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| ***KHSAA-new-logo-notext-189x79*** | **KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION**  **PITCHING LIMITATION VERIFICATION FORM**  *(keep current and in scorebook throughout season and playoffs)* | *KHSAA Form BA101*  *Rev. 06/16* |

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| Opponent | Game Date | Level (MS / F / JV / V) | Jersey Number | Pitcher Name | Pitches Thrown | Days Rest Required (see chart below) | Pitchers Coach Signature | Opposing Coach Signature |
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***Opponent – That Specific Date’s Opponent; Game Date – Current Pitching Date, Level (MS/F/JV/V) – Middle School, Freshman, Junior Varsity or Varsity); Jersey Number*** *- player’s game jersey number;* ***Pitcher Name*** *- player name;* ***Pitches Thrown*** *- Number of pitches thrown on this date, pitches thrown for strikes (including all foul balls); balls; balls in play and outs;* ***Days Rest Required*** *– See chart below.*

**DAILY LIMITATION**

The limit on the number of pitches is based on the level of pitching. Specific rest periods are in place when a pitcher reaches a threshold of pitches delivered in a day. The rest periods required during the regular and postseason are listed below:

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| **VARSITY LEVEL PITCHES THROWN IN ONE DAY** | **REQUIRED REST** |
| Maximum Pitches | 120 |
| 76 pitches or more | Three (3) calendar days of rest |
| 51-75 | Two (2) calendar days of rest |
| 26-50 | One (1) calendar days of rest |
| 1-25 | No mandated rest |

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| **JUNIOR VARSITY/FRESHMAN LEVEL PITCHES THROWN IN ONE DAY** | **REQUIRED REST** |
| Maximum Pitches | 110 |
| 66 pitches or more | Three (3) calendar days of rest |
| 41-65 | Two (2) calendar days of rest |
| 26-40 | One (1) calendar days of rest |
| 1-25 | No mandated rest |

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| **MIDDLE SCHOOL LEVEL RECOMMENDATION PITCHES THROWN IN ONE DAY** | **REQUIRED REST** |
| Maximum Pitches | 85 |
| 56 pitches or more | Three (3) calendar days of rest |
| 36-55 | Two (2) calendar days of rest |
| 20-35 | One (1) calendar days of rest |
| 1-19 | No mandated rest |

By signing below, the individuals certify that the information on this form is complete and accurate.

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| (Coach Signature) |  | Position (Coach) |

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| (Principal/AD Signature) |  | Position |

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