



Ages 13u – 15u

(Typically 60' Pitching Distance)

- 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
- Players should not pitch 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

Division	Daily Max (Hard Stop)	0 Days Rest	1 Days Rest	2 Days Rest	3 Days Rest	4 Days Rest
Aggies 13u & 14u	95	1 - 20	21 - 35	36 - 50	51 - 65	66+
Aggies 15u	95	1 - 30	31 - 45	45 - 60	61 - 75	76+