NORTH BAY LEAGUE BASEBALL PITCHING LIMITATION VERIFICATION FORM

(Keep current and in scorebook throughout season and playoffs)

Opponent	Game date	Level V/JV/F	Jersey Number	Pitcher Name	Pitches thrown	Days rest required	Home Coach signature	Visiting coach signature

PITCHING LIMITATION RULE—30 OUTS

The pitching limitation rule is 30 outs and/or three (3) appearances in a calendar week through the season.

a. The calendar week begins on Monday.
b. Innings pitched in a no game (i.e., rainout, power failure, etc.) shall count toward the total.
c. If the 30th out involves a double or triple play, the team will not be penalized.
d. An appearance is defined as a pitcher pitching at least one (1 pitch. If a pitcher is removed from the mound to another position or to the dugout and later returns to pitch in the same game, the pitcher will be charged with a second appearance.
e. Any violation constitutes a forfeit of the contest.

PITCHING LIMITATION RULE—PITCH COUNT

a. A pitcher may finish the current batter if the Maximum Contest Pitch Limit is reached during that at-bat.
b. Pitches thrown and appearances made in a no game (i.e., rainout, power failure, etc.) shall count toward the total.
c. At the end of each half inning, the head coachers will confirm and both team books will record the pitch count for all pitches who threw a pitch in that half inning. In the case of a discrepancy, the home book is considered the official book.
d. Each school must keep a record of all pitches thrown by each of their players in each game and make this available to the North Coast Section upon request.
e. Any violation constitutes a forfeit of the contest.

PITCH COUNT LIMITS AND REQUIRED REST:

Level	**Max. Contest Pitch Limit**	**0 Days Rest Required**	**1 Day Rest Required**	**2 Days Rest Required**	**3 Days Rest Required**
Varsity	110 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches
Freshman; F/S; JV	90 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches