

Applying The **Short Rest Rule** to Every Start Made By a Pitcher During **MLB Postseason 2001 through 2015**

496 postseason games analyzed (105 series). Total of 74 instances (**14.92%**) of a pitcher starting a game on 3 days rest or less. 85.08% compliance. In the 74 instances where a pitcher started on 3 days or less rest, **25 times (34%)** it occurred **following** a relief appearance 1 to 3 days prior. In the other 422 postseason games starters pitched on **4 or more days rest.**

1 day rest – 2 pitchers (1 Asterisk, 1 Non-asterisk) .004%
(Asterisk/Non not allowed during a series, only coming into series after relieving)

▶ **2 pitchers** relieved 0.2 innings 1 day prior to starting, prior postseason start

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2 day rest – 19 pitchers (10 Asterisk, 9 Non-asterisk) 3.8%
(Asterisk/Non only allowed after a relief appearance prior to making a start)

▶ **1 pitcher, Derek Lowe** started on 2 days rest 2004 ALCS BOS NYY

This became necessary because an earlier rainout had removed normal travel day before Games 5 and 6. Plus Manager Terry Francona had no other starters available: Schilling - 0 days rest; Martinez - 1 day rest; Arroyo - 0 days rest, relieved in Game 5 and Game 6; Wakefield - 1 day rest, relieved in Game 5. Five pitchers started 157 regular season games.

▶ **2 pitchers** started Game 1 2011 ALDS DET NYY. Pitched 2.0 and 1.0 innings due to a rainout. Both pitchers started Game 1 again 2 days later.

▶ **16 pitchers** relieved two days prior to starting, 8 of which were non-asterisk rated. Relief outings ranged from a **LOW of 0.1 innings** to a **HIGH of 2.1 innings for average of 1.0 innings.**

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3 day rest – 53 pitchers (37 Asterisk, 16 Non-asterisk) 10.7%
(Asterisk-rated pitcher always allowed. Non-asterisk allowed with exceptions)

▶ **1 pitcher, Curt Schilling** pitched on 3 days rest twice 2001 World Series ARZ NYY. Games 1, 4 & 7. No other starter has done so since.

▶ **9 pitchers** appeared in relief 3 days prior to starting, 5 of which were non-asterisk rated. Relief outings ranged from a **LOW of 0.1 innings** to a **HIGH of 3.0 innings for an overall average of 1.2 innings.**

▶ **43 pitchers** started on 3 days rest either during the series or coming into the series (due to a prior postseason start or last regular season start), 23 of which were non-asterisk rated. None appeared in relief.