### Pitch Smart

Pitching Statement

Our organization has established rules and guidelines that players and coaches must follow while playing in our league. The safety of our players is of our utmost importance. Ultimately, it is the responsibility of the parent and the athlete to ensure that the player follows the guidelines for his age group over the course of a year – given that he will oftentimes play in multiple leagues with different affiliations covering different times of the year.

Pitch County Limits and Required Rest Recommendations

It is important that our league set a workload limit recommendation for our pitchers to limit the likelihood of pitching with fatigue and injuries. Research has shown that pitch counts are the most effective way to reach this goal. Below is the recommended pitch counts and rest for youth pitchers. It is also recommended that a pitcher, once removed from the mound, does not enter into a position that requires them to throw a ball a long distance such as the catcher position.

| **Age** | **Daily Max (Pitches in Game)** | **0 Days Rest** | **1 Days Rest** | **2 Days Rest** | **3 Days Rest** | **4 Days Rest** | **5 Days Rest** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 7-8 | 50 | 1-20 | 21-35 | 36-50 | N/A | N/A | N/A |
| 9-10 | 75 | 1-20 | 21-35 | 36-50 | 51-65 | 66+ | N/A |
| 11-12 | 85 | 1-20 | 21-35 | 36-50 | 51-65 | 66+ | N/A |
| 13-14 | 95 | 1-20 | 21-35 | 36-50 | 51-65 | 66+ | N/A |
| 15-16 | 95 | 1-30 | 31-45 | 46-60 | 61-75 | 76+ | N/A |
| 17-18 | 105 | 1-30 | 31-45 | 46-60 | 61-80 | 81+ | N/A |
| 19-22 | 120 | 1-30 | 31-45 | 46-60 | 61-80 | 81-105 | 106+ |

Pitch Log

While it is not required it is highly recommended that coaches keep a pitch log every game. This can be done electronically, the forms provided on this website, or a scorebook. This ensures pitchers are getting recommended rest.