

1.R. Pitching Rule.

Senior American Legion Baseball programs. No player may pitch more than a total of 120 pitches per day. A pitcher will be allowed to finish a batter if they reach or exceed 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 period. PENALTY – 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.

1. Any player may be removed from the pitching position and remain in the game at another position. However, a pitcher will be automatically 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 – Forfeiture of the game if a protest is filed with the umpire-in-chief before the last out of the game.

2. Rule 1.R shall be used in all state and national tournaments.

Clarification: At all national regional and world series tournaments, any game suspended by the on-site tournament director will become a suspended game and will be completed from the point of suspension.

3. When the bases are unoccupied, the pitcher shall deliver the ball to the batter within 12 seconds after he receives the ball. Each time the pitcher delays the game by violating this rule, the umpire shall call “Ball.”

a) The 12-second timing starts when the pitcher is in possession of the ball and the batter is in the box, alert to the pitcher. The timing stops when the pitcher releases the ball.

b) The intent of this rule is to avoid unnecessary delays. The umpire shall insist that the catcher return the ball promptly to the pitcher, and that the pitcher take his position on the rubber promptly. Obvious a delay by the pitcher should instantly be penalized by the umpire. (Official Baseball Rule 8.04.)

Junior American Legion Baseball programs. No player may pitch more than a total of 105 pitches per day. A pitcher will be allowed to finish a batter if they reach or exceed 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 period. PENALTY – 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.

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2. Rule 1.R shall be used in all state tournaments.

POINT OF EMPHASIS American Legion Baseball adopts the philosophy and principles of the MLB/USA Baseball Pitch Smart initiative of practical, age-appropriate guidelines to educate parents, players and coaches to avoid overuse injuries and foster long, healthy careers for youth pitchers. Learn more online at pitchsmart.org. The following recommended rest requirements and suggested guidelines are:

Recommendations/Suggestions –

- Consideration should be given not exceed 100 combined innings pitched in any 12 month period
- Take at least 4 months off from competitive pitching every year, including at least 2-3 continuous months off from all overhead throwing
- It is strongly recommended that coaches consider the age of the pitcher and the recommended guidelines for that age group, i.e. a 16 year old pitcher on a senior team should be limited to 95 max pitches, although 120 pitches is allowed
- It is strongly recommended that once a pitcher is removed, consideration be given to what position he is assigned once he is done pitching. Consideration should be given to the throwing requirement of the fielding position once the pitcher vacates the mound
- Make sure to properly warm up before pitching
- Avoid playing for multiple teams at the same time
- Avoid playing catcher while not pitching
- Avoid pitching in multiple games on the same day
- Monitor for other signs of fatigue

Adjusted 3/24/17

Pursuant to the 2017 ALB National Rule Book, Rule 1.R., Page 16, an American Legion Baseball player may not enter a game as a pitcher unless having fulfilled the required rest days as mandated in the pitch chart. After much discussion with department chairmen, coaches, national staff, and the Baseball Committee, we believe it’s in the best interest of the baseball program to replace the pitch count chart published in the 2017 National Rule Book. The Americanism Commission agrees with the recommendation from the Baseball Committee and adopts the revised pitch count chart published by USA Baseball.

Therefore, the pitch count chart below will replace the chart published in the 2017 ALB National Rule Book. The remainder of Rule 1.R. remains unchanged, including no player may make more than two appearances as a pitcher during any consecutive three-day period.

AGE	DAILY MAX (PITCHES IN GAME)	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
15-16 (recommendation)	95	1-30	31-45	46-60	61-75	76+
ALB Junior Program	105	1-30	31-45	46-60	61-75	76+
ALB Senior Program	120	1-30	31-45	46-60	61-75	76+

Additionally, the new intentional walk rule adopted by Major League Baseball Official Baseball Rule, which allows a manager to signal his decision to home plate instead of having the pitcher throw four pitches outside of the strike zone will also apply to American Legion Baseball games.