

Team _____

Date _____

		X	Cross out number as pitch is thrown										Pitchers may not pitch 3 days in a row.										
		O	Circle the last pitch thrown in each inning										League age is player's age as of 9/1 of current year										
Pitcher's Name		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
League Age	Number	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	X	X	X	X	X
Pitcher's Name		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
League Age	Number	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	X	X	X	X	X
Pitcher's Name		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
League Age	Number	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	X	X	X	X	X
Pitcher's Name		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
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		89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	X	X	X	X	X
Pitcher's Name		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
League Age	Number	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	X	X	X	X	X

Maximum Pitches Per Day	Days Rest League Age 14 and Under	Days Rest League Age 15 - 16
8 and under 50 pitches maximum	1-20* pitches per day No Rest Required	1-30* pitches per day No Rest Required
9-10 75 pitches maximum	21-35* pitches per day 1 calendar day rest	31-45* pitches per day 1 calendar day rest
11-12 85 pitches maximum	36-50* pitches per day 2 calendar days rest	46-60* pitches per day 2 calendar days rest
13-16 95 pitches maximum	51-65* pitches per day 3 calendar days rest	61-75* pitches per day 3 calendar days rest
17-18 105 pitches maximum	66 or more 4 calendar days rest	76 or more 4 calendar days rest

*Threshold number