



## GUIDELINES FOR YOUTH AND ADOLESCENT PITCHERS

Each organization – whether it be a league, travel team, showcase or tournament – should establish rules for that league to ensure that players must follow the guidelines while playing in that league. Ultimately, it is the responsibility of the parent and the athlete to ensure that the player follows the guidelines for his age group over the course of a year – given that he will oftentimes play in multiple leagues with different affiliations covering different times of the year.

### Pitch Count Limits and Required Rest Recommendations

It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so.

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+

## Ages 8 & Under

(Typically 46' Pitching Distance)

- Focus on athleticism, physical fitness, and fun
- Focus on learning baseball rules, general techniques, and teamwork
- Do not exceed 60 combined innings pitched in any 12 month period
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid throwing pitches other than fastballs and change-ups
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Avoid pitching in multiple games on the same day
- Play other sports during the course of the year
- Monitor for other signs of fatigue
- Pitchers once removed from the mound may not return as pitchers

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A

## Ages 9 to 12

(Typically 46-50' Pitching Distance)

- Focus on athleticism, physical fitness, and fun
- Focus on learning baseball rules, general techniques, and teamwork
- Do not exceed 80 combined innings pitched in any 12 month period
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid throwing pitches other than fastballs and change-ups
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Avoid pitching in multiple games on the same day
- Play other sports during the course of the year
- Monitor for other signs of fatigue
- Pitchers once removed from the mound may not return as pitchers

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+

## Ages 13 to 14

(Typically 60' Pitching Distance)

- Players can begin using breaking pitches after developing consistent fastball and changeup
- Do not exceed 100 combined innings pitched in any 12 month period
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Avoid pitching in multiple games on the same day
- Play other sports during the course of the year
- Monitor for other signs of fatigue
- A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
13-14	95	1-20	21-35	36-50	51-65	66+

## Ages 15 to 18

(Typically 60' Pitching Distance)

- Players can begin using breaking pitches after developing consistent fastball and changeup
- Do not exceed 100 combined innings pitched in any 12 month period
- Take at least 4 months off from competitive pitching every year, including at least 2-3 continuous months off from all overhead throwing
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Avoid pitching in multiple games on the same day
- Make sure to follow guidelines across leagues, tournaments and showcases
- Monitor for other signs of fatigue
- A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game

AGE	DAILY MAX (PITCHES)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+