



Pitching

Velocity, command, sequencing, and durability. The pitcher rubric tracks measurable benchmarks (FB velocity by age) plus feel-of-the-game mastery — Rookie Ball through All-Star.

PLAYER: _____ AGE / LEVEL: _____ COACH: _____ DATE: _____

LEVEL	MASTERY CRITERIA	FASTBALL VELO BY AGE	MARK
ROOKIE BALL	Throws from a stretch with balanced posture 40–50% of pitches reach the strike zone in bullpen Knows how to grip a 4-seam fastball	10U 35 mph FB 12U 40 mph 14U 50 mph 16U+ 60 mph	☐
LOW-A	Repeatable wind-up and stretch delivery 55–60% strike rate in bullpen Throws fastball + change-up with intent	10U 45 mph FB 12U 50 mph 14U 58 mph 16U+ 68 mph	☐
HIGH-A	60% game strike rate, <1 BB per inning Two pitches usable in counts (FB + 1 offspeed) Holds runners with slide step + look	10U 52 mph FB 12U 58 mph 14U 65 mph 16U+ 74 mph	☐
DOUBLE-A	65%+ first-pitch strikes Two-pitch mix consistently locates to glove side Fields his/her position cleanly (PFP)	10U 58 mph FB 12U 64 mph 14U 72 mph 16U+ 80 mph	☐
TRIPLE-A	Three-pitch arsenal (FB + 2 secondaries) Tunnels FB / breaking ball at release Goes 4+ innings holding strike rate > 65%	10U — 12U 70 mph 14U 78 mph 16U+ 85 mph	☐
MAJOR LEAGUE	Plus pitch by metric (Stuff+ > 105 / spin / IVB) Sequences pitches by hitter scouting report Holds runners with consistent < 1.30 sec home time	10U — 12U 74 mph 14U 82 mph 16U+ 88 mph	☐
ALL-STAR	Two plus pitches (Stuff+ > 110) Locates secondaries to both sides of plate Recruitable by D1 / drafted profile	10U — 12U — 14U 88 mph 16U+ 93+ mph	☐

HOW TO USE THIS RUBRIC

Evaluate the player against every level's criteria, lowest first.
Assign the highest level where they meet ALL criteria.
The next level's criteria become this season's focus.
Re-evaluate at mid-season & end-of-season checkpoints.

TYPICAL LEVEL BY AGE	
4-6 (T-Ball)	Single-A → Double-A
7-8 (Coach Pitch)	Double-A → Triple-A
9-10 (Kid Pitch)	Triple-A → Major League
11-12 (Little League)	Low-A → Double-A
13-14 (Travel)	Double-A → Triple-A
15-16 (JV)	Triple-A → Major League
17-18 (Varsity)	Major League → All-Star
College / Elite	All-Star