

Pitch Allowance Guidelines

Determining How Many Pitches an Arm is Conditioned for...

Last Game Pitch Count	Days Since Last Game Pitched	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 10+	
20	Pitch Count Allowance <i>Determined by last game pitch count and number of days since last game pitched.</i>	---	35-40	35-40	35-40	35-40	25-30	25-30	20-25	20-25	20-25	20-25	
35		---	---	50-55	50-55	50-55	40-45	40-45	40-45	30-35	30-35	25-30	
50		Bullpen Day	---	65-70	65-70	65-70	55-60	55-60	45-50	45-50	35-40	35-40	
65		---	---	Bullpen Day	---	80-85	80-85	70-75	70-75	60-65	50-55	40-45	40-45
80		---	---	Bullpen Day	---	95-100	95-100	85-90	85-90	75-80	65-70	40-45	40-45
95+		---	---	Bullpen Day	---	105 max	105 max	95-100	85-90	75-80	65-70	40-45	40-45

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

- Loss of focus
- Drop in velocity
- Elevated pitches
- Loss of command
- Loss of delivery control
- Visually you see less effort
- Body language

Max pitch limit in one inning...
 "25" for pitchers 12 years and younger
 "30" for pitchers 13 years and older



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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 15-20 pitches in a day, give them at least one day off.

A pitcher should never be extended to the higher pitch count numbers if they aren't conditioned for it. They MUST be built up to that number over the course of weeks/games with proper rest in between.

ALL players should have an arm care routine they do before and after each practice and game.

You need to have feel for the situation and the pitcher. There is a big difference between efficient pitches and stressful pitches. Efficiency may lead to being able to extend their number where stressful pitches should result in limiting their number. HAVE FEEL.

Yellow box signifies a bullpen day if no game is scheduled or they have not pitched recently in a game. Do your best to not allow a pitcher to go more than three days without getting on the mound for some work. This is to maintain arm strength and stamina, maintain consistency in delivery feel and tempo and to continue the development process of pitches and work on mechanical deficiencies.

*Note: If a pitcher is scheduled to pitch the next day, there is nothing wrong with getting on the mound for 15-20 pitches. This is mainly to maintain feel and consistency in their delivery.

**If there will be 10+ days between outings with an arm that has been built up to a high number, throw an extended bullpen and/or simulated innings on day 5 or 6 to maintain stamina and pitch count to be well conditioned for that next outing.

***Please feel free to use this in conjunction with our Pitch Count Guidelines by Age to determine rest periods and max pitch count numbers.

****Remember a pitcher should never be pushed to a pitch count number early in the season unless they have conditioned for it. Follow a progression pitch count through the first 3-4 pitching appearances of the season.

*****Remember, these are just guidelines. A player's physical and mental maturity should all come into play when making your in-game decisions. Ultimately, a player's development, future and safety is far more important than a team winning a game. Make sure we have our priorities in order.

****The main purpose of this chart is for parents and coaches to pay closer attention to what an arm is, or isn't, conditioned for. Pushing an arm to a number that it is not prepared for can cause extreme fatigue which can elevate the risk of short, and long, term injury.****