



Ages 9-12

(Typically 46-50' Pitching Distance)

- Focus on athleticism, physical fitness, and fun
- Focus on learning baseball rules, general techniques, and teamwork
- Do not exceed 80 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 throwing pitches other than fastballs and change-ups
- 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
- Pitchers once removed from the mound may not return as pitchers
- No pitcher shall appear in a game as a pitcher for three consecutive days, regardless of pitch counts

| | Max Pitches Per Game | 0 Days Rest | 1 Days Rest | 2 Days Rest | 3 Days Rest | 4 Days Rest |
|--------------------------|-------------------------|-------------|-------------|-------------|-------------|-------------|
| Minors (9-10 years old) | 55 | 1 - 21 | 22 - 34 | 35 - 43 | 44 - 55 | 55+ |
| Majors (11-12 years old) | 75 | 1 - 21 | 21 - 35 | 36 - 50 | 51 - 65 | 66+ |