

Pitch Count Limits & Rest for the Age Levels

Age	Pitch Count Limit per Game	Mandatory Rest (days off between games pitched) When Pitch Count Reached				
		Zero	1 Day	2 Days	3 Days	4 Days
BASEBALLDUDES.COM		Zero	1 Day	2 Days	3 Days	4 Days
7-8 Years Old	45	---	1 - 20	21-30	31-40	45
9-10 Years Old	65	---	1 - 25	26-40	41-55	65
11-12 Years Old	75	1 - 15	16-30	31-45	46-60	65+
13-14 Years Old	85	1 - 15	16-30	31-45	46-60	75+
15-16 Years Old	95	1 - 20	21-35	36-50	51-65	75+
17-18 Years Old	105	1 - 20	21-35	36-50	51-65	75+

When reaching the max pitch count, keep a close eye for signs of fatigue. Every pitcher is a little different and you need to know their signs.

- Loss of focus
- Drop in velocity
- Elevated pitches
- Loss of command
- Loss of delivery control



Max pitch limit in one inning...

"25" for pitchers 12 years and younger

"30" for pitchers 13 years and older

If they reach this number while in the middle of a batter, let them finish that batter and if they don't get them out for the third out, their day pitching is over. Make sure you are prepared for a situation like this and know who your next pitcher is and have them getting loose, if possible, around pitch number 15 or 20.

Never use the same pitcher twice in the same day and if a pitcher throws more than 15 pitches in a day, give them at least one day off.

Make sure your pitchers have an arm care routine they do before and after each practice and game.

****Remember, a players development, future and safety is far more important than a team winning a game. Make sure we have our priorities in order.**