



Manly Warringah District Baseball Association



MLB PITCH SMART CHART



Age	Maximum Pitches per Game			Required Rest Days per recorded Pitch Count (note 1)						Recommended Max Innings per calendar year
	MLB Pitch Smart	Manly Juniors Mandate		0 days	1 day	2 days	3 days	4 days	5 days	
7-8	50	NA	NA	1-20	21-35	36-50	NA	NA	NA	60*
9-10	75	LL 10/11 (Minor)	30	1-20	21-35	36-50	51-65	66+	NA	80*
		LL Major	50							
11-12	85	LL 10/11 (Minor)	30	1-20	21-35	36-50	51-65	66+	NA	100*
		LL Major	50							
		LL Intermediate	50							
13-14	95	LL Intermediate	50	1-20	21-35	36-50	51-65	66+	NA	100*
		Junior League	60							
		Senior League	70							
15-16	95	Senior League	70	1-30	31-45	46-60	61-75	76+	NA	100*
17-18	105	Overage#	70	1-30	31-45	46-60	61-80	81+	NA	100*
19-22	120	Overage#	70	1-30	31-45	46-60	61-80	81-105	106+	Varies Pitcher to Pitcher^

note 1 Rest days are calculated by calendar days, not 24 hour periods.

Overage players participating in the Senior League competition with the consent of the Manly Warringah Baseball Junior Competition Committee.

***** Take 4 months off from competitive pitching each year with 2-3 months continuous break.

^ Take at least 3 months off from competitive pitching each year, including at least 4 consecutive weeks break off from all overhead throwing.