



# Pitch Count Sheet

Track pitches per inning and protect young arms. Log totals and required rest.

Team: \_\_\_\_\_ Date: \_\_\_\_\_ Opponent: \_\_\_\_\_

## Per-Pitcher Tracking

Jersey #	1	2	3	4	5	6	Total	Rest Req.

## Pitch Count Limits & Required Rest (Pitch Smart guidelines)

Age	Daily Max	0 Days Rest	1 Day	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	-	-
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+

Rest columns show the pitch-count range that triggers that many calendar days of rest before pitching again. Always follow your own league's official rules - these are widely used reference guidelines. When in doubt, rest the arm.