

Pitch Smart Guidelines

Ages 8 and Under

(Typically 46' 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 changeups
- 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** shall appear in a game as a pitcher for **three consecutive days**, regardless of pitch counts

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
7-8	50	1-20	21-35	36-50	N/A	N/A

Ages 9-12

(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 changeups
- 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** shall appear in a game as a pitcher for **three consecutive days**, regardless of pitch counts

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
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 13-14

(Typically 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** shall appear in a game as a pitcher for **three consecutive days**, regardless of pitch counts

Age	Daily Max (Pitches in Game)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
13-14	95	1-20	21-35	36-50	51-65	66+