

# Pitch Count Limits



## Pitch Count Limits and Required Rest Recommendations

It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown the pitch counts are the most accurate and effective means of doing so. See required rest recommendations below.

| Age   | Daily Max<br>(Pitches in<br>Game) | 0 days<br>Rest | 1 Days<br>Rest | 2 Days<br>Rest | 3 Days<br>Rest | 4 Days<br>Rest | 5 Days<br>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          | 61-80          | 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         | 105+           |
|       |                                   |                |                |                |                |                |                |