



JEFFREY A. FRITZ

Partner

Boston

617.532.9325

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Service Focus

- Litigation and Trials
- Pay Equity and Transparency
- Wage and Hour

Industry Focus

- Automotive Dealership

OVERVIEW

Jeff Fritz is a partner in the firm's Boston Office. He regularly represents employers in all aspects of employment litigation.

He has handled numerous matters arising under state and federal anti-discrimination and anti-retaliation statutes, wage and hour statutes, whistleblower statutes, family and medical leave statutes, workers' compensation statutes, unemployment compensation statutes, and under common law.

He has successfully represented employers in state and federal courts, arbitrations, and a number of administrative proceedings, including before the Massachusetts Commission Against Discrimination (MCAD) and the Connecticut Commission on Human Rights and Opportunities (CHRO).

He also regularly counsels employers on various employment issues. He was included in *Super Lawyers - Rising Stars* in 2012 and 2013. Before joining the firm, Jeff worked in the labor and employment department of a prestigious regional law firm for almost eight years.

Before that, Jeff clerked for the Honorable Thomas P. Smith, United States Magistrate Judge for the United States District Court for the District of Connecticut.

Credentials

Education

- University of Connecticut School of Law, J.D., 2003
- Tufts University, B.A., 1998

Bar Admissions

- Connecticut
- Massachusetts
- New York

Court Admissions

- U.S. Court of Appeals for the First Circuit
 - U.S. Court of Appeals for the Second Circuit
 - U.S. District Court for the District of Connecticut
 - U.S. District Court for the District of Massachusetts
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Recognitions

- Recognized in *The Best Lawyers in America* (2023 - 2026)
- Recommended as a leading practitioner for Labor and Employment Disputes: Defense by *The Legal 500 United States* (2021)

Affiliations

Professional Activities

- Member, Massachusetts Bar Association
- Member, Connecticut Bar Association
- Member, New York Bar Association
- Member, American Bar Association

Community Activities

- Represent a number of clients on a pro bono basis

INSIGHTS

News

Feb 11, 2026

Partner Discusses Connecticut Ruling on Security Screenings as Compensable Time

Insights

Dec 23, 2024

Employer FAQs on Connecticut's New Paid Sick Leave Rules Coming January 1

News

Jul 19, 2024

Boston Partner Discusses Ongoing Worker Miss Classification Dispute in Massachusetts

Publication

Mar 27, 2024

Attorneys Review Supreme Court Ruling that Makes it Harder for Employers to Defend Against Whistleblower Retaliation Claims

SCOTUS Makes it Harder for Employers to Defend Against Whistleblower Retaliation Claims: Key Takeaways for Businesses

SCOTUS Predictions: Ruling in Whistleblower Retaliation Case Will Impact Employers' Defense Strategy