

Pitching Rest Requirements AAA and AA

AAA

Age 10 & 11 - 75 pitch maximum per day

Pitch Count 61 or more	
3 Calendar Days	
Plus 1 Game	
Pitch Day	Next Pitch if game rest met
Monday	Friday
Tuesday	Saturday
Wednesday	Sunday
Thursday	Monday
Friday	Tuesday
Saturday	Wednesday
Sunday	Thursday

Pitch Count 41-60	
2 Calendar Days	
Plus 1 Game	
Pitch Day	Next Pitch if game rest met
Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
Thursday	Sunday
Friday	Monday
Saturday	Tuesday
Sunday	Wednesday

Pitch Count 21 - 40	
1 Calendar Day	
No Game Rest Required	
Pitch Day	Next Pitch
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Saturday
Friday	Sunday
Saturday	Monday
Sunday	Tuesday

Pitch Count 1 - 20	
No Rest Required	
No Game Rest Required	
Pitch Day	Next Pitch
Monday	Tuesday
Tuesday	Wednesday
Wednesday	Thursday
Thursday	Friday
Friday	Saturday
Saturday	Sunday
Sunday	Monday

AA

50 pitch maximum per day

Pitch Count 41-50	
2 Calendar Days	
Plus 1 Game	
Pitch Day	Next Pitch if game rest met
Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
Thursday	Sunday
Friday	Monday
Saturday	Tuesday
Sunday	Wednesday

Pitch Count 21 - 40	
1 Calendar Day	
No Game Rest Required	
Pitch Day	Next Pitch
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Saturday
Friday	Sunday
Saturday	Monday
Sunday	Tuesday

Pitch Count 1 - 20	
No Rest Required	
No Game Rest Required	
Pitch Day	Next Pitch
Monday	Tuesday
Tuesday	Wednesday
Wednesday	Thursday
Thursday	Friday
Friday	Saturday
Saturday	Sunday
Sunday	Monday