It is important for each league to set workload limits for their pitchers to limit the likelihood of pitching with fatigue. Research has shown that pitch counts are the most accurate and effective means of doing so.

| **Age** | **Daily Max (Pitches in Game)** | **Required Rest (Pitches)** | | | | |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 0 Days | 1 Days | 2 Days | 3 Days | 4 Days |
| 13-14 | 95 | 1-20 | 21-35 | 36-50 | 51-65 | 66+ |
| 15-16 | 95 | 1-30 | 31-45 | 46-60 | 61-75 | 76+ |
| 17-18 | 105 | 1-30 | 31-45 | 46-60 | 61-75 | 76+ |
| 19-22 | 120 | 1-30 | 31-45 | 46-60 | 61-75 | 76+ |

Please complete the application and submit it to [pitchsmart@usabaseball.com](mailto:pitchsmart@usabaseball.com).

[Pitch Smart Compliance Application](https://docs.google.com/forms/d/1-nrAP583mG4rQM8jMHnmztYJIKAhkejClzSjFHAqrFc/viewform)

[Download the full list of compliant organizations here](http://m.mlb.com/sections/pitchsmart/pdf/pitchsmart-compliance-full-2016.pdf)

1. Formal coaches’ meeting(s) will include a Pitch Smart informational segment
2. Pitch Smart information encouraged in team orientation meetings with parents and players

Ages 13 to 14

(Typically 60' Pitching Distance)

* Players can begin using breaking pitches after developing consistent fastball and changeup
* Do not exceed 100 combined innings pitched in any 12 month period
* Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
* Make sure to properly warm up before pitching
* Set and follow pitch-count limits and required rest periods
* Avoid playing for multiple teams at the same time
* Avoid playing catcher while not pitching
* Avoid pitching in multiple games on the same day
* Play other sports during the course of the year
* Monitor for other signs of fatigue
* A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game

| **Age** | **Daily Max (Pitches in Game)** | **Required Rest (Pitches)** | | | | |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 0 Days | 1 Days | 2 Days | 3 Days | 4 Days |
| 13-14 | 95 | 1-20 | 21-35 | 36-50 | 51-65 | 66+ |

Ages 15 to 18

(Typically 60' Pitching Distance)

* Players can begin using breaking pitches after developing consistent fastball and changeup
* Do not exceed 100 combined innings pitched in any 12 month period
* Take at least 4 months off from competitive pitching every year, including at least 2-3 continuous months off from all overhead throwing
* Make sure to properly warm up before pitching
* Set and follow pitch-count limits and required rest periods
* Avoid playing for multiple teams at the same time
* Avoid playing catcher while not pitching
* Avoid pitching in multiple games on the same day
* Make sure to follow guidelines across leagues, tournaments and showcases
* Monitor for other signs of fatigue
* A pitcher remaining in the game, but moving to a different position, can return as a pitcher anytime in the remainder of the game, but only once per game

| **Age** | **Daily Max (Pitches in Game)** | **Required Rest (Pitches)** | | | | |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 0 Days | 1 Days | 2 Days | 3 Days | 4 Days |
| 15-16 | 95 | 1-30 | 31-45 | 46-60 | 61-75 | 76+ |
| 17-18 | 105 | 1-30 | 31-45 | 46-60 | 61-75 | 76+ |

Ages 19 to 22

* Keep track of the amount of pitching throughout the course of the year. Although the safe yearly limit varies from pitcher to pitcher, it is important to remember that overuse injuries are the result of short-term and long-term overuse.
* Take at least 3 months off from competitive pitching every year, including at least 4 continuous weeks off from all overhead throwing
* Make sure to properly warm up before pitching
* Set and follow pitch-count limits and required rest periods
* Avoid playing for multiple teams at the same time
* Avoid playing catcher while not pitching
* Avoid pitching in multiple games on the same day
* Make sure to follow guidelines across leagues, tournaments and showcases
* Monitor for other signs of fatigue

| **Age** | **Daily Max (Pitches in Game)** | **Required Rest (Pitches)** | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 0 Days | 1 Days | 2 Days | 3 Days | 4 Days | 5 Days |
| 19-22 | 120 | 1-30 | 31-45 | 46-60 | 61-75 | 76-105 | 105+ |