

Team: _____ Division: _____
 Opponent: _____ Date: _____

ELK GROVE/LAGUNA PRE STATE

Baseball Pitch Count Log

Exception: If a pitcher reaches a maximum number of pitches while facing a batter, then the pitcher may continue to pitch until that batter reaches base or the batter is retired, but total pitches thrown are counted for days rest required.

Team	Pitcher's Name	Uniform Number	X = Cross out the number as that pitch is thrown.																																	Total Pitches	Days Rest Required	Mgr Initials
			O = Circle the number for the last pitch thrown in each half-inning																																			
			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			

Pitching Restrictions							The gray boxes above indicate "Max Pitches" per game/day thresholds
Division	Daily Max (pitches)	Required Rest (Pitches)					
		0 Days	1 Day	2 Days	3 Days	4 Days	
8U	2 innings per game no more than 3 games/days in a row	N/A	N/A	N/A	N/A	N/A	
9U, 10U	75	1 to 40	41 to 65	66+	N/A	N/A	
11/70, 12/70	85	1 to 40	41 to 65	66+	N/A	N/A	