

3.21 LAB: Little League Pitchers Rest Days

In an effort to stem the alarming increase in elbow and shoulder injuries among young baseball pitchers, Little League Baseball adopted important rules in 2007 to determine how much rest a pitcher must take after pitching appearances. The required number of rest days are outlined in the tables below

Age 7-14:

Pitches	Required rest days
66 or more	4
51 to 65	3
36 to 50	2
21 to 35	1
1 to 20	0

Age 15-18:

Pitches	Required rest days
76 or more	4
61 to 75	3
46 to 60	2
31 to 45	1
1 to 30	0

Write a program that calculates the amount of rest a little league pitcher must take after pitching. The input is the age of the pitcher and how many pitches they have thrown. The output is the number of rest days required. If the age is out of range (less than 7 or greater than 18) the program should give the following error message and exit: **age out of range**

Ex: If the input is:

```
8 57
```

the output is:

```
3 rest days required
```

Ex: If the input is:

```
15 31
```

the output is:

```
1 rest day required
```

Ex: If the input is:

```
15 2
```

the output is:

```
0 rest days required
```

Ex: If the input is:

```
19 27
```

the output is:

```
age out of range
```