



Manly Warringah District Baseball Association



MLB PITCH SMART CHART



Age	Maximum Pitches per Game			Required Rest Days per recorded Pitch Count <small>(note 1)</small>						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	60							
13-14	95	LL Intermediate	60	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.