



Hawaii High School Athletic Association

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HHSAA PITCH COUNT RULE

The National Federation of State High School Associations (NFHS) this past July, 2016 has implemented a mandatory pitch count for its state association for the upcoming 2017 season. This was supported by Major League Baseball and USA baseball for making pitcher’s long term health and safety a top priority. Little League baseball and American Legion baseball have adopted similar pitch count rules from Pitch Smart USA baseball. Physicians like James Andrews from the American Sports Medicine Institute and other researchers (Yang, G et al 2014) have found that pitchers that either pitched on consecutive days or pitched on multiple teams or pitched multiple games a day had a 2.5 times greater risk of developing pitching arm related pain during that season.

Therefore, the HHSAA has adopted the following pitch counts for all 2017 pre-season and HHSAA tournament games. For league play, leagues need to either adopt these pitch counts or develop their own pitch counts. However, to have their games sanctioned, all leagues must have a pitch count system in place.

Daily Max 110

	Required Rest			
	0 days	1 day	2 days	3 days
Max 110	1-35	36-60	61-85	86+

- Consecutive day(s) running total shall not exceed the **daily max (110)**.
 - Example 1 - pitcher throws 30 pitches on day 1. On day 2, pitcher can come back and pitch 80 pitches. Pitcher will then need to rest 3 days.
 - Example 2 - pitcher throws 30 pitches on day 1. On day 2, pitcher throws 30 pitches. Pitcher needs to rest 1 day since the consecutive day total is 60.
 - No pitcher shall appear in a game as a pitcher for three consecutive days, regardless of pitch counts.

- Official scorer will be responsible for the official pitch count. Scorer should verify pitch count after every inning.

- The starting time of the game does not matter in the calculation of when a pitcher is eligible to pitch again. Calendar days shall be used. For games that finish after midnight, the starting calendar day shall be used.
 - Example – pitcher throws 61 pitches on a game that begins on Friday, but ends after midnight. Pitcher will be eligible on Monday.

- If a pitcher reaches the daily max threshold while facing a batter, the pitcher may continue to pitch until any one of the following events occur: (1) that batter reaches base; (2) that batter is retired; or (3) the third out is made to complete the half-inning. This only applies to the daily max (not 0-2 day limits).

- Multiple games in one day – a pitcher who has thrown 1-35 pitches is eligible to throw in any subsequent game that day, but will still be limited to the daily max of 110 pitches (combined) on that day. If a pitcher throws more than 35 pitches in the first game, they are not eligible to pitch in a second game that same day.
- Should a team violate the pitch count rule, the head coach shall be ejected and suspended for 1 game. The pitcher shall be removed from the position of pitcher. For purposes of this rule, any violation will not be treated like an unsportsmanlike violation. Leagues may develop their own additional penalties.