

Clark Little League -- Baseball Game Pitch Log

Date _____ Team _____ Opponent _____ Pitch Counter (Name) _____

Pitcher's Name	Uniform #	League Age	Innings	[X] Cross out the number as that pitch is thrown. [O] Circle the number for the last pitch thrown in each half-inning.																																												
				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		
				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			
				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			
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Opponent																																																
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- Pitchers league ages 7 through 12 must adhere to the following rest requirements:
- Age 11&12 - maximum 85 pitches per day
 - Age 10 & under - maximum 75 pitches per day
 - If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
 - If a player pitches 51 - 65 pitches in a day, three (3) calendar days of rest must be observed.
 - If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
 - If a player pitches 21 - 35 pitches in a day, one (1) calendar day of rest must be observed.
 - If a player pitches 1-20 pitches in a day, no calendar day of rest is required before pitching again.
 - A player can pitch a maximum of 6 innings per week Monday-Sunday. A team can pitch 12 yr olds a maximum of 12 innings per week.