

# Risk Factors for Arm Injury

- Pitching Mechanics (Fastball/Offspeed)
- Strength Deficits (Legs, Hips, Core)
- Velocity Chasing (No Radar Guns)
- Full Throwing Motion < or > 20% Load Variance (Heavy Ball / Light Ball)
- Pitching with Pain or Signs of Fatigue
- Pitch Count (per game & per inning)
- Infrequent Throwing While In-Season

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# USA Baseball Medical & Safety Advisory Committee Guidelines

## American Sports Medicine Institute

| Pitch Count Limit |                |                |                  |                |
|-------------------|----------------|----------------|------------------|----------------|
| Age               | Pitch/<br>Game | Pitch/<br>Week | Pitch/<br>Season | Pitch/<br>Year |
| 9-10              | 50             | 75             | 1000             | 2000           |
| 11-12             | 75             | 100            | 1000             | 2000           |
| 13-14             | 75             | 100            | 1000             | 3000           |
| 15-16             | 90             | 2 games/week   |                  |                |
| 17-18             | 105            | 2 games/week   |                  |                |

| Days of Rest After Pitching Event |              |       |       |      |
|-----------------------------------|--------------|-------|-------|------|
| Age                               | Days of Rest |       |       |      |
|                                   | One          | Two   | Three | Four |
| 9-10                              | 21-33        | 34-42 | 43-50 | 51+  |
| 11-12                             | 27-34        | 35-54 | 55-57 | 58+  |
| 13-14                             | 30-35        | 36-55 | 56-69 | 70+  |
| 15-16                             | 30-39        | 40-59 | 60-79 | 80+  |
| 17-18                             | 30-39        | 40-59 | 60-89 | 90+  |

Above # if the pitch count

For complete definitions and understanding of Risk Factors, visit [www.bigeasysportsplex.com](http://www.bigeasysportsplex.com) and click on the DECEL BASEBALL tab.