



ASMI/Little League Pitching Recommendations

ASMI Pitch Count/Recovery Recommendations

AGE	Max. Pitches per game	Max. Games per week
8-10	52	2
11-12	68	2
13-14	76	2
15-16	91	2
17-18	106	2

ASMI (American Sports Medicine Institute), 1996

Little League Pitching Guidelines (2008)

League Age	Pitches Allowed per Day
10 and younger	75
11-12	85
13-16	95
17-18	105

Recovery Times - ASMI Guidelines

Age	1 Day Rest	2 Day Rest	3 Day Rest	4 day Rest
8-10	21	34	43	51
11-12	27	35	55	58
13-14	30	36	56	70
15-16	25	38	62	77
17-18	27	45	62	89

Age Recommendation for Learning Various Pitches

Pitch	Age
Fastball	8-10
Change-Up	10-13
Curve ball	14-16
Knuckle ball	15-18
Slider	16-18
Fork ball	16-18
Screw ball	17-19

Recovery Times - Little League Guidelines

Age	0 day Rest	1 Day Rest	2 Day Rest	3 Day Rest
7-16	1-20	21-41	41-60	61+
17-18	1-25	26-50	51-75	76+