Hingham Little League
Baseball Pitcher Eligibility Tracking Form

Team _____ **Manager** _____

Date of Game	Pitcher's Name	Pitches Thrown	Uniform Number	League Age	Team Manager's Signature	Opposing Manager's Signature	Umpire/Pitch Counter Signature	Days of Rest Required	Date Eligible to Pitch Again

League Age 11-12: 85 pitches per day
League Age 9-10: 75 pitches per day
League Age 7-8: 50 pitches per day

A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.

If a player pitches 61 or more pitches in a day, 4 calendar days of rest must be observed.
If a player pitches 41 - 60 pitches in a day, 3 calendar days of rest must be observed.
If a player pitches 21 - 40 pitches in a day, 2 calendar days of rest must be observed.
If a player pitches 1-20 pitches in a day, 0 calendar day of rest is required.

May 2009