

	<p style="text-align: center;">Seaview Little League <i>Baseball Pitcher Days Rest Reference</i></p>	
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League Age	Max Pitches/Day
7-8	50
9-10	75
11-12	85
13-14	95

# of Pitches	# of Days Rest Required
1-20	0
21-35	1
36-50	2
51-65	3
>65	4

- A pitcher who delivers **41 or more pitches** in a game cannot play the position of catcher for the remainder of that day.
- Any player who has played the **position of catcher in four (or more) innings** in a game is not eligible to pitch on that calendar day.
- If you become aware of a violation, please bring it to the attention of the plate umpire immediately and he/she will notify the Manager.

\* In some cases, the “# Pitches used for Days Rest” will not equal the “# of Pitches Thrown”. The case when these numbers don’t match occurs when a pitcher begins pitching to his last batter with less than the following “threshold” numbers: 20, 35, 50, 65, or 75 pitches. Then if the Pitcher finishes the batter with more than that number then the “# Pitches used for Days Rest” will be the same as the threshold number that he crossed while facing the last batter.  
e.g. If a pitcher begins his last batter with 48 pitches and finishes with 53 pitches then the “# Pitches used for Days Rest” will be 50. If a pitcher begins his last batter with 42 pitches and ends with 45 pitches then both the “# of Pitches Thrown” and the “# Pitches used for Days Rest” will be the same, i.e. 45