



PITCH COUNT/DAYS REST RULES

AGE / DAILY MAX PITCHES		NUMBER OF DAYS REST REQUIRED					
		0	1	2	3	4	5
7-8	50	1-20	21-35	35-50	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	61-75	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	106+

Days' Rest are **FULL** days rest starting the day **AFTER** the game

Example #1: if a 10 year old pitches 66+ pitches on Monday – they need FOUR days rest which means they are not eligible to pitch again until Saturday

Monday – Game: pitched 66+
 Tuesday – DAY 1 REST
 Wednesday – DAY 2 REST
 Thursday – DAY 3 REST
 Friday – DAY 4 REST
 Saturday – **GOOD TO GO**

Example #2: Mustang player throws 30 pitches on Saturday – Needs ONE day rest

Saturday – GAME – pitched 30
 Sunday – DAY 1 REST
 Monday – **GOOD TO GO!**