

Baseball Nova Scotia Pitch Count Sheet

Home Team Name: _____

Visiting Team: _____

Game Date: _____

Game Time: _____

Field: _____

Home Team	Inning									Days Rest
Pitcher	1	2	3	4	5	6	7	Extra (8)	Extra (9)	Required

Visiting Team	Inning									Days Rest
Pitcher	1	2	3	4	5	6	7	Extra (8)	Extra (9)	Required

Division	Daily Pitches	Daily Pitches	Daily Pitches	Daily Pitches	Daily Pitches	Daily Max.
	No Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest	4 Days Rest
11U	1 - 25	26 - 40	41 - 55	56 - 65	66 - 75	75
13U	1 - 30	31 - 45	46 - 60	61 - 75	76 - 85	85
15U	1 - 35	36 - 50	51 - 65	66 - 80	81 - 95	95
18U	1 - 40	41 - 55	56 - 70	71 - 85	86 - 105	105
21U	1 - 45	46 - 60	61 - 75	96 - 90	91 - 115	115



Game Type:	Exhibition	Tournament	Bluenose		
Age Category:	11U	13U	15U	18U	21U
Division:	Rec	A	AA	AAA	

Home Coach Signature: _____

Visitation Coach Signaure: _____