



Alaska School Activities Association  
 4048 Laurel St, Ste 203 Anchorage, AK 99508  
[www.asaa.org](http://www.asaa.org) (907-375-4400)

## BASEBALL PITCH LIMIT VERIFICATION FORM

Pitcher: \_\_\_\_\_

Game Date	Opponent	Pitches Thrown	Required Rest Days	Coach Signature

**Daily Limitations**

The maximum number of pitches thrown in a day is 120\* (allowed to finish the at bat during the highest pitch count). Specific rest periods are in place when a pitcher reaches a threshold of pitches thrown in one day. The rest periods required during the regular and postseason are listed below.

All levels of High School play ( <b>Early Season</b> )	
Number of Pitches	Days of Required Rest
1-25	0
26-45	1
46-65	2
66-85	3
86-100*	4

All levels of High School play ( <b>Late Season</b> )	
Number of Pitches	Days of Required Rest
1-30	0
31-55	1
56-80	2
81-105	3
106-120*	4