



**STATE CHAMPIONSHIPS
PITCH COUNT SHEET – SENIOR LEAGUE**

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

League Age **13- 16 Year Olds** 95 Pitches per day

Pitchers league age 13-16 years old must adhere to the following rest requirements (from pitching).

No Rest (If a player pitches 1-30 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	21	22	23	24	25	26
27	28	29	30									

1 Calendar Days Rest

31	32	33	34	35	36	37	38	39	40	41	42	43
44	45											

2 Calendar Days Rest

46	47	48	49	50	51	52	53	54	55	56	57	58
59	60											

3 Calendar Days Rest

61	62	63	64	65	66	67	68	69	70	71	72	73
74	75											

4 Calendar Days Rest if pitcher pitches 66 or more

76	77	78	79	80	81	82	83	84	85	86	87	88
89	90	91	92	93	94	95						

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

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