

## Pitching Guidelines



<u>Age</u>	<u>Max Pitch/Game</u>	<u>Max Games/Week</u>	<u>1 Days Rest</u>	<u>2 Days</u>	<u>3 Days</u>	<u>4 Days</u>	<u>Pitches per Year</u>
8-10yrs Fastball only	50	2	20	35	40	50	2000
11-12yrs May include Change up	70	2	25	35	55	60	3000
13-14yrs May include Curveball	75	2	30	35	55	70	3000
15-16yrs May include Slider	90	2	30	40	60	75	3000
17-18yrs May include screwball	105	2	30	45	60	90	3000

(adapted from Medical Safety Advisory Committee Special Report *USA Baseball* 2006)

\*\* Please note the chart above is simply a guideline. If an athlete experiences shoulder, elbow or arm pain at any point, it is recommended that they stop throwing immediately.

Any pain or injury that does not respond to basic first aid (e.g. ice, rest, etc) should be evaluated by your primary care physician or sports medicine specialist.