

# Pitch Counts

## A Calendar Week is Monday thru Sunday

### 8 & Under

A limit of 60 pitches on any one outing and for the week

**8 & under** 20-29 Pitches = 1 day rest, 30-44 pitches = 2 days rest, 45-60 pitches = 3 days rest

### 10 & Under

A limit of 60 pitches on any one outing.

**10 & Under** 20-29 Pitches = 1 day rest, 30-44 pitches = 2 days rest, 45-59 pitches = 3 days rest, 75 max in any calendar week. Automatic forfeit of game for violations of this rule

### 12 & Under

75 pitches is the max pitched in a day.

**12 & Under** 20-29 Pitches = 1 day rest, 30-44 pitches = 2 days rest, 45-59 pitches = 3 days rest, 60-75 pitches = 4 days rest, 75 pitch max in any calendar week. Automatic forfeit of game for violations of this rule

### 14 & Under

75 pitches is the max pitched in a day.

**14 & Under** 20-29 Pitches = 1 day rest, 30-44 pitches = 2 days rest, 45-59 pitches = 3 days rest, 60-75 pitches = 4 days rest, 75 max in any calendar week. Automatic forfeit of game for violations of this rule