

DIAA BASEBALL PITCH LIMITS

NFHS Rule 6-2-6: Each state association shall have a pitching restriction policy based on the number of pitches thrown to afford pitchers a required rest period between pitching appearances.

The DIAA Board of Directors has adopted the following pitch limits for both the regular season and state tournament play for **High School**.

Pitches Thrown	Rest Period
1-25	None (no days)
26-50	1 day
51-80	2 days
81-105	3 days

- There is a 105 pitch limit in any one day. The pitcher may finish the batter if the 105 pitch count is reached during the at bat.
- A maximum of 205 pitches may be thrown in a 7 day period.
- There is a maximum of 85 pitches for the first six games of the season. All teams become eligible for the 105 pitch count after one team finishes their sixth contest.
- **DOUBLEHEADERS** A player is ineligible to pitch in the second game of the day if during the first game he does any one of the following:
 1. Throws 25-39 pitches in two (2) consecutive innings, and/or
 2. Throws more than 40 pitches in any one inningThe pitcher starting the second game of the day will be held to the 105 pitch limit. Any pitches thrown during the first game will be counted towards this 105 pitch limit for the day.

The DIAA Board of Directors has adopted the following pitch limits for **Middle School**:

Pitches Thrown	Rest Period
1-20	None (no days)
21-35	1 day
36-50	2 days
51-65	3 days

- There is a 90 pitch limit in any one day. The pitcher may finish the batter if the 90 pitch count is reached during the at bat.
- A maximum of 175 pitches may be thrown in a 7 day period.
- There is a maximum of 70 pitches for the first four games of the season. All teams become eligible for the 90 pitch count after one team finishes their fourth contest.