Baseball Pitch Count Log

League: _____ **Division:** _____ **Team:** _____

League Age	Max Pitches per Day
7-8	50
9-10	75
11-12	85
13-14	95

# of Pitches Thrown	# Days Rest Req'd
1 - 20	0
21 - 35	1
36 - 50	2
51 - 65	3
> 65	4

League Age	Max Pitches per Day
15-16	95
17-18	105

# of Pitches Thrown	# Days Rest Req'd
1 - 30	0
31 - 45	1
46 - 60	2
61 - 75	3
> 75	4

EXCEPTION: If a pitcher reaches a day(s) of rest threshold while facing a batter, the pitcher may continue to pitch until that batter reaches base;or that batter is retired or tth third out is made to complete the half-inning. The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed before delivering a pitch to another batter.
EXCEPTION: If a pitcher reaches the Max # of pitches for his/her league age while facing a batter, the pitcher may continue to pitch until the batter reaches base, is put out, or the half inning ends.

A player who pitches 41 or more pitches in a game may not play catcher for the remainder of that day.
A player who catches in four or more innings in a game may not pitch for the remainer of that day.

Minor and Major players may NOT pitch in more than ONE game in a Day.
Junior and Senior players may pitch in up to two games in a day. IF a pitcher throws more 31 or more pitches in the first game he/she may not pitch in a second game that day.
Big League players may pitch in up to two games in a day.

Day / Date / Opponent	Pitcher's Name	League Age	Track the Number of Pitches Thrown (Cross Out each Number as the Pitch is Thrown) Pitch Counts should be ANNOUNCED to BOTH Managers (Teams) at the End of each HALF INNING.	# of Pitches Thrown	# of Pitches used for Days Rest *	# Days Rest Req'd	Mgr Initials (post game)
Saturday 4/1 Red Sox	Example	12	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	67	65	3	LJB
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* "# of Pitches used for Days Rest": Per the EXCEPTION above, if a pitcher reached a Days of Rest Threshold he/she can continue to pitch to that batter an only be charged the Days Rest for that threshold.

As shown in the "Example", the pitcher reached 65 pitches and continued pitching to that batter and ended up throwing 67 pitches, BUT, days rest is based on the 65 pitch threshold (3 days) not the > 65 pitches threshold (4 days).