

Youth Pitching Guidelines

Maximum Pitch Counts

<i>Age</i>	<i>Pitches/ Game</i>
7-8	50
9-10	75
11-12	85
13-16	95
17-18	105

Rest Periods Required

<i>Ages 7-16</i>	<i>Ages 17-18</i>	<i>Required # of Rest Days</i>
61+ pitches	76+ pitches	3 calendar days
41-60	51-75	2 calendar days
21-40	26-50	1 calendar day
1-20	1-25	None

Age Recommended for Pitchers

<i>Pitch</i>	<i>Age</i>
Fastball	8±2
Change-up	10±3
Curveball	14±2
Knuckleball	15±3
Slider	16±2
Forkball	16±2
Screwball	17±2

Source: James R. Andrews, MD, and Glenn S. Fleisig, PhD