

# Pitch Count Log Form



Division \_\_\_\_\_

Team \_\_\_\_\_

Date of Game	Pitches Thrown	Pitcher's Name	Unif. No.	League Age	Team Manager's Signature	Opp. Manager's Signature	Scorekeeper / Umpire Signature	Rest Required	Date Next Eligible
							/	Yes / No	
							/	Yes / No	
							/	Yes / No	
							/	Yes / No	
							/	Yes / No	
							/	Yes / No	
							/	Yes / No	
							/	Yes / No	
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							/	Yes / No	
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							/	Yes / No	
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							/	Yes / No	
							/	Yes / No	
							/	Yes / No	

Pitch Count:	
Age 13 – 14	95 Pitches per Day
Age 11 – 12	85 Pitches per Day
Age 9 – 10	75 Pitches per Day
Age 7 – 8	50 Pitches per Day
Age 6	25 Pitches per Day

Pitchers league age 14 and under must adhere to the following rest requirements:
If a player pitches 66 or more pitches in a day, (4) four calendar days of rest must be observed.
If a player pitches 51 - 65 or more pitches in a day, (3) three calendar days of rest must be observed.
If a player pitches 36 - 50 or more pitches in a day, (2) two calendar days of rest must be observed.
If a player pitches 21 - 35 or more pitches in a day, (1) one calendar days of rest must be observed.
If a player pitches 1 -20 or more pitches in a day, (0) zero calendar days of rest must be observed.

\*\*\* Note: Special Rest Period for League Age 6, If a player pitches 1-25 pitches in a day, (4) four calendar days of rest must be observed \*\*\*