



BASEBALL

PITCHING INNING LIMITATION (Effective January 20, 2006)

The following regulations are to be observed in all IESA interscholastic baseball games. National Federation baseball rules will be followed for all interscholastic games unless the IESA Office informs member schools otherwise.

PITCHING LIMITATION RULES

- 1) Sixteen innings will be the maximum total number of innings a pitcher may pitch in a given week. (For purpose of reference, Sunday through Saturday is a week.)
- 2) A pitcher may not pitch more than a total of seven innings in any one day or nine innings on two consecutive days. The ninth inning must be followed by two days of rest.
- 3) If a pitcher pitches on each of two consecutive days with the combined total greater than four innings, then two days of rest must follow.

Coaches, it is your responsibility for making certain that your pitchers are complying with the pitching limitation rules. We hope umpires are aware of the rules in that the rules are on the IESA website and in material mailed to umpires. However, you are the responsible party to make certain that a young man does not violate the pitching limitation rule as it pertains to the number of innings he may pitch in a given week or a given day. Keep good records. Keeping good records of number of innings pitched is certainly the key to alleviate any difficulties with reference to violating the pitching limitation rule. It is not a difficult rule as outlined above and in the illustrations below and, of course, your line-up cards provide space for probable pitchers, uniform number, number of eligible innings remaining in the week, etc. There are a number of examples that follow and your review of those examples would be advantageous to your thorough knowledge of the pitching limitation rule. In summary, the pitching limitation rule is seven innings on any given day or nine innings on two consecutive days, followed with two days rest. If a pitcher pitches more than four innings, up to a maximum of nine innings, on any two consecutive days, he shall follow with two days rest. The maximum number of innings a pitcher may pitch in a week is 16. **NOTE:** As part of the pitching limitation rule, one pitch constitutes one inning being pitched.

Examples:

- a) A pitcher pitches a combined nine innings on Monday and Tuesday. How many days rest are required? Two days rest, meaning Wednesday and Thursday; he may next pitch on Friday.
- b) A pitcher pitches four innings Monday. How many innings can he pitch on Tuesday? He may pitch a maximum of five innings on Tuesday followed by two days rest.
- c) A pitcher pitches three innings Tuesday, two innings Wednesday. He must now follow with two days rest (Thursday and Friday). He can next pitch on Saturday.
- d) A pitcher pitches seven innings on Friday. He may pitch two innings on Saturday which then must be followed with two days rest (Sunday and Monday). He can next pitch on Tuesday.
- e) A pitcher pitches seven innings on Wednesday. When can he pitch again? He can pitch on Thursday for a **maximum** of two innings. He must then follow with two days rest.
- f) A pitcher pitches two innings Thursday and five innings on Friday. He will now follow with two days of rest (Saturday and Sunday). He can next pitch on Monday. Remember, pitching in any combination of innings greater than four innings up to the maximum of nine innings on two consecutive days shall result in two days rest.
- g) A pitcher pitches two innings Monday, Tuesday, Wednesday, and Thursday. Legal: He has pitched 8 of his allowable 16 innings for that week and never pitched more than four innings on any two consecutive days.
- h) A pitcher pitches eight innings Wednesday and one inning Tuesday. This is illegal. Seven innings is the maximum that can be pitched in one day. Both games in which the pitcher pitched would be declared forfeits and the coach would serve a two game suspension for allowing the pitcher to exceed the individual limitations.
- i) A pitcher pitches seven innings on Monday; does not pitch on Tuesday, and wants to pitch on Wednesday. How many innings can he pitch on Wednesday? He can pitch the maximum of seven innings on Wednesday. If he throws seven innings on Wednesday, he would have two innings left for the rest of week.
- j) We have a doubleheader scheduled for Saturday. Can my pitcher throw six innings in the first game and one inning in the second game? Yes, provided he has seven innings of eligibility that day. Prior to 2006, a pitcher could not pitch in the second game if he pitched more than four innings in the first game.
- k) Because of rain the sectional game scheduled for Saturday is played on the Monday prior to the state final tournament and a pitcher pitches seven innings in the contest. How many innings is he eligible to pitch during the Friday-Saturday finals? He could pitch nine innings during the finals, assuming it is held on Friday and Saturday.

Note: The **starting** pitcher if removed from the mound can return **once per game** to the pitching position. The maximum inning limitation of seven in a day still applies. Relief pitchers do not have the opportunity to return to the mound once they have been removed from the game.