California District 42 Pitch Count Log / Game Record

DATE: _____

League Age	Maximum Pitches Allowed per Day:
7 - 8	50 Pitches
9 - 10	75 Pitches
11 - 12	85 Pitches
13 - 16	95 Pitches
17 - 18	105 Pitches

League Age 14 and Under	**Required Days of Rest:**	League Age 15 and Over
Pitches Thrown: (per day)		Pitches Thrown: (per day)
1 - 20	0 Days	1 - 30
21 - 35	1 Day	31 - 45
36 - 50	2 Days	46 - 60
51 - 65	3 Days	61 - 75
66+	4 Days	76+

Reg. VI (a) - Any player, who has played the position of catcher in any part of four or more innings in a game, is not eligible to pitch on that calendar day.
Reg. VI (c) - A pitcher who delivers 41 or more pitches cannot play the position of catcher for the remainder of the day.

Innings caught - Enter catcher's jersey number for each inning below.

TEAM	1	2	3	4	5	6	7	Final Score
V								
H								

Pitcher's Name	No.	League Age	/ or X O — Cross out the number as that pitch is thrown. Circle the number for the last pitch thrown in each half-inning.	Total Pitches	Days of Rest Required	Eligible to pitch on:
			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			
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