

Rationale: The CIAC Baseball committee has been discussing counting pitches in place of our current inning rule for over a year in anticipation of making a change. This past summer the NFHS has mandated changes to rule 6-2-6 stating ***“Each NFHS member state association will be required to develop its own pitching restriction policy based on the number of pitches thrown during a game to afford pitchers a required rest period between pitching appearances”*** for implementation in the spring of 2017. Our research and discussions have led our state baseball committee to propose the following:

1. **CIAC Pitching Limitation Rule** – This Rule should apply to a pitcher regardless of the level at which he is pitching (regular season and championship playoffs) and is based on the number of legal pitches thrown in a game. The pitch count is based on pitches thrown to the batters during their time at bat. Warm-up pitches allowed before each inning and those warm-ups allowed by the umpire in case of injury or game delay do not count. All NFHS substitution and pitching rules must be followed.
 - If a pitcher throws 1-25 pitches in a day, no calendar day of rest is required before pitching again.
 - If a pitcher throws 26-50 pitches in a day, one (1) calendar day of rest must be observed.
 - If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.
 - If a pitcher throws 76-110 pitches in a day, three (3) calendar days of rest must be observed.
 - If a pitcher throws over 110 pitches in a day, five (5) calendar days of rest must be observed.

Note: A calendar day means that if a pitcher throws 76 pitches on Tuesday, that player may not pitch again until Saturday. If they throw 25 pitches on Tuesday, the player may pitch again on the next day which is Wednesday. The starting time of the game does not matter in the calculation of when a pitcher is eligible to pitch again.

2. **Line Up Card** - Prior to each game the coach will list the name(s) on the back of the lineup card of any pitcher who is unavailable to pitch that day as determined by the CIAC Pitching Limitation Rule.
3. **Mechanism for Counting Pitches** – Each school is required to develop a mechanism for accurately counting pitches for their own team.
4. **CIAC Pitching Limitation Rule Penalty** – Is based on the number of pitches thrown in a game. The pitch count is based on legal pitches thrown and the corresponding day(s) of required rest. The use of an ineligible pitcher, one who has violated this rule, shall result in the forfeiture of the game in which the ineligible pitcher participated.

CIAC Pitching Limitation Rule Q & A

1. Q - How do we define a legal pitch?

A - Only legal pitches thrown in a game are counted. A legal pitch is any pitch to a batter in a game that results in a ball, strike (called or swinging), foul ball or fair batted ball. An illegal pitch, a pitch that follows a balk or timeout being called, warm-up pitches, throws when

playing a batted or thrown ball and pick-off throws to a base, are NOT counted under this rule.

2. Q - Does the pitch count need to be kept by an adult?
A - Each school is responsible to work out the mechanics of exactly how pitches will be counted. As long as it is an accurate accounting of pitches thrown it can be anyone.
3. Q - How will pitch counts be reported?
A – Pitch Counts will not be reported by game unless a violation has occurred. The CIAC will request a season ending tally on an excel spread sheet of all pitch counts and associated days of rest to better evaluate this rule.
4. Q - How will a discrepancy be settled if opponents disagree with the count at the end of an inning?
A - Pitch Counts will not be verified with opponents by inning or by game as the count has no bearing on the game being played. The pitch counts will affect the next game on each team's schedule which is why you must list on the back of your lineup card any pitcher unavailable to pitch for the upcoming game.
5. Q - If a pitcher is at one of the threshold numbers like 75 and they are in the middle of a batter can they finish the batter and have their total revert back to the threshold number.
A - No, Any legal pitch thrown is a pitch counted. If a pitcher finishes a batter and is then removed from the game with 77 pitches he must have 3 full days of rest before he can pitch again.
6. Q - Can a pitcher throw more than 110 pitches?
A - Yes, the number of pitches thrown relates to a specific number of days of rest. In Connecticut there is NO maximum pitch count per day because we have faith in our coaches to protect and preserve the safety and welfare of the baseball athletes.
7. Q - Are the pitches counted if it is not a regulation game and declared no game by rule, or in a suspended game that must be continued?
A - Yes. If a game is started and then halted for any reason (weather, darkness, forfeit) a legal pitch thrown is a pitch counted and the corresponding required days of rest will apply. If the game is rescheduled or continued on the very next day, the pitcher may not pitch unless he threw less than 26 pitches during the halted game. If the game is rescheduled or continued at a later date, all pitchers with the required days of rest would be eligible to pitch in that game.
8. Q - Can a pitcher be moved to shortstop or any of the other defensive position and then return to the mound later in the game, or in the 2nd game of a calendar day?
A - Yes. A pitcher that remains in the game, but moves to a different defensive position may again pitch in that game provided the moves comply with the NFHS substitution and charged conference rules. His pitch count would be the total number of pitches thrown. Also, a pitcher may throw in multiple games on a calendar day, but all pitches thrown on that day on any level must be added together in establishing that pitcher's daily number of pitches.

9. Q - Does this rule apply to sub varsity contests?

A – Yes, however schools are always asked to err on the side of caution, and using lower pitch counts or more days of rest is an option you should consider for younger aged athletes.

10. Q - What happens when a pitcher moves between the Varsity and JV team?

A - The number of counted pitches for a pitcher, “stay” with that individual, regardless of the level in which they pitch. For example, if a pitcher throws 76 counted pitches on Monday for the varsity team and moves to the JV team on Wednesday, that pitcher is ineligible to pitch for the JV team (or any team) on Wednesday due to his required 3 days of rest. The first day this pitcher could again pitch at any level would be on Friday.

11. Q - How does the rule work if a school has a pitcher that is ambidextrous?

A - If a pitcher is ambidextrous, the pitch count limitations apply to the individual pitcher, not to the individual arm.