



<u>Pitch Count</u>	<u>Rest Days</u>
1 - 20	0 Days Rest
21 - 35	1 Day Rest
36 - 50	2 Day Rest
51 - 65	3 Day Rest
66+	4 Day Rest

Maximum Pitches per day:
 League Age 7-8, **50** Pitches
 League Age 9 - 10, **75** Pitches
 League Age 11 - 12, **85** Pitches