PBSA Pitching Log

Player Name	Date of Game	# of Pitches Thrown	Date of Next Eligibility	Coach Signature	Opponent Signature

League Age	Pitches Allowed Per Day
17-18	105
13-16	95
11-12	85
9-10	75
7-8	50

# of Pitches in a Day	# of Calendar Days of Rest Before Pitching Again
61+	3
41 to 60	2
21 to 40	1
1 to 20	0

Pitcher to Catcher Ban
Pitcher cannot pitch more than 40 and then play Catcher same day

Catcher to Pitcher Ban
Cannot play Catcher more than 3 Innings and then Pitch in same day

Cannot Pitch in More Than One Game Per Day