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Pitching Recommendations

Avoid Breaking Pitches (Curveballs and Sliders) until Skeletal Maturity

Avoid Year-Round Baseball

2-3 months of complete rest from throwing

Recommended Maximum Number of Pitches*

Age (yrs)	Maximum Pitches per Game	Maximum Games per Week
8-10	50	2
11-12	65	2
13-14	75	2
15-16	90	2
17-18	105	2

* Modified pitch count guidelines from the USA Baseball Medical and Safety Advisory Committee

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Recommended Minimum Rest After Pitching*

Age (yrs)	Number of Pitches			
	1 Day of Rest	2 Days of Rest	3 Days of Rest	4 Days of Rest
8-10	20	35	45	50
11-12	25	35	55	60
13-14	30	35	55	70
15-16	30	40	60	80
17-18	30	40	60	90

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