

32.10.1.1 Any player listed in the lineup defensively as the pitcher or catcher at the end of the previous half inning, or listed as starting pitcher or catcher in the top half of the first inning, may be replaced by a courtesy runner once becoming a base runner. All other NFHS Courtesy Runner Rules apply.

32.10.2 **NFHS RULE EXCEPTION - EXTRA HITTER:** A sub-varsity Baseball team will be allowed to add an extra hitter (EH) to its lineup.

32.61.0 MIDDLE LEVEL SCHOOL BASEBALL

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 Weeks	7	10 + Jamboree for 7 th or 8 th Grade Teams 10 + Jamboree for 7 th or 8 th Graders on 9 th Grade Teams 12 + Jamboree for 9 th Grade Teams

32.62.0 SEASON: The starting date is determined by each League but no middle level season may start before the date established for high school fall sports and may not exceed 12 weeks.

32.63.0 JAMBOREE: A Baseball jamboree is an abbreviated contest during which not more than six innings per team and/or six innings per player may be played. A jamboree could be held after **five** practices have been completed. All [General Jamboree Rules](#) also apply.

32.64.0 PLAYER LIMITATION: A player shall participate in no more than three Baseball contests per week.

32.64.1 **EXTRA INNINGS:** Extra innings may be played following the regular contest. These extra innings are for those players who were not starters and who played in two innings or less of the regular contest. Up to four extra innings may be played.

32.64.2 Any substitute who does not play in more than two innings of a contest shall not have it count against the ten individual season contest limit.

32.65.0 PITCHER LIMITATION:

32.65.1 The pitching limitation rule applies during all regular season games, as well as to tied, suspended, discontinued or protested games.

32.65.2 The pitching limitation rule is based upon the number of pitches thrown during a calendar day with a maximum of 80 pitches in a calendar day. At the beginning of the at bat, if the pitch count is less than 80, a pitcher will be allowed to finish the at bat.

32.65.3 MIDDLE LEVEL PITCHING LIMITATION:

Number of Pitches	Required Rest
61-80	Three Calendar Days
41-60	Two Calendar Days
21-40	One Calendar Day
1-20	Zero Days

32.65.4 COUNTING PITCHES:

32.65.4.1 Every legal or illegal pitch thrown from the pitching mound to a batter will count toward the pitching limitation.

32.65.4.2 The home scorebook will be the official recording for pitch counts unless otherwise designated by the schools or League.

32.65.4.3 Violations of the pitch count rule are considered in the same manner as a school using an ineligible player. Unless finishing the at bat, the pitcher becomes ineligible to pitch when the maximum daily limit is reached.

32.66.0 CALLED CONTEST: Refer to High School Baseball ([Rule 32.7.0](#)).

32.67.0 NFHS RULE EXCEPTIONS:

32.67.1 **BAT SPECIFICATIONS:** Any bat with a BBCOR, USA or USSSA certification mark is legal at the middle level.

32.67.2 **EXTRA HITTER:** A middle level Baseball team will be allowed to add an extra hitter (EH) to its lineup.

32.67.3 Middle level Leagues may utilize 80-foot base paths and a 54-foot distance from the front edge of the pitching rubber to the front point of home plate.