

Matthew H. Blake, MD

Team Physician, *University of Sioux Falls*
 Assistant Professor, Department of Orthopedic Surgery
 University of South Dakota School of Medicine
 www.MatthewBlakeMD.com



AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	40	1-20	21-35	36-50	N/A	N/A

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
9-10	50	1-20	21-35	36-50	51-65	66+
11-12	75	1-20	21-35	36-50	51-65	66+

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
13-14	75	1-20	21-35	36-50	51-65	66+

**USA Baseball Recommendations
 Pitch Count By Age**

AGE GROUP	PITCHES
9 -10 year olds	50 PER GAME 75 PER WEEK 1000 PER SEASON 2000 PER YEAR
11 - 12 year olds	75 per game 100 per week 1000 per season 3000 per year
13 - 14 year olds	75 per game 125 per week 1000 per season 3000 per year

AGES 8 & UNDER

(Typically 40' Pitching Distance)

- Focus on athleticism, physical fitness, and fun
- Focus on learning baseball rules, general techniques, and teamwork
- Do not exceed 60 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

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A

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

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+

AGES 13 TO 14

(Typically 54'-60' Pitching Distance)

- Players can begin using breaking pitches after developing consistent fastball and changeup
- Do not exceed 100 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 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
- A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game
- No pitcher should appear in a game as a pitcher for three consecutive days, regardless of pitch counts