

Pitching in Youth and Adolescent Baseball: Pitch Counts, Recommended Rest Periods, and Pitch Types

General Guidelines:

The following guidelines are taken from a consensus of clinical practice and the research sources listed below. However, be advised that consistent pain, swelling, difficulty, and velocity loss are greater predictors of pitching capabilities and injury risk in the individual athlete than the general age guidelines listed below. Therefore, age should not be the sole determining factor when deciding how many or what type of pitches an athlete should be throwing. For more information, contact your Athletic Trainer or Orthopedic Physician.



Maximum Pitch Counts Per Game by Age:

| <u>8-10yrs</u> | <u>11-12yrs</u> | <u>13-14yrs</u> | <u>15-16yrs</u> | <u>17-18yrs</u> |
|----------------|-----------------|-----------------|-----------------|-----------------|
| 52 | 68 | 76 | 91 | 106 |



Rest Periods Required: By Age and By Pitch Counts:

| <u>8-10 Years of Age:</u> | | | | <u>11-12 Years of Age:</u> | | | |
|----------------------------|-------------------|-------------------|-------------------|----------------------------|-------------------|-------------------|-------------------|
| <i>21 Pitches</i> | <i>34 Pitches</i> | <i>43 Pitches</i> | <i>51 Pitches</i> | <i>27 Pitches</i> | <i>35 Pitches</i> | <i>55 Pitches</i> | <i>58 Pitches</i> |
| 1 Day | 2 Days | 3 Days | 4 Days | 1 Day | 2 Days | 3 Days | 4 Days |
| <u>13-14 Years of Age:</u> | | | | <u>13-14 Years of Age:</u> | | | |
| <i>30 Pitches</i> | <i>36 Pitches</i> | <i>56 Pitches</i> | <i>70 Pitches</i> | <i>30 Pitches</i> | <i>36 Pitches</i> | <i>56 Pitches</i> | <i>70 Pitches</i> |
| 1 Day | 2 Days | 3 Days | 4 Days | 1 Day | 2 Days | 3 Days | 4 Days |

*****Athletes should not be permitted to pitch more than 2 games per week regardless of age*****

Age Recommendations for Various Pitch Types:

| | | |
|---------------------|-----------------------|---------------------|
| Change-up: 10-13yrs | Curveball: 13-16yrs | Fastball: 8-10yrs |
| Forkball: 16-18yrs | Knuckleball: 15-18yrs | Screwball: 17-19yrs |
| | Slider: 16-18yrs | |

Information Retrieved from:

American Academy of Orthopedic Surgeons
 American Sports Medicine Institute
 National Athletic Trainers' Association
 The Andrews Institute
 TheCompletePitcher.com
 2010 Little League Baseball Guidelines

