

Baseball Pitch Count Log

League: _____

Division: _____

Team: _____

League Age	Max Pitches per Day	# of Pitches Thrown	# Days Rest Req'd
7-8	50	1 - 20	0
9-10	75	21 - 35	1
11-12	85	36 - 50	2
13-14	95	51 - 65	3
		> 65	4

League Age	Max Pitches per Day	# of Pitches Thrown	# Days Rest Req'd
15-16	95	1 - 30	0
		31 - 45	1
		46 - 60	2
17-18	105	61 - 75	3
		>75	4

EXCEPTION: If a pitcher reaches a day(s) of rest threshold while facing a batter, the pitcher may continue to pitch until that batter reaches base; or that batter is retired or the third out is made to complete the half-inning. The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed before delivering a pitch to another batter.

EXCEPTION: If a pitcher reaches the Max # of pitches for his/her league age while facing a batter, the pitcher may continue to pitch until the batter reaches base, is put out, or the half inning ends.

No player shall pitch in 3 consecutive days

A player who pitches 41 or more pitches in a game may not play catcher for the remainder of that day.

A player who catches in four or more innings in a game may not pitch for the remainder of that day.

A player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches or more (15- and 16-year-olds: 31 pitches or more) in the same day, may not return to the catcher position on that calendar day.

Minor and Major players may NOT pitch in more than ONE game in a Day.

Day / Date / Opponent	Pitcher's Name	League Age	Draw a "/" (slash) through the number as each pitch is thrown. Draw an "O" (circle) around the number of the first pitch to each batter.																																			# of Pitches Thrown	Threshold used for Days Rest *	# Days Rest Req'd	Mgr Initials (post game)
			Pitch Counts should be ANNOUNCED to BOTH Managers (Teams) at the End of each HALF INNING.																																						
Saturday 4/1 Rangers	Nolan Ryan	14	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	67	65	3	LJB
			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				
			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				
			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				
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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				
			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				
			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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			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				
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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				

* "Threshold used for Days Rest": Per the EXCEPTION above, if a pitcher reached a Days of Rest Threshold he/she can continue to pitch to that batter can only be charged the Days Rest for that threshold. As shown in the "Example", the pitcher reached 65 pitches and continued pitching to that batter and ended up throwing 67 pitches, BUT, days rest is based on the 65 pitch threshold (3 days) not the > 65 pitches threshold (4 days).