

Reynolds C. Wearing a BAseball uniform the right Way. http://www.puckermob.com/moblog/wearing-a-baseball-uniform-the-right-way. Accessed February 27, 2017.

# Make the

# right call…

# **Adhere to pitch count Limits and required rest recommendations**

## Advocate for our youth!



A coaches guide to Pitch Count limits and required rest - by the ages

How to intrepret the graph?

Example:

* **15 YEAR OLD** PITCHES **43 PITCHES** IN PRACTICE
* PITCHER IS REQUIRED TO HAVE **1 DAY OF REST** BEFORE PITCHING AGAIN



Pitching distance: 46-50’

Injury prevention recommendations– ages 9-12

1. Avoid playing for multiple teams at the same time
2. Avoid playing catcher while not pitching
3. Players should not pitch in multiple games on the same day
4. Play other sports during the course of the year
5. Monitor for other signs of fatigue
6. Pitchers once removed from the mound may not return as pitchers
7. No pitcher should appear in a game as a pitcher for three consecutive days, regardless of pitch
8. Focus on athleticism, physical fitness, and fun
9. Focus on learning baseball rules, general techniques, and teamwork
10. Do not exceed 80 combined innings pitched in any 12 month period
11. Take at least 4 months off from throwing every year, with at least 2-3 months being continuous
12. Ensure adequate warm-up before pitching
13. Follow pitch count limits and required rest periods
14. avoid throwing pitches other than fastballs and change-ups

Injury prevention recommendations – ages 13-14

Pitching distance: 60’

1. Players can begin using breaking pitches after developing consistent fastball and changeup
2. Do not exceed 100 combined innings pitched in any 12 month period
3. Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
4. Make sure to properly warm up before pitching
5. Set and follow pitch-count limits and required rest periods



1. Avoid playing for multiple teams at the same time
2. Avoid playing catcher while not pitching
3. Players should not pitch in multiple games on the same day
4. Play other sports during the course of the year
5. Monitor for other signs of fatigue
6. 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
7. No pitcher should appear in a game as a pitcher for three consecutive days, regardless of pitch counts



1. Make sure to follow guidelines across leagues, tournaments and showcases
2. Monitor for other signs of fatigue
3. 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
4. No pitcher should appear in a game as a pitcher for three consecutive days, regardless of pitch counts
5. Players can begin using breaking pitches after developing consistent fastball and changeup
6. Do not exceed 100 combined innings pitched in any 12 month period
7. Take at least 4 months off from competitive pitching every year, including at least 2-3 continuous months off from all overhead throwing
8. Make sure to properly warm up before pitching
9. Set and follow pitch-count limits and required rest periods
10. Avoid playing for multiple teams at the same time
11. Avoid playing catcher while not pitching
12. Players should not pitch in multiple games on the same day

Pitching distance: 60’

Injurey prevention recommendations – ages 15-18



injury preventon recommendations - Ages 19-22

1. Keep track of the amount of pitching throughout the course of the year. Although the safe yearly limit varies from pitcher to pitcher, it is important to remember that overuse injuries are the result of short-term and long-term overuse
2. Take at least 3 months off from competitive pitching every year, including at least 4 continuous weeks off from all overhead throwing
3. Make sure to properly warm up before pitching
4. Set and follow pitch-count limits and required rest periods
5. Avoid playing for multiple teams at the same time
6. Avoid playing catcher while not pitching
7. Players should not pitch in multiple games on the same day
8. Make sure to follow guidelines across leagues, tournaments and showcases
9. Monitor for other signs of fatigue
10. No pitcher should appear in a game as a pitcher for three consecutive days, regardless of pitch counts

Citation: Guidelines For Youth And Adolescent Pitchers. PITCHSMART USA Baseball. http://m.mlb.com/pitchsmart/pitching-guidelines/. Accessed February 26th, 2017.

The previously described guidelines for upper extremity injury risk reduction in youth and adolescent pitchers were taken directly from the MLB site. These guidelines have been established using the best available evidence for injury risk reduction in the youth and adolescent populations. It is the **responsibility** of the **athlete**, the **athlete’s parents/guardians**, and the **athlete’s coaches** to ensure the player abides by his or her age-established guidelines over the course of the year.

Work Cited