

OHSAA Changes Baseball Pitch Count Rule to Daily Limit of 125

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COLUMMBUS, OHIO – The OHSAA Board of Directors approved a change to its baseball pitch count regulation on Thursday.

This follows an order from the National Federation of State High School Association (NFHS) requiring each state to set a pitch count limit instead of a regulation based on innings pitched over a certain number of days. Before Thursday’s change, OHSAA allowed pitchers to pitch up to 10 innings in a three-day span.

“Our initial goal was to meet the requirement of the NFHS rule that now requires individual states to create their own pitch count limitations,” stated Assistant Commissioner Jerry Snodgrass, who is the baseball administrator of the OHSAA.

“After assembling a group representing the necessary stakeholders, including a member of our Sports Medicine Advisory Committee, we have met that goal. We will continue to look at further ways in which these limitations will affect teams as well as providing adequate education for our coaches and those in non-school baseball.”

OHSAA’s pitch count regulation calls for a maximum of 125 pitches permitted each day.

Number of Days Between Pitching Appearances After Pitching

1-30 Pitches	0 days
31-50 Pitches	1 day
51-75 Pitches	2 days
76 or more Pitches	3 days