

AGES 6-8

◆ 50 pitches per day

AGES 9-10

◆ 75 pitches per day

AGES 11-12

◆ 85 pitches per day

AGES 13-16

◆ 95 pitches per day

BASEBALL PITCHERS LEAGUE AGE 14 AND UNDER

◆ 1-20 Pitches = 0 Days Rest

◆ 21-35 Pitches = 1 Day Rest

◆ 36-50 Pitches = 2 Days Rest

◆ 51-65 Pitches = 3 Days Rest

◆ 66+ Pitches = 4 Days Rest