TEAM:

DATE:

SCHEELS®

MINNESOTA AMERICAN LEGION

BASEBALL

PITCH COUNT FORM

No	Player	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun

P. Pitching Rules. As with other playing regulations, pitching rules shall be consistent with Official Baseball Rules (such as the hand-to-mouth provisions, illegal feints to first or third base, etc.), except as noted herein (or in National American Legion Rules, as applicable.)

1. For the 2021 season,

   a. As outlined below, no player (Junior or Senior) may pitch more than a total of 105 pitches per day (defined as 8 a.m. to 8 a.m.) Those who pitch will also be subject to required days of rest:

	Required Days of Rest, depending upon pitches thrown on a given day*				
Daily Maximum (pitches per day*)	**No Day of Rest**	**1 Day of Rest**	**2 Days of Rest**	**3 Days of Rest**	**4 Days of Rest**
105	0-30	31-45	46-60	61-80	81+

*Note 1: If a team has multiple games scheduled on the same day, a pitcher who pitches more than 45 pitches in Game 1 may not pitch in a subsequent game that same day and is required to follow the listed rest protocol.

   b. A pitcher, however, will be allowed to finish a batter, if he reaches or exceeds the maximum limit during an at-bat; the pitcher must exit the position after the conclusion of that batter's at-bat.