

**Babe Ruth / Cal Ripken Pitch Count Rules**

| Max Pitch Counts |                 | Rest Period Ages 7-18    |           |
|------------------|-----------------|--------------------------|-----------|
| Age              | Max Pitches/Day | Pitches Thrown           | Rest Days |
| 7-8              | 50              | 21-35, 36-50             | 1,2       |
| 9-10             | 75              | 21-35, 36-50, 51-65, 66+ | 1,2,3,4   |
| 11-12            | 85              | 21-35, 36-50, 51-65, 66+ | 1,2,3,4   |
| 13-14            | 95              | 21-35, 36-50, 51-65, 66+ | 1,2,3,4   |
| 15-16            | 95              | 31-45, 46-60, 61-75, 76+ | 1,2,3,4   |