

2025-26 MHSА Pitch Count Rules

1. During the first five weeks of play, no pitcher may throw more than 88 pitches in a game or day if the team is playing a doubleheader. A pitcher will be allowed to finish a batter, **only when they hit the maximum limit (88 in varsity/sub-varsity play) during an at-bat, but must exit the position after the hitter.**
2. After the first five weeks, no pitcher may throw more than 110 pitches in a game or day if the team is playing a doubleheader. A pitcher will be allowed to finish a batter, **only when they hit the maximum limit (110 in varsity/sub-varsity play) during an at-bat, but must exit the position after the hitter.**
3. A pitcher cannot throw three consecutive days no matter how many pitches they have combined to throw the previous two days.
4. No varsity/sub-varsity pitcher can throw more than 100 pitches over two consecutive days. That limit will result in three days of mandated rest.
5. Starting with the first day of practice, pitchers cannot throw more than the amount listed on the charts below. This will be for the first 5 weeks of practice and games. **After the first 5 weeks of practice, pitchers will use the second chart for the remainder of the season including the postseason.**

Varsity and Sub-Varsity – First Five Weeks

Pitches	Required Rest
75-88	4 Days
60-74	3 Days
45-59	2 Day
29-44	1 Day
1-28	0 Days

Varsity and Sub-Varsity- Starting April 20, 2026

Pitches	Required Rest
91-110	4 Days
71-90	3 Days
51-70	2 Day
31-50	1 Day
1-30	0 Days

***Required Days rest is a complete calendar day**

EXAMPLE: (after the 5th week of practice) If a Varsity pitcher throws 91 or more pitches on Thursday, they would be able to pitch again on the following Tuesday. Resting on Friday, Saturday, Sunday and Monday.

The Montana pitching rules must be observed by Montana teams even when playing in other states.

6. If a school/pitcher violates the pitching rules, the game in which the violation occurred will result in a forfeit.
7. During each contest, the home team hosts the official book. A record of pitches should be recorded with the opposing team after each full inning. Verification of all pitchers and pitches thrown should be agreed on by both teams after each game.
8. Each school will use GameChanger to record their own team's total pitches of each game.