

DIAA BASEBALL PITCH LIMITS

(revised 4.3.2025)

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

- First six games of the season:
 1. There is a maximum of 85 pitches for the first six games of the season. The pitcher may finish the batter if the pitch count is reached during the at-bat.
 2. A maximum of 165 pitches may be thrown in a 7-day period for the first six games of the season. The pitcher may finish the batter if the weekly cumulative pitch count is reached during the at-bat.
- After one team finishes their sixth contest:
 1. All teams become eligible for the 105-pitch count limit in any one day.
 2. There is a 105-pitch limit in any one day. The pitcher may finish the batter if this pitch count is reached during the at bat.
 3. A maximum of 205 pitches may be thrown in a 7-day period. The pitcher may finish the batter if the weekly cumulative pitch count is reached during the at-bat.
- **DOUBLEHEADERS:**
 1. 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:
 - i. Throws 25-39 pitches in two (2) consecutive innings, and/or
 - ii. Throws more than 40 pitches in any one inning
 2. The 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

- First four (4) games of the season:
 1. There is a 70-pitch limit in any one day for the first four games of the season.
 2. A maximum of 135 pitches may be thrown in a 7-day period. The pitcher may finish the batter if the weekly cumulative pitch count is reached during the at-bat.
- After one team finishes their fourth contest:
 1. All teams become eligible for the 90-pitch count.
 2. There is a 90-pitch limit in any one day. The pitcher may finish the batter if this pitch count is reached during the at-bat.
 3. A maximum of 175 pitches may be thrown in a 7-day period. The pitcher may finish the batter if the weekly cumulative pitch count is reached during the at bat.