



Pitchers and Catchers Regulations

- Pitchers and catchers can begin workouts on March 13, 2023.
- The spirit of this rule is for returning pitchers and catchers to safely work their arms into shape for the start of the season. Other than potential 9th graders, this should not be an entire team tryout for pitchers and catchers. We are asking Athletic Directors to please monitor this carefully.
- Pitchers and catchers' workouts **will not count** toward the six-day practice rule.
- All Students participating must have a completed physical on file with the school district.
- No other position players are permitted at these workouts, which includes players observing or helping.
 - When working on catchers' throw downs to 2nd base, use extra pitchers or catchers to receive the throw.
 - When working on pitchers throw overs to 1st base, use extra pitchers or catchers to receive the throw.
 - When working on pitchers throwing with batters in the batters' box, use extra pitchers or catchers to be the batter, or use dummies.
 - There is no swinging of bats permitted at any time except by a coach for bunt defense with pitchers and catchers. When practicing bunt defense, use pitchers and catchers at each base.
- If other position players are present, it will be considered out-of-season coaching and may result in game suspensions.