



Oregon School Activities Association

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 Wilsonville, OR 97070
 503.682.6722 http://www.osaa.org



Baseball Pitch Count - Contest

Date _____ Location _____ Level (circle one) Varsity JV JVII Frosh

Visiting Team _____ Home Team _____

Visiting Team Pitchers Names

1	2	3	4	5	6	7	8	9	Total

Home Team Pitchers Names

1	2	3	4	5	6	7	8	9	Total

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, JV, JVII, FROSH)

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.