Days Rest Requirements Ages 8-14

66 or more pitches in a day = 4 calendar days rest
51-65 pitches in a day = 3 calendar days rest
36-50 pitches in a day = 2 calendar days rest
21-35 pitches in a day = 1 calendar days rest
1-20 pitches in a day = 0 calendar days rest

When calculating date eligible to pitch again, the pitcher will need the number of full days rest based on the required calendar days rest. For example, if a pitcher pitched on a Tuesday and requires 2 days rest, then those two days are Wednesday and Thursday. Therefore, the pitcher can't pitch until Friday.

Days Rest Requirements Ages 15-16

76 or more pitches in a day = 4 calendar days rest
61-75 pitches in a day = 3 calendar days rest
46-60 pitches in a day = 2 calendar days rest
31-45 pitches in a day = 1 calendar days rest
1-30 pitches in a day = 0 calendar days rest

Little League - Baseball Pitching Eligibility Tracking Form (Pitching Record)

League Name _____ Division _____ Team _____

REQUIRED AFTER EVERY GAME

Date of Game	Pitches Thrown	Threshold Reached	Pitcher's Name	Unif No.	League Age	Team Manager's Signature	Opposing Manager's Signature (Or umpire if manager refuses)	Board Initial/ Date after Review	Calendar days rest required	Eligible to pitch again on (date)

Pitching eligibility varies by the league age of the pitcher, which is the pitcher's age as of August 31 for baseball. The pitching eligibility regulation is Regulation VI (see rule book for details.) **"Threshold Reached" is determined by the first pitch thrown to the last batter faced**.

MULTIPLE GAMES SHOULD BE INPUTTED ON ONE FORM AS SPACE ALLOWS

(2023)