

RAWLINGS TIGERS BASEBALL CLUB



MLB PITCH SMART PITCH COUNTS AND GUIDELINES PER AGE



The Rawlings Tigers are very active in promoting arm care and stopping the overuse of amateur pitchers. We support the MLB Pitch Smart initiative which is a guideline on the amount of rest needed after a certain amount of pitches depending on the age of the pitcher. It also gives you an idea of how many pitches max a pitcher should throw at each age group. Below is the chart that they came up with.

| <u>AGE</u> | <u>DAILY MAX PITCHES</u> | <u>REQUIRED REST (PITCHES)</u> | | | | | |
|------------|--------------------------|--------------------------------|--------------|---------------|---------------|---------------|---------------|
| | | <u>0 DAYS</u> | <u>1 DAY</u> | <u>2 DAYS</u> | <u>3 DAYS</u> | <u>4 DAYS</u> | <u>5 DAYS</u> |
| 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 | 46-60 | 61-75 | 76+ | N/A |
| 17-18 | 105 | 1-30 | 31-45 | 46-60 | 61-80 | 81+ | N/A |
| 19-22 | 120 | 1-30 | 31-45 | 46-60 | 61-80 | 81-105 | 106+ |