

## BASEBALL PITCH COUNT BY LEAGUE AGE



### AGES 6-8

◆ 50 pitches per day



### AGES 9-10

◆ 75 pitches per day



### AGES 11-12

◆ 85 pitches per day



### AGES 13-16

◆ 95 pitches per day

## BASEBALL PITCH COUNT BY DAYS REST THRESHOLDS



### BASEBALL PITCHERS LEAGUE AGE 14 AND UNDER

- ◆ 1-20 Pitches = 0 Days Rest
- ◆ 21-35 Pitches = 1 Day Rest
- ◆ 36-50 Pitches = 2 Days Rest
- ◆ 51-65 Pitches = 3 Days Rest
- ◆ 66+ Pitches = 4 Days Rest



### BASEBALL PITCHERS LEAGUE AGE 15 AND 16

- ◆ 1-30 Pitches = 0 Days Rest
- ◆ 31-45 Pitches = 1 Day Rest
- ◆ 46-60 Pitches = 2 Days Rest
- ◆ 61-75 Pitches = 3 Days Rest
- ◆ 76+ Pitches = 4 Days Rest