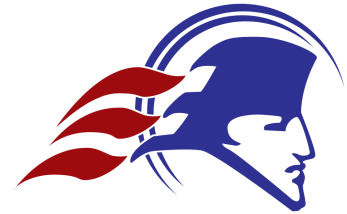




Franklin Academy High School
Baseball
General Pitching Guidelines
and Pitch Counts



Guidelines Adopted from USA Baseball Pitch Smart

AGES 13 TO 14 (Generally Freshman)

- Players can begin using breaking pitches after developing consistent fastball and changeup
- Do not exceed 100 combined innings pitched in any 12 month period
- Take at least 4 months off from throwing every year, with at least 2-3 of those months being continuous
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid playing for multiple teams at the same time (DISCLOSURE REQUIRED)
- Avoid playing catcher while not pitching
- Avoid pitching in multiple games on the same day
- Play other sports during the course of the year
- Monitor for other signs of fatigue

AGES 15 TO 18 (Generally Sophomores-Seniors)

- Players can begin using breaking pitches after developing consistent fastball and changeup
- Do not exceed 100 combined innings pitched in any 12 month period
- Take at least 4 months off from competitive pitching every year, including at least 2-3 continuous months off from all overhead throwing
- Make sure to properly warm up before pitching
- Set and follow pitch-count limits and required rest periods
- Avoid playing for multiple teams at the same time (DISCLOSURE REQUIRED)
- Avoid playing catcher while not pitching
- Avoid pitching in multiple games on the same day
- Make sure to follow guidelines across leagues, tournaments and showcases
- Monitor for other signs of fatigue

AGES	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
13-14	95	<20	21-35	36-50	51-65	66+
15-16	95	<30	31-45	46-60	61-75	76+
17-18	105	<30	31-45	46-60	61-75	76+

We recognize that every player is unique in both physical traits, off-season routines, and work ethic. These guidelines are not hard set rules; but a direction for basic understanding. Each player will have personal pitch counts, schedules, and evaluations based on his personal traits and goals. We recommend no throwing for 8 weeks in the summer as well as no throwing in November-December. **UPDATED: 05/2016