Circle Hooks for Striped Bass

In Connecticut, a new regulation requires using inline circle hooks when fishing for striped bass using cut or whole natural baits like clams, squid, mackerel, menhaden, seaworms, or eels. Using inline circle hooks significantly increases survival of released striped bass by reducing occurrences of gut hooking.

Circle hook

What's a circle hook?

Unlike a J-shaped hook, on an inline circle hook the point curves back toward the shank.





How do circle hooks work?

If a striped bass swallows your bait, the circle hook will slide out from its throat and catch on the corner of its jaw. The circle hook sets itself when the fish tries to swim away.

How do I use a circle hook?

When a fish takes your bait, do not sweep the rod upward to set the hook! Instead, simply let the line come tight and fight the fish.





What if I gut-hook a fish?

When using circle hooks, you may occasionally gut-hook a fish. If this happens, cut the leader as close as you can to the hook and leave it in the fish.



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