## Appendix B

## Baseball Pitch-count Guidelines

## AGES 9 TO 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 change-ups
- 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) | REQUIRED REST (PITCHES) |  |  |  |  |  |
|  |  | 0 Days | 1 Days | 2 Days | 3 Days | 4 Days |
| $9-10$ | 75 | $1-20$ | $21-35$ | $36-50$ | $51-65$ | $66+$ |
| $11-12$ | 85 | $1-20$ | $21-35$ | $36-50$ | $51-65$ | $66+$ |

Taken from http://m.mlb.com/pitchsmart/pitching-guidelines-ages-9-to-12

