**2021-2022 C.G.L. CONSTITUTION**

**LEAGUE OFFICE**
All League business will be handled through the CGL office at 1719 Dodge Ave., Duluth, MN 55811.

**ORGANIZATION**
The Central Grapefruit League (CGL) operates to promote friendship and entertainment through the use of APBA Baseball.
The CGL will consist of sixteen teams which will be divided into four (4) Divisions of four (4) teams each.
All members of CGL are required to follow the rules and spirit of this Constitution. Members must be fair and prompt in their dealings with other managers.
Repeated failure to follow CGL rules and/or gross incompetence or violation involving personal integrity may result in expulsion from CGL.

**SCHEDULE**
The 2021-22 CGL season will start October 1, 2021 and conclude by the end of February 2022, with the CGL Playoffs starting in March 2022. Each team will play a 162 game schedule during the regular season. Each series will consist of no less than eight (8) games (4 Home and 4 Away) and no more than ten (10) games (Five Home and Five Away).

**PLAYOFFS**
At the conclusion of the CGL regular season the Four Division winners and the two teams with the best winning records for a non-Division winning team will advance to the CGL Playoffs. The two Division winners with the best regular season records will receive a bye in the first round of the Playoffs. The other two Division winners will play against the two CGL wildcard teams.
The two Division winners playing in the first round will each play a wildcard team. Playoff seedings will be based on regular season records. The winners of these series’ will advance to play the two Division winners who had byes in Round One. The winners of these series’ will advance to the CGL World Series.
All series in the CGL Playoffs are best of seven with the home games being played on a 2-3-2 basis, with the higher seeded teams playing games 1,2,6,7 at home.
In Round One of the Playoffs (Wildcard series’) the Wildcard teams will play games 3,4,5 at Home with the Division winners playing games 1,2,6,7 at home. Remaining Playoff series’ will be paired by Won-Loss seedings with Home Field advantage (games 1,2,6,7) played at the home of the remaining team with the better overall record.

**PLAYOFF TIEBREAKERS**
In the case of a tie for the last Playoff position a ONE GAME PLAYOFF will determine the final Playoff team. The following tiebreakers will be used to determine which team will be the Home Team: 1) Best Away Record 2) Coin Toss by the Commissioner. Note: This game WILL count in the regular season standings (for Draft position) SEE ROOKIE DRAFT SECTION
If two teams tie for a Division Title the following tiebreakers will be used to determine seeding as Division Champion and Wildcard: 1-Head-To-Head record 2-Away Record 3-Coin Toss by the Commissioner

If THREE teams tie for the final Playoff position a bye (and #1 Play-in seed) will be awarded to the team with the best AWAY record. Home team for the first play-in game will be determined by best AWAY record. The winner of the #2-#3 seed game will play at the #1 seed for the final Playoff position.

If FOUR teams tie for the final Playoff position teams will be seeded 1-4 based on AWAY records and Round One will have #4 @ #1 and #3 @ #2. The winners would advance to the final Play-in game with the highest remaining seed as the home team.

**DUES**
Dues for the 2021-22 are $10 are to be paid prior to the start of the regular season.

**NEWSLETTER PUBLICATION**
CGL Newsletters and Updates will be put out approximately twelve times per year and will contain any and all information pertinent to the Central Grapefruit League.

**RULE CHANGES**
Suggestions for rule changes must be submitted to the League Office. At the end of the CGL season ALL rule change proposals will be put to the CGL membership.
A two thirds (2/3) majority of TOTAL VOTES CAST are needed to pass an amendment. Any Amendment which affects player limitations will be delayed one full season upon passing before becoming an active part of the CGL Constitution.

**REALIGNMENT**Realignment of Divisions will be voted on by the entire CGL membership. If a two thirds majority of votes are cast favoring realignment the Divisions will be realigned the FOLLOWING season, but ONLY if CGL is completely stable.

**TRADES**
All trades must be reported to the League Office by BOTH managers to make a trade valid. This may be done by U.S. Mail, e mail of phone. Trading is allowed between seasons (February 15-September15).
No trading is allowed during the CGL regular season.
The Commissioner has the right to veto any trade deemed not in the best interest of CGL.

**ROOKIE DRAFT**
The CGL Rookie Draft will be held approximately 6-8 weeks after the completion of the regular season.
THE C.G.L. ROOKIE DRAFT WILL CONSIST OF EIGHT ROUNDS WITH TEAMS PICKING IN REVERSE OF THEIR REGULAR SEASON FINISH. The CGL Champion will pick 16th and the team with the worst regular season record picking first.

**\*\*BEGINNING WITH THE 2018 CGL ROOKIE DRAFT** **THE SIX CGL PLAYOFF TEAMS WILL OCCUPY THE BOTTOM SIX POSITIONS IN THE CGL ROOKIE DRAFT. (VOTED IN BY 11-5 MARGIN IN 2017 OFFSEASON)**

1) DRAFT PICKS FOR ROUNDS 9 & 10 ARE NOT TRADEABLE
2) PLAYERS PICKED IN ROUNDS 9 & 10 MUST MAKE THE 40 MAN ROSTER OF THE TEAM THAT CHOSE THEM OR THE TEAM THAT ACQUIRED THEM VIA TRADE
NOTE: TEAMS HAVE THE OPTION OF PASSING ON DRAFTING PAST THE 8TH ROUND

RESULTS OF PLAY-IN GAMES FOR FINAL PLAYOFF POSITION WILL COUNT AS REGULAR SEASON GAMES IN W-L RESULTS ONLY. PLAY-IN RESULTS WILL BE USED TO DETERMINE ROOKIE DRAFT ORDER. PLAYER USAGE IN PLAY-IN GAMES WILL FALL UNDER PLAYOFF RESTRICTIONS’

If two or more teams finish with identical records the following tiebreakers will be used to determine who will have the higher pick in odd numbered rounds:
1) Head-to-Head Record
2) Away Record
3) Coin toss by the Commissioner

Teams will then alternate picking higher every other round (if two teams tie) or every third round (if three teams have the same record).

Any player NOT listed on the Rookie Draft List sent from the Commissioner is NOT ELIGIBLE to be drafted unless ALL other teams are informed of the error (omission)

**PROTESTS**
Any manager who feels he has grounds for protesting a game or series should submit, in writing, all facts to the League Office. After contacting the managers involved, a decision will be made by the Commissioner. This decision will be final.

**ROSTERS**

**REGULAR SEASON ROSTERS INCREASED TO 40 PLAYERS FOR THE 2021-22 SEASON ONLY**
1) Each team may have a maximum of 38 players on their roster at the start of the season.
2) CGL has continuous ownership of players, whether they receive a card or not, as long as that player remains on your 38 man roster.
3) The active roster for each series is a maximum of 26 players, with at least two players listed at each position. The remainder of the 38 man roster may be activated BETWEEN SERIES ONLY.
4) A MINIMUM of FOUR RELIEF PITCHERS must be carried on 26 man away roster
5) **40 man rosters are due to the League Office by September 17, 2021.** The Commissioner will then furnish complete rosters, along with player limitations, to all managers.
6) EXPANSION TEAMS will be allowed to carry 40 players in their first CGL season.

**INJURIES**
**ALL INJURIES ARE FOR THE CURRENT GAME ONLY**

**STATISTICS**The following statistics are to be kept for ALL Players:
HITTERS:G,AB,R,H,RBI,2B,3B,HR,BB,K,HBP,SB,AVG.
PITCHERS:G,GS,CG,SHO,W,L,SV,IP,H,R,ER,HR,BB,K,ERA
All of the above statistics must be reported to visiting managers for both teams for each home series. Be sure to crosscheck totals for accuracy.

**PLAYER RESTRICTIONS**
1) Players may be used at any position listed on their cards.
2) Regular carded players are limited to actual number of games they appeared in during the previous Major League season. If a player is used in a game in any capacity( ie. PH, PR, Defensive Sub, etc.) it shall count as a game played.
3) Players with a J-0 injury rating may play in all 162 games.
4) **ALL** **J-4 PLAYERS ARE CONSIDERED XB’S AND LIMITED TO REAL LIFE AT BATS**.
5) Official player limitations will be on the 38 man rosters supplied by the League Office prior to the start of the CGL season.

**PITCHER RESTRICTIONS**

1) Starting Pitchers are limited to ‘real life’ starts.

2) **STARTING PTICHERS WITH 15 OR MORE REAL LIFE STARTS WILL BE TREATED AS REGULAR CARDED PITCHERS REGARDLESS OF J-RATING BY APBA** **(VOTED IN 13-3 2020-21 OFFSEASON)**
**2) A STARTING PITCHER MAY PITCH A MAXIMUM OF 10 INNINGS PER START**. **(VOTE IN 13-3 2020-21 OFFSEASON)**
3) A starting pitcher may start Games One AND Game Five of a 5 game series ONLY if he has more starts than there are series scheduled for that team.
4) A pitcher may NOT start and relieve in the same series.
5) No starter may be relieved until he has pitched FIVE COMPLETE innings or given up THREE RUNS (Earned OR Unearned).
6) Pitcher Grade Advancement will be used. Consult your Game Boards.
7) Pitchers with only an asterisk (\*) may NEVER start a game.
8) Regular carded Relief Pitchers (\*) are limited to ‘real life’ appearances with a MAXIMUM of two (2) innings per appearance. The ONLY time a reliever may go past 2 IP/APP is on a DP (2 1/3 IP) or if he is the LAST reliever available on an active roster. THAT reliever will then be reduced one full grade for each inning pitched past 2 IP/APP.
9) XB Relief Pitchers may not exceed Total Innings Pitched for the season, but may pitch more than two innings per appearance without Grade Reduction.
10) Any reliever (\*) who pitches more than two innings in one appearance must rest one game between appearances.
**11) STARTING PITCHERS MAY BE USED IN LONG RELIEF WITH A MAXIMUM OF 5 INNINGS PER APPEARANCE WITH ONE START DEDUCTED FROM THEIR USAGE. THAT PITCHER MUST REST ONE GAME BETWEEN APPEARANCES IF USED OVER TWO INNINGS (VOTED IN 13-3 202-21 OFFSEASON)**
12) Play result ‘Z-Ball’ will read ‘Z-2 Balls’. Thus Two ‘14’s’ will be a Base on Balls (vs. 4-14’s).
13) If a team does not have enough starts to cover the 162 CGL Schedule, the Commissioner will assign pitchers to that team from the undrafted pool of players to cover the necessary starts. That manager will then have to make cuts to get down to the 38 man roster limit.

**\*\*BEGINNING WITH THE 2018 CGL SEASON ALL J-4 RATED PLAYERS WILL BE TREATED AS XB HITTERS (LIMITED TO REAL LIFE AT BATS) AND XB PITCHERS (LIMITED TO REAL LIFE INNNINGS PITCHED) (VOTED IN BY 11-5 MARGIN IN 2017 OFFSEASON)**

**PLAYING RULES - COMPUTER GAME**
**BASERUNNING:**
1) Stealing of second base (attempted steal) will be allowed a maximum of four times per nine inning game with one extra attempt allowed in extra innings. Steal attempts on the Hit & Run play do NOT count against the four straight steals attempts allowed in nine innings.
2) ANY runner attempting to steal must have a ‘10’ or ‘11’ or ‘14\*’ on his APBA card.
3) The opposing catcher will throw on all attempted steals unless instructed otherwise.
4) Stealing of third base and/or Home is NOT allowed.

**HIT & RUN**
1) The Hit & Run may be used three times in a nine inning game and one additional time in extra innings.
2) The batter must have a Hit & Run ability of TWO or more (2-31’s on Cards).
3) The opposing catcher will throw to second on ALL attempted steals unless instructed otherwise.

**STADIUM**1) Managers using the Windows version of APBA must announce the stadium in which they will be playing their HOME games and must use that stadium for the entire season.
2) Managers using Baseball For Windows MUST TURN OFF “Field Effects”

**PLAYER/PITCHER RESTRICTIONS**
Same as basic game.

**FACE TO FACE COMPUTER PLAY**
Pitcher and Player limitations from above are in effect. Hit & Run
Batter must have a Hit & Run ability of two or more to use the H&R. Other than that, anything goes if agreed to by both Managers.
 **INSTRUCTIONS**
The Home Manager has the option of what version of APBA he will play his games on. The visiting manager may request a different version, but it is the option of the Home manager.

Instructions for Away series’ are due by the 5th of the month of play at the latest

Instructions should include: Active 26 man roster for that series,
Lineups for all games, Pitching rotation, Relief Instructions, as well as Strategical moves such as- Hit & Run, Sacrifice, Infield Depth, Intentional walks, Pinch Hitters/Runners, Defensive Replacements, etc.

**REPORTING RESULTS**
Managers will create and send Franchise Files (F-files) for each series to the entire League by the 26th of the month of play

**HOME AND AWAY DISCREPANCIES**
Teams that have a consistent history of having a Home record which is consistently much better than their Away record will be reviewed by the League Office and other CGL members and may face disciplinary action. Any penalty may be appealed.
 **PLAYOFF RESTRICTIONS
PLAYERS**
1) All regular carded players may start every game at any position listed on card.
2) **XB Hitters (J-4)** will be allowed to START one Playoff Game/100 real-life At Bats3) XB players may not enter ANY game prior to the 7th inning, but may enter ALL games from the 7th inning on.

**PITCHERS**
1) Pitching rotations for the CGL Playoffs will be based on days’ rest. A starting pitcher must have at least three days rest between starts. For example, the starting pitcher of Game One of a Playoff series may not start again before Game Five in that round. In the event that Playoff Series do not last the same number of games, the manager with the shorter series may adjust his rotation by days rest.

 EXAMPLE: Team A beats Team B in 5 games. Team C wins its’ series in 7 games. In the first game of the next Round, Team C would have to start it’s #4 starter while Team A may start #2, 3, or 4 in their rotation since all three had at least three days rest.
2) There will be a ‘rest day’ between Playoff Series’ which will allow for the a one day adjustment (moving starters ahead one game) in starting rotations of a following Playoff Series.
3) A pitcher may NOT start and relieve in the same Playoff Series.
4) Starters must pitch 5 innings or give up three runs total before being relieved.
5) Starters may pitch a maximum of 11 innings per start.
6) Relievers may pitch a maximum of six innings per Playoff series, with a maximum of two innings per appearance. Grade reduction beyond two innings per appearance is one full letter grade per inning beyond two.
7) Extra starters may be used in relief with the same restrictions as above (Rule 5).
8) XB Starting Pitchers may start ONLY ONE GAME per Playoff Series
9) XB Starting pitchers may pitch a maximum of seven innings per start.
10 ) XB Relievers limitations- see #6 above.

**PLAYOFF REPORTING**
Play-by-play basic game sheets or Computer boxscores should be sent to the League Office and visiting manager for each Playoff game, as well as Series summaries for both teams.

**AWARDS**
1) The CGL Champion will be awarded a Plaque upon completion of the CGL Playoffs.
2) CGL Managers will vote for MVP, Cy Young and Reliever of The Year Awards at the end of the regular season. You may NOT vote for a player from your own team.