

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
- Players should not pitch 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
- No pitcher should appear in a game as a pitcher for three consecutive days, regardless of pitch counts

DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)			
	0 Days	1 Days	2 Days	3 Days
75	1-20	21-35	36-50	51-65
85	1-20	21-35	36-50	51-65