

PITCH CHART

AGE DAILY MAX PITCHES		NUMBER OF DAYS REST REQUIRED					
		0	1	2	3	4	5
7-8	50	1-20	21-35	36-50	N/A	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+	N/A
11-12	85	1-20	21-35	36-50	51-65	66+	N/A
13-14	95	1-20	21-35	36-50	51-65	66+	N/A
15-16	95	1-30	31-45	46-50	61-75	76+	N/A
17-18	105	1-30	31-45	46-50	61-80	81+	N/A
19-22	120	1-30	31-45	46-50	61-80	81-105	106+

DAYS REST = FULL CALENDAR DAYS

