

Applying The **Short Rest Rule** to Every Start Made By  
a Pitcher During **MLB Regular Season 2001 through 2015**

	<b>Total MLB Starts</b>	<b>Starting Pitcher pitching on 3 days rest or less</b>	<b>Percent</b>
2015	4,858	65	1.34%
2014	4,860	51	1.05%
2013	4,862	62	1.28%
2012	4,860	91	1.87%
2011	4,858	59	1.21%
2010	4,860	72	1.48%
2009	4,860	85	1.75%
2008	4,856	107	2.20%
2007	4,862	101	2.08%
2006	4,858	88	1.81%
2005	4,862	105	2.16%
2004	4,856	<b>141</b>	<b>2.90%</b>
2003	4,860	133	2.74%
2002	4,852	98	2.02%
2001	4,858	127	2.61%
	<b>72,882</b>	<b>1,385</b>	<b>1.90%</b>

MLB Starters pitch on 4 and 5 days rest. 3 days rest or less is rare (1.90%). Figures above also include pitchers who relieved and started. Example, a pitcher who appeared as a reliever then started 2 or 3 days later. Not a "pure rotation starter."

**NOTE: Asterisk rated Starters are always allowed to pitch on 3 days rest,** non-asterisk on 4 days.

**League:**

2004 - Highest single year 2.90%

**Highest Team Occurrence:**

2012 - Colorado Rockies, **22 times in 162 games** the starter pitched on 3.0 innings or less rest

**36 Game Schedule:** (Total for ALL non-asterisk starters)

2.90% High = 1.044/1 game

1.90% Avg. = .684/1 game

22 times = 4.89 (22.22% of 22) or 5 games