

American Legion Pitch Count Rules

The following pitch count rules are based on the 2019 American Legion National Rule Book.

Number of Pitches per Day	Days of Rest Required
1-30	0 Days
31-45	1 Day
46-60	2 Days
61-80	3 Days
81-105	4 Days
DAILY MAXIMUM NUMBER OF PITCHERS IS 105	

Note: All games in Alaska are ALB Senior Games and follow ALB Senior Rules

American Legion Pitching Rule 1.R

- No player may enter the game as a pitcher unless having fulfilled the required rest days as mandated by the chart above.
- No player may pitch more than a total of 105 pitches per day.
 - A pitcher will be allowed to finish a batter if he reaches or exceeds the maximum limit during an at-bat, but must exit the position after the hitter.
- No player may make more than two appearances as a pitcher during any consecutive three-day (3) period. A pitcher that is pulled and returns to pitch in the same game will be charged with an additional appearance.
 - **Example A:**
 - Day 1: Pitcher A makes an appearance under 30 pitches
 - Day 2: Pitcher A makes an appearance under 30 pitches
 - Day 3: Pitcher A CAN NOT PITCH DUE TO 2 APPEARANCES IN 3 DAYS
 - Day 4: Pitcher A can pitch again
 - **Example B (Double Header):**
 - Day 1, Game 1: Pitcher B makes an appearance and throws 15 pitches
 - Day 1, Game 2: Pitcher B makes an appearance and throws 15 pitches
 - Day 2: Pitcher B CAN NOT PITCH DUE TO 2 APPEARANCES IN 3 DAYS
 - Day 3: Pitcher B CAN NOT PITCH DUE TO 2 APPEARANCES IN 3 DAYS
 - Day 4: Pitcher B can pitch again
- **Penalty for the breaking the above rules** – The pitcher and team manager shall be ejected from the game if a protest is filed with the umpire-in-chief before the last out of the game.
- **Notes:**
 - Required rest is determined by pitches thrown per day not per appearance. Two appearances in one day will require pitches from both appearances to be totaled to calculate required rest.
 - When no official scorebook is kept, the home scorebook (home team, not necessarily home field) will be the official recording for pitch counts.
 - If home team fails to keep a pitch count the visitor pitch count will be used.

American Legion Pitching Rule 1.R.1

- A pitcher must be removed from the position when a coach makes a second trip to the mound in the same inning, and that player cannot return as a pitcher in that game.
- **Penalty for the breaking Rule 1.R.1-** Forfeiture of the game if a protest is filed with the umpire-in-chief before the last out of the game.

Alaska Legion Protest Procedure Rule 5.A

- All protests regarding pitchers and pitch counts must be filed with the umpire before the last out of the game
- Procedure after protest is filed with umpire
 - Protest must be filed in writing by the team manager listed on the national online registration

Alaska Legion Ejection Rule 7.E

- Any player, coach or manager ejected by an umpire must leave the ballpark. Failure to leave ballpark will result in immediate forfeit. In the event of a coach or player not leaving the ballpark, the Post Manager will face sanctions determined by the Dept. Baseball Chair.
- **Penalties for ejections in the State of Alaska cover players as well as coaches**
 - **First Offense:** A two game suspension, the balance of the current game being played plus the next two regularly scheduled games of the level they are rostered on.
 - **Second Offense:** The offender must seek out the League Director, Department Chairman, or his representative to be re-instated.
 - **Offenses in Excess of Two:** That player or coach must appear before the Department Baseball Chairman and or the Department Baseball Committee. A determination shall be made at that time if that individual is to be re-instated or ejected from the American Legion baseball program. All ejections must be reported in writing, by the umpire making the ejection, to the Department Baseball Chairman and the league director, appropriate baseball commissioner and the Department Adjutant.

Wasilla Cleat Restrictions

- No metal cleats are allowed on the mound, in the bullpen or in the batting cages

Kodiak Cleat Restrictions

- No metal cleats are allowed on the field

Pitching Limit Verification Form

Game Date	Pitcher Name	Pitches Thrown	Days' Rest Required	Opponent	Opposing Coach Signature

Daily Limitation

The maximum number of pitches in a day is 105. Specific rest periods are in place when a pitcher reaches a threshold of pitches thrown in a day. The rest periods required during the regular and postseason are listed below.

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| <p>All Levels 105 pitches/day max (Legion AA and A)
1-30 pitches = 0 Days of Rest
31-45 Pitches = 1 Day of Rest
46-60 Pitches = 2 Days of Rest
61-80 Pitches = 3 Days of Rest
81-105 Pitches = 4 Days of Rest</p> |
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