2010 Pitching Log for NCLL

Team Name: _____ **Team Manager:** _____

Day of Week	Date	Our Pitcher's Name	BB Age	Uniform #	# of Pitches	Opposing Pitcher's Name	BB Age	Uniform #	# of Pitches	Team Name / Coaches & Umpires Signatures

- If a player pitches 66 or more pitches in a day, four (4) calendar days of rest must be observed.
- If a player pitches 51-65 or more pitches in a day, three (3) calendar days of rest must be observed.
- If a player pitches 36 - 50 pitches in a day, two (2) calendar days of rest must be observed.
- If a player pitches 21 - 35 pitches in a day, one (1) calendar days of rest must be observed.
- If a player pitches 1-20 pitches in a clay, no (0) calendar day of rest must be observed.
- A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.
- 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.

Ages 13-14 95 pitches per day
Ages 11-12 85 pitches per day
Ages 9-10 75 pitches per day
Ages 7- 8 50 pitches per day
11 year old pitching in the minor league is 75 pitches per day.

*** Pitching logs MUST be turned in at the end of the season to qualify for playoffs. ****