



Spokane Indians Youth Baseball Pitch Smart Guidelines



Division	Daily Max (Pitches in Game)	Required Rest Period (Pitches)				
		<i>0 Days</i>	<i>1 Day</i>	<i>2 Days</i>	<i>3 Days</i>	<i>4 Days</i>
9u	75	1-20	21-35	36-50	51-65	66+
10u	75	1-20	21-35	36-50	51-65	66+
11u	85	1-20	21-35	36-50	51-65	66+
12u	85	1-20	21-35	36-50	51-65	66+

NOTES: Days mean **FULL CALENDAR DAYS**. If you throw 22 pitches on Tuesday, you cannot throw again until Thursday. If you throw 53 pitches on Saturday, you cannot throw again until Wednesday. All pitch counts must be entered in online after each game. If pitcher reaches daily max during an at bat, pitcher can finish pitching to the batter.