Alaska School Activities Association
4048 Laurel St. #203 Anchorage, AK 99508

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Pitching Limit Verification

Pitcher _____

Game Date	Opponent	Pitches Thrown	Days' Rest Required (see chart below)	Coach Signature

DAILY LIMITATION

The maximum number of pitches in a day is 120. Specific rest periods are in place when a pitcher reaches a threshold of pitches thrown in a day. The rest periods required during the regular and postseason are listed below.

All levels 120 pitches/day max (Varsity and Jr. Varsity)

1-30 pitches = 0 days rest

31-55 pitches = 1 day rest

56-80 pitches = 2 days rest

81-105 pitches = 3 days rest

106-120 pitches = 4 days rest