

Pitcher Protection Line Up Card

Under the direction of ABF board member **Michael J. Axe M.D.**, the University of Delaware, First State Orthopaedics, the American Baseball Foundation Inc. have, through research that dates back to 1996, suggested an **international classification system** for youth baseball pitchers, ranging in age from **eight to fourteen**.

Using the system that is defined by pitch speed or by maximum throwing distance, a pitcher can identify his/her place as it relates to pitch speeds and throwing distances exhibited around the world.

If the youth's data places him/her into a category that has been identified as **1 in 400 pitchers**, then the danger to the growth plates of the pitcher exists due to the high levels of stress placed on the throwing elbow and the throwing shoulder, given the velocities attained by that pitcher.

The resultant chart (below), makes suggestions that would **protect** the pitcher from the stresses of pitching at such high velocities as such an early age.

PITCHER PROTECTION LINE UP CARD

Check the line up card to see if you are a special 1 in 400 pitcher

	AGE	AVERAGE MPH	1/400 PITCHER	DISTANCE IN FT./MT.
	8	40	50 or over	137 (41.7) or over
	9	43	55 or over	159 (48.5) or over
	10	46	58 or over	174 (53.0) or over
	11	48	60 or over	195 (59.4) or over
	12	50	65 or over	216 (65.8) or over
	13	54	69 or over	236 (71.9) or over
	14	60	78 or over	286 (81.2) or over

If you are a 1/400 pitcher, your growth plates and ligaments are at risk for injury.
The need for surgery increases 36x if you have pain in the shoulder or elbow when pitching with a tired arm.

STAY IN THE LINE UP~

- Limit pitches/game by multiplying your age by "5"
EXAMPLE: 10 years old x 5 = 50 pitches/game
- Rest 72 hours after each appearance
- Complete rest from pitching and throwing for 3 months/year
- Consider a long distance throwing program in the off-season



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