

Table 1: Maximum Number of Pitches Recommended by USA Baseball Medical & Safety Advisory Committee

<u>Age</u>	<u>Maximum Pitches/Game</u>	<u>Maximum Games/Week</u>
8-10	50	2
11-12	65	2
13-14	75	2
15-16	90	2
17-18	105	2

Table 2: Minimum Rest After Pitching Recommended by USA Baseball Medical & Safety Advisory Committee (based upon number of pitches thrown)

<u>Age</u>	<u>1 Day Rest</u>	<u>2 Days Rest</u>	<u>3 Days Rest</u>	<u>4 Days Rest</u>
8-10	20	35	45	50
11-12	25	35	55	60
13-14	30	35	55	70
15-16	30	40	60	80
17-18	30	40	60	90

Table 3: Age to Learn Types of Pitches Recommended by USA Baseball Medical & Safety Advisory Committee

Fastball	8	Slider	16
Change-up	10	Forkball	16
Curveball	14	Splitter	16
Knuckleball	15	Screwball	17