

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Day	2 Days	3 Days	4 Days
8	50	0 - 20	21 - 35	36 - 50	N/A	N/A
9-10	75	0 - 20	21 - 35	36 - 50	51 - 65	66+
11-12	85	0 - 20	21 - 35	36 - 50	51 - 65	66+
13 - 14	95	0 - 20	21 - 35	36 - 50	51 - 65	66+



**11.6 PITCHERS AGED 14 AND UNDER MUST ADHERE TO THE FOLLOWING REST REQUIREMENTS:**

- 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.

**GAME PITCH COUNT LOG SHEET**

DATE \_\_\_\_\_ TEAM \_\_\_\_\_ VS. \_\_\_\_\_ LEVEL \_\_\_\_\_

PITCHER'S NAME	JERSEY #	Track pitches by making the box with a "/" after each pitch. Mark box with "X" when pitcher starts each batter																																		TOTAL PITCHES	DAYS OF 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	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	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105		
		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	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105		
		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	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105		
		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	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105		

**FINAL PITCH COUNT ACKNOWLEDGMENT**

HOME TEAM COACH \_\_\_\_\_ AWAY TEAM COACH \_\_\_\_\_ PITCH COUNTER \_\_\_\_\_

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Day	2 Days	3 Days	4 Days
8	50	0 - 20	21 - 35	36 - 50	N/A	N/A
9-10	75	0 - 20	21 - 35	36 - 50	51 - 65	66+
11-12	85	0 - 20	21 - 35	36 - 50	51 - 65	66+
13 - 14	95	0 - 20	21 - 35	36 - 50	51 - 65	66+



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**GAME PITCH COUNT LOG SHEET**

DATE \_\_\_\_\_ TEAM \_\_\_\_\_ VS. \_\_\_\_\_ LEVEL \_\_\_\_\_

PITCHER'S NAME	JERSEY #	Track pitches by making the box with a "/" after each pitch. Mark box with "X" when pitcher starts each batter																																		TOTAL PITCHES	DAYS OF REST REQUIRED	
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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	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105		
		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	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105		
		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	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105		
		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	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105		
		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	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105		

**FINAL PITCH COUNT ACKNOWLEDGMENT**

HOME TEAM COACH \_\_\_\_\_ AWAY TEAM COACH \_\_\_\_\_ PITCH COUNTER \_\_\_\_\_