

No pitcher shall pitch 3 consecutive days

Max Daily Pitch Counts
 8 Year Olds = 50 pitches per day
 9-10 Year Olds = 75 pitches per day
 11-12 Year Olds = 85 pitches per day
 13-16 Year Olds = 95 pitches per day

Team _____ **Opponent** _____ **Date** _____

Pitcher's Name	Uniform Number	League Age	X Cross out the number as that pitch is thrown.																																		
			O Circle the number for the last pitch thrown to a batter.																																		
			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

Pitching eligibility varies by the league age of the pitcher, which is the pitcher's age as of August 31 of the current year. The pitching eligibility regulation is Regulation VI (see current rule book for details). A blank electronic version of this form is available for free download.