

Sports Medicine

Frequently Asked Questions Regarding OHSAA Baseball Pitch Count Regulations

Due to the high number of pitching related injuries, a state wide pitch count restriction in high school baseball was approved by the Ohio High School Athletic Association Board of Directors. The OHSAA regulation now calls for a maximum pitch per day as well as required days of rest.

Maximum number of pitches thrown daily = 125 Pitches

DAYS OF REST REQUIRED FOR PITCHES THROWN IN A DAY				
0 DAY REST	1 DAY REST	2 DAYS REST	3 DAYS REST	4 DAYS REST
1-30	31-50	36-50	51-75	76+

Can an athlete pitch in both games of a Double Header?

If a pitcher throws at least 31 pitches in a single game, he may not pitch in another game that day.

What happens if an athlete reaches the maximum pitch count while a batter is still at bat?

An athlete may exceed the pitch count to finish pitching only to the current batter.

Does the pitch count need to be reported?

A coach must submit pitcher data at the conclusion of every contest to a designated collection system. Schools are required to keep pitch counts on all pitchers and submit them to the OHSAA upon request.

What happens if an athlete violates the pitch count requirement?

A team will be required to forfeit any wins that occur during a game where the regulation is violated.

What if a game is suspended or interrupted due to weather/darkness?

Any pitches thrown during an interrupted contest must be counted towards the daily pitch count.

Do pitches thrown during scrimmages/previews need to be counted?

Yes, the pitch count regulation must be monitored during all contests.

Nationwide Children's Hospital Sports Medicine specializes in diagnosing and treating sports-related injuries in youth, adolescent, and collegiate athletes. Services are available in multiple locations throughout central Ohio. To make an appointment, call 614-355-6000 or visit our website at www.nationwidechildrens.org/sports-medicine.

