

Division	Age	Max Innings per Week	Batter Count	Calendar Days of Rest	Game Rest
Tees(Mound Position)	6-8	1 per game	NA	NA	NA
Minors-Baseball	9-10	4 (2/game)	10 max	3	NA
Minors-Baseball	9-10		7-9	3	NA
Minors-Baseball	9-10		5-6	2	NA
Minors-Baseball	9-10		1-4	1	NA
Minors-Baseball	8	4 (2/game)	8 Max	3	NA
Minors-Baseball	8		6-7	3	NA
Minors-Baseball	8		4-5	2	NA
Minors-Baseball	8		1-3	1	NA
Majors-Baseball	10	4	10 max	3	1
Majors-Baseball	10		7-9	3	1
Majors-Baseball	10		5-6	2	0
Majors-Baseball	10		1-4	1	0
Majors-Baseball	11-12	6	18 max	3	1
Majors-Baseball	11-12		13-17	3	1
Majors-Baseball	11-12		9-12	2	0
Majors-Baseball	11-12		1-8	1	0
Juniors-Baseball	13	7	18 max	3	1
Juniors-Baseball	13		13-17	3	1
Juniors-Baseball	13		9-12	2	0
Juniors-Baseball	13		1-8	1	0
Seniors-Baseball	14-17	7	21 Max	3	1
Seniors-Baseball	14-17		15-20	3	1
Seniors-Baseball	14-17		11-14	2	0
Seniors-Baseball	14-17		1-10	1	0
Minors Softball	8-10	5	3 Innings max	1	1
Majors Softball	10-12	6	5+ innings	1	0
Juniors Softball	12-14	6	5+ innings	1	0

