



Oregon School Activities Association

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Baseball Pitching Limitation Verification

Pitcher _____

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

DAILY LIMITATION

The maximum number of pitches in a day is 110. 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. *See OSAA Handbook, Participation Limitations, "Baseball" for additional information.*

All levels 110 pitches/day max (Varsity and Sub-Varsity)	
1-25 pitches = 0 days' rest	(Level Zero)
26-45 pitches = 1 day rest	(Level One)
46-60 pitches = 2 days' rest	(Level Two)
61-85 pitches = 3 days' rest	(Level Three)
86+ pitches = 4 days' rest	(Level Four)

Day of Week	Pitches Thrown	Pitches Thrown	Pitches Thrown	Pitches Thrown	Pitches Thrown
Monday	1-25	26-45	61-85	61-85	86-110
Tuesday	Full Eligibility	Rest	Rest	Rest	Rest
Wednesday	1-25	Full Eligibility	Rest	Rest	Rest
Thursday	Full Eligibility	26-45	1-25	26-45	Rest
Friday		Rest	Full Eligibility	Rest	1-25
Saturday		Full Eligibility		Full Eligibility	Full Eligibility
Sunday					

ALL LEVELS (VARSITY, JV, JVII, FROSH) GAMES MUST BE ENTERED ONTO THE OSAA WEBSITE BY 10AM THE DAY FOLLOWING THE CONTEST.