



Diamond Baseball of Boulder Pitcher Eligibility Tracking Form

Team _____ Head Coach _____

A		B & C	
PITCHES	REQUIRED REST	PITCHES	REQUIRED REST
86-110	3 Days	61-85	3 Days
61-85	2 Days	36-60	2 Days
36-60	1 Day	26-35	1 Day
1-35	0 Days*	1-25	0 Days^

More info

- * - Additionally, no pitcher may throw more than 60 pitches over two days. If they throw 60 pitches in two days there will be one day of required rest.
- ^ - No sub-varsity pitcher can throw more than 35 pitches over two days. That limit will result in one day of mandated rest.
- A pitcher will be allowed to finish a batter if they hit the limit (110 in varsity play; 85 in sub-varsity) during an at bat, but must exit the game after the hitter.
- Each contest must be recorded with the opposing team, noting the names of each pitcher and how many pitches that pitcher threw in the game. This information must be recorded in MaxPreps, along with the result of the contest, within 24 hours of the game. The CHSAA will provide a form that each team can complete to share with their opponents following the game. Note: The CHSAA recommends using Game Changer, as it is a free app for Apple products and can be easily exported into MaxPreps.

Recommendations

The CHSAA Baseball Advisory Committee and the CHSAA Sports Medicine Committee strongly urge coaches to follow these guidelines:

- It is strongly recommended that once a pitcher is removed, consideration be given to what position he is assigned once he is done pitching. Consideration should be given to the throwing requirement of the fielding position once the pitcher vacates the mound.
- Develop a pitching philosophy that includes the instruction in proper throwing mechanics, broadening the number of players who will become pitchers on their staffs, and developing a “work up” plan so that a pitcher is not throwing the maximum allowable pitches from the first day of competition (i.e., no more than 65 pitches in weeks 1-3, no more than 85 in weeks 4-6 to allow for growth and arm strength to develop.
- It is strongly encouraged that schools provide an additional day of rest for those pitchers that throw more than 70 pitches.
- Coaches must be cognizant of each pitcher’s “fatigue threshold” (can be measured by velocity and accuracy among other factors) and adjust pitches to accommodate, learning what constitutes throwing “hurt” and throwing “injured.” Each pitcher will be different in this ability and threshold. In essence, the coach must learn the behaviors of his/her players.
- The two advisory committees also recommend that each school develop a season long pitching limit for each player.

