



2023 VISAA Baseball

Dear Athletic Director and Baseball Coaches:

March 2, 2023

We would like to invite you to participate in VISAA Baseball. Once again, we will have three separate divisions with the same enrollment breakdown that was used last year. There will be separate polls, tournaments, and All-State awards for the three divisions. Each division will have weekly polls that will be voted on by our committee which consists of representatives throughout the state. **Please let me know if you are not going to be able to participate in this year's tournament ASAP.**

We will rank the top 10 teams each week, and the tournament will consist of the top 8/9 teams in each division in the final poll. The dates that the polls will be released are: **April 10, April 17, April 24, May 1 and May 8.** The quarterfinal games will be held at the higher seed, and the semi-finals and finals will be held at Shepherd Stadium, Colonial Heights VA

The schools invited to participate in the state tournament will be notified by Saturday May 13.

The dates for the baseball state tournament are as follows:

Division 1 & II- 8 vs 9 Play-in games- Monday May 15- played at higher seed

Division I, II & III - First round – Tuesday May 16- played at higher seed

Division III - Semi-finals – Thursday May 18- @ Shepherd Stadium

Division I, II - Semi-finals – Friday May 19- @ Shepherd Stadium

Division I, II & III - Finals – Saturday May 20- @ Shepherd Stadium

Division I, II & III – Rain Date Sunday May 22 @ Shepherd Stadium

Once again, all schools must use [Game changer](#) for tracking pitch count during every game. This can be done with a smart phone or ipad/computer. Please identify your team on GC as your school name. Please know the rules and abide by them. As a member of the VISAA participating in Baseball, you will need to post your schedule and all of your scores on MaxPreps. If you do not update MaxPreps it will be very difficult for our committee to rank, you on a weekly basis.

Here is a review of the VISAA mandatory pitching restrictions.

- **Pitchers will be allowed no more than 110 pitches per game. A pitcher may finish throwing to the current batter if he reaches 110 during the at bat. Any player that throws more than 100 pitches in a contest must rest for four days.**
- **76 to 100 pitches in a day requires three days of rest; 51 to 75 pitches in a day requires two days of rest and 26 to 50 pitches in a day requires one day of rest. 25 pitches or less requires no rest**
- **A pitcher is only allowed to pitch in one game per day unless the pitcher throws 25 or fewer pitches in first game. In that case, pitcher may pitch in 2nd game of day. Pitch totals for both games combined will require prescribed daily limits and required rest. (Doubleheader Rule that is not addressed in VHSL Rule)**
- **If a pitcher throws 25 or less pitches in one day he can throw the next day, but can't exceed 110 pitches for both days combined. Pitch totals for both games combined will require prescribed daily limits and required rest.**
- **Teams must record all pitches in Maxpreps after every game. Coaches must double check with each other at the conclusion of the game to agree on pitch count for every pitcher**
- **Teams that violate the pitching restrictions will result in a 1 game suspension for the coach. 2nd violation, the coach will be suspended 5 games.**

Our committee is looking forward to another exciting spring of baseball for the Independent Schools in Virginia. Feel free to contact me if you have any questions.

For the love of the game,

Chad D Byler, CAA

VISAA Baseball Chairman

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