Beachside Little League
Pitch Count Verification Form

THE FOLLOWING PITCHING RULES MUST BE OBSERVED:

66 Or more pitches in a day, four (4) calendar days of rest must be observed.
51-65 pitches in a day, three (3) calendar days of rest must be observed.
36-50 pitches in a day, two (2) calendar days of rest must be observed.
21-35 pitches in a day, one (1) calendar day of rest must be observed.
1-20 pitches in a day, no calendar day of rest is required.
Note: *If a pitcher throws 41+ pitches he cannot play catcher for the remainder of the game.*

Max Pitches per day:

Age	Pitches
7/8	50
9/10	75
11/12	85
13/14	95

Day	Date	Pitcher's Name	Number of Pitches	Can Pitch Next Day	Can Pitch Next Date	Umpire Signature

Revised: 1/30/2010