

Windermere Little League

2008 Baseball Pitch Count Tool

(applies to players 16 years and younger)

How to Use

- 1 Go down the first column and locate the last day the player pitched.
- 2 Go across left to right until you come to the number of pitches thrown.
- 3 The result is the day when the pitcher is next eligible.

Day Last Pitched	1 – 20	21 – 40	41 – 60 *	Over 60 *
Sunday	Monday	Tuesday	Wednesday	Thursday
Monday	Tuesday	Wednesday	Thursday	Friday
Tuesday	Wednesday	Thursday	Friday	Saturday
Wednesday	Thursday	Friday	Saturday	Sunday
Thursday	Friday	Saturday	Sunday	Monday
Friday	Saturday	Sunday	Monday	Tuesday
Saturday	Sunday	Monday	Tuesday	Wednesday

* In addition to resting the required number of days, the player must not pitch for one game. This applies to players pitching over 40 pitches in a game