## 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

League Name \_\_\_\_\_

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)

Division

	REQUIRED AFTER EVERY GAME									
Date of Game	Pitches Thrown	Threshold Reached		Unif No.	League	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 May 1 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.