NGSA
North Garland Sports Association

Baseball Pitch Count Data Sheet

Division: _____

League Ages	Max Pitches per Day		# of Pitches Thrown	# Days Rest Required		League Ages	Max Pitches per Day		# of Pitches Thrown	# Days Rest Required
7-8	50		1-20	0		Senior League 14 – 16	95		1-30	0
9 – 10	75		21-35	1					31-45	1
11 – 12	85		36-50	2		Big League 16 – 18	105		46-60	2
13 - 14	95		51-65	3					61-75	3
			> 65	4					> 75	4

Date of Game	Level of Play *	Pitcher	League Age	Name of Opponent	Score **		# Pitches Thrown	# Days Rest Needed	Official Scorer or Pitch Counter Initials	Manager Initials	Tournament Director Signature
					Own	Opp					

RECORD OF EJECTIONS

Player / Manager / Coach Name	Opponent	Date	Tournament Director Signature

*The Level of tournament play (i.e. district, sectional, state, regional, national, etc...)

**Score should be the score when this pitcher finished pitching in that game. A separate sheet may be attached if more space is required.