

Fatigue & Rest - Starting Pitcher (SP)

Fatigue & Rest - Relievers

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		SP	-1	0
	Q4	0	3		Q3*	-2	1
25 to 29	Q1	0	3	10 to 12	Q4*	-2	1
	Q2	0	3		Q1*	0	0
	Q3	-1	3		Q2*	-1	0
	Q4	-1	3		SP	-2	1
30 to 35	Q1	-1	3	13 to 15	Q3*	-3	2
	Q2	-1	3		Q4*	-3	2
	Q3	-2	3		Q1*	-1	0
	Q4	-2	3		Q2*	-2	1
36 to 39	Q1	-2	3	16 to 19	SP	-2	1
	Q2	-2	3		Q3*	-3	2
	Q3	-3	4		Q4*	-3	2
	Q4	-3	4		Q1*	-2	1
40 or more (per batter)	all	-2	5	20 or more (per batter)	Q2*	-2	2
					SP	-2	2
					Q3*	-3	2
					Q4*	-3	3
					all	-3	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)

Mid-inning Relievers - +3 vs. 1st same-side batter (before BC);  
 Mid-inning Relievers - +1 vs. 2nd same-side batter (before BC)  
*(Upon Reliever entering mid-inning, any prior opposite-side batter negates either advancement)*