Clark Little League
2010 Baseball Pitcher Eligibility Tracking Form and Game Log

DATE / / 2010	
Team	Score

Team	Pitcher	Pitches Thrown	Innings	League Age	Pitch Counter (Name)	Umpire	Eligible To Pitch Again
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Pitchers league ages 7 through 12 must adhere to the following rest requirements:

- Age 11 & 12 - maximum 85 pitches per day
- Age 9 & 10 - maximum 75 pitches per day
- Age 7 & 8 - maximum 50 pitches per day
- 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 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
- 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 day, no (0) calendar day of rest is required.
- A player can pitch a maximum of 6 innings per week. A team can pitch 12 yr olds a maximum of 12 innings per week.