



SERVING THE METRO DENVER SUBURBIA COMMUNITY SINCE 1987



### Centennial Pitch Count Sheet

Date: \_\_\_\_\_ Visitors Score: \_\_\_\_\_ Home Score: \_\_\_\_\_

Visiting Team: \_\_\_\_\_

Number	Name	Pitches

Home Team: \_\_\_\_\_

Number	Name	Pitches

\_\_\_\_\_  
Visiting Coach Signature

\_\_\_\_\_  
Home Coach Signature



# MLB Pitch Smart Guidelines

## Ages 9 to 15

- Focus on athleticism, physical fitness, and fun
- Focus on learning baseball rules, general techniques, and teamwork
- Do not exceed 80 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 throwing pitches other than fastballs and change-ups
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Players should not pitch in multiple games on the same day
- Play other sports during the course of the year
- Monitor for other signs of fatigue
- Pitchers once removed from the mound may not return as pitchers
- No pitcher shall appear in a game as a pitcher for three consecutive days, regardless of pitch counts

Age	Daily Max (Pitches in Game)	Required Rest (Pitches)				
		0 Days	1 Days	2 Days	3 Days	4 Days
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-15	95	1-20	21-35	36-50	51-65	66+

Pitch counts are not tied to the player's age, but the division's age range. e.g. all players in Minors will follow the 9-10 limits, regardless of the player's age.