



# 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       | 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.