

Pitcher Eligibility Tracking Form



Little League Baseball

League:  Division: _____ Team: _____

[illegible]

League Age--Maximum Pitch Count

7 thru 8	50 pitches per day
9 thru 10	75 pitches per day
11 thru 12	85 pitches per day
13 thru 16	95 pitches per day

Rest Requirements age 14 & under

1 - 20 pitches in a day, **no (0) calendar rest**
21 - 35 pitches in a day, **one (1) calendar days of rest**
36 - 50 pitches in a day, **two (2) calendar days of rest**
51 - 65 pitches in a day, **three (3) calendar days of rest**
66+ pitches in a day, **four (4) calendar days of rest**

March						
S	M	T	W	T	F	S
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				

April						
S	M	T	W	T	F	S
			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		

May						
S	M	T	W	T	F	S
					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						