



MHSAA Middle School / Junior High (Grades 6-8) Baseball Pitch Count Limitations

Maximum Daily Pitches- 75	Required Rest
51-75	3 Days of Rest
26-50	2 Days of Rest
25 Pitches or Less	1 Day of Rest

Definitions & Key Terms:

Day of Rest: A calendar day in which a student does not participate in any game on that day as a pitcher (starter or relief pitcher).

Counted Pitch: All regulation pitches that are thrown to a batter that result in a ball, strike (called or swinging), foul ball or fair batted ball put into play are considered a “counted pitch” for purposes of this rule. 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.

Daily Pitches: These are all the counted pitches that are thrown on any given calendar day. If a pitcher participates in multiple games of a doubleheader or tournament on a given calendar day, those counted pitches must be added together in establishing that pitcher’s daily number of pitches.