

Pitch Counts

Age	Max. Pitches Per Game	Max. Games Per Week
8-10	50	2
11-12	70	2
13-14	75	2
15-16	90	2
17-18	100	2

Recovery Times

Age	1 Day Rest	2 Day Rest	3 Day Rest	4 Day Rest
8-10	21	34	43	51
11-12	27	35	55	58
13-14	30	36	56	70
15-16	25	38	62	77
17-18	27	45	62	89

Age Recommendation for Learning Various Pitches

Pitch	Age
Fastball	8 - 10
Change-Up	10 - 13
Curve ball	14 - 16
Slider	14 - 16

.... Other Factors

- A pitcher should be limited to two appearances per week.
- Participation in multiple leagues, playing other positions, and practice should be considered when defining and regulating rest.
- Improper technique is a major factor in injury potential.
- Conditioning of the throwing arm and entire body can reduce a young pitcher's risk of injury.
- While the number of pitches should be limited, the young athlete should be encouraged to throw. This includes playing catch, playing other positions besides pitcher, and practicing pitching. When symptoms of arm discomfort or fatigue arise, longer periods of rest are recommended.