



"Be The Referee" is a series of one-minute messages designed to help educate people on the rules of different sports, to help them better understand the art of officiating, and to recruit officials. "Be The Referee" features MHSAA Assistant Director Mark Uyl's insights on officiating.

## **Baseball Pitch Counts**

One of the big health and safety issues right now in the athletic world deals in the sport of baseball – and that's the arm care restrictions for pitchers.

For many years, the MHSAA has had an innings limitations rule. In other words, once a pitcher reached 30 outs over a period of days, that pitcher had to have a mandatory rest period.

Much of the most recent research now points towards most states having some sort of a pitch count limitation. This work has been supported by a blue-ribbon panel sponsored by Major League Baseball and USA Baseball, that has looked at the science, and the push now is for pitch counts versus inning limitations.

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