

GAME NO \_\_\_\_\_

DATE \_\_\_\_\_

PENNSYLVANIA AMERICAN LEGION  
Sr. Regional PITCHING FORMS

No player may pitch more than one hundred twenty (120) pitches in a day or make more than two (2) appearances as a pitcher in any three (3) consecutive calendar day period. **Required Rest Period** (1-30 Pitches 0 Days), (31-45 Pitches 1 Day), (46-60 Pitches 2 Days), (61-75 Pitches 3 Days), (76+ 4 Days). It shall be the duty of the member of the tournament director's staff who is designated to oversee the pitching rule to inform both managers when a pitcher has only twenty (20) pitches of eligibility remaining.

The official scorer shall prepare this form in triplicate. He shall give one copy to the coach of each team at the beginning of each game and retain the original for his records.

TEAM \_\_\_\_\_

| PITCHER |                                  | Saturday | Sunday | Monday | Tuesday | Wednesday |
|---------|----------------------------------|----------|--------|--------|---------|-----------|
| _____   | APPEARANCES<br>NUMBER OF PITCHES | _____    | _____  | _____  | _____   | _____     |
| _____   | APPEARANCES<br>NUMBER OF PITCHES | _____    | _____  | _____  | _____   | _____     |
| _____   | APPEARANCES<br>NUMBER OF PITCHES | _____    | _____  | _____  | _____   | _____     |
| _____   | APPEARANCES<br>NUMBER OF PITCHES | _____    | _____  | _____  | _____   | _____     |
| _____   | APPEARANCES<br>NUMBER OF PITCHES | _____    | _____  | _____  | _____   | _____     |

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| _____   | APPEARANCES<br>NUMBER OF PITCHES | _____    | _____  | _____  | _____   | _____     |
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