



### **Pitchers and Catchers Regulations**

- 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 9<sup>th</sup> 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 2<sup>nd</sup> base, use extra pitchers or catchers to receive the throw.
  - When working on pitchers throw overs to 1<sup>st</sup> 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.