

Pitch Count Sheet

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|---------|
| 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