



Mid-America Orthopedics

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Youth Pitchers

These are guidelines in regard to number of pitches thrown, rest after pitching, and types of pitches that are recommended for youth pitchers.

TABLE 1 Recommended Maximum Number of Pitches^a

Age, yrs	Maximum Pitches per Game	Maximum Games per Week
8–10	50	2
11–12	65	2
13–14	75	2
15–16	90	2
17–18	105	2

^aRecommendations were modified with permission from the USA Baseball Medical & Safety Advisory Committee.¹

TABLE 2 Recommended Minimum Rest After Pitching^a

Age, yrs	Number of Pitches			
	1 Day of Rest	2 Days of Rest	3 Days of Rest	4 Days of Rest
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

^aRecommendations were modified with permission from the USA Baseball Medical & Safety Advisory Committee.¹

TABLE 3 Age to Learn Types of Pitches^a

Pitch	Age, yrs
Fastball	8
Change-up	10
Curveball	14
Knuckleball	15
Slider	16 ^b
Forkball	16 ^b
Splitter	16 ^b
Screwball	17 ^b
^a Reprinted with permission from the USA Baseball Medical & Safety Advisory Committee. ¹	
^b These ages reflect results from a survey by the USA Baseball Medical & Safety Advisory Committee. The authors of the current study believe that these pitches should not be thrown before the player is 18 years old.	

Andrews JR, Fleisig G. USA Baseball News Medical & Safety Advisory Committee special report: How many pitches should I allow my child to throw? *USA Baseball News*. April 1996:5