USSSA INTERNATIONAL WORLD SERIES

PITCHING LOG

TEAM NAME:		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
UNIFORM #	PLAYER (LAST NAME, FIRST NAME)	Saturday	Sunday	Monday	Tuesday	Wednesday

7.05.B.1 ONE DAY MAXIMUM TO PITCH THE NEXT DAY: The maximum number of innings a player can legally pitch in one (1) day and still pitch the next day.
In the 7U – 14U age divisions, a player may legally pitch a maximum of three (3) innings in one (1) day and still legally pitch the next day.
If the player pitches three and one-third (3 1/3) or more innings in one (1) day, the player cannot legally pitch the next day.

7.05.B.2 ONE DAY MAXIMUM: The maximum number of innings a player can legally pitch in one (1) day.
In the 7U – 12U age divisions, a player may legally pitch a maximum of six (6) innings in one (1) day. The player would be ineligible to pitch the next day.
Similarly, in the 13U – 14U age divisions, a player may legally pitch a maximum of seven (7) innings in one (1) day. The player would be ineligible to legally pitch the next day.

7.05.B.3 THREE DAY MAXIMUM: The maximum number of innings a player can legally pitch in three (3) consecutive (***calendar***) days.
In the 7U – 14U age divisions, a player may legally pitch a maximum of eight (8) innings in three (3) consecutive (***calendar***) days.
This is to be interpreted as a player may legally pitch any combination of innings to equal eight (8) innings in two (2) days
as long as the player doesn't pitch more than three (3) innings the first (1st) day.
Similarly, as a player may legally pitch any combination of innings to equal eight (8) innings in three (3) days as long
as the player doesn't pitch more than three (3) innings the first (1st) or second (2nd) days.

7.05.B.4 MANDATORY DAYS OF REST:
7.05.B.4(a) A player that pitches more than three (3) innings in one day MUST rest the next day.
7.05.B.4(b) A player that pitches eight (8) innings in two (2) consecutive days MUST rest the next day.
7.05.B.4(c) A player that pitches three (3) consecutive days (regardless of total quantity of innings pitched) MUST rest the next day.