

MPSSAA Official Pitch Count Sheet

TEAM	DATE
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PITCHER NAME	UNIFORM NUMBER	GRADE	X–Cross out the number as the pitch is thrown																																	TOTAL PITCHES		
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33		34	35
			36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	
			71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	

Grade	Pitches per Day
Freshman	95
Sophomore	95
Junior/Senior	105

Pitches Thrown	Rest Required	Grade
66 or more	4 calendar days	
51 to 65	3 calendar days	
36 to 50	2 calendar days	
21 to 35	1 calendar day	
1 to 20	No Rest	

Pitches Thrown	Rest Required	Grade
76 or more	4 calendar days	
61 to 75	3 calendar days	
46 to 60	2 calendar days	
31 to 45	1 calendar day	
1 to 30	No Rest	

Home Coach Signature _____

Visitor Coach Signature _____