

LCYBL - Pitch Count Log sheet
 LCYBL pitch Count Log v03.23.15

Lancaster County Youth Baseball League - Pitch count log
 Team _____ Age _____

Section _____

Date	Pitches / Innings	Pitchers Name	Uniform Number	Team Managers Signature	Opposing Manager's Signature	Game of rest required?	Eligible to pitch again on (date) if requirement for game rest is met
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
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						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	
						0, 1, 2, 3, 4	

1-25 pitches in a day = NO calendar day of rest, 26-35 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, 66+ pitches in a day = (4) calendar days of rest

Pitch count limits 8u = 50, 10u = 65 or 9 outs, 12u = 85, 14u = 95

Penalty for pitch count violation: Forfeit, one game suspension, and \$50 Fine. Repeat violators (penalty will increase).

You must have this log at your game!