LEAGUE AGE	1-20 PITCHES	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66-75 PITCHES	76-85 PITCHES
12	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
11	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
10	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
9	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
8	0 days rest	1 day rest	2 days rest	max pitch count is 50		
7	0 days rest	1 day rest	2 days rest	max pitch count is 50		

LEAGUE AGE	1-20 PITCHES	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66-75 PITCHES	76-85 PITCHES
12	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
11	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
10	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
9	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
8	0 days rest	1 day rest	2 days rest	max pitch count is 50		
7	0 days rest	1 day rest	2 days rest	max pitch count is 50		

LEAGUE AGE	1-20 PITCHES	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66-75 PITCHES	76-85 PITCHES
12	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
11	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
10	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
9	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
8	0 days rest	1 day rest	2 days rest	max pitch count is 50		
7	0 days rest	1 day rest	2 days rest	max pitch count is 50		

LEAGUE AGE	1-20 PITCHES	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66-75 PITCHES	76-85 PITCHES
12	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
11	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
10	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
9	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
8	0 days rest	1 day rest	2 days rest	max pitch count is 50		
7	0 days rest	1 day rest	2 days rest	max pitch count is 50		

LEAGUE AGE	1-20 PITCHES	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66-75 PITCHES	76-85 PITCHES
12	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
11	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
10	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
9	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
8	0 days rest	1 day rest	2 days rest	max pitch count is 50		
7	0 days rest	1 day rest	2 days rest	max pitch count is 50		

LEAGUE AGE	1-20 PITCHES	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66-75 PITCHES	76-85 PITCHES
12	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
11	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
10	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
9	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
8	0 days rest	1 day rest	2 days rest	max pitch count is 50		
7	0 days rest	1 day rest	2 days rest	max pitch count is 50		

LEAGUE AGE	1-20 PITCHES	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66-75 PITCHES	76-85 PITCHES
12	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
11	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
10	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
9	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
8	0 days rest	1 day rest	2 days rest	max pitch count is 50		
7	0 days rest	1 day rest	2 days rest	max pitch count is 50		

LEAGUE AGE	1-20 PITCHES	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66-75 PITCHES	76-85 PITCHES
12	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
11	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
10	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
9	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
8	0 days rest	1 day rest	2 days rest	max pitch count is 50		
7	0 days rest	1 day rest	2 days rest	max pitch count is 50		

LEAGUE AGE	1-20 PITCHES	21-35 PITCHES	36-50 PITCHES	51-65 PITCHES	66-75 PITCHES	76-85 PITCHES
12	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
11	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	4 days rest
10	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
9	0 days rest	1 day rest	2 days rest	3 days rest	4 days rest	max pitch count 75
8	0 days rest	1 day rest	2 days rest	max pitch count is 50		
7	0 days rest	1 day rest	2 days rest	max pitch count is 50		