

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>

Division	Daily Max (Pitches in Game)	0 Days Rest	1 Day Rest	2 Days Rest	3 Days Rest	4 Days Rest
PeeWee Boys	50 pitches	1 - 20 pitches	21 - 35 pitches	36 - 50 pitches	N/A	N/A
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