

IESA PITCH COUNT LIMITATIONS---REGULAR SEASON AND STATE SERIES

PITCH COUNT PER DAY	REQUIRED DAYS OF REST	MAXIMUM NUMBER OF PITCHES ON NEXT APPEARANCE	NEXT APPEARANCE CAP Note: Pitch count caps are soft, meaning that the pitcher will be afforded the opportunity to finish the at bat if the maximum is reached in the middle of an at-bat.
1-20	0 days	70 pitches	A pitcher who throws 1-20 pitches may pitch on two consecutive days without rest. The maximum number of pitches that can be thrown on the second day is 70. A pitcher who throws on two consecutive days must rest for one day.
21-35	1	Up to 90	A pitcher who throws 21-35 pitches must rest for one day. After one day of rest, the pitcher is eligible to pitch to a cap of 90 pitches.
36-50	2	Up to 90	A pitcher who throws 36-50 pitches must rest for two days. After two days of rest, the pitcher is eligible to pitch to a cap of 90 pitches.
51-65	3	Up to 90	A pitcher who throws 51-65 pitches must rest for three days. After three days of rest, the pitcher is eligible to pitch to a cap of 90 pitches.
66-90	4	Up to 90	A pitcher who throws 66-90 pitches must rest for four days. After four days of rest, the pitcher is eligible to pitch to a cap of 90 pitches.