

Fatigue & Rest - Starters

Fatigue & Rest - Relievers

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Batters Faced	Q Rating	In-Game Fatigue	Rest Days	Batters Faced	Q Rating	In-Game Fatigue	Rest Days
0 to 9	Q1	0	2	0 to 3	Q1*	0	0
	Q2	0	2		Q2*	0	0
	Q3	0	3		Q3*	0	0
	Q4	0	3		Q4*	0	0
10 to 18	Q1	0	3	4 to 6	Q1*	0	0
	Q2	0	3		Q2*	0	0
	Q3	0	3		Q3*	0	0
	Q4	0	3		Q4*	-1	0
19 to 24	Q1	0	3	7 to 9	Q1*	0	0
	Q2	0	3		Q2*	0	0
	Q3	0	3		Q3*	-1	0
	Q4	0	3		Q4*	-1	1
25 to 29	Q1	0	3	10 to 12	Q1*	0	0
	Q2	0	3		Q2*	-1	0
	Q3	-1	3		Q3*	-2	1
	Q4	-1	3		Q4*	-2	2
30 to 35	Q1	-1	3	13 to 15	Q1*	-1	0
	Q2	-1	3		Q2*	-2	1
	Q3	-2	3		Q3*	-2	2
	Q4	-2	3		Q4*	-2	2
36 to 39	Q1	-2	3	16 to 19	Q1*	-2	1
	Q2	-2	3		Q2*	-2	2
	Q3	-3	4		Q3*	-2	2
	Q4	-3	4		Q4*	-2	3
40 or more (per batter)	all	-2	5	20 or more (per batter)	all	-2	4

In-Game Fatigue is cumulative, including consecutive days for relievers; Rest Days are not

Pitcher Grade Advancements/Reductions

Base Grade 1-5 with no EARNED runs for 5 consecutive innings (+5)
 Base Grade 6-10 with no EARNED runs for 6 consecutive innings (+5)
 Base Grade 11-15 with no EARNED runs for 7 consecutive innings (+5)
(Every scoreless inning pitched thereafter, Base Grade increases +5, not to exceed 20)

5 EARNED runs in 3 consecutive innings (-5)
 10 EARNED runs in 6 consecutive innings (-10)

RH Relievers' +5 Advancement can't exceed Grade 20 (before BC)

LH Relievers' +3 Advancement can't exceed Grade 20 (before BC)