



Hawaii High School Athletic Association

-
- P.O. BOX 62029 • HONOLULU, HAWAII 96839 •
 - PHONE: (808) 800-4092
 - www.sportshigh.com • info@hhsaa.org

HHSAA Pitch Count Example

Required Rest based on 2 consecutive day running total				
	0 days	1 day	2 days	3 days
Max 110	1-35	36-60	61-85	86-110

Pitch Count Example Chart					
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
35	0	Restart			
35	1-25	X	Restart		
35	26-50	X	X	Restart	
35	51-75	X	X	X	Restart
60	X	Restart			
85	X	X	Restart		
110	X	X	X	Restart	

- Pitches thrown that day

X - Can't Pitch that day

Restart - Refer back to Day 1 on chart, Pitcher can pitch up to 110.

Regardless of pitch count, no pitcher can pitch in 3 consecutive days