



SCHOOL:

HEAD COACH:

Date	Pitcher	Opponent	Number of Pitches	Opponent Head Coach	Opponent Head Coach Signature	Head Coach Signature	Date Eligible to Return

Pitchers Rest Rule

- 1-20 pitches in a day = NO calendar day of rest
- 21-35 pitches in a day = (1) calendar day of rest
- 36 - 50 pitches in a day = (2) calendar days of rest
- 51- 65 pitches in a day = (3) calendar days of rest - may finish current batter only
- 66 - 75 pitches in a day = (4) calendar days of rest - may finish current batter only