

Pitch Count Sheet

Level:
League:
Team:

Date:
Game Time:
Field:

Pitcher Name	Uniform Number	League Age	X- Cross out the number as the pitch is thrown																																		
			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	31	32	33	34	35
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	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	96	97	98	99	100	101	102	103	104	105
Catchers Number:			Inning 1	Inning 2	Inning 3	Inning 4	Inning 5	Inning 6	Inning 7	Inning 8	Inning 9	Inning 10	Inning 11	Inning 12																							

Age	Pitches per Day
7 - 8	50
9 - 10	75
11 - 12	85
13 - 16	95
17 - 18	105

Pitches Thrown	Rest Required	Age Group	Division
66 or more	4 calendar days	14 and Under	Juniors and Below
51 to 65	3 calendar days		
36 to 50	2 calendar days		
21 to 35	1 calendar days		
1 to 20	No Rest		
76 or more	4 calendar days	14 and Above	Seniors and Above
61 to 75	3 calendar days		
46 to 60	2 calendar days		
31 to 45	1 calendar days		
1 to 30	No Rest		

Note: A pitcher that delivers 41 or more pitches cannot catch that day
Note: A catcher that catches 4 innings or more that day cannot pitch that day