



PITCH COUNT SHEET – ALL LL GRADES

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

League Age: Pitches per day

8yo – 65	9-10: 75	11 -12: 85
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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

Note: Under no circumstances shall a player pitch in three (3) consecutive days.

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

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