

Age	Daily Max	Required Days of Rest (Pitches)				
		0 days	1 day	2 days	3 days	4 days
U-19	105	1 to 30	31 to 45	46 to 60	61 to 75	76+
U-17	95	1 to 30	31 to 45	46 to 60	61 to 75	76+
U-15	90	1 to 30	31 to 45	46 to 60	61 to 75	76+