



## **Parameters for NH American Legion Prep Program 2023**

At the suggestion of our National Legion Organization the Department of NH American Legion Baseball Program has created a program called American Legion Baseball “Prep League”. This program is being formed to engage and introduce the younger baseball player into the Legion Baseball Program with the hopes of those players continuing their legion baseball careers until they age out at age 19.

This program will allow players from the age of 13-15 (See Player Eligibility Chart on our website) or the 7<sup>th</sup>, 8<sup>th</sup> and some 9<sup>th</sup> graders a program to develop their skills in a more competitive situation than trying out for our junior program which is 17 and under. This program will follow the exact legion baseball rules as our junior program except the pitching rules and bat specifications as listed below.

### **Game Rules for Prep Program.**

#### **Prep Pitching Rule:**

Following the “Pitch Smart” rules as stated by ALB.

#### **Bat Rule:**

The prep program will follow the ALB bat rule that is listed in the ALB Rule Book. The prep program will not be a composite wood or wood bat program.

### **Batting Line-up:**

During the regular season a prep team will be allowed to:

Bat nine players with a Designated Hitter following MLB Rules.

Bat ten players using an EH

Bat all their players who are in attendance for that particular game.

Once a type of batting order is chosen at the beginning of a game, that choice cannot change. In all the above cases, a batting order cannot change.

### **Game Length:**

When playing a double header involving the same two teams, the first game will be 7 innings and the second game will be 5 innings. If a team plays two different teams in the same day, both those games will be 7 innings.

### **Positioning of Players:**

The prep program will allow free defensive substitutions during a game. Once a pitcher is removed during a game, he can go to another position but cannot return to pitch. We would also advise that a pitcher would not play the position of catcher the day he also pitches.

### **Rule Revisions:**

Once our prep tournament starts, it will follow all NH, ALB and MLB rules as written. No exceptions to those rules will be allowed.