

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
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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 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



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.

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.

*Only if completely necessary. If you have no other pitchers. Stay away from pitching back to back days as much as possible.

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