



### Baseball Pitch Count

Date \_\_\_\_\_ Location \_\_\_\_\_ Level (circle one) Varsity JV Frosh JVII

Visiting Team \_\_\_\_\_ Home Team \_\_\_\_\_

Visiting Team Pitchers Names

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1	2	3	4	5	6	7	8	9	Total

Home Team Pitchers Names

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1	2	3	4	5	6	7	8	9	Total

**DAILY LIMITATION**

The maximum number of pitches in a day is 110. Specific rest periods are in place when a pitcher reaches a threshold of pitches thrown in a day. The rest periods required during the regular and postseason are listed below. See OSAA Handbook, Participation Limitations, "Baseball" for additional information.

**All levels 110 pitches/day max (Varsity and Sub-Varsity)**

**1-25 pitches = 0 days rest (Level Zero)**

**26-45 pitches = 1 day rest (Level One)**

**46-60 pitches = 2 days rest (Level Two)**

**61-85 pitches = 3 days rest (Level Three)**

**86+ pitches = 4 days rest (Level Four)**

Day of Week	Pitches Thrown	Pitches Thrown	Pitches Thrown
<b>Monday</b>	<b>61-85</b>	<b>61-85</b>	<b>86-110</b>
<b>Tuesday</b>	<b>Rest</b>	<b>Rest</b>	<b>Rest</b>
<b>Wednesday</b>	<b>Rest</b>	<b>Rest</b>	<b>Rest</b>
<b>Thursday</b>	<b>1-25</b>	<b>26-45</b>	<b>Rest</b>
<b>Friday</b>	<b>Full Eligibility</b>	<b>Rest</b>	<b>1-25</b>
<b>Saturday</b>		<b>Full Eligibility</b>	<b>Full Eligibility</b>
<b>Sunday</b>			

**ALL VARSITY GAMES MUST BE ENTERED ONTO THE OSAA WEBSITE PRIOR TO THE NEXT DAYS GAME BEING PLAYED.**