

# Pitch Count Guidelines

These guidelines are from PitchSmart USA... full guidelines can be viewed at <https://www.mlb.com/pitch-smart/pitching-guidelines/ages-9-12>

| <b>Division</b> | <b>Daily Max (Pitches in Game)</b> | <b>0 Days Rest</b> | <b>1 Day Rest</b> | <b>2 Days Rest</b> | <b>3 Days Rest</b> | <b>4 Days Rest</b> |
|-----------------|------------------------------------|--------------------|-------------------|--------------------|--------------------|--------------------|
| Junior Boys     | 75 pitches                         | 1 – 20 pitches     | 21 – 35 pitches   | 36 – 50 pitches    | 51 – 65 pitches    | 66 – max pitches   |
| Senior Boys     | 85 pitches                         | 1 – 20 pitches     | 21 – 35 pitches   | 36 – 50 pitches    | 51 – 65 pitches    | 66 – max pitches   |