

Pitch Count & Pitcher's Rest

In an effort to prevent arm injuries and secondarily to encourage development of several pitchers on each team, the Coach Development / Skills committee is recommending the following guidelines to be presented at the coaches meeting and listed on the website. Various source documents will be listed on the website as well.

Recommended **maximum** pitches per game:

Age	Max Pitches
10	50 (+/-)
11	55 (+/-)
12	65 (+/-)
13	70 (+/-)
14	75 (+/-)
15	80 (+/-)

As important, recommended days of rest between pitching outings (based on pitches thrown):

Age	0 days of rest	1 day of rest	2 days of rest	3 days of rest	4 days of rest
10	1-20	21-35	36-50	51+	na
11	1-20	21-35	36-50	51+	na
12	1-25	26-40	41-55	56-70	71+
13	1-25	26-40	41-55	56-70	71+
14	1-30	31-45	46-60	61-75	76+
15	1-30	31-45	46-60	61-75	76+

We will attempt to provide guidelines on recommended arm care for pitchers between outings as well.

Coaches should remember that the maximum pitch count for every pitcher is different. Consideration should be given to pitching mechanics and motion, relative size and strength of the player, weather conditions, etc.