

Applying **3 Total Appearances Rule for Starter-Relievers** During **MLB Postseason 2001 through 2015**

Analysis of 496 postseason games revealed 62 instances where a pitcher appeared BOTH as a starter and reliever in one series.

NONE of the 62 pitchers who started and relieved made more than 3 total appearances in a 5 or 7 game series. Meaning, 2 starts with 1 relief appearance or 2 relief appearances with 1 start. Applying such a rule in our league will prevent excess appearances particularly by staff aces.

	WS	ALCS	NLCS	ALDS	NLDS	
2015	1	0	0	2	0	
2014	2	0	0	0	0	
2013	2	0	1	2	0	
2012	0	0	1	0	2	
2011	2	2	0	7	0	
2010	0	0	3	0	0	
2009	0	3	1	0	1	
2008	0	0	0	0	0	
2007	0	0	0	0	0	
2006	0	0	0	0	0	
2005	1	0	0	0	2	
2004	1	3	1	0	1	
2003	1	3	6	4	0	
2002	2	0	0	0	0	
2001	2	0	1	1	1	
Total	14	11	14	16	7	= 62

Note: Starting and relieving in a postseason series occurred 12.5% of the time.