

Pitching Rest Requirements
Major 85 pitch maximum per day

Pitch Count 61 or more	
3 Calendar Days	
Plus 1 Game	
Pitch Day	Next Pitch if game rest met
Monday	Friday
Tuesday	Saturday
Wednesday	Sunday
Thursday	Monday
Friday	Tuesday
Saturday	Wednesday
Sunday	Thursday

Pitch Count 41-60	
2 Calendar Days	
Plus 1 Game	
Pitch Day	Next Pitch if game rest met
Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
Thursday	Sunday
Friday	Monday
Saturday	Tuesday
Sunday	Wednesday

Pitch Count 21 - 40	
1 Calendar Day	
No Game Rest Required	
Pitch Day	Next Pitch
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Saturday
Friday	Sunday
Saturday	Monday
Sunday	Tuesday

Pitch Count 1 - 20	
No Rest Required	
No Game Rest Required	
Pitch Day	Next Pitch
Monday	Tuesday
Tuesday	Wednesday
Wednesday	Thursday
Thursday	Friday
Friday	Saturday
Saturday	Sunday
Sunday	Monday