



American Legion Post 133 Team Rules

American Legion Baseball is the oldest and best discipline amateur baseball program in the country. The American Legion, an organization comprised of veterans, believes operating a well-disciplined baseball program with emphasis on sportsmanship, team loyalty, and the highest level of sportsmanship and individual leadership. Our coaches will insist on these positive qualities throughout the season. There are several rules all players are required to follow in order to be considered eligible for Post 133 competition. Conduct is expected to be positive and becoming.

Here is a list of our Team Rules:

1. The purchase, distribution or use of alcohol, tobacco or any other drug by a player without written consent of a licensed, practicing physician is prohibited.
2. Foul language on or off the field is prohibited. Violation will result in sitting out a game.
3. Throwing and/or abuse of equipment is prohibited. In the event that equipment is thrown/abused and damaged, the player will be expected to reimburse Post 133 for replacement costs.
4. Haircuts are expected to be tasteful and at digression of his Manager.
5. No earrings or jewelry are allowed at practice or during games.
6. Uniforms should be kept clean, in good repair, and always tucked in as applicable; from warm-ups until the game is completed, uniforms should be worn correctly.
7. Hats should be worn correctly (i.e. straightforward) when applicable. Rally caps are acceptable when appropriate.
8. Players will sprint to and from their positions. Players will run at full speed on all ground balls and fly balls, no matter how "inevitable" a putout might appear.
9. No outside food or drink is allowed in the dugout during a game. Ice water and/or cold drinks will be provided by the team. "Game" is defined as the time team warm-ups begin.
10. No spectators are allowed in the dugout during a game. This includes parents, family members, friends, girlfriends, scouts, etc. (nor is any non-player allow to visit with you during a game).
11. Players are allowed to leave the dugout during a game for the following reasons only: to retrieve a foul ball, go to the bathroom, warm up/stretch/throw, or in a medical or weather related emergency. Players are expected to perform the necessary function and return to the dugout without incident. Any other request to leave the dugout should be discussed with and approved by a member of the coaching staff.

12. When traveling to and from contests, the team will meet at a designated location. It is acceptable for players to travel to and from games with parents, but it is mandatory that a member of the coaching staff be informed of your intentions. When returning home after a road trip, all players traveling with the team will meet at the drop off point prior to dismissal. No one should leave until the coaches have returned and all are accounted for. Volunteer parent/guardian drivers to and from games are appreciated.
13. When traveling with the team and multiple drivers, we will use a procession. A member of the coaching staff will lead the procession; all other vehicles in our caravan will fall behind, and another vehicle driven by a member of the coaching staff and/or a designated parent's vehicle will be at the rear. Unsafe driving techniques (weaving, excessive speed, reckless driving, etc.) will not be tolerated. Those who receive a traffic ticket are responsible for their own fine, fees and applicable court costs. At no time should any object be thrown from or at another vehicle in the procession. Player's head, arms, hands, legs and feet will remain in the vehicle at all times.
14. Any player who commits a misdemeanor criminal offense will be suspended indefinitely from the team and faces possible dismissal from the team. The only exclusion from this policy noted is that of a traffic ticket with proper court/legal supervision. The commission of a felony offense by a player will result in immediate expulsion from the team. It should be noted that theft of any kind will not be tolerated and will result in immediate expulsion from the team.
15. Occasionally, the team will travel out of town and stay overnight at a hotel. Room assignments for players will be designated. Rooms are expected to be kept neat and clean. Any damage performed to a room is the financial responsibility of the player and his guardian. Players involved in such a situation will be sent home and dismissed from the team immediately. Under no circumstance whatsoever will a female guest be permitted in a player's hotel room while unchaperoned by an adult, coach or parent. Any player violating this rule will be dismissed.
16. When traveling and when applicable. Post 133 suggest players to not have more than \$40.00 of personal monies in his possession while participating, unless an extended (3+ day) stay is anticipated. Players are always responsible for their personal possessions and monies.
17. All players are required to help carry equipment at practices and at games.
18. Altercations between team players or opposing players are discouraged and prohibited. While tempers can flare unexpectedly, any fighting will be disciplined by immediate suspension and probable dismissal from the team. Applicable team or city curfews will be followed by all players on any applicable times prior to or during competition.
19. All players/guardians are expected to call a member of the coaching staff in the event a practice or game is to be missed. If a player is late for a practice or a game without a proper excuse, the penalty is one lap around the outfield fence for every minute tardy. If a player is absent without permission, the minimum penalty is an immediate suspension with a maximum penalty of dismissal from the team. It would be expected any player/guardian to call his manager for current game day/practice information or leave a message as to a player's whereabouts.

20. All rostered players may be required to submit a certified birth certificate from the county/state recorder of deeds/vital statistics office prior to the first game of the season. If required, each American Legion District chairman and or Manager will inform each player at the time they are selected to the roster. Any player who fails to submit a proper birth certificate is not ineligible for competition.
21. For those athletes who compete in more than one sport which requires additional summer camps/training, the following applies: Camps/training activities should understand that for each game that is missed, the player may at his manager's discretion, be benched the same number of games as has been missed. (If you attend a football camp for 7 day and miss four games without your manager's permission, you may not be allowed to play in the next four games. No players will be allow to miss any practices or game during the week(s) of the Legion post season (District Tournament, Divisional Tournament, Department Tournament, Regional Tournament or World Series). During the aforementioned times, the program assumes Legion Baseball is your priority. If you know there is an unavoidable conflict between a summer camp or training commitment and the Legion post season, please do not tryout. In fairness to all who wish to compete, open tryouts are held annually. No roster position is held for any player, returning or non-returning.
22. Players are expected to uphold the Legion Code of Sportsmanship at all times. In short: players will keep their temper regardless of victory or defeat, be good sportsmen and never heckle opposing players, umpires or spectators. Unless otherwise indicated, the penalties for any of the aforementioned rule violations will result (at a minimum) in an immediate suspension of practice/playing privileges, and a possible penalty of dismissal from the team. The coaching staff will decide the severity of the penalty (ies) to be imposed for any rule(s) that is violated and/or for inappropriate behavior. All coaching staff disciplinary decisions are final.
23. No parent, family members, or friends are permitted to heckle, harass or use derogator, profane or vulgar remarks or gestures towards the opposing team, coaches or umpires. Again, the members of Post 133 believe in sportsmanship. Any parent, family member, friends or fans that violate this rule will be asked to leave the ballpark immediately. A second violation of the rule may result in banishment from the park and other team functions.
24. Post 133 carries accident, liability and medical insurance coverage policies for all rostered players and coaches. A copy of the applicable policy can be made available upon request.
25. Any or all applicable fees for players are to be paid prior to 1st game being played. All fees are set in conjunction with American Legion Baseball Board, and Baseball Mangers.

These are rules we will live by!
Signed by Team Manager and by
Post Commander or Post Athletic Officer

1. _____ Post Commander or Post Athletic Officer
2. _____ AAA Manager
3. _____ AA Manager
4. _____ A Manager