can utilize all 7 days and you are allowed to split the group as long as no one player is there for more than a total of 5 sessions on 5 different days.
3. Can I hold 2 sessions on one day and split my 10 pitchers and 4 catchers in order to work in smaller groups?
A. No, more than one (1) session per day is **NOT** permissible.