



Teams will have the responsibility to maintain every pitching chart and have available at each game
 Each team will record pitch counts on the official NYALB pitch count form
 After each half inning the pitch counts will be confirmed, any discrepancy resolved by home team
 At games's conclusion, the ALB pitch count form will be signed by both head coaches
 Forms must be kept for the entire season

Required Rest	
1-30	0 Days
31-45	1 Days
46-60	2 Days
61-80	3 Days
81+	4 Days
Max pitches 105	

Team name: _____

Date: _____

Pitcher Name & #		Cross off a number for every pitch thrown excluding warmups and pick off attempts																									Days rest Required
		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	
	Total	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	
	Pitches	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	90	91	92	93	94	95	96	97	98	99	100	
		101	102	103	104	105																					

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Coach Signature _____