

<u>Pitches (Threshold)</u>
Ineligible to pitch on this day
Eligible to pitch on this day
Game Sheet Not Recorded Yet

Ages 8-10	Ages 11-12	Ages 13-14	Ages 15-16	Days Rest
<20	<20	<20	<30	None
21-35	21-35	21-35	31-45	1 day
36-50	36-50	36-50	46-60	2 days
51-65	51-65	51-65	61-75	3 days
66-75	66-85	66-95	76-95	4 days

[illegible]