



New Westminster Little League Game Pitch Log

Team: _____
 Date: _____

Daily Pitch Count Limits	
Age 8	Maximum 50 pitches per day
Age 9 and 10	Maximum 75 pitches per day
Age 11 and 12	Maximum 85 pitches per day

Required Rest Period	
Pitches Thrown =	<20 21-35 36-50 51-65 66+
Then days rest =	0 1 2 3 4

Team:												Total Pitches	Rest Days	Next Eligible																											
Pitcher's Name (Number)	League Age	Pitch Limit	Coach's Limit	Fill out pitch count as follows:										X O		Total Pitches	Rest Days	Next Eligible																							
														Cross out the number as that pitch is thrown 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	No minor pitcher should exceed 85 pitches																						

Opponent:												Total Pitches	Rest Days	Next Eligible																											
Pitcher's Name (Number)	League Age	Pitch Limit	Coach's Limit	Fill out pitch count as follows:										X O		Total Pitches	Rest Days	Next Eligible																							
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				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	No minor pitcher should exceed 85 pitches																						

Team Pitch counter: _____

Opponent Pitch counter: _____