

## **ARIZONA PITCH SMART GUIDELINES**

YEAR	MAX PITCH COUNT	REQUIRED REST BASED ON PITCHES THROWN				
		0 DAYS	1 DAY	2 DAYS	3 DAYS	4 DAYS
FRESHMAN	95	1-20	21-35	36-50	51-65	66+
SOPHOMORE	95	1-30	31-45	46-60	61-75	76+
JUNIOR	105	1-30	31-45	46-60	61-75	76+
SENIOR	105	1-30	31-45	46-60	61-75	76+

## **GENERAL EXPECTATIONS**

- Players can begin using breaking pitches after developing consistent fastball and changeup.
- Do not exceed 100 innings pitched in any 12 month period.
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous.
- Make sure to properly warm up before pitching.
- Set and forth pitch-count limits and required rest period.
- Avoid playing for multiple teams at the same time.
- Avoid playing catcher while not pitching.
- Avoid pitching in multiple games on the same day.
- Play other sports during the course of the year.
- Monitor for signs of fatigue.
- A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game.
- Make sure to follow guidelines across leagues, tournaments and showcases.
- Keep track of the amount of pitching throughout the course of the year. Although the safe yearly limit varies from pitcher to pitcher, it is important to remember that overuse injuries are the result of short-term and long-term overuse.

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- During regular season, pitch count limit is determined after each single game appearance.
- Only official game pitches count, this includes foul balls. (all strikes, balls & pitches that result in ball being placed in play).
- Dead ball (Balks and pitches thrown but time has been called) do not count.
- Both coaches will sign off on required paperwork after the game, to verify the pitch counts.
- The home team will be responsible for keeping track of the pitch counts for both teams. The pitch count chart (AIA approved) is recommended to be used. The use of a computer program (Game Changer, etc.) is allowed.
- Coaches are encouraged to consult with each other at the end of each inning, to eliminate issues.
- Rest is defined as not using a pitcher in a contest.

- Rest days are counted for the full day regardless of appearance start time. (ex. Varsity Pitcher throws 95 pitches on Friday – rest days are Saturday, Sunday, Monday and Tuesday. He is eligible to pitch on Wednesday, not Tuesday night.
- Pitchers will be allowed to complete current at-bat even if they hit the pitch count maximum during the at-bat, but must exit as a pitcher after that hitter regardless of recording an out or number of outs in the inning.
- There will NO change to the regulations in post-season play, (i.e.: no increase in pitch count maximum or leeway in rest days).
- Double Headers – In the case of a double header, the second game will not serve as a rest day for pitchers who threw in the first game. However, the pitch count maximum can be split up between both games and the total pitches after the second appearance will determine the rest day period.
- The Pitch Smart Regulations and procedures apply to all levels of play (Freshman, JV and Varsity).
- The official pitch count for each pitcher must be entered into Max Preps. (According to AIA policies for entering game scores).
- Should any dispute arise, the primary source for the final pitch count will be the official scorebook/pitch count of the home team.
- Umpires will NOT have any kind of jurisdiction or involvement in the pitch count.
- Alleged violations of the Pitch Smart Rule, will be handed by the AIA in accordance to the constitution and bylaws

**This is all depending the approval of the Sports Medicine Advisory Committee, AIA Baseball Advisory Committee and the Executive Board of the AIA. (Emergency Legislation 12/5/16)**