CHSAA Form BA101
Rev. 02/16

COLORADO HIGH SCHOOL AACTIVITIES ASSOCIATION
PITCHING LIMITATION VERIFICATION FORM

(keep current and in scorebook throughout season and playoffs)

Opponent	Game Date	Level (MS / F / JV / V)	Jersey Number	Pitcher Name	Pitches Thrown	Days Rest Required (see chart below)	Pitchers Coach Signature	Opposing Coach Signature

Opponent – That Specific Date's Opponent; Game Date – Current Pitching Date, Level (MS/F/JV/V) – Middle School, Freshman, Junior Varsity or Varsity); Jersey Number *- player's game jersey number;* ***Pitcher Name*** *- player name;* ***Pitches Thrown*** *- Number of pitches thrown on this date, pitches thrown for strikes (including all foul balls); balls; balls in play and outs;* ***Days Rest Required*** *– See chart below.*

DAILY LIMITATION

The limit on the number of pitches is based on the level of pitching. Specific rest periods are in place when a pitcher reaches a threshold of pitches delivered in a day. The rest periods required during the regular and postseason are listed below:

VARSITY LEVEL PITCHES THROWN IN ONE DAY	**REQUIRED REST**
Maximum Pitches	110
86 pitches or more	Three (3) calendar days of rest
61-85	Two (2) calendar days of rest
36-60	One (1) calendar days of rest
1-25	No mandated rest

ALL SUB-VARSITY LEVELS - PITCHES THROWN IN ONE DAY	**REQUIRED REST**
Maximum Pitches	85
61-85	Three (3) calendar days of rest
36-60	Two (2) calendar days of rest
26-35	One (1) calendar days of rest
1-25	No mandated rest

By signing below, the individuals certify that the information on this form is complete and accurate.

(Coach Signature)	Position (Coach)
(Principal/AD Signature)	Position
DATE	DATE

ALL GAMES MUST BE ENTERED INTO MAXPREPS WITHIN 24 HOURS OF THE GAME BEING PLAYED.