

Required Days of Rest	Number of Pitches-varsity	Number of Pitches-lower levels
0	1-30	1-25
1	31-50	26-35
2	51-75	36-60
3	76- 105*	61-85
Daily Max	105	85

- Once the limit is reached a pitcher may finish pitching to that batter
- One day of rest is required if pitcher pitches two straight days.
- Days of rest are measured in calendar days, not 24-hour periods. If a player throws 55 pitches on Monday, they are not able to pitch on either Tuesday or Wednesday but could pitch again anytime on Thursday.
- Only pitches thrown to a batter count toward the pitch count.
- When pitching below the varsity level, those pitch counts apply. The pitcher must meet the rest requirements for that level before pitching at the varsity level. When pitching at the varsity level those pitch count rules apply. The player must then meet those rest requirements before pitching at a lower level.

*The maximum is extended to 115 once Section Playoffs begin.