



2026 VISAA Baseball

Dear Athletic Director and Baseball Coaches:

March 10, 2026

We would like to invite you to participate in VISAA Baseball. There will be separate polls, tournaments, and All-State awards for the three divisions. Each division will have weekly polls voted on by our committee, which consists of representatives from throughout the state. **Please tell me if you cannot 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 6, April 13, April 20, April 27 and May 4.** 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 9.

The dates for the baseball state tournament are as follows:

- Division 1 & II- 8 vs 9 Play-in games- Monday May 11- played at higher seed
- Division I, II & III - First round – Tuesday May 12- played at higher seed
- Division III - Semi-finals – Thursday May 14- @ Shepherd Stadium
- Division I, II - Semi-finals – Friday May 15- @ Shepherd Stadium
- Division I, II & III - Finals – Saturday May 16 @ Shepherd Stadium
- Division I, II & III – Rain Date Sunday May 17 @ Shepherd Stadium**

Once again, all schools must use [Game changer](#) for tracking pitch count during every game. You can only have 1 way communication between coach and catcher (no pitcher at this time). As a member of the VISAA participating in Baseball, you must post your schedule and all 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.**

For the love of the game,

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