TEAM: _____

DATE: _____

#	Player Name	1st	2nd	3rd	4th	5th	6th	7th

1 to 20 = no rest required

21 to 35 = 1 calendar day

36 to 50 = 2 calendar days

51 to 65 = 3 calendar days

66 or more = 4 calendar days

Pitchers who throw 41 or more pitches in game CANNOT play position of catcher

Catchers who catch for 4 or more innings CANNOT pitch

Rule of Thumb: Keep players @ 50 pitches or under

Players 8 & 9 = 50 maxium pitches

Players 10, 11 & 12 = 75 maxium pitches

13 year old = 85 pitches