



## PITCH COUNT SHEET – ALL LL & JL GRADES

PITCHERS NAME..... DATE.....

League Age: Pitches per day	<b>8yo</b> – 65	<b>9-10:</b> 75	<b>11 -12:</b> 85	<b>13 -14:</b> 95
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Pitchers league age 14 and under must adhere to the following rest requirements (from pitching).

**No Rest** (If a player pitches 1-20 pitches in two consecutive days, one (1) calendar day of rest is required)

1    2    3    4    5    6    7    8    9    10    11    12    13  
 14   15   16   17   18   19   20

**1 Calendar Days Rest**

21   22   23   24   25   26   27   28   29   30   31   32   33  
 34   35

**2 Calendar Days Rest**

36   37   38   39   40   41   42   43   44   45   46   47   48  
 49   50

**3 Calendar Days Rest**

51   52   53   54   55   56   57   58   59   60   61   62   63  
 64   65

**4 Calendar Days Rest if pitches pitch 66 or more pitches**

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

**CLUB BALL – Please refer to the By-Laws for pitching regulation.**

**STATE CHAMPIONSHIPS – Please refer to the Green Book for pitching regulations.**