

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Day	4 Days
8	50	0 - 20	21 - 35	36 - 50	N/A	N/A
9-10	60	0 - 20	21 - 35	36 - 50	51 - 65	N/A
11-12	70	0 - 20	21 - 35	36 - 50	51 - 65	66+
13 - 14	80	0 - 20	21 - 35	36 - 50	51 - 65	66+



- If a player pitches 66 or more pitches in a day, four (4) days of calendar rest must be observed.
- If a player pitches 51 - 65 or more pitches in a day, three (3) days of calendar rest must be observed.
- If a player pitches 36 - 50 or more pitches in a day, two (2) days of calendar rest must be observed.
- If a player pitches 21 - 35 or more pitches in a day, one (1) days of calendar rest must be observed.
- If a player pitches 1 - 20 or more pitches in a day, zero (0) days of calendar rest must be observed.

GAMEPITCH COUNT LOG SHEET

DATE _____ TEAM _____ VS. _____ LEVEL _____

PITCHER'S NAME	JERSEY	Track pitches by making the box with a "P" after each pitch. Mark box with "X" when pitcher starts each batter																																	TOTAL	DAYS OF			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33			34	35	
		36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70			
		71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35			
		36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70			
		71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35			
		36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70			
		71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35			
		36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70			
		71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89																			

Home Coach Signature: _____

Away Coach Signature: _____

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		36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70			
		71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35			
		36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70			
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		36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70			
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		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35			
		36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70			
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Home Coach Signature: _____

Away Coach Signature: _____