



PITCH COUNT SHEET – SENIOR / BIG LEAGUE

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

League Age: Pitches per day 15-18 year olds

Pitchers league age 15-18 and under 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	96	97	98	99	100	101
102	103	104	105									

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

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