

*** 2026 CT American Legion Baseball Rules ***

As of Mar. 7, 2026

American Legion Baseball shall be played in accordance with rules adopted by the National Baseball Committee and Americanism Commission and Major League Baseball.

Changes to the Official MLB Rules are noted in Rule 1 of the American Legion Baseball rules, or as amended by executive communications from the National Baseball Committee (see note below). These rules generally pertain to matters of safety, equipment and insurance and are made with the welfare of the players in mind.

Note:

1. MLB rules intended to speed up the game are NOT in effect in American Legion Baseball. There is no pitch clock **during the regular season or state tournament play**, no limit on throws to 1B, no requirement for a relief pitcher to face three batters, etc.
2. American Legion Baseball does not require the larger bases. However, if a field is equipped with the larger bases, there is no issue to use the field and no protest or penalty is allowed.

These rules may be further modified by the Connecticut Baseball Committee (may be more restrictive) generally for regular season play only and cannot conflict with certain national rules. All national tournaments will follow rules established by The American Legion's National Americanism Commission.

All teams shall follow these rules with a few exceptions.

17 & Under American Legion Baseball Program See Rule 16 (p. 25) (U17 or Junior American Legion Baseball) for specific rule modifications for this age group

15 & Under American Legion Baseball Program See Rule 15 (p.25) (U15 or Prep American Legion Baseball) for specific rule modifications for this age group

Age 13 American Legion Baseball Program See rule 14.A (p. 24) for specific rules for this age group

PLAYING REGULATIONS - RULE 1

- A. Baseballs – All teams in Connecticut must use the Rawlings National Logo Connecticut American Legion Baseball. (R 100 CT-AL)
- B. Bat Rule. Connecticut will follow the National rule. **Bats with permanently embossed BBCOR authentication will be allowed. BBCOR designation must be permanently embossed, printed or otherwise affixed to the bat by the manufacturer and must be visible to the umpire. Stickers are not permitted.** If a player uses an illegal bat, both the player and his head coach will be ejected. Further discipline, if any, will be determined by the State Director or his designee.

Clarification: Wood bats are permitted under this rule.

- C. The Batter – see National Rule #1C
- D. Blood Rule – see National Rule #1D
- E. Catcher's Equipment – see National Rule #1E
- F. Coaches. - Only those coaches listed on the team's National Registration Form #1 are permitted on the playing field. No team can play a game without one of these approved coaches present on the field or in the dugout.

Each coach, general manager, and other required volunteer must pay for and provide all requested information, so that a yearly background check, conducted by the nationally selected company, can be completed on them **prior to having any team related contact with any players.** Anyone failing this review will not be allowed to be part of any American Legion Baseball Program – absolutely no involvement. **No new coaches can be added or background checks requested after June 1st without the specific approval of the State Director or his designee.** Any team that knowingly allows any individual who has not met the required background check, youth safety check, code of ethics and risk management approvals to be actively involved in coaching the team will risk

the suspension of its entire program.

G. Courtesy Runners for the pitcher or catcher are permitted with two outs in the inning. The runner must be the last player to be put out in the inning

H. Collisions – see National Rule #1H

I. Designated Hitter (DH) Rule – For all divisions, Connecticut follows the National Rule, a player can only DH for the pitcher.

NOTE: Per National Rule, The American Legion DH rule is the American League rule as it existed in 2021. The Ohtani rule is not in effect in American Legion Baseball.

J. Force-Play-Slide Rule. – see National Rule #1J

K. First Aid Kit Rule. – see National Rule #1K

L. Games – In addition to the National Rule:

1. Games will only be played on July 4th if both teams agree.
2. The Zone Chairman must approve participation in tournaments during zone play. Additional practice games are encouraged. After May 15, no team may reschedule a zone game unless approved by the Zone chairman but no later than June 1.

3. Forfeitures - In case a visiting team fails to arrive within the designated time, the team on the field will win by forfeit after waiting fifteen (15) minutes beyond the time the game is scheduled to start. An appeal may be made to the zone chairman in the case of unforeseen circumstances such as an accident in route to the game. The home team must be ready to play at the scheduled game time without exception (no grace period). In the event of a double header and the traveling team forfeits the first game, the scheduled time for the next game will be 15 minutes after the completion of the first game. Example: A team is traveling for a double header for a 1pm game and does not have enough players to start the game. The game is officially over after the 15 minute grace period at 1:15 pm. The next game now starts at 1:30pm and would be subject to a forfeit at 1:45 pm. The home team again has no grace period and would forfeit the 2nd game at 1:15PM. In these forfeit situations, the umpire shall place the eligible team on the field, have the pitcher throw one pitch and then officially declare that team the winner. Any team that forfeits a game for not having 9 players eligible to start the game or fails to inform the home team they will not play the game, will reimburse the home team for all the umpire fees. Each home team will follow the contract in place with their board (or boards) as it pertains to the requirements for when umpires are paid in full, or in part, for games cancelled for any reason.

If a team forfeits games on two separate days because of its inability to field nine eligible players at the start of a game the team will be disqualified and ineligible to participate in any further American Legion games that season. With this season ending situation all games played will stand and all subsequent games will be removed from the schedule and the team may face potential further discipline from the State Baseball Committee.

If a team forfeits more than one game in the last week of the season because of insufficient number of players to start a game or refusal to play as scheduled, that team will not be eligible to participate in the state tournament but will play out the rest of its schedule. Forfeits due to injury or disqualification after the game has started will not result in disqualification from the state tournament.

If a team drops out after April 15th but prior to the start of the season, they will be required to pay a \$250 non-refundable penalty fee. This fee must be paid at the State Meeting which they attend and are reinstated. As with the \$500 forfeit penalty, this penalty can be waived by the State Committee if the team's leadership substantially changes. ANY TEAM THAT DROPS MUST REQUEST THEIR REFUND OF NATIONAL FEES AND INSURANCE BY JUNE 30TH OF THE YEAR OR THEY WILL NOT RECEIVE A REFUND. THIS IS THE NATIONAL DEADLINE DATE.

If a team drops before the zone season is over, all remaining scheduled zone games will be removed from the schedule. The remaining teams' zone schedules will be adjusted accordingly and result in games not played. There will be no adjustments to the team results to date and no adjustments to tournament seeding.

If a disqualified team wants to return to American Legion play the next season it must pay a \$500 non-refundable penalty fee plus the regular registration fee. This fee must be paid at the State Meeting which they attend and are reinstated. Please note that this \$500 penalty is intended for teams requesting to return that have not substantially changed their leadership. The State Committee retains the right to waive this penalty if they decide that a substantially new leadership should not be responsible for mistakes made by the people previously in charge.

The zone chairman shall immediately notify the state director with the names of teams that forfeit games during the season.

The State Committee is especially concerned that teams may use players known to be ineligible in order to avoid forfeitures of games due to lack of players. Because of ethical and liability issues, this behavior will lead to severe penalties – up to and including the removal of responsible coaches and/or entire teams.

4. If a game must be postponed for weather related issues, or some other reason approved by the State Director or his designee, a makeup game must be placed on the schedule within three calendar days of the postponement. If teams cannot agree to a makeup date within three days, the zone chairman will schedule the makeup. U19 and U17 teams will not be required to play more than 5 days in a row although they may choose to do so. U15 and U13 teams will not be required to play more than 4 days in a row although they may choose to do so. The zone chairman should be consulted by the home team manager for approval of the schedule change. Rainouts in the last three days of the regular season must be made up on the next open date. If games are not made up by the last date to play due to failure to abide by these rules the zone chairman may assign a loss to one or both teams for tournament seeding purposes.
5. When it is necessary to change a field for a scheduled game, other than for weather, the visiting team manager shall be notified twenty-four (24) hours before game time.
6. Suspended games may be completed on the date of the next scheduled meeting between the two teams if feasible, otherwise, they must be rescheduled according to paragraph 5 above.

M. Helmets. – same as National Rule #1M

N. Insurance Rule. – In addition to the National Rule:

All American Legion Baseball teams must purchase insurance from The American Legion's agent of record (K & K Insurance). Coverage must be purchased when registering through the National Online Registration Process prior to the team's first tryout, game, team activity, or Feb 15th – whichever comes first. NOTE: 2026 17U, 15U, 13U must purchase insurance through The Connecticut Baseball Program and follow the same rule. If a team has existing insurance from another carrier it must provide proof of equivalent insurance to the state director and list Connecticut American Legion baseball as an additional assured. Violation of this rule may result in the disqualification from any further competition.

All teams must carry their Form 2s to all games. If a player is hurt this form may be required by the clinic or service the player is taken to for treatment as it has the insurance and contact information.

O. Lightning Safety – National Rule #1O

When thunder is heard, or a lightning bolt is seen play will be suspended immediately and all playing personnel will take shelter. Once play has been suspended teams are required to wait at least 30 minutes after the last thunder is heard or lightning is witnessed before play can resume. For any subsequent thunder or lightning after the initial suspension the clock is reset and a new 30-minute count is begun. All coaches and players must remain in the dugout or other designated safety area during any lightning delay. Connecticut will not follow National Rule 1.O.4 (electronic detection devices.)

P. National Senior Tournament Rules – same as National Rule #1P

Q. On Deck Equipment. – same as National Rule #1Q.

R. Pitching Rule:

Note: Sections highlighted in blue are the National Pitching rule #1R

U-19: 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 that hitter. No player may enter the game as a pitcher unless having fulfilled the required rest days as mandated in the chart below. No player may make more than two appearances as a pitcher in any consecutive three-day period. PENALTY: The pitcher shall be removed from the game, the head coach shall be ejected from the game and serve an additional two game suspension and the game shall be forfeited if a protest is filed with the umpire-in-chief before the last out of the game.

U17: No player may pitch more than a total of 95 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 that hitter. No player may enter the game as a pitcher unless having fulfilled the required rest days as mandated in the chart below. No player may make more than two appearances as a pitcher in any consecutive three-day period. PENALTY: The pitcher shall be removed from the game, the head coach shall be ejected from the game and serve an additional two game suspension and the game shall be forfeited if a protest is filed with the umpire-in-chief before the last out of the game.

U15, 13: No player may pitch more than a total of 90 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 that hitter. No player may enter the game as a pitcher unless having fulfilled the required rest days as mandated in the chart below. No player may make more than two appearances as a pitcher in any consecutive three-day period. PENALTY: The pitcher shall be removed from the game, the head coach shall be ejected from the game and serve an additional two game suspension and the game shall be forfeited if a protest is filed with the umpire-in-chief before the last out of the game.

The chart below outlines required days of rest and applies to all games played by a team during the season including non-zone and non Legion games.

| Age | Daily Max (pitches in game) | Required days of rest (pitches) | | | | |
|--------|--------------------------------|---------------------------------|-------|--------|--------|--------|
| | | 0 days | 1 day | 2 days | 3 days | 4 days |
| U-19 | 105 | 1-30 | 31-45 | 46-60 | 61-80 | 81+ |
| U-17 | 95 | 1-30 | 31-45 | 46-60 | 61-80 | 81+ |
| U-15 | 90 | 1-30 | 31-45 | 46-60 | 61-80 | 81+ |
| Age 13 | 90 | 1-30 | 31-45 | 46-60 | 61-80 | 81+ |

Rule 1.R.3 If a pitcher throws 45 or fewer pitches in game one of multiple games on the same day, he may return to pitch in game 2, up to the maximum 105 total pitches (in CT 95 for 17U, 90 for 15U) for the day as long as he has an appearance available. If a pitcher throws more than 45 pitches in game 1 he would be ineligible to pitch in game 2.

Rule 1.R.4. (CT rule) If a team brings a pitcher who is ineligible under the pitch count rule into a game the offending team will forfeit the game and the head coach will be suspended for 3 games (i.e. a major infraction). The infraction must be discovered and reported to the Zone Chairman no later than the last date to play a regular season game. If the infraction occurs in a state tournament game, it must be reported by midnight of the day when the infraction occurred.

In addition to the National Rule, in order to enforce pitch count rules:

- A. Each team will keep a record of pitches for both teams during the game and teams will compare counts and resolve discrepancies at the end of each inning. If teams cannot resolve their differences the home team book shall prevail per the rules of baseball. Teams may use electronic or paper means to track pitch counts. Each team is required to enter accurate data into the state website by noon of the day following the game.
- B. If a team fails to enter pitch count data to the website by noon of the day following the game, that game will be recorded as a forfeit and the team manager will be suspended for the next game. The penalties will be removed if the data is updated within 24 hours.

- C. Teams will be required to carry their pitch count record (either electronically or by book) with them to each game and be prepared to present this documentation to the opposing team on demand prior to the start of each game. Teams should indicate which players are unavailable to pitch on the lineup card at the start of each game.

| Point of Emphasis |
|---|
| <p>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.</p> <p>The following are recommendations and suggested guidelines:</p> <ul style="list-style-type: none">● Consideration should be given to not exceed 100 combined innings pitched in any 12-month period.● Take at least four months off from competitive pitching every year, including at least two to three continuous months off from all overhead throwing.● Coaches should 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 105 pitches is allowed).● Once a pitcher is removed, consideration should be given to what position he is assigned once he is done pitching, as well as 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.● Make sure to follow guidelines across leagues, tournaments and showcases● Monitor for other signs of fatigue |

S. Re-Entry Rule – Per the option in National Rule #1S:

1. Re-entry for starters will be allowed for U-19 Division during the regular season but is not permitted in the national tournament that begins with our **final double elimination event**. Re-entry for starters will be allowed in both the regular season and state tournaments for U17, U15 and Age 13 as per National rules.

T. Tobacco/Alcohol Rule

1. No tobacco is to be used in any form by players, managers, coaches and or umpires on the playing field. Failure to comply with this rule shall be suspension for that game plus the next 2 games (minor infraction). For this rule, the dugouts, batting cages, seating areas, refreshment stands, and other similar locations are considered part of the playing field.
2. The use of alcohol and or drugs by any player, coach, manager or other persons affiliated with American Legion baseball teams is prohibited. All teams are encouraged to have a written policy on alcohol and drug use that is presented and agreed to by all team personnel prior to the start of each season.
3. No alcoholic beverages **or cannabis products** are to be sold or consumed at any ballpark during American Legion baseball games, and further, any agreement for the use of any facility for Department American Legion baseball must contain a "No Alcohol" beverage clause. Any player, coach, or team-affiliated member found drinking alcoholic beverages **or using cannabis products** at the ballpark before, during or after a legion baseball game would be suspended for a minimum of 4 games (major infraction). Any additional penalty will be determined by the State Director or his designee. No advertisements for alcoholic beverages **or cannabis products** should appear on any uniform. In cases where a ballpark is used by more than just the American Legion team, these rules shall only apply to American Legion events (Legion teams should not be discouraged from attempting to gain use of minor league and major league facilities where possible – this rule is not intended to preclude such usage of facilities that sell alcohol at professional games).

U. Ten (10)-Run Rule. In addition to the National Rule:

1. All American Legion Regular Season and Tournament games shall use a 10-run rule after five innings for a 7 inning game unless the home team is ahead by 10 runs or more after 4 ½ innings at which time that game will be

halted.

Clarification – if the visiting team leads by 10 or more runs after 4 ½ innings, the home team must complete its turn at bat before the game can be ended by this rule.

At the 13U, 15U and 17U level a game shall be ended if one team leads by 15 or more runs after the trailing team has completed three times at bat.

V. Extra Innings:

If the score of a 19U game is tied after nine (9) complete innings, each half-inning following the ninth inning will begin with a runner on second base. The runner placed on second base at the start of each half-inning shall be the player in the batting order immediately preceding that half-inning's leadoff hitter. By way of example, if the number five hitter in the batting order is due to lead off the tenth inning, the number four player in the batting order shall begin the inning on second base. (See Rule 14, 15 and 16 for 13U, 15U and 17U)

U. Uniforms. – see National Rule #1V

Additional Rules

- A. Suspended Games – In addition to the National Rule, regular season games will follow Pro Rules 4.12, with the following exception: all non-regulation games will be picked up from the point of stoppage. The following examples should clarify this rule:
1. any game cancelled prior to becoming a regulation game in the 5th inning, will now be continued from the point it is stopped
 2. once a game is a regulation game (home team winning after the visiting team has hit in the top of the 5th inning or either team winning after the home team has hit in the bottom of the 5th inning), and weather or other conditions force the game to be stopped, it is over unless the visiting team ties or takes the lead in a subsequent inning and the home team doesn't have a chance to bat. In that case, it is a suspended game and must be continued from that point at a later time (See rule I.L6).
- B. Lineups – In addition to the National Rule, teams should list all eligible starters and substitutes on their lineup card prior to the start of the game. Players omitted from the lineup card who are listed on the official team roster – National Form 1 or State Team Pre-Roster that have eligibility can participate in the game without penalty to the team. Teams should also note on the lineup card any pitchers who are ineligible to pitch in that game due to the days of rest rule.
- C. Umpires – In addition to the National Rule, all umpires are required to be members in good standing of the Connecticut State Board of Approved Baseball Umpires. This rule covers all regular season zone and non-zone games, regular season tournaments, and state and national tournament games played on our fields where the selection of umpires is under our teams or State Committee control, and all games played throughout the year (i.e. spring and fall).
- D. Championship and Tiebreaker Formats – In addition to National Rules, a zone champion and final order of finish will be determined from regular season results – first by head to head record, then by record against teams in order of finish. See state tournament rule 11. All zone positions for U19 must be determined by results of regular season games by **Sunday Jul. 19** and for U17 by **Friday Jul. 17**. Please note that to count in the standings, no game may start after 6 pm on the last day of the season unless approved by the state chairman in advance and game results must be reported to both the Zone Chairman and the State Director immediately after the game. **Teams must declare their intention to participate in the state tournament to e state director by Jul 12.** The state tournaments will begin on July 21 or 22 at the site of the higher seed. Final standings for U15 must be completed by Tuesday July 23 and the state tournament will begin on July 25 at the site of the higher seeds. Final standings for Age 13 must be completed by Friday, July 24. The state tournaments will begin on July 27 at the site of the higher seeds.

PLAYER ELIGIBILITY REQUIREMENTS - RULE 2

In Connecticut, athletes playing high school baseball can't participate in any legion practices, tryouts or games from the time they play their first high school CIAC league game **(April 3 for 2026)** until they are personally eliminated from the High School State Tournament.

A. Player age – As per National Rule #2A:

19 & Under Legion Baseball Players Age. 19 & Under American Legion Baseball competition in **2026** is open only to players born on or after January 1, **2007**.

Clarification for 19 & Under Legion Baseball

Any player born in **2006** is not eligible to play American Legion Baseball.

17 & Under Legion Baseball Players Age: 17 & Under American Legion Baseball competition in **2026** is open only to players born on or after September 1, **2008**. **Graduated high school seniors are not eligible to play 17U in Connecticut unless a written request is submitted and approved by the state director.**

Clarification for 17 & Under Legion Baseball

Any player born on or before Aug. 31, **2008** is not eligible to play 17 & Under American Legion Baseball.

Any player

15 & Under Legion Baseball Players Age. 15 & Under American Legion Baseball competition in **2026** is open only to players born on or after September 1, **2010**.

Clarification for 15 & Under Legion Baseball

Any player born on or before Aug. 31, **2010** is not eligible to play 15 & Under American Legion Baseball.

Any player born on

Age 13 Legion Baseball Players Age. – See Age 13 Rule 14 for information

Since information on all players must be registered over the internet, as a result of Federal Laws pertaining to sharing information about young children over the internet, any player born in **2014** or after is not eligible to register with National American Legion Baseball in **2026**.

Player's Domicile – same as National Rule #2B

- B. Professional Baseball Contract – same as National Rule #2C
- C. Amateur Rule – same as National Rule #2D
- D. Proof of Age – Follow National Rule #2E

PLAYER RECRUITING PLAN "A" - RULE 3

Connecticut has chosen to use Player Recruiting Plan A. A player can only be waived to another adjacent team if the combined counted enrollment (high school 10th, 11th & 12th graders, both boys and girls) of the schools located in all of their territories are below 7,500.

A. Zoning – same as National Rule #3A

B. Player Recruiting – In addition to the National Rule, the Connecticut Baseball Committee has adopted the following modifications:

1. It is the policy of the Connecticut American Legion Baseball Program that waivers only be granted to eligible players who tryout and/or make themselves fully available to the team and are not selected for a particular team subject to the following clarifications:

- a) A legion player must first tryout and make himself fully available for the team in whose territory his parents or court ordered legal guardians live. If he is not selected for that first team, he can ask to be considered for the next nearest team to that home. Any age eligible player who requests a release after being cut from a team must be granted a waiver as long as he has made himself fully available to team making the cut. The team that he is waived to may or may not require him to physically tryout. If not selected by this 2nd team, he would have the option to ask to play for the next nearest team. Again they may or may not require him to tryout. If he is not selected by the

fifth team in the sequence, then he will not be able to play American Legion Baseball for that season. NOTE: **Only the state will determine which team a player is waived to as mandated by the National Rule 4 subject to National Rules for waivers including the 7,500 maximum student count for the two affected teams.** Please note that teams can take waived players from more than one other team in the same season, if the total applicable student population from all high schools located in those territories are below the 7,500 national maximum.

- b) For Connecticut, we will compare the parent's address to the local town hall address for the town the team is named after (Bristol, Middletown, Torrington, etc...) – if the team is not named after just one town (Tri-Town, RCP, etc...), you will use the town hall address for the town where the team played a majority of its home games during the 2008 season. When one or more teams are combined to form a new team, the state committee will designate the town hall address to be used for that team at the time the combination is approved. These addresses are included on our state website (**see link at "State Territory"**) and will be permanent unless changed by a majority vote of the State Baseball Committee.
- c) All waivers granted to players under age 18 are just good for one year. All players waived must try out for their hometown team again the following year unless the player is a 2025 graduate in which case he must play for the team he was waived to in 2025 per National rule 2.B.4 (and CT Rule 3.B.1.d below). All waiver requests will go directly to and must be approved by a specific person designated by the State Director (for the 2026 season this is Chuck Berry). **Please note that no waiver requests will be considered if given to Mr. Berry for the first time after June 15th.**
 - i. When a player has been waived, Mr. Berry will notify the receiving team via email and/or voice message. Teams must notify him if they will accept or pass on the player within 48 hours. If a team fails to respond to the notification within 48 hours, Mr., Berry has the right to pass the waived player on to the next available team.
- d) In the event that a new team is formed or territory changes are approved that change a player's eligibility, those players previously registered on National Form #1 have a one-time option of playing for the team in their old territory or playing for the team in their new territory. Players so affected must notify the State Director of their choice prior to the start of team tryouts. (National Rule 3.B.3)

Note: In the case of a one year territory adjustment this rule may not apply

- e) **Players who graduated high school in 2025 shall play for the last American Legion team with which they played (unless they are subject to rule 3.B.d above).** A player who graduated in 2025 with no previous American legion team affiliation must first try out for the team nearest his parents' domicile as outlined in paragraph b.) above.

PLAYER RECRUITING PLAN "B" - RULE 4

NOT APPLICABLE FOR CT AMERICAN LEGION PROGRAM

PROTESTS - RULE 5

- A. Protest Procedures – see National Rule #5A
- B. Written Proof – see National Rule #5B
- C. Forfeitures – see National Rule #5C
- D. Game Protest – see National Rule #5
- E. Appeals to National Headquarters – see National Rule #5E

In addition to the National Rule, in case of a protest, the zone chairman should be notified immediately, followed by a written report delivered to the Zone Chairman within forty-eight hours of the end of the game being protested. A copy of this report shall be sent to the state director. Protests shall be delivered by hand, fax, e-mail, or certified mail. All protests must be accompanied by a certified check (delivered by hand to the zone chairman regardless of how the written report is submitted) in the amount of one hundred dollars (\$100) made payable to the Baseball Committee. If a

protest is upheld the zone chairman will return the check to the protester. If a protest is denied, the zone chairman will deliver the check to the State Committee Treasurer. The State Director or his designee, in conjunction with the zone chairman shall decide all protests. When made aware of player eligibility infractions, protests regarding such issues need to be made within a reasonable time. All regular season protests must be made and decided prior to the official start of the State Tournament.

All protests will include: 1) Written report; 2) Names and addresses of both (all) umpires; 3) The umpires' written report; 4) a \$100 check.

Decisions regarding all protests will be summarized in a written report and given to the protesting team manager, the other affected team(s) and the Zone Chairman and State Director, if applicable.

TEAM AND PLAYER CERTIFICATION - RULE 6

- A. Player and Team Registration – see National Rule #6A
 - a. An established program may field a 17U (or 15U or Age 13) only team without a 19U team with the understanding that the state committee will establish the 18/19 (16/17) age player options to provide the opportunity to keep these players in Legion baseball. Placement will be based on home address, to determine the adjacent programs to which all 18/19 (16/17) year old players will be assigned if requesting to play Legion baseball. The decision of the committee is final and unlike the normal waiver process this will be a onetime placement that will be the same for any subsequent year(s).
 - b. Programs wishing to field a 17U (15U, Age 13) only team must request permission from the state committee and register the team no later than Mar. 1. Once approved that program cannot request a reinstatement for the current year.
- B. National Online Registration – see National Rule #6B
- C. National Form #2 – see National Rule #6C
 - a. **To comply with the National Rule, all CT players must complete the CT Online Automated Form 2, to include player & parent electronic signature. Hard copy Form 2's will not be accepted**

D. Dual Participation – See National Rule #6D

In addition to the National Rule, for Regular Season Games, players will be ineligible to play in further regular season zone and non-zone games and the state tournament (all divisions), and must be immediately removed from their roster, if they miss 50% or more of their team's scheduled zone games for any of the reasons listed in the national rule – including playing baseball for another team, going to a baseball showcase, etc. Any team that allows players to participate in baseball activities outside of the American Legion schedule must keep an attendance log of those players and be able to present when asked at all games and must sign a statement prior to the beginning of the State Tournament attesting to the eligibility of their players to participate. This certification will be subject to protest by the other State Tournament teams. Nothing in this rule is intended to make someone ineligible for, among other things, missing games due to injury, illness, work, vacation, or playing another sport

DURING THE STATE TOURNAMENT, PRIOR TO THE NATIONAL TOURNAMENT, A PLAYER WILL BE ALLOWED TO ATTEND A SHOWCASE EVENT OR OTHER BASEBALL RELATED ACTIVITY AND CONTINUE ELIGIBILITY IN THE STATE TOURNAMENT PROVIDED:

- A. THE PLAYER DOES NOT MISS A GAME OR ANY PART OF A GAME. THE PLAYER MUST BE PRESENT IN UNIFORM AT LEAST ONE HALF HOUR PRIOR TO THE SCHEDULED START TIME.**
- B. THE PLAYER HAS ADVANCE WRITTEN PERMISSION FROM THE COACH**
- C. THE PLAYER HAS SUBMITTED AN AMERICAN LEGION BASEBALL NATIONAL FORM 6 TO THE STATE DIRECTOR OR HIS DESIGNEE AND HAS RECEIVED APPROVAL PRIOR TO ATTENDANCE AT THE EVENT.**

CLARIFICATION: Once the National Tournament begins the National Tournament rules are in affect and the state director cannot grant permission to attend a showcase event. Attendance at such an event will make the player ineligible for the remainder of the Department, Regional and World Series tournaments. However, a player attending a college

orientation workout may be granted an exception on a case-by case basis. Players granted such an exception may not miss any game of a national tournament. Prior written approval is required.

E. Players Per Team – see National Rule #6E

Double Rostering with another American Legion Team in the same program – In addition to the National Rule:

1. For the regular season, teams may double-roster as many age eligible players as they wish with another team within their Legion program but they still must be in compliance with roster maximum limits at each level. Players will be able to participate in more than one level of the regular season and tournament subject to the following:
2. A position player that plays in more than 60% of their 19U zone games or pitcher who pitches more than 25 innings in 19U zone games, will not be eligible to play in the 17U, 15U or 13U State Tournament.
3. There will not be any similar restriction on playing time for a 17U, 15U or 13U player to play in the 19U Tournament.
4. If a player starts in more than one 19U State Tournament Game they will no longer be eligible to play in either the rest of the 17U, 15U or 13U regular season or State Tournaments.
5. Please note that these same rules also apply to the 15U and 3U teams if double rostered players exceed the limits in paragraph 2 above for a higher age level, they will be ineligible to participate in the state tournament for the lower age levels. If they **start in more than one** State Tournament game they will no longer be eligible to play in a lower age level state tournament.

F. Non-American Legion Post Sponsorship – In addition to the National Rule please note that:

1. An outside sponsored team is one that is not affiliated with any American Legion post. If selected to participate in the program, the outside sponsored team agrees to abide by all American Legion state and national baseball rules. The outside sponsored team also agrees to assume all financial responsibilities relative to the operation of American Legion Baseball including, but not limited to uniforms, baseballs, insurance and umpires. The admission of an outside sponsored team to the state program is always subject to the approval of the State Baseball Committee.
2. Should an existing outside-sponsored team wish to affiliate with an American Legion post or merge with an existing post-sponsored team, such merger or affiliation must be approved and coordinated by the State Baseball Committee. In no case will an outside-sponsored team in good standing, be required to merge or affiliate with a post-sponsored team, be replaced by a newly formed post-sponsored team, or be taken over by a post. Teams wanting to merge must adhere to the rules governing Combinations – see Rule 7.
3. For those teams that are post sponsored, the post is the controlling entity and is responsible for the team managers, coaches and other on-field personnel. For non-post sponsored teams, the program General Manager or controlling organization (if applicable) is responsible for the team managers, coaches and other on-field personnel. Non-post sponsored teams report to The CT American Legion Baseball Committee as the controlling party when a team does not have a sponsoring Post. As such, the committee has the authority to remove a GM or coach that is not acting in the best interest of CT American Legion Baseball. Posts are expected to not support another baseball organization in direct competition with a Connecticut American Legion Baseball Team.

G. Required Paperwork – In addition to the National Rule:

- a. All managers and coaches are required to submit a background check and complete the child safety training (Rule 9e). Background checks must be completed by May 23.
- b. Any players who will be age 18 and older by Aug. 31, 2026 is required to submit a background check and complete the child safety training in order to be eligible to compete in the National Regional or World Series Tournaments. Players must submit a copy of the certificate that is issued upon completion of the training in order to be certified on the Regional tournament roster. It is strongly recommended that players aged 18 or older complete the background training prior to the final day of the state tournament.
- c. Prior to the start of the season all field coaches and managers must sign the Coaches' Code of Ethics via the mandatory on-line electronic signature forms on the State website. Once each of these policies have been read and signed (electronic signature) a copy will be sent to the Program GM (or HC if so designated as the primary person to the state web master). Once completed the webmaster will show approval on the BGC spreadsheet. **Following this process will eliminate the need to provide copies of the signed Coaches Code of Ethics and Risk Management policy to the zone chairman at document review time.** Failure to adhere to this rule may make a team

ineligible to participate in American Legion Baseball for that season. Forms must be completed and approval noted before a team's first practice or game.

- d. Pre-Season Rosters –All teams must ensure their roster information (including name, birth year, high school graduation year, parent's home town) is correct in the state provided website prior to playing their first zone game. The information is automatically loaded via the MANDATORY on-line Form 2 process but must be validated by the program. All players must have an approved on-line, electronic signature Form 2 in place before they can be on the field. The Zone Chairman, or his designee, will be required to periodically review these "Website Rosters" for compliance. Players not listed on the website roster will be declared ineligible until the roster is completed or corrected. Any team playing someone not listed on their Website Roster, will forfeit that game for using an ineligible player.
- e. Teams must register their 19U team using the National Website, paying all National Registration Fees, purchasing insurance and providing required general information by Mar. 1. All 17, 15, 13 must register using the CT Department Baseball Registration Form by Mar. 1. The National Website can be reached at <http://baseball.legion.org/> Any team that does not meet the deadline will be charged a minimum \$100 late penalty. This includes the completion of background checks for all coaches, general managers and other required volunteers (or prior to their first tryout or practice whichever happens first.) Zone Chairman must review a valid complete CT Player ID Card for returning players or review either original birth certificate or see a copy of a valid US Passport or Federally approved Drivers license along with a copy of the electronic Form 2 for all eligible players by **June 21, 2026**. In the case of foreign born players a translation letter as outlined in National Rule 2 must be provided. All teams at all levels of play must complete their Team and Coach Roster on the National Website for 19U (old Form 1) or HTO roster for 17/15/13U, and provide copies of National Form 1, National Form 2, and National Form 76 to their zone chairman by **June 21 2026**. National Form 1 must include player's full legal name including middle name as it appears on documentation provided. The Roster is limited to eighteen (18) players for all Teams. Teams will be required to make any changes necessary to ensure that their rosters on their State Website is 100% correct (moves to younger team or make a player inactive if they are cut). This all must be completed before **June 23, 2026**.
- f. Upon submission of rosters to the zone chairmen (no later than **June 21, 2026**, each zone chairman shall inspect and validate the submitted rosters for all age groups, whether registered Nationally or not from his zone. Teams failing to submit their rosters **by June 23, 2026** will be declared ineligible for state competition, in which case they would forfeit all their remaining zone games.

Zone chairman must review, in detail, the player ID for full legal name (First, Middle, Last) and birth date against the information on Form 1 (19U) AND Form 2 (for all age groups) as noted above. **The National Form 1 must show full legal name for all new and returning players.** When the review is completed the zone chairman must certify the detailed player information and email the certification form to the Assistant State Director for creation of the National Player ID card. Any player information that is found to be incomplete will result in a player ID not being printed. This will mean the player must provide the proper form of ID (Birth certificate, Passport, Fed ID Drivers license, etc) each year.

Important information to be included in submitted papers: home address of player's parents (National Forms #1 and #2); The player name on all forms must match their full legal name as it appears on their driver's license or other legal form of identification.

SPORTSMANSHIP & CONDUCT - RULE 7

A. Conduct – see National Rule #7A

1. The Fall 2016 Meeting of the American Legion passed Resolution 16 which states : The organization's policy is regardless of the activity anyone not showing proper respect during the anthem will be removed from the activity.
2. In light of this resolution Connecticut has adopted the following regulation:

Any player, coach or manager who refuses to stand at attention or who otherwise intentionally disrespects the flag during the playing of the National Anthem shall be disqualified from participation in that game. Such disqualification will be considered a MAJOR INFRACTION if

brought to the attention of the state director.

3. Players are to leave the field after the anthem has concluded. Participation in a stare down or standoff activity at the conclusion of the anthem is considered disrespectful and may result in removal from the game.

B. Heckling – see National Rule #7B

C. Sportsmanship – see National Rule #7C

Disciplinary Policy – In addition to the National Rule

CT American Legion Program has adopted the following Disciplinary Action Policy. The provisions of this policy shall be in effect from one hour prior to the scheduled start of the game, throughout the game, and one hour after the completion, suspension or termination of the game.

Only the head coach (or his assistant, designated before the game with the right to replace him), will be allowed to leave his normal position to argue any calls or decisions made by the umpires. Penalty is the offending coach or team official will be ejected from the game and will be subject to the further penalties listed below. Umpires may, at their discretion, warn the coach for their first offense, especially early in the season. **Please note that no coach is allowed to argue balls and strikes. The penalty would be restriction or ejection to the dugout at the sole discretion of the umpires.**

1. MAJOR INFRACTION shall include, but not be limited to:

- a. Non-consensual or reckless physical contact or attempting to make physical contact or any threat of physical intimidation or harm to include pushing, shoving, bumping, kicking, intentionally spitting, throwing at or attempting to make physical contact with an umpire or opposing player or fan.
- b. Spitting, throwing or kicking anything at an umpire or any game participant.
- c. Participating in a physical altercation.
- d. Conduct otherwise considered a minor infraction that, by its nature, is judged to have included intent to incite a major infraction. This rule is designed to prevent “baiting”.

2. MINOR INFRACTION shall include but not be limited to:

- a. Undue use of profanity towards any game participant
- b. Verbal abuse of umpires or any game participant or intentionally throwing equipment
- c. Malicious contact (as defined in National Rule 1.H. Point of Emphasis) will be judged case by case by the umpires as to whether a MAJOR or MINOR infraction is to be assigned.
- d. Any coach who criticizes an umpire in a public forum (defined as comments or quotes in the media and public meetings. The individual name of an umpire does not have to be included for this penalty to be imposed).
- e. Any other conduct deemed by the umpire to be unsportsmanlike and warranting this penalty.

3. Punishment – Any player, coach, manager or bench personnel found guilty of a MAJOR infraction will be suspended for a minimum of four games and the suspension could be season-ending depending on the circumstance. If the person incurs a second major infraction he shall be suspended for the remainder of the season. Any player, coach, manager or bench personnel found guilty of one MINOR infraction will be suspended for a minimum of two games. The 2nd minor infraction will result in a suspension of a minimum of 3 games. If he receives a third minor infraction, he shall be suspended for the remainder of the season. A player ejected out at one level of play, can't play for any other level of play until their penalty is served at the level he was ejected without the approval of the State Director or his designee. Any player suspended for the remainder of the season at one age level is also ineligible at the other age level. Please note that only the State Director, or his designee, has the authority to impose any punishment beyond these stated penalties.

4. Implementation of the Suspension - Any player, coach or manager thrown out of a Zone game will sit out the next Zone or Tournament games as punishment. If a player, coach or manager is thrown out of a regularly scheduled exhibition game, he will sit out the next regularly scheduled exhibition game. If the expelled player, coach or manager's team has no exhibition games left on their schedule, he will sit out the next Zone games, tourney games or first zone games of next year, whatever comes first. Coaches of both teams in the game involving the expulsion must notify the Zone Chairman immediately after the game. Suspensions for either major or minor infractions will continue into the next season if the suspensions cannot be completed during the regular season or state tournament.
5. For clarification, a suspended individual is not allowed to:
 - a. Communicate with any team personnel or umpires at the site of competition;
 - b. Take part in any pre-game activities at the site of competition; or
 - c. Be in the stadium, on the field, or within eyesight of the field once pre-game activities have started.
6. Appeal Process - Punishments can be appealed to the State Director, or his designee, if first supported by the appropriate Zone Chairman. Affected players and coaches must sit out their next game(s) until a final decision can be made. The State Director will make a decision working through the Zone Chairman. Any decision by the State Director, including letting the original punishment stand because the appropriate Zone Chairman did not support a further review, is final. All appeals must be made within 24-hours of the incident. No appeals will be accepted or heard after the 24-hour window.

For all appeals, the zone chairman, as well as a liaison from the umpire's board, will get proper information concerning the incident. The umpire(s) involved in the game with the incident should notify the umpire liaison immediately (**no later than noon the following day**) pertaining to the incident. The umpire liaison will contact the zone chairman, who, if they agree with the appeal, will forward all information to the state director who will hear and make a ruling on the appeal.

7. Ejection from the Ballgame - Any coach, manager, or team official ejected by the umpire must leave the field and dugout area immediately and is not allowed to communicate with team members or the umpires. A player who has just been ejected must continue to be supervised by a coach. The umpire is required to inform the Head Coach of the ejection and it is then the coach's prerogative to: (a) keep him on the bench or (b) send him (under constant supervision by another coach) to another location. If the player continues to be a problem after being ejected the Head Coach will be told to either control his player(s) or forfeit the game. Whenever an ejection occurs, the umpires are required to give the Zone Chairman and State Director a completed Ejection Report, which is available on our State Baseball Website (www.ctlegionbball.com), **by noon the following day**.

D. Reinstatement – see National Rule #7D

E. Ejection from the Ballpark – In addition to the National Rule #7E,

Umpires may restrict the offender (player or coach) to the bench/dugout for the remainder of the game, if the umpire judges the offenders actions to be minor in nature. Players restricted to the bench/dugout shall remain in the dugout under the supervision of team coaches. Coaches restricted to the dugout/bench may only leave the dugout/bench to attend to a player who becomes ill or injured. Any restricted player or coach shall be ejected for further misconduct.

F. Conduct – In addition to the National Rule, any manager, coach, player, or team parent, team family member, or anyone else involved in an American Legion Baseball game or program, who in the opinion of the State Director or his representative, conducts himself in an unsportsmanlike manner, or in a manner that discredits the American Legion Program, may be removed from further participation by the Department Baseball Committee. The Baseball Committee's Decision will be final.

Please note that inappropriate comments in any social media or print/audio “outlet” will result in case specific disciplinary penalties up to and including permanent ineligibility.

G. Repeat offenders – Any team that has any combination of more than four players, coaches or team officials **ejected**

from games during the same regular season may be made ineligible for participating in that season's State Tournament by the State Committee. Any team made ineligible under this rule may be given the opportunity to appeal this decision to the State Director or his designee.

- H. The home team shall designate a person to be site director at each game. (This may be a team coach or general manager.) The site director will identify himself to the home plate umpire prior to the start of the game and shall be available on site throughout the game.

DEPARTMENT JURISDICTION - RULE 8

- A. Department Rules and Regulations – see National Rule #8i
- B. Department Rulings – see National Rule #8ii
- C. National Player Eligibility Rule Interpretations – see National Rule #8iii
- D. In addition to the National Rule, Connecticut American Legion baseball is governed by the Connecticut American Legion Committee, and is comprised of:
- a. Eight commissioners, each of whom will be accorded one vote in matters brought before the committee. Commissioners are appointed per (F a, b c). below.
 - b. The zone and assistant zone chairmen (two per zone, as designated per (e). below) due to State American Legion Rules. Zone chairmen and assistant zone chairman are not accorded a formal vote in Committee matters, but act as important advisory members of the Committee.
- E. A Webmaster and Umpire Liaison/Rules Interpreter and anyone else appointed by the
- a. State Director, who are not accorded a vote in Committee matters.
- F. State Baseball Commissioners
- a. The American Legion State Commander will annually appoint the Baseball Committee Commissioners from the state at-large.
 - b. The State Legion Commander will designate one of the commissioners as director.
 - c. Baseball Committee meetings will be governed by Roberts Rules of Order. A simple majority (five commissioners) are necessary to hold an official meeting.
 - d. The areas from which leagues are established will be known as zones. These zones are herewith designated subject to approval of the Department Baseball Committee.
 - e. If sufficient teams do not register in a zone, the State Committee may need to move a team(s) from an adjacent zone. For **2026**, there will be **THREE** zones for the 19 & Under Division. The State Committee will determine the alignment of the U-17, U-15 and Age 13 divisions no later than April 15.
 - f. (See Appendix G)
 - g. Each zone will determine the number of games to be played by the teams in its zone with the approval of the baseball committee. **For all zone teams at all levels, each team must schedule a minimum of 15 games and participate in the Stars and Stripes tournament unless approved otherwise by the state director in order to be eligible for tournament play.** Zones are encouraged to schedule additional zone games State tournament seedings will be based on winning percentage of zone games played.
 - h. All team applications to participate in the American Legion baseball program, and assignment of teams to zones, are subject each year to the approval/review of the Baseball Committee. The Committee's decision in all such matters shall be final.
 - i. All zone competition will be governed by National American Legion Baseball rules (http://www.baseball.legion.org/alb_rules.htm) and by these CT state American Legion Baseball rules, as amended from time to time.
 - j. The state director of the Baseball Committee appoints the zone chairmen and assistant zone chairmen
 - k. Each zone chairman (and assistant zone chairman in their absence) shall be in charge of games that occur within his zone.

- l. All zone issues will be referred to the zone chairman unless he disqualifies himself. In this event the issue will be referred to state director for a ruling or decision.
- m. The zone chairman will notify the state director if any team fails to complete its schedule.

SENIOR NATIONAL TOURNAMENTS - RULE 9

- A. National Tournament Registration – see National Rule #9A
- B. National Competition – see National Rule #9B
- C. National Tournament Supervision – see National Rule #9C
- D. National Tournament Player Eligibility Protest – see National Rule #9D
- E. National Tournament Play – see National Rule #9E
- F. Regional Tournament Host – see National Rule #9F
- G. Tournament Photographs – see National Rule #9G
- H. Department Championship Play – see National Rule #9H
- I. Artificial Noisemakers Prohibited – see National Rule #9I
- J. Suspended Games – see national Rule #9J
- K. Minimum Active Players – see National Rule #9K

NATIONAL BASEBALL APPEALS BOARD - RULE 10

- A. National Appeals Board – see National Rule #10A
- B. Time Limit – see National Rule #10B
- C. Filing an Appeal – see National Rule #10C
- D. Final Authority – see National Rule #10D
- E. Approved Interpretations – see National Rule #10E
- F. Appeal Procedure – see National Rule #10F
- G. Connecticut Appeals Procedure:
 1. There is a CT Baseball Appeals Board (hereafter referred to as “the Board”) composed of (1) the state baseball director, (2) the assistant state Baseball director, and (3) a third member appointed by the state baseball director. The state baseball director shall also appoint an alternate member who will only be involved if one of the three State Appeals Board members is not available or has a conflict of interest. The term of office for board members and alternate members will continue until replaced by the State Baseball Director.
 2. Time Limit: Consistent with National Rule 10B, except substitute CT State Appeals Board for National Americanism Division.
 3. Filing an Appeal. All appeals must be in writing and addressed to the current State Baseball Director (address on State Web Site). Faxes and emails are acceptable when sent by the Team GM only. State director email and fax number are on state web site.
 4. Final Authority. The Board shall have sole jurisdiction over any appeal filed following a decision involving CT/National American Legion Baseball rule interpretations rendered by the State Director or appointee. The decision of the Board shall be final and may be enforced by a court of law. The concurrence of a majority of the members of the CT State Appeals Board shall constitute the ruling by the Board.

5. Approved Interpretations. During tournaments supervised by the CT American Legion Baseball Committee, the Board shall approve interpretations rendered by the National Americanism Division before publication of the interpretation.

CONNECTICUT STATE TOURNAMENTS (HIGHLIGHTS) - RULE 11

See separate Tournament Rules Document

CONNECTICUT FALL BASEBALL - RULE 12

Any Fall Baseball played using either the American Legion name or equipment (for example website) will be governed by our State Baseball Committee or its appointed representatives. All the adopted State and National Rules will be in effect with only the following major exceptions:

- 1) Rule 1 Playing Regulations – Forfeits. Penalties do not apply.
- 2) Rule 1 Playing Regulations – Suspended Games does not apply. All games count as long as both teams have had a chance to bat at least once.
- 3) Rule 2 Player Eligibility Requirements. Must be age eligible to play for the team for the next summer season to play in the fall, since this season is considered part of the tryout process for the following year.
- 4) Rule 6 Team and Player Certification. Dual Participation limitations do not apply.
- 5) Rule 6 Team & Player Certification – Double Rostering limitation does not apply.
- 6) Rule 7 Sportsmanship & Conduct – Implementation of Suspension. Any remaining penalties from the fall will not roll over to the following summer unless the State Committee decides that their nature rises to the level where an exception needs to be made.
- 7) All teams must carry appropriate insurance.

CONNECTICUT TERRITORIAL ASSIGNMENTS - RULE 13

- 1) Teams seeking to combine with other teams or request partial territory acquisitions must complete a written request via the forms found on the state website prior to September 1 in order for the changes to be effective the following year.
- 2) The state will set up a “Changing Team Configuration (or team draw) or Rezoning Committee” every 5 years beginning in 2024, with any changes to be effective with the 2026 season – which starts with the 2025 fall season). Written goals, process and timing to be finalized and agreed to no later than June 1, 2025.

SPECIAL RULE MODIFICATIONS FOR AGE 13 LEVEL - RULE 14

Registration: Teams must submit an intent to play form and pay all state fees to the state treasurer by Feb, 15, 2026. State fees will be refundable if a team withdraws prior to Apr. 15, 2026. Teams must purchase insurance through the Connecticut Baseball program and present proof of insurance at time of registration.

Eligibility: The age 13 level is open to anyone born between May 1, 2012 and Aug. 31, 2014 inclusive. Players who have eligibility remaining in any U12 program including but not limited to Little League, Cal Ripken, Mickey Mantle, may play American Legion baseball but should give first priority to their U12 regular season and tournament teams. Any player joining an American Legion program after the conclusion of a U12 season will be eligible to participate in the state tournament. Rule 6D does not apply for Age 13 players who have competed for a 12U team during the season.

If a team is unable to field enough players for a scheduled game because of a conflict with Little League or other 12U programs, that game shall be recorded as a forfeit but the forfeit will not count towards two forfeit limit as discussed in rule 1.L (3). The teams may mutually agree to play the game as an exhibition at a later date after the forfeit is assessed. Approved 6/18/24.

Bat Rule 1B. Any USA bat with Certification Stamp on the bat (approved age level bat) or any bat with permanently embossed **BBCOR authentication** may be used in the Age 13 level

DH/EH Rule 1I: A team may choose to put as many players as they wish in the batting order. The batting order must be established prior to the start of the game and followed for the entire game. If a player in the batting order is injured or otherwise unable to take a turn at bat that position will be skipped in the batting order. However if a team at any point has less than nine players available to hit, the game shall be forfeited. If a team chooses to bat more than 9 players, the DH cannot be used. For all divisions, Connecticut follows the National Rule, a player can only DH for the pitcher

Pitching Rule IR: No player may pitch more than a total of 90 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 that hitter. No player may enter the game as a pitcher unless having fulfilled the required rest days as mandated in the chart below. No player may make more than two appearances as a pitcher in any consecutive three-day period. **PENALTY:** The pitcher shall be removed from the game, the head coach shall be ejected from the game and serve an additional two game suspension and the game shall be forfeited if a protest is filed with the umpire-in-chief before the last out of the game.

Extra Innings: If the score is tied after seven (7) complete innings, each half-inning following the seventh inning will begin with a runner on second base. The runner placed on second base at the start of each half-inning shall be the player in the batting order immediately preceding that half-inning's leadoff hitter. By way of example, if the number five hitter in the batting order is due to lead off the eighth inning, the number four player in the batting order shall begin the inning on second base

Rentry Rule 1S: Re-entry for starters will be allowed in both the regular season and state tournaments as per National rules.

Mercy Rule 1U: In addition to the ten-run rule, at the 13U level a game shall be ended if one team leads by 15 or more runs after the trailing team has completed three times at bat.

Dual Roster Rule 6G d. Programs that have a 15U and an Age 13 team, can rotate Age 13 roster players (whether DR or not) for use at 15U games as long as their 15U and age 13 rosters have been certified. They can only have 18 uniformed players at any 15U game.

Clarification: At the 13U, 15U & 17U level programs that have two teams at a given age level may allow players on a roster at a younger age level to play up for both of those teams during the regular season only.

This does **NOT** apply to 19U teams at all (**must be on national roster**), to the 13U, 15U or 17U State Tournament (**must always play for the same older team during the tournament**) or the 17U Stars & Stripes (**must always play for the same older team during the tournament**).

A player may not play for two different teams at the same age level where he is originally rostered. Players may move vertically for either team but not horizontally.

State Tournament Rule 11: All teams in the Age 13 Division will qualify for the state tournament. All players listed on the team's National Form 1 are eligible to participate in the tournament.

Territorial Boundaries Rule (Rule 3): Teams may draw players from the territory of any contiguous U19 Plan A team providing that

- a. The neighboring program does not have a team in the Age 13 division.
- b. Total enrollment cannot exceed 7500.
- c. Teams must enter into an agreement with neighboring towns and submit combination requests to the state committee by March 15, 2026.
- d. The home town team will have final say on where age 13 players are assigned
- e. Any player from a territory where there is an Age 13 team must follow the waiver procedures as outlined in Rule 3.B.1.a
- f. Any player drawn from a neighboring program must play for his home program once he ages out of the Age 13 Division.
- g. A player from a neighboring territory may not be dual rostered at a higher level in the program but may be on the roster of a higher level team in his home territory.

Other Rules: Unless specifically modified here, all other rules of Connecticut American Legion baseball apply to the Age 13 level.

SPECIAL RULE MODIFICATIONS FOR 15U LEVEL - RULE 15

Registration: Teams must submit an intent to play form and pay all state fees to the state treasurer by Feb, 15, 2025. State fees will be refundable if a team withdraws prior to Apr. 15, 2025. Teams must purchase insurance through the Connecticut Baseball program and present proof of insurance at time of registration.

Rules: Unless specifically modified here, all other rules of Connecticut American Legion baseball apply to the 15U level.

DH/EH Rule 1I: DH/EH Rule 1I: A team may choose to put as many players as they wish in the batting order. The batting order must be established prior to the start of the game and followed for the entire game. If a player in the batting order is injured or otherwise unable to take a turn at bat that position will be skipped in the batting order. However if a team at any point has less than nine players available to hit, the game shall be forfeited. If a team chooses to bat more than 9 players, the DH cannot be used. For all divisions, Connecticut follows the National Rule, a player can only DH for the pitcher

Pitching Rule IR: No player may pitch more than a total of 90 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 that hitter. No player may enter the game as a pitcher unless having fulfilled the required rest days as mandated in the chart below. No player may make more than two appearances as a pitcher in any consecutive three-day period. **PENALTY:** The pitcher shall be removed from the game, the head coach shall be ejected from the game and serve an additional two game suspension and the game shall be forfeited if a protest is filed with the umpire-in-chief before the last out of the game.

Extra Innings: If the score is tied after seven (7) complete innings, each half-inning following the seventh inning will begin with a runner on second base. The runner placed on second base at the start of each half-inning shall be the player in the batting order immediately preceding that half-inning's leadoff hitter. By way of example, if the number five hitter in the batting order is due to lead off the eighth inning, the number four player in the batting order shall begin the inning on second base

Reentry Rule 1S: Re-entry for starters will be allowed in both the regular season and state tournaments as per National rules.

Mercy Rule 1U: In addition to the ten-run rule, at the 15U level a game shall be ended if one team leads by 15 or more runs after the trailing team has completed three times at bat.

Dual Roster Rule 6G d. Programs that have a 15U and an Age 13 team, can rotate Age 13 roster players (whether DR or not) for use at 15U games as long as their 15U and age 13 rosters have been certified. They can only have 18 uniformed players at any 15U game.

Programs that have a 17U and a 15U or Age 13 team, can rotate roster players from those teams (whether DR or not) for use at 17U games as long as their 15U and age 13 rosters have been certified. They can only have 18 uniformed players at any 17U game

Clarification: At the 13U, 15U & 17U level programs that have two teams at a given age level may allow players on a roster at a younger age level to play up for both of those teams during the regular season only.

This does **NOT** apply to 19U teams at all (**must be on national roster**), to the 13U, 15U or 17U State Tournament (**must always play for the same older team during the tournament**) or the 17U Stars & Stripes (**must always play for the same older team during the tournament**).

A player may not play for two different teams at the same age level where he is originally rostered. Players may move vertically for either team but not horizontally.

SPECIAL RULE MODIFICATIONS FOR 17U LEVEL - RULE 16

Registration: Teams must submit an intent to play form and pay all state fees to the state treasurer by Feb, 15, 2025. State fees will be refundable if a team withdraws prior to Apr. 15, 2025. Teams must purchase insurance through the Connecticut Baseball program and present proof of insurance at time of registration.

Rules: Unless specifically modified here, all other rules of Connecticut American Legion baseball apply to the 17U level.

DH/EH Rule 1I: A team may choose to put as many players as they wish in the batting order. The batting order must be established prior to the start of the game and followed for the entire game. If a player in the batting order is injured or otherwise unable to take a turn at bat that position will be skipped in the batting order. However if a team at any point has less than nine players available to hit, the game shall be forfeited. If a team chooses to bat more than 9 players, the DH cannot be used. For all divisions, Connecticut follows the National Rule, a player can only DH for the pitcher

Pitching Rule IR: No player may pitch more than a total of 95 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 that hitter. No player may enter the game as a pitcher unless having fulfilled the required rest days as mandated in the chart below. No player may make more than two appearances as a pitcher in any consecutive three-day period. **PENALTY:** The pitcher shall be removed from the game, the head coach shall be ejected from the game and

serve an additional two game suspension and the game shall be forfeited if a protest is filed with the umpire-in-chief before the last out of the game.

Extra Innings: If the score is tied after seven (7) complete innings, each half-inning following the seventh inning will begin with a runner on second base. The runner placed on second base at the start of each half-inning shall be the player in the batting order immediately preceding that half-inning's leadoff hitter. By way of example, if the number five hitter in the batting order is due to lead off the eighth inning, the number four player in the batting order shall begin the inning on second base

Reentry Rule 1S: Re-entry for starters will be allowed in both the regular season and state tournaments as per National rules.

Mercy Rule 1U: In addition to the ten-run rule, at the 13U level a game shall be ended if one team leads by 15 or more runs after the trailing team has completed three times at bat.

Dual Roster Rule 6G d. Programs that have a 17U and a 15U or Age 13 team, can rotate roster players from those teams (whether DR or not) for use at 17U games as long as their 15U and age 13 rosters have been certified. They can only have 18 uniformed players at any 17U game.

Clarification: At the 13U, 15U & 17U level programs that have two teams at a given age level may allow players on a roster at a younger age level to play up for both of those teams during the regular season only.

This does **NOT** apply to 19U teams at all (**must be on national roster**), to the 13U, 15U or 17U State Tournament (**must always play for the same older team during the tournament**) or the 17U Stars & Stripes (**must always play for the same older team during the tournament**).

A player may not play for two different teams at the same age level where he is originally rostered. Players may move vertically for either team but not horizontally.

13U, 15U Territorial Rule

A. Any player who resides in a territory that does not sponsor at 13U or 15U program must make himself available to the 17U/19U team in his territory. If not selected for that team he may try out for the 13U/15U team closest to his parent's domicile that has space under the enrollment cap.

B. If there is no team within a reasonable travel distance that has room under the enrollment cap the state director will have the discretion to approve team placement. In that case the receiving team will count the enrollment of the player's school in its enrollment numbers. If the player is not yet in high school, the enrollment of the public high school that he would attend based on his residence will be counted. A player cannot be placed on a team if that team's enrollment total including his school will exceed the 7500 limit. Players placed under this rule cannot be double rostered to a 17U or 19U team. Zone chairmen will be notified when discretionary placement is approved.

C. Players who attend a school of choice must first try out for the program in the territory where they live, not the school they attend.

D. When a player exhausts 15U age eligibility he must return to the team designated by the Plan A territory of his parents' domicile.

APPENDIX A

TIE BREAKING PROCEDURE

Random Number Tie Breakers for seeding 2026

| | | |
|----|---------------|-------|
| 1 | South Windsor | 3365 |
| 2 | Moosup | 9827 |
| 3 | Windsor Locks | 10044 |
| 4 | Simsbury | 10926 |
| 5 | Middletown | 11478 |
| 6 | Milford | 15088 |
| 7 | Bristol | 15534 |
| 8 | New Britain | 16333 |
| 9 | Ridgefield | 16451 |
| 10 | Tolland | 18475 |
| 11 | Tri-County | 22280 |
| 12 | Willimantic | 23831 |
| 13 | RCP | 24281 |
| 14 | Ansonia | 25394 |
| 15 | West Hartford | 31747 |
| 16 | Torrington | 32566 |
| 17 | Danbury | 40315 |

| | | |
|----|---------------|-------|
| 18 | Tri-Town | 44245 |
| 19 | Berlin | 46746 |
| 20 | East Hartford | 48101 |
| 21 | Danielson | 54361 |
| 22 | Stamford | 55276 |
| 23 | Norwich | 56725 |
| 24 | Waterford | 58042 |
| 25 | Meriden | 58916 |
| 26 | Enfield | 59370 |
| 27 | Naugatuck | 65239 |
| 28 | Fairfield | 69250 |
| 29 | Trumbull | 71763 |
| 30 | Oakville | 72780 |
| 31 | Ellington | 75284 |
| 32 | Farmington | 80255 |
| 33 | Norwalk | 96614 |
| 34 | Glastonbury | 97866 |

APPENDIX B

SENIORS (24)

| | | | |
|---------------|---------------|---------------|---------------|
| Zone 1 | Zone 4 | Zone 3 | Zone 6 |
| Berlin | Ansonia/Derby | EHM | Danielson |

| | | | |
|---------------|-------------|---------------|-------------|
| Bristol | Milford | Ellington | Moosup |
| Farmington | | Enfield | Norwich |
| Oakville | Ridgefield* | Glastonbury | Tri-Town |
| Simsbury | Trumbull | Middletown | Waterford |
| Torrington | | | Willimantic |
| West Hartford | | RCP | |
| | | South Windsor | |
| | | Tri-County | |

JUNIORS (22)

| Zone 14 | Zone 3 | Zone 6 |
|-------------------|---------------|---------------|
| Bristol | EHM | Danielson |
| Farmington A | Enfield | Moosup |
| | Glastonbury | Norwich |
| | Middletown | Tri-Town |
| Milford | NCL A | Waterford |
| Naugatuck | NCL B | |
| Oakville | Northeast | |
| Simsbury | RCP | |
| West Hartford Red | South Windsor | |
| | Tri-County | |
| | | |
| | | |
| | | |

U-15 (16)

U-13 Division (12)

| | | | |
|----------------|---------------|-------------|---------------|
| Berlin | Simsbury | Berlin | RCP A |
| EHM A | South Windsor | EHM | |
| Ellington | Northeast | Ellington | South Windsor |
| Farmington A | | | Tri-County |
| Glastonbury | Tri-County | Glastonbury | |
| Milford | Trumbull | Milford* | Waterford |
| Milford-Orange | Waterford | NCL | West Hartford |
| Naugatuck | West Hartford | Northeast | |
| RCP | | | |

APPENDIX C

CT American Legion Baseball

Athlete and Parent Concussion Informed Consent Form

This consent form was developed to provide students, parents and legal guardians with current and relevant information regarding concussions and to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by State Board of Education. Revocation of coaching permit;* and Section 10-149c: *Student athletes and concussions. Removal from athletic activities. Notification of parent or legal guardian. Revocation of coaching permit.*

What is a Concussion?

National Athletic Trainers Association (NATA) - *A concussion is a “trauma induced alteration in mental status that may or may not involve loss of consciousness.”*

Centers for Disease Control and Prevention (CDC) - *“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain.”* -CDC, Heads Up: Concussion. http://www.cdc.gov/headsup/basics/concussion_what.html

Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.” -CDC, Heads Up: Concussion Fact Sheet for Coaches http://www.cdc.gov/headsup/pdfs/custom/headsupconcussion_fact_sheet_coaches.pdf

Section 1. Concussion Education Plan Summary

CT American Legion baseball will abide by the State law that requires each team to provide training that addresses the following

1. Recognition of signs or symptoms of a concussion
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student-athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

Section 2. Signs and Symptoms of a Concussion: Overview

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/slurred speech
- Slow/clumsy movements
- Loss of consciousness
- Amnesia/memory problems
- Acts silly, combative or aggressive
- Repeatedly asks the same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

Symptoms of a concussion may include (i.e. what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

Section 3. Return to Play (RTP) Protocol Overview

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until she/he has received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

CONCUSSION MANAGEMENT REQUIREMENTS:

1. No athlete shall return to participation in the athletic activity on the same day of a concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be transported immediately to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

MEDICAL CLEARANCE RTP PROTOCOL (AT LEAST ONE FULL DAY BETWEEN STEPS RECOMMENDED)

| Rehabilitation stage | Functional exercise at each stage of rehabilitation | Objective of each stage |
|--|---|---|
| 1. No activity | Complete physical and cognitive rest until asymptomatic; School activities may need to be modified | Recovery |
| 2. Light aerobic exercise | Walking, swimming or stationary cycling maintaining intensity at less than 70% of maximal exertion; no resistance training | Increase heart rate |
| 3. Sport-specific exercise No contact | Skating drills in ice hockey, running drills in soccer; no head impact activities | Add movement |
| 4. Non-contact sport drills | Progression to more complex training drills, such as passing drills in football and ice hockey; may start progressive resistance training | Exercise, coordination and cognitive load |
| 5. Full contact sport drills | Following final medical clearance, participate in normal training activities | Restore confidence and assess functional skills by coaching staff |
| 6. Full activity | No restrictions | Return to full athletic participation |

* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and do not resolve, the athlete should be referred back to her/his medical provider.

Resources:

- CDC. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 1, 2015. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
- CDC. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 1, 2015. <http://www.cdc.gov/headsup/highschoolsports/coach.html>
- CDC. *Heads Up: Concussion* materials, ct sheets and online courses. Retrieved on June 6, 2015. <http://www.cdc.gov/headsup/>