



## Team Pitch Count and Rest Reference

#	PLAYER	LEAGUE AGE	PITCHES PER DAY

MANDATORY REST DAYS	
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

MAXIMUM PITCH COUNTS	
Age	# Pitches
7-8	50 Pitches
9-10	75 Pitches
11-12	85 Pitches
13-16	95 Pitches

## Game Days by Week

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
1							
2							
3							
4							
5							
6							