



**KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION
PITCHING LIMITATION VERIFICATION FORM**

*KHSAA Form BA101
Rev. 06/16*

(keep current and in scorebook throughout season and playoffs)

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

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:

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

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

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

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

(Coach Signature)

Position (Coach)

(Principal/AD Signature)

Position

DATE

DATE