

Field # ____

Age Division: _____

NYS BASEBALL Pitching Log

Date	Division Age	Team Name	Pitcher's Name	Unif. No.	Pitches Thrown	# Days of Rest required?	Date Eligible to Pitch Again	Team Mgr's Initials	Opp. Mgr's Initials

Pitches Thrown and Rest Required:
1-20 = No Rest; 21-35 = 1 day; 36-50 = 2 days;
51-65 = 3 days; 66 or more = 4 days

Max Pitches
10U = 75
12U = 85
14U = 95

Day of Rest = Next Calendar Day.