# Baseball Rules Guide

## PITCH COUNT LOG

Team _____ League / state rules _____

Season _____

| Date | Opponent | Pitcher | Age / level | Pitches | Rest days required | May pitch again on | Innings caught | Initials (both teams) |
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**Little League rest chart ( )**

| Rest required | Pitches, ages 14 and under | Pitches, ages 15–16 |
|---|---|---|
| **0 days of rest** | 1–20 | 1–30 |
| **1 day of rest** | 21–35 | 31–45 |
| **2 days of rest** | 36–50 | 46–60 |
| **3 days of rest** | 51–65 | 61–75 |
| **4 days of rest** | 66+ | 76+ |

Daily limits: 6–8: 50 · 9–10: 75 · 11–12: 85 · 13–14: 95 · 15–16: 95. League age is the player's age on August 31.

**Working out the date**

Count the **calendar days of rest** after the day pitched. 0 days: may pitch tomorrow. 3 days after pitching on a Monday: rest Tuesday, Wednesday and Thursday, eligible **Friday**.

Little League: never three days in a row. 41+ pitches: no catching the rest of that day. Catching 4+ innings: no pitching that day.

High school: use your state association's chart. The rest thresholds and limits differ by state.

**Current as of Nov 1, 2026.** Follows the Little League Baseball Rulebook, 2026 edition. Rules change: the latest version is always at **baseballrulesguide.com/printables/pitch-count-log**.

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