

## Days Off Between Appearances Pitching Chart

### U-14

#### 21-35 pitches in a day

Day Pitched	Available to Pitch
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Saturday
Friday	Sunday
Saturday	Monday
Sunday	Tuesday

#### 36-50 pitches in a day

Day Pitched	Available to Pitch
Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
Thursday	Sunday
Friday	Monday
Saturday	Tuesday
Sunday	Wednesday

#### 51-65 pitches in a day

Day Pitched	Available to Pitch
Monday	Friday
Tuesday	Saturday
Wednesday	Sunday
Thursday	Monday
Friday	Tuesday
Saturday	Wednesday
Sunday	Thursday

### Maximum Daily Limit

#### 66-80 pitches in a day

Day Pitched	Available to Pitch
Monday	Saturday
Tuesday	Sunday
Wednesday	Monday
Thursday	Tuesday
Friday	Wednesday
Saturday	Thursday
Sunday	Friday