



MLB Pitch Smart Chart – Found on PONY.org

| AGE | DAILY MAX (PITCHES IN GAME) | REQUIRED REST (PITCHES) | | | | | |
|-------|-----------------------------|-------------------------|--------|--------|--------|--------|--------|
| | | 0 Days | 1 Days | 2 Days | 3 Days | 4 Days | 5 Days |
| 7-8 | 50 | 1-20 | 21-35 | 36-50 | N/A | N/A | N/A |
| 9-10 | 75 | 1-20 | 21-35 | 36-50 | 51-65 | 66+ | N/A |
| 11-12 | 85 | 1-20 | 21-35 | 36-50 | 51-65 | 66+ | N/A |
| 13-14 | 95 | 1-20 | 21-35 | 36-50 | 51-65 | 66+ | N/A |
| 15-16 | 95 | 1-30 | 31-45 | 46-60 | 61-75 | 76+ | N/A |
| 17-18 | 105 | 1-30 | 31-45 | 46-60 | 61-80 | 81+ | N/A |
| 19-22 | 120 | 1-30 | 31-45 | 46-60 | 61-80 | 81-105 | 106+ |

South Zone - Coast Region – Houston Area