



AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
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+

- Endorsed by SMAC
- Endorsed by ADAC

- 1) A pitcher cannot face a new batter once he/she has reached the maximum number of pitches.
- 2) If a student athlete exceeds the maximum number of pitches listed in the chart above he/she will be required to rest for the next seven (7) days and shall not be permitted to pitch during that time period. The student athlete shall be permitted to play any other position during this mandatory rest period. The student athlete will be eligible to pitch on the eighth (8) day.