

Pitch count limits for 2013 and beyond

League Age	Pitches Allowed Per Day
17-18	105
13 - 16	95
11-12	85
9 - 10	75
7 - 8	50 [Note: this is a change from the 2007 rules, which lumped all pitchers 10 and under together so as to allow even the youngest pitchers to throw 75 pitches in a day]

Rest requirements: Pitchers league ages 7 to 14

Number of pitches in a day	Number of Calendar Days of Rest before Pitching Again
66 or more	4
51 to 65	3
36 to 50	2
21 to 35	1
1 to 20	No day of rest required.