

Baseball Pitch Count Log

League: \_\_\_\_\_

Division: \_\_\_\_\_

Team: \_\_\_\_\_

Summary table with columns: League Age, Max Pitches per Day, # of Pitches Thrown, # Days Rest Req'd. Includes rows for age groups 7-8, 9-10, 11-12, 13-14 and 15-16, 17-18 with corresponding pitch and rest requirements.

EXCEPTION: If a pitcher reaches a day(s) of rest threshold while facing a batter, the pitcher may continue to pitch until that batter reaches base; or that batter is retired or the third out is made to complete the half-inning. The pitcher will only be required to observe the calendar day(s) of rest for the threshold he/she reached during that at-bat, provided that pitcher is removed before delivering a pitch to another batter.

A player who catches in four or more innings in a game may not pitch for the remainder of that day.

Minor and Major players may NOT pitch in more than ONE game in a Day. Junior and Senior players may pitch in up to two games in a day. If a pitcher throws more 31 or more pitches in the first game he/she may not pitch in a second game that day. Big League players may pitch in up to two games in a day.

Main log table with columns: Day / Date / Opponent, Pitcher's Name, League Age, Pitch Counts (grid with X and O), # of Pitches Thrown, Threshold used for Days Rest \*, # Days Rest Req'd, Mgr/Sc/Kpr Initials (post game). Includes an example row for Saturday MM/DD/YY Red Sox.

\* "Threshold used for Days Rest": Per the EXCEPTION above, if a pitcher reaches a Day(s) of Rest Threshold he/she can continue to pitch to that batter and only be charged the Day(s) of Rest for that threshold. In the "Example" above, the pitcher started pitching to the last batter on pitch # 64 (the last "X"), reached 65 pitches and continued pitching to that batter and ended up throwing 67 pitches. The pitcher did not pitch to another (subsequent) batter. Per the Threshold Exception, since the pitcher reached/passed a threshold while facing his/her last batter, the pitcher's days rest is based on throwing 51-65 pitches (3 days of rest) not > 65 pitches (4 days of rest).

Table with columns: Inning (Place an X under each inning that a player was positioned as a catcher. One pitch = One Inning.), Player Name, Uniform #, Inning 1-12. Includes a text box on the right: 'Player Innings as Catcher Tracking (Regulation VI - Any player, who has played the position of catcher in four (4) or more innings in a game, is not eligible to pitch on that calendar day.)'