

LABL and LABL-Retro Constitution (revised 6/29/25)

1. LABL and LABL-Retro History

The LABL began in 1991 with the 1990 APBA baseball card set and has evolved over the course of its history. Starting in 2019, the league officially relaunched on APBA GO with the 2002 online card set. This is a continuous ownership league; once a player is drafted, he is property of that team until traded, cut, or no longer carded by APBA. LABL-Retro is similarly structured, but has been working backwards from 2001. Both leagues are designed to allow managers the opportunity to play APBA Baseball in a competitive and friendly environment. An overriding concern is ease and simplicity of play. The league rules are enclosed in the following pages of this constitution.

2. Officers and Websites

2.1 The League Commissioner is Ken Schulz. He is the upholder of the Constitution and League Charter. He is responsible for running and organizing the draft and scheduling, and manages the league's group chat.

2.2 The League Statistician is Darren Schulz. All games are to be entered into the Commissioner's Shared Collections File for each season. A separate standings link identifying the two divisions will be updated as games are placed in the Shared Collections file.

2.3 The League Roster Czar is Jay Demarest. He manages the waiver wire, roster integrity, and all other roster matters.

2.4 The League Constitution and New Manager Czar is Mark MacEachern. He updates the Constitution when needed and acquaints new managers to the League's website and rules.

2.5. All games are played in APBA GO. The League Websites ([LABL-Retro](#) and [LABL](#)) have all team rosters, report options, and serves as the home for league drafts. League emails go through ([LABL-Retro](#) and [LABL](#)) but most communication occurs via a group chat managed by the Commissioner.

3. Fees

3.1 There are costs associated with the Leagues. Each manager is responsible for an annual \$5 fee sent to the league commissioner for website maintenance. Since

LABL and LABL-Retro uses APBA GO, each manager also has to buy individual seasons through that site (typically 20\$/season), plus a one-time fee for custom rosters. These are subject to change.

4. League Structure and Schedule

4.1 Both leagues have 16 teams, divided into two divisions, all of which use the designated hitter. Each team plays 86 games (43H and 43A), which includes 10 games vs each divisional opponent ($7 \times 10 = 70$) and 2 games vs each opponent in the other division ($2 \times 8 = 16$). Playoffs begin after managers complete their games and the roster czar verifies usage.

4.2 The Commissioner sets the schedule and communicates it to all managers. The schedule requires managers to complete 12-21 games per month, depending on the number of games in the schedule. If a manager fails to complete their schedule in the time allotted by the commissioner, the manager may be removed from the league. The commissioner plays the remaining games or finds a new manager to do so.

4.3 The league commissioner can release the new schedule before the previous schedule is finished if this benefits the league's pace of play.

5. Penalties

5.1 Rule violations will result in 5-point penalties/occurrences at the discretion of the league commissioner. These points impact the draft order in even numbered rounds of the next draft.

5.2. Overuse of a player will result in a 5-point penalty, and overused players are ineligible for post-season play.

5.3. If the Commissioner determines that an overused player could have affected the outcome of the pennant or a play-off qualifier, the commissioner can require games won by the team overusing a player be replayed. The intent of this rule is to ensure that no team misses the play-offs due to another team's overuse of a player. The intent is not to afford an overusing team a second chance to play the games correctly and avoid penalties. Overused players would still be unavailable for the post-season. Opposing managers who believe their team was affected by an over usage should contact the commissioner with a complaint as soon as possible. If the issue is not raised before playoff games begin, then the complaint will not be recognized, and the playoffs will continue on as they were.

6. Rosters

6.1 Rosters consist of 32 carded or uncarded players. Each team must have at least 6 starting pitchers who can cover all 86 games before the start of the season. Each position must have 1 starter as well as 1 designated back up (this includes at least 4 OFs, 2 C, 2 1B, 2 2B, 2 3B, 2 SS, 6 SP, 6 RP). No single player can serve as starter or back up for more than one roster position. Teams must have 6 Relief Pitchers designated with an asterisk*. There are 5 utility positions, which managers can use for pitchers or position players. The last roster spot (#32) must be a D pitcher who can fill in if a manager runs out of eligible pitchers during an extra inning contest.

6.2 A manager can roster uncarded players, but these players must occupy a utility spot on the roster.

6.3 The league commissioner may modify roster requirements for expansion teams to improve competition.

7. Draft

7.1 The draft is held via the league website. The draft date is chosen by the League Commissioner and communicated to everyone via the group chat.

7.2 Draft order: All non-playoff teams are put in a weighted lottery to determine the top three draft picks for the Odd Rounds Only. The rest go in order of winning percentage, worst to first. The team with the lowest winning percentage will have the best chance to get the number one pick, but it's not guaranteed. This reduces the chance that a manager will tank games to earn the top draft position.

Even rounds are worst to first (playoff finish still factored in) with penalty points added in. Teams with the most penalty points pick last in even rounds no matter their record. The sequence is most to least penalty points with worse record being the tiebreaker.

7.3 In case of a tie, season head-to-head record is the first tiebreaker; total runs in the series the second tiebreaker. In the off chance, the teams never played, the tiebreaker is run differential; the team with the higher run differential gets the better pick. If these do not break ties, the League Commissioner will decide on a fair process.

7.4 Expansion teams are placed in the middle of the draft order as determined by the League Commissioner.

7.5 All non-playoff teams are put in a weighted lottery to determine the top three draft picks for the Odd Rounds Only. The rest go in order of winning percentage, worst to first. The team with the lowest winning percentage will have the best chance to get the number one pick, but it's not guaranteed. This reduces the chance that a manager will tank games to earn the top draft position.

7.6 During drafts, managers have four hours between 10 AM and 10 PM EST to make their pick. If a selection is not made within four hours, the next team is free to make its selection. It's recommended that managers use the auto-draft option on the league's website to help the draft move quickly or name another manager as their 'draft buddy'. If an emergency situation arises, a manager should contact the league Commissioner as soon as possible.

7.7. When a manager completes their roster, they must turn on the auto-pass feature on the draft site.

7.8 Prior to drafts, managers must reduce their rosters to 25 players or fewer via trade or release. The team's total number of draft picks will depend on how many players they need to reach 32 (the max roster size).

7.9 All carded players can be drafted.

7.10 The Commissioner may open a Waiver Draft following the main league draft if necessary.

8. Trading

8.1 Managers are eligible to make in-season trades until the release of the last schedule (games 66-86). Trades can also be done in the off-season after the conclusion of the world series.

8.2 All rostered players can be traded, as well as draft picks for the following two seasons (limited to rounds 1-7). Example: During the 1998 trading period, teams can trade their 1-7 round picks in 1997 and 1996. Later round draft picks may be traded with permission of the league commissioner. After making a trade, managers must maintain their roster integrity.

8.3 No player can play more than their allowable games because of a trade. Managers are responsible for checking the remaining usage of any player acquired during trade. It is recommended they check *Career Stats* under the current season's SHARED COLLECTIONS file to determine the current player usage prior to team acquisition. Managers can consult any of the league officers for assistance as well.

8.4 If the manager makes a trade during the season that reduces the roster, the manager can pick up a non-rostered carded player.

8.5 All trades must be announced on the league email list and confirmed by both managers before they're officially completed. Similarly, the roster czar must confirm non-rostered player pick-ups.

9. Free Agency / Waiver Wire

9.1 Free Agency begins with Schedule Release 3 (currently games 36-51) and ends when Schedule Release 4 is finished (currently games 52-65).

9.2 Each team can make 3 Free Agent moves in this period.

9.3 Any free agent picked up must be released prior to the next season's draft.

9.4 Released players cannot be picked up by other teams until the next season draft when they can be drafted.

9.5 If a team picks up a free agent which puts their roster over the 32 maximum roster spots, the manager must release a player immediately. The released player cannot be picked up by another team.

9.6. If a trade is made prior to the free agency period that puts a team's roster under 32 players, the manager must wait for the free agency period to pick up a player to fill the roster.

9.7 If a manager makes a trade that reduces his roster to under 32 players, they can sign a free agent only if they have free agent moves available.

9.8 Free agency is first come, first serve based on the time stamp via the email to labl@groups.io.

9.9 NO free agent may be used until the move is confirmed by the Commissioner.

10. Use of Pitchers

10.1 All pitchers will be tracked by 53% of IP (with the exception of shortened seasons. 1995 = 60% and 1994 = 75% and 2020 = TBD). Example: Pitcher has 100 IP in MLB, they have 53 IP in LABL and LABL-Retro. If a pitcher has 100.1 IP in MLB or any partial IP, that will always be rounded up before calculating usage. Once a pitcher reaches 53% of their innings, they are done for the season. D pitchers can pitch more than 53% without penalty.

10.2 No pitcher can be used in both relief and starting roles during the regular season. Pitchers with an * rating on their card can only start if they are a split grade pitcher with a starting grade; and if they do start, they can never be used in relief. Starting pitchers can be used in relief if they are a) never used as a starter and b) listed in the one of the 5 utility roster positions.

10.3 Starting pitchers must rest 3 games before and 3 games after a start.

10.4 Starting pitchers can pitch a max of 10 innings unless a no-hitter or perfect game is in progress (11 IP in that case).

10.5 A starting pitcher may be pulled from the game after facing 1 batter.

10.6 Relief pitchers start each series fully rested. They can appear in both games of a 2-game series and 2 games of a 3-game series with a max of 3 innings per series. They can pitch a max of 2 IP per appearance in both 2- and 3-game series. Relief pitchers with an SP grade can pitch 3 innings in 1 appearance. When this happens, they are done for the rest of the series. D pitchers can pitch beyond these restrictions. Double and triple plays that push pitchers past these limits will not be penalized.

10.7 Pitchers can be used as pinch runners as long as they are removed after the half inning ends.

10.8 Players with a pitching grade listed first then another position cannot play on the field or hit in any circumstance.

10.9 In case of an injury or ejection in inning 4 or prior of a game, a relief pitcher with a starting grade can be entered into the game and used like a normal starting pitcher from the rotation (He can pitch up to 10 innings). That pitcher will be done for the remainder of the series.

11. Use of Position Players

11.1 Position players will be limited to 53% (rounded up) of their actual MLB games played (with the exception of shortened seasons. 1995 = 60% and 1994 = 75%). J0 can play all games (max 86). Ex: Player played 122 MLB games = 65 LBL-Retro games. Once a player reaches 53%, they are done for the season.

11.2 A player can only play a position listed on their card. Playing players out of position will incur penalty points. The penalty can only be waived at the discretion of the League Commissioner due to multiple injuries or ejections.

11.3 Position players with a pitching grade can never pitch.

12. Designated Hitter

12.1 LABL and LABL-Retro use the designated hitter in all divisions.

12.2 Players with pitching grades listed first cannot presently serve as a designated hitter or bat in any circumstance.

13. Game Rules

13.1 When creating a game, the host manager should ensure that a) DH is selected for both teams, b) Custom Teams is ON, c) Re-roll Rainouts is ON, and d) Advanced Fielding Rule is ON.

13.2 Injuries and ejections only count for the remainder of the game.

13.3 There are no RAIN OUTS in the LABL and LABL-Retro. The host manager is required to choose 'ON' for the 'Re-Roll Rainouts' option during pregame. If this is not selected, and a rainout occurs, the game must be replayed from the beginning, and penalty points may be assigned to both managers at the Commissioner's discretion.

13.4 Hit and run can be used at any time with no limitations.

13.5 All game files are saved to the SHARED COLLECTIONS set up by a league officer. The league statistician downloads all league stats from that location. It is encouraged that all members continue to keep a personal stats collections file in the event that issues are discovered.

14. Playoffs

14.1 The two leagues each send 4 teams to the playoffs. There will one divisional winner and three wild card spots from each division. All series are best of 7. The first to four wins in each series advances.

14.2 Tiebreakers are: 1) Head-to-head record vs opponent, and 2) a play-in game with home field advantage determined by Commissioner coin flip. This is considered the first game of the playoffs, so the starting pitcher must not start game 1 of the next round.

14.3 Round 1 (both leagues): #4 vs #1 and #3 vs #2, with 2 games @ higher seed, 3 @ lower seed, and 2 @ higher seed.

14.4 Round 2 (both leagues, LCS), same format, with higher seed taking home field advantage.

14.5 Round 3 (World Series), same format, with best record carrying home field advantage. If both teams have the same record, the first tie breaker is head-to-head season record, and the second is a dice roll or coin flip in view of the Commissioner with high roll taking home field.

14.6 Playoff rotations consist of 4 starting pitchers who have at least 12 games started and 60 IP in the LABL regular season. A split grade pitcher (considered a J4 starting pitcher) cannot start in the playoffs. Rotations must be announced to the league via group text prior to starting game 1 of each series. J4 pitchers cannot start in the playoffs, but they can be used in the bullpen under normal reliever rules. The rotation is continuous throughout the playoffs. If a series end with SP2, then SP3 starts game 1 of the next round.

14.7 Starting pitchers who are not in the 4-man rotation can pitch in relief under normal RP rules.

14.8 Relief pitching remains the same as the regular season, except there are travel days after games 2 and 5, creating three blocks of games. In the two game sets (games 1-2 and 6-7), RPs can pitch a total of 3 IP, with a max of 2 IP in one game. The same is true in the three-game set (games 3-5). A relief pitcher with a starting grade can pitch 3 IP once in each one of those blocks. All J4 RP are limited to one appearance in a series, and can pitch up to 2 IP.

14.9 All J4 position players will be limited to 1 start per series. They can be used in the other games after inning 6 has been completed.

14.10 Overused players are ineligible to play in the playoffs.

14.11 After each playoff game, managers must take an image of the inning by inning scoring that pops up at the conclusion of a game on Apba GO. This image should be submitted to the group chat or message board. This image should identify the Winning Pitcher, Losing Pitcher, Save, and Homeruns by both teams. Do NOT close the game until this has been done. Another option is to keep the scoring by inning by hand as a backup plan. The league officers appreciate this extra step during playoff games. Collections does include the line-by-line scoring, and this will ensure league playoff records in case of a Collections glitch. If both managers fail to post an image to the group chat or message board, the box scores from Collections can also be emailed to the message board for the statistician.

14.12 For each playoff series, one of the league officers will set up a separate Shared Collections Folder for all games.

15. Player Awards

15.1 At the conclusion of each season, all managers will nominate and vote on top players by position (C, 1B, 2B, 3B, SS, OF, OF, OF, DH, RP, SP). Cy Young is SP-only. MVP is position player only. Nominations for Rookie of the Year will be determined by the League Statistician.

15.2 Overused players are ineligible for awards.

15.3 Special Events like no-hitters, perfect games, cycles, and World Series MVPs are recorded and recognized as part of the league's history.

15.4 Process – The league statistician distributes ballots for player nominations and award votes. After all managers have voted, the league statistician tabulates and announces the results.

16. Constitutional Changes

16.1 Changes to the constitution can be made with majority votes from the members of the league. Any rule modification or change proposal should be submitted to the commissioner. The issue will be aired with every manager having an opportunity to discuss the proposed change.

16.2 The commissioner can add or change rules at any time when deemed urgent for the best of the league. League officials will consider all rule proposals before they are put to league-wide vote.