

West Nashville Sports League

Spring Baseball

Coach Guidelines and Information

2024





WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS

President: Scott Tygard
Vice President: Tillman Payne
Treasurer & Secretary: Melissa Smith

Allison Duffey	Wendell Harmer	Bob Notestine
Bill Easterly	Andrew Kelso	Bob Starnes
Lisa Renneke	John Hartong	Bill Wainwright

IMPORTANT CONTACT INFORMATION

League Phone Recording: 615.376.4700

Media:	Website:	www.wnsl.org
	Twitter:	@WNSLonline
	Facebook:	facebook.com/WNSLonline
	Instagram:	@WNSLonline

League Administration:	Scott Tygard	scott@wnsl.net
	Roger Maness	roger@wnsl.net
	Doug Smith	doug@wnsl.net
	Carly Hill	carly@wnsl.net

Umpires	Rick Nute	rick.nute74@gmail.com
	Roger Maness	roger@wnsl.net

WNSL SPONSORS



Sponsorship Levels

Overall League Packages:

(Sponsors All 6 WNSL Sports for One (1) Calendar Year)

- Gold Package \$4,000 _____
- Silver Package \$2,000 _____
- Bronze Package \$1,000 _____

Single Season Sport Packages:

(Sponsors one Sport for the Main Competition Season)

Seasons (circle one):

- Spring Baseball
- Spring Softball
- Summer Golf
- Fall Flag Football
- Winter Indoor Soccer
- Winter Basketball

- Gold Package \$1,000 _____
- Silver Package \$500 _____
- Bronze Package \$250 _____

Additional Packages:

Basketball Tournament Naming Rights:

- Christmas - \$1000 _____
- March Madness - \$2,000 _____

Naming Rights to Baseball Fields:

- Warner Park Fields 1-5 - \$1,500 _____

Dear Prospective Sponsor,

The West Nashville Sports League is seeking your support in providing Basketball, Baseball, Flag Football, Soccer, Softball, Golf and Cheerleading to the youth of Middle Tennessee.

Since 1997, WNSL has been an athletic outlet to thousands of area boys and girls. As a youth sports league, we take great pride in the achievements of this program, which operates at the highest level and is a strong catalyst in keeping the youth of our community on the playing field. The WNSL mission is to teach children the fundamentals of basketball, baseball, flag football, golf, soccer, softball and the art of cheerleading while promoting discipline, dedication and team work in a fun, safe, and friendly environment.

One of the largest obstacles our organization faces is providing quality playing and learning experiences for many participants who are on a limited budget. The ability to meet the cost of operating and maintaining a quality program would not be possible without you, our community leaders.

Your donation will help fund first-rate manpower, provide quality equipment and playing fields, and enable us to keep our costs low so children of all social and economic backgrounds can participate.

Your contribution will make a difference and become a part of our community's effort to do something very positive for our youth and future leaders. The benefits are the young adults who will have been given the opportunity to learn lessons in self-worth, character, fair play, sportsmanship, discipline, team spirit, hard work and unity.

Respectfully,

President, West Nashville Sports League



WEST NASHVILLE SPORTS LEAGUE SPONSORSHIP INFORMATION



Serving the Nashville Community
Since 1997
www.wnsl.org

Overall League Sponsorship Packages

For all sports for one year or

Single Season Sport Packages:

Single seasons include: Spring Baseball, Spring Softball, Summer Golf, Fall Flag Football, Winter Indoor Soccer, Winter Basketball

Gold Package

\$4,000 Commitment

OR

\$1,000 Single-Sport Commitment

Package Includes:

- Logo on one Team's Jerseys
- Logo and Hotlink on each sport website page
- Sponsorship recognition and Advertising space in season newsletters
- Logo displayed at Warner Park Fields
- Banner displayed on Outfield Fence at Harpeth Hills Church (Provided by WNSL)
- Logo Displayed in season newsletter
- Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments
- Financial assistance for 3 players in each sport
- WNSL Sponsor Wall plaque

Silver Package

\$2000 Commitment

OR

\$500 Single-Sport Commitment

Package Includes:

- Logo on one Team's Jerseys
- Logo and Hotlink on each sport website page
- Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments
- Financial assistance for 2 players in each sport
- WNSL Sponsor Wall plaque

Bronze Package

\$1000 Commitment

OR

\$250 Single-Sport Commitment

Package Includes:

- Logo on one Team's Jerseys
- Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments
- Financial assistance for 1 player in each sport
- WNSL Sponsor Wall plaque

Each team in Fall Flag Football, Spring Softball and Spring Baseball is required to have a Bronze Level sponsor

Additional Sponsorship Opportunities:

- Naming Rights to Basketball Tournaments
 - Pre-Season Christmas - \$1,000
 - March Madness - \$2,000
- Naming Rights to Baseball Fields - \$1,500

Thank you for sponsoring WNSL. Please fill out the front and back of this page completely and return this portion along with payment to:

WNSL
PO Box 50710
Nashville, TN, 37205

Company Name: _____

Mailing Address: _____

Contact Email: _____

Phone: _____

Additional Info: _____

Send a hi-res color and black and white .jpg or .eps image of your company logo to scott@wnsl.net

If you have any questions, please call 615-376-4700 or email us at scott@wnsl.net



Support WNSL through their many **SOCIAL Media** sites!!!

Follow Us To...

- Receive prizes
- View upcoming events
- View current event up dates
- See league and schedule information



www.twitter.com/WNSLonline



www.facebook.com/WNSLonline



www.Instagram/WNSLonline



2024 WNSL Spring Baseball Registration

Deadline: February 19



Player Name: _____ Parent/Guardian Name: _____

Player's Gender: _____ Player's Date of Birth: _____ Notable Medical Conditions: _____

Street Address: _____ City: _____ Zip Code: _____

E-Mail Address: _____ Phone: (H) _____ (C) _____

Grade: _____ Age on May 1, 2024: _____ School: _____ Years of Baseball Experience: _____

League Played in Last Spring: _____ Coach Last Year (If at WNSL): _____

Teammate Requests: (1) _____ (2) _____ (3) _____

Coach Request: _____ Are You on This Coach's Roster? Yes _____ No _____ Don't Know _____

Please Select Your Preferred Competition Level: Recreational _____ Competitive _____ Don't Know _____

Is the player is moving up a division from last season? (Wookie to Rookie; Minors to Majors etc.) Yes _____ No _____

Division I am Registering My Player For (circle one):

Wookies T-Ball (4 - 5) Wookies Coach Pitch (5 - 6) Rookies (7 - 8) Minors (9 - 10) Majors (11 - 12)

Junior Prep (13 - 14) Intermediate Prep (15 - 16) Senior Prep (17 - 18)

Circle Jersey Size: (If you are in between sizes, order up)

YS(6 - 8) YM(10 - 12) YL(14 - 16) AS(30 - 32) AM (34 - 36) AL (36 - 38) AXL(40 - 42) AXXL (42---44)

Select Pants Size: (If you are in between sizes, order up)

YS(24 - 26) YM(28 - 30) YL(32 - 34) AS(28 - 30) AM(32 - 34) AL(36 - 38) AXL(40 - 42) AXXL (42 - 44)

Volunteer Information:

I am willing to volunteer in this league as a: Coach _____ Assistant Coach _____ Team Parent _____

Contact information if different from above (Name, Eg Mail, Phone):

Sponsorship Information:

Check here if you are willing to be your team's sponsor for \$250 _____ Coach of team: _____

Company Name: _____ (Please email a .jpg logo to carly@wnsl.net)

Agreement:

1. I hereby certify that my child is in normal health and capable of safe participation in the WNSL Spring Baseball Program. I assume all risk and hazards incidental to the conduct of this program.
2. I hereby authorize the WNSL to obtain medical treatment for my child if the parent(s) cannot be reached.
3. I support the WNSL philosophy based on character development, participation, fun, skill development, teamwork, fair play, family involvement and growth in spirit, mind & body.
4. I will read and follow the WNSL's code of conduct online at www.wnsl.org
5. I understand league fees cover the uniform, equipment, umpires, field care and administrative fees for the regular season only. Additional fees will be assessed for All-Star travel teams and interleague or tournament fees
6. I acknowledge that if I choose to withdraw my child from the league there will be NO REFUNDS will be given, unless it is for medical reasons. Registration fees can be transfered to a different sport up until the time that uniforms are ordered. Once uniforms have been ordered, no transfers will be available.

Signature of Parent/Guardian: _____ Date: _____

If registering by mail, cost for this league is as follows:

Wookies \$175; Rookies \$255; Minor League \$275; Major League \$275; Prep League \$285

To complete your registration, please mail this form along with a check for the correct amount listed above (plus sponsorship if you selected that option) to:



WNSL, P.O. Box 50710, Nashville, TN 37205



West Nashville Sports League

Financial Assistance Form

Parent/Guardian Name _____

Phone Number _____ E-Mail _____

Child's Name _____

Age _____ School _____ Grade _____

Reason you are applying for financial assistance _____

Sport for which you are applying for financial assistance _____

Total Household Income from adults living in household last year _____

Source of Income _____

No. of adults in household _____ No. of children in household _____

Please fill out this form completely and mail or fax it along with a copy of your payment verification/pay stub OR your most recent tax return to:

WNSL
P.O. Box 50710
Nashville, TN 37205
Fax Number: 615.376.6493



West Nashville Sports League

2024 Calendar of Events

INTERACTIVE CALENDAR ON WWW.WNSL.ORG

February 19	Spring Sports Registration Closes
February 20	Spring Baseball & Softball Coach Meeting
February 26	Spring Flag Football Coach Meeting
Feb. 29 – March 3	March Madness Basketball Tournament
March 23	Spring Sports Season Begins
March 31	Easter Weekend – No Games
April 6	Team Photo Day
April 29	Summer Basketball Registration Closes
May 2	Summer Basketball Coach Meeting
May 10	Spring Sport Regular Seasons End
May 11	Steeple Chase (No Games at Warner Park)
May 11 – 18	Spring Sport End of Season Tournaments
May 20 – July 8	Post-Season All Stars
June 3	Summer Basketball Season Opens
June 7 – 9	Tune Up Baseball Tournament Weekend 1
June 14 – 16	Tune Up Baseball Tournament Weekend 2
June 27	Summer Basketball Season Ends

WNSL SPRING SPORTS TIMES

The WNSL Baseball Times is the bi-weekly newsletter filled with important updates, photos of the week, upcoming events and other announcements. All coaches and parents will receive the newsletter by default.

Please note: While it is your option to unsubscribe, this newsletter is the league's best method to deliver vital information to the all participants in the league. We encourage you to scan/read through each issue for information you or your parents may have missed.



WNSL Spring Baseball

Frequently Asked Questions

If you have a question, start here.

If you still cannot find your answer on this page, e-mail scott@wnsl.net

Sign-Ups, Cost and Division Questions

When can we register? Regular registration is now open and will close February 19 except for the Prep Division, which closes in Mid-March

How do I register and pay online? Go to www.wnsl.org and click on one of the sports you would like to register for. Once on a sport-specific page, log into your WNSL account (see the Login button on the right side of the screen). Once logged into your account, click "Register Now" in the top left corner to select the sport you would like to register your child for. If you do not have a WNSL account, click the "Register" button on the right of the screen to register/create an account. You will then "Add Participants" to your account and select which sport(s) you would like to register them for.

What if I do not want to register online? You can download an application on the Baseball page at www.wnsl.org. You may mail it in with a check but there will be a \$10 paper registration fee as indicated on the application.

What if I forget to register? After the deadline coaches or the WNSL Director must approve the addition of players and the registration price increases in every division. After this date, registrations may be accepted on a case-by-case basis with prior approval from the WNSL Director or a coach.

Do you give refunds if my child decides not to participate? Refunds are only given with a Doctor's excuse that a child cannot play due to injury (less a \$35 administration fee). Registrations may be transferred to another sport up until the Coach Meeting or uniforms are ordered, whichever comes first. After uniforms are ordered or the coach meeting has occurred, there is no transfer of fees available.

Who can play in the WNSL and how do you form teams? The WNSL is open to full teams, partial teams and free agents. All players are welcome to request a coach on their registration, however, this is just a request -- there is no guarantee that the participant will be placed on the team they request. We try our best to accommodate requests; however, coaches with pre-formed or partially formed teams submit rosters with the players they intend on playing on their team. We go by this roster first. Players not on a pre-formed team are free agents and we work to place them on a team with classmates/players from their area or create an entire team from free agents. There is no draft in the WNSL.

If my player is not on a preformed team, how and when will I know which team he/she is on? Individuals not on a team (Free Agents) will be contacted by their coach following the Coaches' Meeting, which takes place in Late February.

Is the WNSL affiliated with a national baseball organization? The WNSL is affiliated with the Cal Ripken division of Babe Ruth Baseball. WNSL All Star teams will play other local Cal Ripken/Babe Ruth teams and may advance to a Regional or World Series Tournament.

What are the age divisions and can players play up or down? We have 6 divisions:

Tee-Ball (4-5 year olds) – A “pure-fun” recreational league, for players brand new to baseball
Wookies (5 - 6 year olds) – Coach pitch baseball for players who are more advanced
Rookies (7-8 year olds) – Coach Pitch and Machine Pitch Divisions
Minor League (9-10 year olds) – Upper and Lower divisions
Major League (11-12 year olds) – Upper and Lower divisions
Prep League (13-18 year olds) – Competitive division. Starts later due to school ball

The child's age on May 1st determines in which division he/she will play. Because of this, we will not allow kids to “play down” a division but they are allowed to “play up.” **Occasionally** a player will be allowed to play down but this exception must be approved by the director of the WNSL.

How much does Spring Baseball cost? Tee-Ball - \$175, Wookies -- \$175, Rookies -- \$255, Minors -- \$275, Majors -- \$275, Prep -- \$285

What is included in the registration fees? Baseball is expensive to operate. The WNSL does not ask you to volunteer to help run the league unless your player is on a scholarship. The registration fee includes staff, insurance, uniforms, field maintenance, umpires, etc. A lot of work goes into the preparation of the fields both before the season and prior to games each day. We also try to upgrade the facilities a little bit each year.

Is the cost for tournament players included in the initial fee? No. The cost for tournament players is additional as the players receive new uniforms and the league must cover tournament fees among other expenses.

Coach/Team Parent Related Questions

Who coaches the teams in the Spring Baseball League? Some teams bring coaches with them and often parents coach. If you are interested in coaching or being an assistant you may indicate this on the “Volunteer” portion of the registration site. Coaches, assistant coaches and team parents need to complete the Volunteer area on the website during registration process.

How are coaches certified? Coaches are asked to provide necessary background check information at the Coaches' Meeting in Late February and sign a "Code of Conduct".

How does a parent notify the league that he or she would like to coach or be a team parent?

During the online registration process there is a "Volunteer" page. Click on the volunteer position you would like (Coach, Assistant Coach or Team Parent) and fill out the requested information. You will then be assigned to your child's team once the registration process is closed.

How do you come up with team names? The coaches determine team names. Team names can be Minor League teams, Major League teams, or other team name of choice.

How many players are on a team? The WNSL requires a minimum of 8 players for a team but recommends teams carry 10-12 players. Some coaches may choose to have more.

Weather, Practice, Season Length, and Baseball Basics

What type of baseball league does the WNSL offer? The WNSL feels all youth sports should be recreational in nature yet also competitive where the players feel engaged and have the desire to work toward being better at the sport. The sports program is not a babysitting service but it is a league that does not encourage a win-at-all-cost attitude. Sportsmanship, camaraderie, fun and learning the game are the most important aspects of our baseball league. Teams play 8 - 15 games (depending on the division) for the recreational regular season and some will play more via tournaments. The WNSL feels that the casual recreational player as well as the more serious competitive player will both be accommodated. In short, the WNSL wants players of all different levels to have fun, excel and feel good about what they are doing.

Are there different rules for different divisions? Yes. The complete rules for all divisions are available on the WNSL website but in short, we start out teaching basic skills and the game becomes more like "real" baseball as the kids get older. The Wookie league plays coach pitch or tee-ball with everyone batting and playing in the field. The Rookie league teams can choose coach pitch or machine pitch formats. Everyone bats and plays 10 in the field. The Minor League moves up to kid pitch. Everyone bats and nine play in the field. Runners can steal bases but not lead off. The Major League plays on a little bigger field and use rules that are pretty close to real baseball. Everyone bats that is on the roster.

When does the season start and how long does it last? The 2024 Spring Baseball season's first pitch will be on Saturday, March 23 and conclude the Weekend before Memorial Day Weekend. All-Stars/Tournaments will be offered through July. Practices may start as soon as teams are formed.

When and how often do teams practice? Teams usually practice once or twice per week before games begin but teams may practice as little or as much as they wish. Teams will be given one practice slot for each week before the season begins, but if they wish to find their own practice spot, they are encouraged to do so. Once games begin, practice times may be limited due to field availability and coaches must procure their own practice time and location.

Where are the games played? All games are played at the Harpeth Hills Church of Christ fields (off Old Hickory, just east of Hillsboro Road) and Warner Park (Vaughn Road and Old Hickory Blvd.)

Does the WNSL provide insurance? Yes. The WNSL does provide full insurance for all practice venues. You can obtain a certificate upon request. To receive your copy of the insurance policy, contact Angela Salcido at West Point Insurance: E-Mail: angela@westpointinsurance.com , Phone: 800.318.7709. Inform her you are with the WNSL, give her the facility name and address and you will receive your policy within one day.

Does the league provide photos for teams and individuals? A photographer will be present one Saturday during the season to take team photos and individual photos. Each team is given a time slot on that day to get their photos taken. The photographer has various packages available. All purchases are made online through an individual purchase link and no purchase or payment is due on photo day.

What happens in case of inclement weather? Are games rescheduled? How will a parent/coach know if games are canceled? Rainouts are unfortunately a part of baseball. If games are canceled, there will be a notice on the homepage of www.wnsl.org, a posting on the league's Twitter account (@WNSLonline) and an email will be sent to all participants (time permitting). The league will do its best to reschedule all games. The season will not be extended past Memorial Day and all games will have to be played before Memorial Day.

End of Season League Tournament: There is a season ending in house tournament for the Rookies, Minors and Majors. This is week-long event and is very fun.

Does the WNSL post standings? No, the WNSL does not provide standings as we do not want to promote over-the-top competitiveness and wish to focus on the "Love of the Game" instead. During tournaments, however, scores are posted and teams are rewarded for winning.

Sponsorships and Financial Assistance

Why is each team asked to have a \$250 Team Sponsor? Aside from offsetting some of the costs not covered by the registration fee, team sponsorships help cover the increase in financial assistance given out to players in need. Baseball field maintenance is very expensive and some of the sponsorship money helps with field upkeep.

What does the \$250 fee include? The team sponsor logo will be present on that team's jersey. They are also welcome to set up a booth/table at Opening Day to pass out promotional items. In addition, they will have their logo in the electronic newsletter distributed to all WNSL Baseball participants.

What if I am interested in sponsoring a team or the league? Please let your participant's coach know and then contact scott@wnsl.net or carly@wnsl.net.

Are there any opportunities for corporate sponsorships (other than the team sponsorships)? Yes. The WNSL offers corporate sponsorships for each individual sport, as well as the overall league. All opportunities are listed under the sponsorship link at www.wnsl.org. If you are interested in corporate sponsorships, contact scott@wnsl.net.

Does the WNSL provide financial assistance or scholarships? Yes. If you are in need of a full or partial scholarship, fill out and submit the financial assistance information at www.wnsl.org. Someone will be in touch in regards to the amount of financial assistance available for your participant.

Miscellaneous Questions

Are end of season trophies presented to the league champions/runners up? The Baseball League does not award Championship and Runner-Up trophies to teams. We like to keep the focus on purely the Love of the Game. We do give out "Love of the Game" sportsmanship trophies to teams that exemplify good sportsmanship throughout the season. If a coach requests, players will receive a medallion at the end of the season. Championship trophies are given out at the tournaments.

What is the difference between WNSL and other baseball leagues? The West Nashville Sports League is a top-notch youth sports organization that emphasizes all players valuing the pure love-of-the-game over a winning-at-all-costs attitude. We work hard to keep everyone heavily involved in the community by promoting and being involved in local organizations, colleges and events. Providing fun Opening Day events, the best field conditions possible, certified umpires, and excellent communication to all participants, parents and coaches and an informative and user friendly website, the WNSL goes above and beyond to create a memorable and positive experience for all involved.

ALL STARS in the WNSL: All players are given the opportunity to play as an All Star in June and July. There are tryout days for these All Star teams. There is an extra expense to play as an All Star to cover uniforms and tournament fees. The All Star season is high level of baseball and players have to be committed to play in June and some of July.

WNSL PARENT CODE OF CONDUCT

- I will encourage good sportsmanship at all times by setting a positive example for my child. I pledge to support all participants, including teammates and opponents, coaches, referees and spectators.
- I will demonstrate a positive attitude toward youth sports, not embarrassing myself, my child or any other participant by yelling or creating a scene. I will applaud good effort in victory and defeat.
- I will make sure my child is participating voluntarily in the sport and not forced to because of my wishes.
- I will strive to learn the rules and support the officials in their enforcement of them.
- I will support the goals of youth sports, including skill development, emphasizing fundamentals, building teamwork and encouraging fair play.
- I will support and communicate with the volunteer coaches, encouraging them to uphold the Coach's Code of Conduct.
- I understand that youth sports are not babysitting services. I will offer to participate as a coach, team liaison or parent, or provide transportation.
- I will demand a healthy environment, refraining from alcohol, drug or tobacco use at all sporting events. I will insist that all other participants display the same restraint.
- I will monitor game and practice venues for safety.
- I will teach my child to respect other players, coaches, referees and spectators, regardless of their race, creed, gender or ability.
- I will strive to make youth sports fun. After all, that's why my child signed up!

Signature: _____

Printed Name: _____

Today's Date: _____

PRACTICE INFORMATION

Practice times and locations will be assigned at or immediately after the coaches' meeting.

Other practice locations include Forest Hills Methodist Church and other Metro Parks Fields. To Book Metro Parks Fields (Such as Elmington Park in front of West End Middle School) call: 615-862-8424

INSURANCE QUESTIONS

The WNSL does provide full insurance for all practice venues. You can obtain a certificate upon request.

To receive your copy of the insurance policy, contact Angela Salcido at West Point Insurance:

E-Mail: angela@westpointinsurance.com

Phone: 800.318.7709

Inform her you are with the WNSL, give her the facility name and address and you will receive your policy within one day.

SCHEDULE AND STANDINGS INFORMATION

The season schedule will not be published until mid-March. When posted, it will appear on the league website at the top of the Baseball page.

We will not post standings or records due to the league's mission of promoting a love of the game rather than a love of winning.

Middle season standings adjustments

If your team is winless or undefeated at midseason, you may be moved up or down a division in an attempt to promote evenly-matched competition. Please inform your parents of this up front as the WNSL encourages players, coaches and everyone involved to be gracious in both victory and defeat.

End of season adjustments

The WNSL reserves the right to alter the schedule in the final two weeks of the season if need-be. This will occur, once again, to promote competitive balance. If we see a major mismatch, teams will be moved around in order to create equal competition.

Please make a habit out of checking your schedule multiple times each week

Though we will do everything in our power to give a week's notice if your original game time has been moved, please double check your schedule each and every week.

Coaches leading multiple teams

Please make sure you list all the teams you are coaching on the request forms provided in the Addendum. We will do what we can to make the scheduling work for you. The league may not always be able to accommodate, so have your assistants prepared. No guarantees but we will do our best.

Teams unable to make a game

If you cannot field a team on a given week, please inform the league. You may attempt to swap games by reaching out to other coaches. The coaches' contacts are listed on the "Rosters" tab on the WNSL webpage after logging into your account. Note that you can only view the coaches' contacts information if you are logged into your account.

Forfeits

Forfeits will not be tolerated. Coaches should CONTINUOUSLY check their schedule. Please communicate with your parents in advance to ensure player availability.

FREE AGENTS ON YOUR TEAM?

If one or more players have been added to your roster, please notify that player's parents immediately via phone and e-mail.

If a problem arises with the new player(s) -- for instance, being unable to practice during your scheduled time or living too far away from practice locations -- **please contact Scott (scott@wnsl.net) immediately** so that we may make other arrangements.

Thank you for your cooperation in these matters

LAZY PARENTS OR LAZY PLAYERS

When players do not show up for practices without a good reason, advise the parents that their child's playing time may be affected. If it becomes a pattern, contact Scott (scott@wnsl.net) with proper documentation and we will determine the best course of action, which will likely include an OK to cut that player's playing time. We will inform the parents of this decision.

Please note that submitting these requests and proper documentation must be done during the week and may not take place on game day. The WNSL will not tolerate cutting a player's playing time for "a lack of practice" without these materials. Thank you for your cooperation on this matter.

ABSENT PLAYERS LEAVING YOU SHORT?

Occasionally, a player may be added to a roster for a game due to low numbers. The added player must be eligible to participate in the division in question. If you need to add a player, please e-mail Scott (scott@wnsl.net) at least two days prior to the game. These changes may not be made on game day!

WEATHER CANCELATIONS



For weather cancelations:

1. There will be a notice on the www.wnsl.org website
2. We will send an email out to all participants (Time Permitting)
3. A message will be posted on the League's Twitter feed (@WNSLonline), Facebook Page (www.facebook.com/WNSLonline) and Instagram (@WNSLonline)

No messages or notice means games are on as scheduled.

If your game is rained out, games will be rescheduled as quickly as possible -- likely in the first available slot. Please make sure to check your schedule early and often after a rainout!

The league will do its best to reschedule all rained out games.

AFTER SEASON AWARDS AND RECOGNITION OF TEAMS

- Coaches must notify Carly (carly@wnsl.net) by March 30th if their team needs medallions. Medallions are free.
- There will be no championship trophies for the teams that have won their division or think they have won.
- No standings are recorded or published.
- The regular season is for learning, improving, playing the game the right way and having fun. We do not recognize winning with trophies and standings during the regular season.
- End-Of-Season tournament is for putting the emphasis on Winning.

LOVE OF THE GAME TEAMS AWARDS

We do recognize teams that are good sports, have good attitudes, play to learn and have fun, don't complain, have supportive fans, good coaches and are doing what the WNSL asks them to do with a large trophy at the end of the season. We call this award the "Love of the Game Trophy," and it is the WNSL's highest award.



ALL-STAR INFORMATION

The WNSL prides itself in sending more players to Cal Ripken/Babe Ruth Tournaments than any other league in this area. Because of this, the WNSL will continue to allow all players to have the opportunity to play All-Stars in 2024.

The intent of All Stars is to field strong teams to compete in tournaments in June and possibly early July to play other Cal Ripken/Babe Ruth League teams. Below is some information on how All-Stars will work this season:

1. The WNSL will field All Star teams in each age group of 6, 7, 8, 9, 10, 11 and 12 year-olds. The number of teams will be determined by the number of players that are eligible (by birth and ability) to play at this level and the number of coaches willing to commit. Player age as of May 1, 2024 determines which age group the player should play in. A player may play up but may not play down.
2. The All-Star coach meeting will take in mid-April (Time and place TBD)
3. Players will be identified by the League through coaches as "All-Star capable" and through a try out process. Players will be asked to play in All Stars by the League and the All-Star Coaches after a try out session. All Star Teams will be set in early May. All players are welcome to try out for All Stars.
4. All Star Tryouts will be held in mid to late April (Time and place TBD)
5. All-Star teams for each division will be formed as "A," "B" and "C" teams.
6. All-Star players may be from one or multiple teams within an age group.
7. **All-Star coaches with sons playing will have their fees (approximately \$150/player) waived.**
8. Coaches desiring to Coach All-Stars need to identify themselves very early in the season by informing the league director or the all-star coach for his division.
9. All-Star players must commit to play in June possibly through early July. There will be a commitment letter that parents must sign for their child to participate and must pay \$150 to cover uniforms and tournament fees.

WNSL BASEBALL ALL-STAR

Sample Commitment Letter

1. I understand the importance of attending practice, and I will have my player at all practices, games and scrimmages unless a conflict arises. I understand that the head coach must be contacted prior to any absences.
2. I understand that the All-Star season will run from June through early July, and possibly later. Further, I understand that if my son cannot be available for the District and/or State tournaments, then he will be considered an alternate team member and not a regular team member.
3. I understand that it is the head coach's decision as to what position each player will play. No one is guaranteed playing time. Playing time is earned through effort, attitude and performance in practices, scrimmages and games.
4. I understand that the equipment, uniform and administrative cost of participating on this All-Star team is \$150.00 per player. This fee must be paid upon making a team. This includes a new uniform. If the player has an "All-Star" uniform, the fee is \$100.
5. I understand that being part of this All-Star team is a privilege and not a right.
6. I understand that this All-Star team is a more intense baseball experience in which my player will further develop his baseball skills and knowledge of the game. Likewise, I understand that the values of having fun, developing friendships and developing a love for the game are still emphasized.

I have read all of the above and understand the expectations of this Commitment Letter.

Player's Name: _____

Player's Age as of May 1, 2024: _____ Player's Date of Birth _____

Regular Season Coach: _____ Name of Team: _____

Division: _____

Contact Information:

E-mail: _____

Phone: Home: _____ Work: _____ Cell: _____

Parent's Printed Name: _____

Parent's Signature & Date: _____



All WNSL Umpires are certified.
They have completed the
required umpire training
including classes and clinics.

UMPIRE COMPLAINTS

The West Nashville Sports League understands that problems with officiating may occur during the course of the season and we want to hear about it. If you wish to file a complaint, you **MUST** follow the procedure below:

**Note that all complaints must come from the Head Coach or Assistant Coach.
NO COMPLAINTS FILED BY PARENTS WILL BE REVIEWED.**

Send an e-mail to Roger@wnsl.net with the following information:

Subject: Umpire Complaint

Date of Game

Game Time

Field

Name or Description of Umpire

Nature of Your Complaint



Warner Park & Harpeth Hills

Warner Park, 50 Vaughn Rd, Nashville, TN 37221



Harpeth Hills Church of Christ, 1949 Old Hickory Blvd, Nashville, TN 37027





Hit City Baseball

● Player Clinics ●

Exclusive for WNSL Players

February 18th - 9 & 10 Year Olds
February 25th - 11 & 12 Year Olds

WNSL Exclusive cost of ~~\$80~~ \$60 per player

3:30 - 5:00 PM | Hit City Sports Facility
407 42nd Ave N, Nashville, TN 37209

WNSL is partnering with Hit City Sports to bring exclusive pre-season clinics to our Minors and Majors players. Clinics will cover hitting, pitching and fielding.

Clinics are limited to 15 players each - don't wait to sign up your player!

Learn More about Hit City Sports online at www.hitcitysports.com

Register your player today at www.wnsl.org

TEAM PHOTO DAY

SATURDAY April 6th

By Carl Bott Sports Photography



Team Photos will be MANDATORY for all baseball teams. There is no purchase necessary.

Learn More by visiting them online at:

<https://cbsportsphotography.gotphoto.com/login>

JR BISON

CAMP

JUNE 3-6
9AM - 12PM



AGES
5-12

REGISTER NOW!

LIPSCOMBBASEBALLCAMPS.COM

KEN DUGAN FIELD | \$275



WNSL has begun conducting background checks for all HEAD coaches. *Please keep in mind that this is a different process from the volunteer registration at WNSL.org.*

Don't Forget to Complete the Protect Youth Sports Verity Background Check

**Coaches who have previously completed this check do not need to complete it again **unless your address history has changed*

Go to:

<https://opportunities.averity.com/WNSL>

By MARCH 15!

Contact carly@wnsl.net with any questions.

WNSL COACH CERTIFICATION:

Please make sure to complete all forms in this Addendum packet and
LEAVE THE PACKET HERE TONIGHT!

1. Website Volunteer Reistration
2. Coach Disclosure
3. Coach Code of Conduct
4. Coach Bio
5. Team Sponsor
6. Team Parent Designation
7. Team Assessment
8. Practice Request
9. Team Name & Uniforms
10. Name on Back of Jersey Request Form
11. Coach Jersey Request Form
12. Game Schedule Request
13. All Star Coach Interest
14. Medallion Request Form
15. Concussion Protocol
16. Cardiac Arrest Protocol

Register as a Volunteer

(If you **HAVE** previously registered on the WNSL website)

1. Select your sport and click on the "Login" button on the right side of the screen inside the "WNSL" banner.
2. Enter your username and password. If you do not remember your username and password, please click on the "Forgot Username and Password" button to get a reminder. **PLEASE DO NOT CREATE A NEW ACCOUNT.** If you have changed your email address or are unable to receive a password reminder, please send an e-mail to support@bluesombrero.com for help.
3. Once you have logged in to your account, click the "Volunteer" tab and click on the "Add / Remove Volunteer Roles" link that appears.
4. Select the sport for which you wish to volunteer.
5. Select the role in the appropriate division for which you wish to volunteer.
6. Enter all required information and submit the registration by clicking "Next."
7. Your volunteer role should now appear on your "My Account" screen.

Create an Account and Register as a Volunteer

(If you **HAVE NOT** previously registered on this website)

1. Click on the "Register" button on the right side of the screen inside the "WNSL" banner. From here, you will create an account that can be used for all of your future online registrations.
2. Enter all required fields and create your online registration account.
3. Once you have created an account and are on the "My Account" screen, click the "Volunteer" tab and click on the "Add / Remove Volunteer Roles" link that appears.
4. Select the sport for which you wish to volunteer.
5. Select the role in the appropriate division for which you wish to volunteer.
6. Enter all required information and submit the registration by clicking "Next."
7. Your volunteer role should now appear on your "My Account" screen.

WNSL VOLUNTEER COACHING DISCLOSURE

If you have not completed the online registration,
please complete the following:

First Name: _____ Last Name: _____ Middle Initial: _____

Date of Birth: _____

Mailing Address: _____

E-Mail Address: _____

Cell Phone: _____ Other Phone: _____

Division and Team You are Coaching: _____

Have you previously had experience working with children? YES NO

WNSL COACH CODE OF CONDUCT

- I will be a positive role model for my players. I will lead by example and always demonstrate sportsmanship and emphasize fair play.
- I will place the well-being of every player (whether he/she is on my team or not) ahead of my personal desire to win.
- I will organize practices that are both fun and challenging, designed to teach techniques and strategies that encourage team-play.
- I will emphasize skills development and improvement based on each individual player's needs, helping him/her gain confidence and self-esteem.
- I will consistently treat my players honestly and fairly. I will aim to be both a good communicator and listener. I will be generous in praise and never publically criticize.
- I will maintain an open line of communication with parents and encourage them to participate as instructors, team parents or liaisons.
- I will become knowledgeable in the rules of the sport, teach them to the players and support all league policies and regulations.
- I will inspect practice and game venues to ensure safe playing conditions. I will require players to be properly equipped at all times. I will teach safe and proper technique.
- I will abide by all WNSL policies. If there is a problem following these procedures, I understand that I will relinquish my coaching duties. I understand I am strictly a volunteer coach and not a member of the WNSL Board.
- I will create a healthy environment for sports by refraining from drug, alcohol and tobacco use.
- I will treat all players with respect, realizing this sport is created to benefit them.

Coach's Signature: _____

Coach's Printed Name: _____

Today's Date: _____

WNSL COACH BIO

We would love to learn a little more about you. Please take a few minutes to fill out this form and turn it in at the Coaches' Meeting.

Name: _____ Team: _____

Are You Married? _____ Including yourself, how many members are in your family? _____

Employer: _____ Occupation: _____

How many years have you lived in Nashville? _____ College You Attended: _____

Did you play sports in high school or college? _____ Which ones? _____

How many years have you coached baseball? _____ How many of those years in the WNSL? _____

Why do you coach? _____

How did you hear about the WNSL? _____

If you switched leagues, why did you choose the WNSL? _____

What do you think separates the WNSL from other youth sports leagues? _____

What is your primary goal this season? _____

How will you measure whether your season was a success? _____

How would you classify your style of coaching? (Passive, chatty, demonstrative, etc.) _____

What do you feel is the *most* effective way to make a point to your players? (Physical demonstration, verbal explanation, benching them, etc.) _____

Do you think equal playing time should be mandated? _____ Why or why not? _____

Will you play your best players in order to give your team a better shot at winning? _____

Team Sponsor Information

Each 2024 Spring Baseball Team must have a \$250 Team Sponsor to help offset the cost of baseball field maintenance, scholarships and more.

Sponsors can instead pay \$500 to have their logo on jerseys and a banner on Center Field fence!

The team sponsorship level is \$250 and is due at the Coach's Meeting.

Please list the name and contact information for your team sponsor:

Coach's Name: _____

Division: _____

Sponsor Contact Name: _____

Sponsor Company: _____

Sponsor E-Mail Address: _____

Sponsor Phone Number: _____

Logo Provided, Yes___ No___ Logo has been emailed, Yes___ No___

Sponsorship Payment Made by CC___, Check #_____, Cash _____

A .jpg version of the sponsor's logo must be e-mailed to carly@wnsl.net by February 20th at the latest to be included on Jerseys and T-Shirts.

Team Parent Designation

All teams should have a team mom/dad designated as an additional point of contact. Please indicate the name of this person for your team:

Team Parent:

Coach Name: _____

Team Name: _____

Division: _____

Also, please direct your team parent to follow the volunteer registration instructions in this packet

COACH'S PRESEASON TEAM ASSESSMENT

Coach: _____ Division: _____

Please complete the following information so that we may gain some insight into your team's ability. If you are coaching multiple teams, please fill out one sheet for each team:

On a scale of 1-10 with 10 being the best, please give _____ -or- No Idea _____
an honest evaluation of your team's competitiveness

This is A Free Agent Team YES _____ NO _____

I desire to play the strongest competition possible: YES _____ NO _____

Has this team played together in the past? YES _____ NO _____

If YES, how many years? _____

What was the team's division and record last year? _____

If your team has players of multiple ages, how many of each are there? Age: _____ Players: _____
Age: _____ Players: _____
Age: _____ Players: _____

How many times per week will you practice? _____

Have you already begun practicing? YES _____ NO _____

Considering the formation and ability of your team, please select your preference from one of the following three competition levels, keeping in mind that this is just a request:

_____ **COMPETITIVE:** An above average team, usually with handpicked players by a coach or after a tryout. This division has more serious teams that play competitively and may include All-Star players.

_____ **RECREATIONAL:** Fun is the name of the game in this level -- generally recreational and newly-formed teams aiming to improve their skills but not wishing to play tough competition.

_____ **TWEENER:** In between divisions. The league may place teams as it sees fit to evaluate team level.

ROOKIES DIVISION DECLARATION

ROOKIES (8U Teams ONLY)

Please review the baseball rules and declare if your team will play Machine Pitch or Coach Pitch this Season:

_____ My team will play Machine Pitch

_____ My team will play Coach Pitch

Practices During the Season on WNSL Field

After the February 20th coach meeting we will assign practice times for the season. The first date of practice will be March 4th.

Listed below are the times we “expect” to be able to grant “during-the-season” practices. Final times will be determined after league schedule is completed. Please list 4 preferences below (rank in order) that will work for your team. We will “try” to honor.

**Notes: The playground for smaller children at FHUMC is OFF-LIMITS for us.
The above items are DEAL-BREAKERS for these organizations, please comply!**

For Wookies Teams (19 spaces)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
HH 5	1-2, 2-3, 3-4, 4-5.	4-5*, 5-6*, 6-7*.	4-5*, 5-6*, 6-7*.	4-5*	4-5*, 5-6*, 6-7*.	x
FHUMC	1-2*, 2-3*, 3-4*, 4-5*, 5-6*.					

For Rookies Teams (26 spaces)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
HH1	1-2:15 2:15-3:30 3:30-4:45	4-5:15, 5:15 - 6:30 6:30 - DARK	4-6:00, 5:15 - 6:30 6:30 - DARK	3:30-5*	4-6:00, 5:15 - 6:30 6:30 - DARK	4-6:00, 5:15 - 6:30 6:30 - DARK
FHUMC		4-6:00*, 6-Dark*	4-6:00*, 6-Dark*	4-6:00*, 6-Dark*	4-6:00*, 6-Dark*	4-6:00*, 6-Dark*

For Minors Teams (17 spaces)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
WP2	12:30-2 2 - 3:30 3:30 - 5 5-6:30 6:30 - 8	4-5:30 5:30-7 7-8:30	4-5:30 5:30-7 7-8:30	4-5:30 5:30-7 7-8:30	4-5:30 5:30-7 7-8:30	x

For Majors and Prep (20 spaces)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
WP1	12:30-2:15 2:15-4:00 4-5:45 5:45-7:30 7:30-9:15	4:30-6 6-7:30 7:30-9	4:30-6 6-7:30 7:30-9	4:30-6 6-7:30 7:30-9	4:30-6 6-7:30 7:30-9	4:30-6 6-7:30 7:30-9

Division _____ Head Coach _____

1st Choice: Day of Week _____ Location _____ Time _____

2nd Choice: Day of Week _____ Location _____ Time _____

3rd Choice: Day of Week _____ Location _____ Time _____

4th Choice: Day of Week _____ Location _____ Time _____

Teams may also request use of the Elmington Park Field (in front of West End Middle School) by contacting Metro Parks at 615-862-8424.

Baseball Uniform and Team Name Request

Coach _____

Division (Wookie, Rookie, etc.) _____

Priority 1--Prior to Coaches Meeting-->Coaches were given the opportunity to submit uniform sizes and confirm team sponsor. Once that was done, priority was established and uniforms were ordered for those teams.

Priority 2--At or After Coaches Meeting-->Coaches will be asked for team preferences and will be assigned, based on availability from the supplier.

If you are providing your own uniforms, check here: ___. (League will reimburse the coach \$25 per player for Wookies, \$40 per player for Rookies, Minors and Majors.)

_____ My team is interested in a custom, NON-MLB Team Name/Uniform. Custom orders must be submitted to the league no later than February 23rd. Please note: there may be an additional upcharge depending on cost of custom uniforms.

Although the manufacturer has not had particular difficulty in keeping-up with the over-all demand, some sizes in certain teams are void. We will make every attempt to outfit your team in your highest possible choice. However, additional jerseys may not be available in some sizes.

Age Group	MLB Uniforms That May Still Be Available
Wookies	Angels, A's, Astros, Blue Jays, Braves, Brewers, Cardinals, Cubs, Diamondbacks, Dodgers, Giants, Indians, Marlins, Mariners, Mets, Nationals, Orioles, Padres, Phillies, Pirates, Rangers, Rays, Reds, Red Sox, Rockies, Royals, Tigers, Twins, White Sox, Yankees.
Rookies	Angels, A's, Astros, Blue Jays, Braves, Brewers, Cardinals, Cubs, Diamondbacks, Dodgers, Giants, Indians, Marlins, Mariners, Mets, Nationals, Orioles, Padres, Phillies, Pirates, Rangers, Rays, Reds, Red Sox, Rockies, Royals, Tigers, Twins, White Sox, Yankees.
Minors	Angels, A's, Astros, Blue Jays, Braves, Brewers, Cardinals, Cubs, Diamondbacks, Dodgers, Giants, Indians, Marlins, Mariners, Mets, Nationals, Orioles, Padres, Phillies, Pirates, Rangers, Rays, Reds, Red Sox, Rockies, Royals, Tigers, Twins, White Sox, Yankees.
Majors	Angels, A's, Astros, Blue Jays, Braves, Brewers, Cardinals, Cubs, Diamondbacks, Dodgers, Giants, Indians, Marlins, Mariners, Mets, Nationals, Orioles, Padres, Phillies, Pirates, Rangers, Rays, Reds, Red Sox, Rockies, Royals, Tigers, Twins, White Sox, Yankees.

Please rank your top choices, even if you "think" we have already ordered your uniforms.

1) _____ 2) _____ 3) _____

4) _____ 5) _____

THREE Matching Coach Jerseys will be provided. Please list sizes needed: _____, _____, _____
Coaches MUST wear these jerseys at games.

PLAYER NAME ORDER FORM



Cost 10.00 per jersey

*No custom number orders will be accepted.

Name on Back of Jersey (Please Print Legibly)

TEAM Name: _____ Age _____ Div: _____

Contact Person: _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Cell: _____

Email: _____

*****Order form must be completed and turned in by February 23rd*****

ADDITIONAL COACH/PARENT REPLICA JERSEY & CAP ORDER FORM

Parents: Support your team by wearing your team's jersey to the game!

Three (3) Matching Replica jerseys are provided to Coaches. Additional jerseys are \$30 each (\$40 with name on back).

Three (3) Coaches are provided matching team caps. Additional caps are \$15.

Deadline to order is February 23rd

Make checks payable to WNSL. Jerseys are to be paid in full before receiving team uniforms.

Please list the quantity you would like next to each size

_____	Adult Small
_____	Adult Medium
_____	Adult Large
_____	Adult X Large
_____	Adult XX Large
_____	Adult XXX Large

Number of extra jerseys ordered _____ X \$30 (\$40 with names) = \$ _____

Number of extra caps ordered _____ X \$15 = \$ _____

TOTAL AMOUNT DUE TO WNSL \$ _____

Coach Name _____ Team Name _____ Division _____

Game Schedule Request

Coach: _____ Division: _____

Check here if you are the head coach of two teams: _____ What is the sport/division of the other team? _____

Check here if you are interested in having your team play away games against Other Leagues _____

Check Here if you have players playing Flag Football _____ Coach Name _____

March						
						23*
24	25	26	27	28	29	30 x
April						
31 x	1	2	3	4	5	6*
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
May						
			1	2	3	4
5	6	7	8	9	10	11*
12*	13*	14*	15*	16*	17*	18*
19 x	20 x	21 x	22 x	23 x	24 x	25 x
26 x	27 x	28 x	29 x	30 x	31 x	

Form Instructions:

Please read these carefully as any deviation to these instructions could result in your requests not being considered.

1. Use the calendar to the left to make any schedule requests. Do not abuse this form. (Example: Marking out every day but Tuesday and Saturday will result in no attention paid to your requests)

2. To indicate that your team cannot play on a specific day, place an 'X' in the appropriate box.

3. To indicate that your team needs a morning game on a specific Saturday, place an 'AM' in the box.

4. To indicate that your team needs an afternoon game on a specific Saturday, place a 'PM' in the box.

Dates with an * next to them are as follows:

March 23: Opening Day

April 6: Team Photo Day

May 11: Steeplechase (NO GAMES AT WARNER PARK.

Games at Church will be played.) (Away Games for Minors & Majors)

Also note the following dates of importance:

- Easter: March 30/31 (No Games)
- In-House Tournament for Rookies - Majors: May 11-18
- Wookies Final Games May 18

If you have other scheduling notes, please indicate them here:

ALL STAR COACHES

We need All Star Coaches for 6-12 year olds.

- Commitment will be for June and part of July
- Each age group will have one or more All Star Teams
- All Star Coaches will be asked to evaluate players & help obtain player commitment
- All Star Coaches will be evaluators at the try-out sessions
- 3 Coaches sons/team players will be free to play on the All Star team

IF YOU ARE INTERESTED IN COACHING AN ALL STAR TEAM PLEASE COMPLETE THE FOLLOWING:

Name: _____

Age Group willing to coach: _____

Email: _____

Cell Phone: _____

**** All-Star Coach Meeting Time and Location TBD****

Medallions



WNSL no longer gives participation medallions to every player. If you would like to request free participation medallions for your team, please fill out this form:

Yes, I would like medallions for my team this year: _____

-or-

No, I would not like medallions for my team this season: _____

Coach's Name: _____

Team Name: _____

Division: _____

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

(Adapted from CDC "Heads Up Concussion in Youth Sports")

**Read and keep this page.
Sign and return the signature page.**

THE FACTS

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussion can occur **in any sport**.
- Recognition and proper management of concussions when they **first occur** can help prevent further injury or even death.

WHAT IS A CONCUSSION?

Concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth, causing the brain to bounce around or twist within the skull.

This sudden movement of the brain can cause stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain.

HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

To help spot a concussion, you should watch for and ask others to report the following two things:

1. A forceful bump, blow or jolt to the head or body that results in rapid movement of the head.
2. Any concussion signs or symptoms such as a change in the athlete's behavior, thinking or physical functioning.

Signs and symptoms of concussion generally show up soon after the injury. But the full effect of the injury may not be noticeable at first. For example, in the first few minutes the athlete might be slightly confused or appear a little bit dazed, but an hour later he or she can't recall coming to the practice or game.

You should repeatedly check for signs of concussion and also tell parents what to watch out for at home. Any worsening of concussion signs or symptoms indicates a medical emergency.

SIGNS AND SYMPTOMS

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
<ul style="list-style-type: none"> • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score or opponent • Moves clumsily • Answers questions slowly • Loses consciousness, even briefly • Shows mood, behavior or personality changes • Can't recall events prior to hit or fall • Can't recall events after hit or fall 	<ul style="list-style-type: none"> • Headache or "pressure" in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy or groggy • Concentration or memory problems • Confusion • Just "not feeling right" or "feeling down"

WHAT ARE CONCUSSION DANGER SIGNS?

In rare cases, a dangerous blood clot may form on the brain in an athlete with a concussion and crowd the brain against the skull. Call 9-1-1 or take the athlete to the emergency department right away if after a bump, blow or jolt to the head or body the athlete exhibits one or more of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD I BE CONCERNED ABOUT CONCUSSIONS?

Most athletes with a concussion will recover quickly and fully. But for some athletes, signs and symptoms of concussion can last for days, weeks or longer.

If an athlete has a concussion, his or her brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first – usually within a short time period (hours, days, weeks) – can slow recovery or increase the chances for long-term problems. In rare cases, repeat concussion can result in brain swelling or permanent brain damage. It can even be fatal.

HOW CAN I HELP ATHLETES TO RETURN TO PLAY GRADUALLY?

An athlete should return to sports practices under the supervision of an appropriate health care professional. When available, be sure to work closely with your team's certified athletic trainer.

Below are five gradual steps you and the health care professional should follow to help safely return an athlete to play. Remember, this is a gradual process. These steps should not be completed in one day, but instead over days, weeks or months.

BASELINE: Athletes should not have any concussion symptoms. Athletes should only progress to the next step if they do not have any symptoms at the current step.

STEP 1: Begin with light aerobic exercise only to increase an athlete's heart rate. This means about five to 10 minutes on an exercise bike, walking or light jogging. No weightlifting at this point.

STEP 2: Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting (reduced time and/or reduced weight from your typical routine).

STEP 3: Add heavy non-contact physical activity such as sprinting/running, high-intensity stationary biking, regular weightlifting routine and/or non-contact sport-specific drills (in three planes of movement).

STEP 4: Athlete may return to practice and full contact (if appropriate for the sport) in controlled practice.

STEP 5: Athlete may return to competition.

If an athlete's symptoms come back or she or he gets new symptoms when becoming more active at any step, this is a sign that the athlete is pushing himself or herself too hard. The athlete

should stop these activities and the athlete's health care provider should be contacted. After more rest and no concussion symptoms, the athlete should begin at the previous step.

PREVENTION AND PREPARATION

Insist that safety comes first. To help minimize the risks for concussion or other serious brain injuries:

- Ensure athletes follow the rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Wearing a helmet is a must to reduce the risk of severe brain injury and skull fracture. However, helmets are not designed to prevent concussion. There is no "concussion-proof" helmet. So even with a helmet, it is important for kids and teens to avoid hits to the head.

Check with your league, school or district about concussion policies. Concussion policy statements can be developed to include:

- The school or league's commitment to safety
- A brief description of concussion
- Information on when athletes can safely return to school and play.

Parents and athletes should sign the Parent Information and Signature Form at the beginning of the season.

ACTION PLAN

WHAT SHOULD I DO WHEN A CONCUSSION IS SUSPECTED?

No matter whether the athlete is a key member of the team or the game is about to end, an athlete with a suspected concussion should be immediately removed from play. To help you know how to respond, follow the Heads Up four-step action plan:

1. REMOVE THE ATHLETE FROM PLAY.

Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, sit them out!

2. ENSURE THE ATHLETE IS EVALUATED BY AN APPROPRIATE HEALTH CARE PROFESSIONAL.

Do not try to judge the severity of the injury yourself. Health care professionals have a number of methods they can use to assess the severity of concussions. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:

- Cause of the injury and force of the hit or blow to the head or body
- Any loss of consciousness (passed out/knocked out) and if so, for how long
- Any memory loss immediately following the injury
- Any seizures immediately following the injury
- Number of previous concussions (if any)

3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.

Let them know about the possible concussion and give them the Heads Up fact sheet for parents. This fact sheet can help parents monitor the athlete for signs or symptoms that appear or get worse once the athlete is at home or returns to school.

4. KEEP THE ATHLETE OUT OF PLAY.

An athlete should be removed from play the day of the injury and until an appropriate health care provider* says he or she is symptom-free and it's OK to return to play. After you remove an athlete with a suspected concussion from practice or play, the decision about return to practice or play is a medical decision.

* Health care provider means a Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training.

REFERENCES

1. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
2. Institute of Medicine (US). Is soccer bad for children's heads? Summary of the 10M Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer. Washington (DC): National Academies Press, 2002.
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If you think your athlete has a concussion take him/her out of play and seek the advice of a health care professional experienced in evaluating for concussion.

For more information, visit www.cdc.gov/Concussion.

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

Public Chapter 148, effective January 1, 2014, requires that school and community organizations sponsoring youth athletic activities establish guidelines to inform and educate coaches, youth athletes and other adults involved in youth athletics about the nature, risk and symptoms of concussion and head injury.

(Adapted from CDC "Heads Up Concussion in Youth Sports")

Sign and return this page.

_____ I have read the *Concussion Information and Signature Form for Coaches*
Initial

_____ I should not allow any student-athlete exhibiting signs and symptoms consistent with concussion to
Initial return to play or practice on the same day.

After reading the Information Sheet, I am aware of the following information:

_____ A concussion is a brain injury.
Initial

_____ I realize I cannot see a concussion, but I might notice some of the signs in a student-athlete right
Initial away. Other signs/symptoms can show up hours or days after the injury.

_____ If I suspect a student-athlete has a concussion, I am responsible for removing him/her from activity
Initial and referring him/her to a medical professional trained in concussion management.

_____ Student-athletes need written clearance from a health care provider* to return to play or practice
Initial after a concussion. * (Tennessee licensed medical doctor, osteopathic physician or a clinical neuropsychologist with concussion training)

_____ I will not allow any student-athlete to return to play or practice if I suspect that he/she has received
Initial a blow to the head or body that resulted in signs or symptoms consistent with concussion.

_____ Following concussion the brain needs time to heal. I understand that student-athletes are much
Initial more likely to sustain another concussion or more serious brain injury if they return to play or practice before symptoms resolve.

_____ In rare cases, repeat concussion can cause serious and long-lasting problems.
Initial

_____ I have read the signs/symptoms listed on the *Concussion Information and Signature Form for
Initial Coaches*.

Signature of Coach

Date

Printed name of Coach

Sudden Cardiac Arrest Education and Information

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

If not treated within minutes, SCA results in death. The normal rhythm of the heart can only be restored with defibrillation, an electrical shock that is safely delivered to the chest by an automated external defibrillator (AED).

How common is sudden cardiac arrest?

The Centers for Disease Control and Prevention estimate that every year there are about 300,000 cardiac arrests outside hospitals. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness;
- lightheadedness;
- shortness of breath;
- difficulty breathing;
- racing or fluttering heartbeat (palpitations);
- syncope (fainting);
- fatigue (extreme tiredness);
- weakness;
- nausea;
- vomiting; and
- chest pains.

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it. Symptoms are the body's way of indicating that something might be wrong. Athletes who experience one or more symptoms should get checked out.

Adapted from PA Department of Health: Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet 7/2012

What is the best way to treat Sudden Cardiac Arrest?

- Early Recognition of SCA
- Early 9-1-1 access
- Early CPR
- Early Defibrillation
- Early Advance Care

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The Act is intended to keep youth athletes safe while practicing or playing in an athletic activity. The Act requires:

- Require that, on a yearly basis, a sudden cardiac arrest information sheet be signed and returned by each coach and athletic director
- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
 - (i) Unexplained shortness of breath;
 - (ii) Chest pains;
 - (iii) Dizziness
 - (iv) Racing heart rate; or
 - (v) Extreme fatigue; and
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest.
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to return to full or graduated practice or play must be in writing.

I acknowledge that I have reviewed and understand the symptoms and warning signs of SCA.

Signature

Date

Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A youth athlete's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year. It is the #1 cause of death for student athletes.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- fainting or seizures during exercise;
- unexplained shortness of breath;
- dizziness;
- extreme fatigue;
- chest pains; or
- racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

The act is intended to keep youth athletes safe while practicing or playing. The requirements of the act are:

- All youth athletes and their parents or guardians must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.

- The immediate removal of any youth athlete who passes out or faints while participating in an athletic activity, or who exhibits any of the following symptoms:
 - (i) Unexplained shortness of breath;
 - (ii) Chest pains;
 - (iii) Dizziness
 - (iv) Racing heart rate; or
 - (v) Extreme fatigue; and
- Establish as policy that a youth athlete who has been removed from play shall not return to the practice or competition during which the youth athlete experienced symptoms consistent with sudden cardiac arrest
- Before returning to practice or play in an athletic activity, the athlete must be evaluated by a Tennessee licensed medical doctor or an osteopathic physician. Clearance to full or graduated return to practice or play must be in writing.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Student-Athlete

Print Student-Athlete's Name Date

Signature of Parent/Guardian

Print Parent/Guardian's Name Date



Babe Ruth/Cal Ripken Baseball Bat Standards.

Cal Ripken Baseball Division – For Rookies, Minors and Majors, All non-wood bats **must have USABat Marking**. Barrel Maximum 2 5/8". No BBCOR Bats are permitted in the Cal Ripken Division. For Wookies, bats may be marked with [USABat T-Ball Stamp](#), or any 2 1/4" bat.

Babe Ruth 13-15 Division - All non-wood bats **must have the USABat Marking or marked BBCOR .50**. Bat Barrel - 2 5/8".

A full list of legal bats can be found here:

<https://usabat.com/>

WNSL Wookie T BALL Rules (4 Year Olds/Young 5 Year Olds)

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

Before the Game

1. Each team will have a minimum roster of 8 players and a maximum is determined by the Coach.
2. The home team will occupy the 3rd base dugout.
3. No minimum number of players is required to play a game. No forfeits in this division. A team may borrow a player(s) to play in the field if necessary.

Equipment

1. A t ball type bat with a "USA stamp" should be utilized.
2. Safety balls provided by the league should be utilized.
3. All players must wear a helmet when batting and running the bases.

Field & Game Procedures

1. Time limits are 45- 50 minutes from the scheduled start time. Late starting games must finish at the original finish time to not push back other start times. Coaches may end games early if needed.
2. Bases are set at 45 feet. There will be an arc of 6 feet from the home plate and the ball must advance past this arc to be considered a hit.
3. A "t" is utilized for all batters and coaches do not pitch to the batters.
4. Runners do not advance past a single base during an at bat. Coaches will stop the play when needed.
5. There are no umpires for this division.
6. For the offensive team, there should be a coach to help with the "t" and assist the batters. A coach at each base to assist the runners. A parent/coach in the dugout to manage the dugout. For the defensive team, two coaches in the infield and two coaches in the outfield maximum to assist the players in the field.
7. Scores are not kept, and outs are not recorded.
8. Teams may bat the entire lineup or coaches may agree before the game to bat a set number of batters each half inning.

Player Participation

1. Teams must bat all players and use free substitution.
2. All players play in the field. 6 infielders maximum and the rest in the outfield spread out equally. There is no catcher in this division.
3. Players arriving after game time will be placed last in the batting lineup order.

After the Game

1. Players and coaches are expected to always show good sportsmanship, including the shaking of hands or fist bumping after the game.
2. Each team is responsible for the cleanliness in and around the dugout at the end of each game and practice. Trash must be placed in a trash receptacle.

WNSL Wookie Coach Pitch Rules (5 and 6 Year Olds)

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

Before the Game

1. Each team will have a minimum roster of 8 players and a maximum is determined by the Coach.
2. The home team will occupy the 3rd base dugout.
3. No minimum number of players is required to play a game. No forfeits in this division. A team may borrow a player(s) to play in the field if necessary.

Equipment

1. The bat with a "USA stamp" should be utilized and safety balls provided by the league should be utilized.
2. All players must wear a helmet when batting and running the bases.
3. If a catcher is used, the catcher must have a helmet and chest protector at a minimum.
4. A "t" will be present to use, if needed, after the coach pitches to the batter.

Field & Game Procedures

1. Scores are kept, and the home team is the official book.
2. There is one umpire for this division. In the absence of the umpire the coaches may umpire the game.
3. Bases are set at 60 feet. There will be an arc of 6 feet from the home plate and the ball must advance past this arc to be considered a hit.
4. Time limits are 45- 50 minutes or 6 innings from the scheduled start time. Late starting games must finish at the original finish time to not push back other start times. Coaches may end games early if needed.
5. Runners may advance past a single base when the ball is hit to the outfield. The umpire will stop the runners once a defensive player stops the lead runner or the lead runner abandons the effort to advance. Once play has been stopped by the umpire (calling "time") no runners may advance beyond the last base tagged. If a runner is more than halfway to the next base when "time is called," the runner will be awarded the next base.
6. Runners that are called "out" by the umpire proceed to the dugout and the out is recorded.
7. For the offensive team, there should be a coach to help with the "t," assist the batters and throw the ball back to the coach pitcher. A coach at each base to assist the runners. A parent/coach in the dugout to manage the dugout. For the defensive team, two coaches in the infield and two coaches in the outfield maximum to assist the players in the field.
8. Normal baseball rules with 3 outs or the set number of batters for the half inning (whichever comes first) will end the half inning. Coaches will determine the number of batters each half inning or bat the entire lineup each half inning.
9. There are no maximum number of runs scored due to coaches deciding on whether to bat the entire line up or set number of batters.
9. Coach will pitch from the marked pitching line (25 feet) and must pitch overhand. Pitcher may be on knees. 3 pitches from the coach pitcher and then a "t" is used for 3 swing attempts to hit the ball. The batter may continue the at bat if the batter continues to foul pitches. After the 6 events (coach pitch and use of the "t") and the batter has not hit the ball, the batter will be called out.

10. If the ball hits the coach pitcher the ball is considered “dead,” and it is a “no pitch.” Runners return to the base occupied before the pitch.
11. Sliding should be discouraged.
12. No bunting is allowed.

Player Participation

1. Teams must bat all players and use free substitution.
2. All players play in the field. 6 infielders maximum and the rest in the outfield spread out equally.
3. A catcher is not mandatory but a player wanting to be a catcher is welcome. The catcher must wear a chest protector and a mask at a minimum.
4. Players arriving after game time will be placed last in the batting lineup order.

After the Game

1. Players and coaches are expected to always show good sportsmanship, including the shaking of hands or fist bumping after the game.
2. Each team is responsible for the cleanliness in and around the dugout at the end of each game and practice. Trash must be placed in a trash receptacle.

WNSL Rookie Rules (7/8 Year Olds)

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

Before the Game

1. Each team will have a minimum roster of 10 players and a maximum is determined by the Coach.
2. The home team will occupy the 3rd base dugout.
3. The coach that attends the plate meeting prior to the game will be the only coach that communicates with the umpire throughout the game concerning rule interpretations. Judgement calls may not be disputed.
4. Teams must provide their lineup to the opposing coach and have a scorebook ready before the game begins.
5. Eight players constitute a legal team, and the game may begin if both teams have at least 8 players. If a team has less than 8 players (with 10 minutes after start time) the game will be a forfeit. A team with less than 8 players may borrow player(s) from the opposing team or use a substitute player (see Player Shortage and Substitute section). Anytime a team drops below 8 players the game will be declared a forfeit.

Equipment

1. Teams must supply their own catcher's gear.
2. All bats must have the "USA Baseball" factory stamp to be used. Use of an unauthorized bat results in an out.

Field & Game Limits

1. Base paths are 60 feet.
2. The rubber is 46 feet from the home plate.
3. Scores are kept, and the home team is the official book.
4. There will be a circle drawn that is a 10-foot radius from the 46-foot rubber.
5. The game shall last 6 innings or 80 minutes, whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead. If there is a tie at the end of the 6th inning and the time limit has not expired, the team may play as many extra innings as possible until a winner is decided, or the time limit is reached. If any extra innings are played, the International Rule will be in effect (team batting will begin with a runner who batted last in the previous inning on 2nd base). If the score is even after the time limit, the game will end in a tie.
6. Stalling for any reason is a violation of the WNSL's Code of Conduct and will not be tolerated.
7. A continuous batting order shall be used with every player occupying a spot in the batting order. At the beginning of each inning, the batting will begin from the point it ended in the previous inning.
8. 6 runs maximum or 3 outs per half inning, whichever comes occurs first.
9. Even if a team cannot win the game due to falling too far behind in the game, the game will be played out until the time limit expires or 6 innings occurs (whichever comes first).
10. The infield fly rule does NOT apply.
11. Bunting is discouraged but is allowed. Half swings (bunt appearance and then swinging) are not allowed, and the batter will be called out.

12. Any player that slings the bat will be warned, and this warning will be announced to the entire team. Any subsequent slinging of the bat by any batter on the warned team, the batter will be called out.

Coach Pitch Rules (pertaining to the pitching)

1. The pitching distance will be 35 feet and will be marked on the field.
2. Each batter receives a maximum of five (5) pitches or three (3) swinging strikes. If the batter swings and misses three (3) times or if the ball has not been hit into play after five (5) pitches, the batter is out. However, on the last pitch or last strike, a foul ball that is not caught will result in an additional pitch to the batter. The batter will receive additional pitches until the batter fails to swing, fouls out, or there is a swinging strike. There are no walks. Pitches that are not swung at are not strikes. A caught foul ball that goes above the batter's head is an out, regardless of the number of pitches to the batter.
3. There are no walks. If the coach pitcher hits the batter, the pitch is a "no pitch."
4. The coach pitcher must release the ball from the 35 foot line and must throw the equivalent of 36 mph. "Lobs" are not legal. One warning for "lobbing the ball." The first pitch in a game that is "lobbed" will be a "no pitch" and any "lobs" thereafter will be an automatic out. The Umpires' judgement on "lobbing the ball" may not be challenged.
5. The player pitcher must have at least one foot in the 10-foot radius circle that is drawn from the 46-foot rubber before the ball is pitched.
6. The player pitcher must wear a helmet or a face mask.
7. The coach pitcher must not quick pitch and all defensive players must be ready before the ball is pitched. If the umpire feels that the coach pitcher has quick pitched to gain an advantage, the batter will be called out.
8. If a batted ball hits any part of the coach pitcher, the ball is a dead ball, and the batter is awarded 1st base. Runners on base only advance if they are forced to advance, i.e., a runner on 1st base advances to 2nd base but with only a runner on 2nd base and no one on 1st base the base runner on 2nd base stays at 2nd base.
9. If a batted fair ball is first touched by a defensive player and then hits the coach pitcher, it is a live ball. (If there are multiple violations with the pitching coach being hit by a ball in play, the umpire has the discretion to have that coach pitcher removed.)
10. The coach pitcher shall position himself/herself as not to be an obstruction to the defensive team on any possible play once the ball has been hit. When a ball is placed into play by a batter, the coach pitcher should move to foul territory in order not to be an obstruction to the fielding team.
11. The coach pitcher may not coach base runners and must remain silent with runners. A coach pitcher that is coaching the runners will be given one warning and any subsequent violation will cause the runner to be out. In case of multiple runners being coached by the coach pitcher, the lead runner will be called out.

Pitching Machine Rules (pertaining to the pitching)

1. The pitching machine will be set 46 feet from home plate. If the machine is placed over a rubber on the mound the front legs will be in front of the rubber with the legs touching the rubber. Sandbags will be used to secure the legs.
2. Coaches may utilize the "fine tuning slide knob" to adjust the height of the pitches while their team is at bat.
3. Speed adjustments to the machine must be approved by an umpire and both coaches. The speed of the machine will be set at approximately 36 mph and must remain this speed during the game.

4. Coaches may throw 5 practice pitches with the machine prior to their team's first at bat and a few pitches between innings to ensure the machine is pitching accurately.
5. Each batter receives a maximum of five (5) pitches or three (3) swinging strikes. If the batter swings and misses three (3) times or if the ball has not been hit into play after five (5) pitches, the batter is out. However, on the last pitch or last strike, a foul ball that is not caught will result in an additional pitch to the batter. The batter will receive additional pitches until the batter fails to swing, fouls out, or there is a swinging strike. There are no walks. Pitches that are not swung at are not strikes. A caught foul ball that goes above the catcher's head is an out, regardless of the number of pitches to the batter.
6. There are no walks. If the pitching machine hits the batter, the pitch is a "no pitch."
7. The player pitcher must have at least one foot in the 10-foot radius circle that is drawn from the 46-foot rubber before the ball is pitched. The pitcher must not be in front of the machine.
8. The player pitcher must wear a helmet or a face mask.
9. If a batted ball hits the machine or any balls around the machine the ball is a dead ball, and the batter is awarded 1st base. Runners on base only advance if they are forced to advance, i.e., a runner on 1st base advances to 2nd base but with only a runner on 2nd base and no one on 1st base the base runner on 2nd base stays at 2nd base.
10. The coach pitcher shall position himself/herself as not to be an obstruction to the defensive team on any possible play once the ball has been hit. When a ball is placed into play by a batter, the coach pitcher should move to foul territory in order not to be an obstruction to the fielding team.
11. The coach pitcher may not coach the runners and must remain silent with runners. A coach pitcher that is coaching the runners will be given one warning and any subsequent violation will cause the runner to be out. In case of multiple runners being coached by the coach pitcher, the lead runner will be called out.

Player Participation

1. A continuous batting order shall be used with every player occupying a spot in the batting order.
2. Players are not to sit consecutive innings.
3. The defensive team may play 10 players in the field with no more than 6 players in the infield. The 4 outfielders must be positioned in the grass outfield equidistant.
4. A catcher is required if the team has 9 players or more. The catcher playing in the normal catching position is preferred but not required and may be stationed off to the side of the home plate and behind the batter. The catcher will not throw the balls back to the pitcher but allow the umpire to deliver the balls back to the coach pitcher at one time.
5. If a player leaves a game for any reason, all batters will move up in the batting order with no penalty. If the team drops below 8 players, the game will be declared a forfeit, but the game will continue. The team may borrow a player from the opposing team.
6. Players arriving after game time are to be placed at the bottom of the order.
7. Substitutions may be made freely at the coach's discretion.

Player Shortage & Substitute Rules

1. Only players registered in the WNSL may serve as a substitute. The substitute player must be in the same division as the team or in a younger division.

2. A substitute may not play as a pitcher or catcher and must bat last in the lineup.
3. A substitute cannot be added once a game begins.
4. 8 players constitute a legal team, and the game may begin if both teams have at least 8 players. If a team has less than 8 players (with 10 minutes after start time) the game will be a forfeit. Teams may play and the team with less than 8 players may have a substitute player or borrow players from the opposing team to play in the outfield. Anytime a team drops below 8 players or uses a substitute player, the game will be declared a forfeit.
5. A team with only 8 players will record an out each time the 9th player comes to bat.

Coach Participation & Positioning

1. No more than 4 coaches can participate to coach during a game.
2. Offensive coaches are stationed at 1st and 3rd base and either pitching as a coach pitcher or being the machine pitcher. The 4th coach must remain in front of the dugout.
3. For defensive purposes, 2 coaches are allowed in the outfield behind the outfielders to help direct the defensive play. No coaches are allowed to coach defense from the foul lines. 2 remaining coaches must remain in front of the dugout.
5. Base coaches must not touch the runners at 1st or 3rd base and touching a runner will constitute an out.

Stoppage of Play/ Overthrows

1. The decision concerning the "end of the play" is at the discretion of the umpire. The umpire will call "Time" when either the action stops or when the ball is in the possession of a defender within the infield and the lead runner has ceased to advance.
2. Once "Time" is called by the umpire, the base runners will return to the base left if not at least past the halfway point to the next base path when the umpire calls "Time" and the play is dead.
3. A batter turned runner after hitting the ball running to first base cannot advance past first base if there is an overthrow at first base. All other runners may advance one base from the base they occupied before the ball was hit.
4. A runner or runners may advance one base on an infielder overthrowing to 1st, 2nd, 3rd and home. The umpire should call "Time" after the overthrow and the play is dead.
5. A play from the outfield or the catcher will continue to play out if the infielder receiving the ball attempts to make a play at any base and the throw is "overthrown" to any base player or the pitcher. Runners may advance one base at their own risk. The umpire should call "Time" after the overthrow and the play is dead.

Base running

1. Leading off or stealing is not allowed. If a player leaves early before the ball crosses home plate, the umpire will call "Time" and the play is dead and is a "no pitch." If a team has multiple runners leave early, the umpire may call a runner out. This is a judgment call by the umpire and may not be challenged.
2. A base runner is required to do whatever is needed to avoid a fielder who is fielding a batted ball. A base runner may be called if contact is not avoided and a runner is out for running out of the baseline, only when attempting to avoid a tag.
3. Courtesy runners are encouraged to be used for catcher who reaches the base with two outs. The courtesy runner must be the batter who made the last recorded out.

4. For any play at home plate, the runner must slide to avoid a collision with the catcher. If not sliding, the runner must avoid contact with the catcher and if a collision occurs, the runner will be called out. The catcher may block the plate only if he has the ball. Headfirst slides at home are legal.
5. A base runner running from Home to 1B may turn either direction at 1B but if that turn is towards 2B (as an attempt to run to 2nd base), the runner may be tagged out.

After the Game

1. Players and coaches are expected to always show good sportsmanship, including the shaking of hands or fist bumping after the game.
2. Each team is responsible for the cleanliness in and around the dugout at the end of each game and practice. Trash must be placed in a trash receptacle.

WNSL Minors Rules (9/10 Year Olds)

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

Before the Game

1. Each team will have a minimum roster of 10 players and a maximum is determined by the Coach.
2. The home team will occupy the 3rd base dugout.
3. The coach that attends the plate meeting prior to the game will be the only coach that communicates with the umpire throughout the game concerning rule interpretations. Judgement calls may not be disputed.
4. Teams must provide their lineup to the opposing coach and have a scorebook ready before the game begins.
5. Eight players constitute a legal team, and the game may begin if both teams have at least 8 players. If a team has less than 8 players (with 10 minutes after start time) the game will be a forfeit. A team with less than 8 players may borrow player(s) from the opposing team or use a substitute player (see Player Shortage and Substitution section). Anytime a team drops below 8 players the game will be declared a forfeit.

Equipment

1. Teams must supply their own catcher's gear.
2. ALL bats must have the "USA Baseball" factory stamp to be used. Use of an unauthorized bat results in an out.

Field & Game Limits

1. Base paths are 60 feet.
2. The rubber is 46 feet from the home plate.
3. Scores are kept, and the home team is the official book.
4. The game shall last 6 innings or 90 minutes, whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead. If there is a tie at the end of the 6th inning and the time limit has not expired, the team may play as many extra innings as possible until a winner is decided, or the time limit is reached. If any extra innings are played, the International Rule will be in effect (team batting will begin with a runner who batted last in the previous inning on 2nd base). If the score is even after the time limit, the game will end in a tie.
5. Stalling for any reason is a violation of the WNSL's Code of Conduct and will not be tolerated.
6. Bunting is allowed. Fake bunting and then swinging at the pitch are not allowed and the batter will be called out.
7. The infield fly rule applies.
8. The dropped third strike rule does NOT apply.
9. 6 runs maximum or 3 outs per half inning whichever occurs first.
10. Even if a team cannot win the game due to falling too far behind in the game, the game will be played out until the time limit expires or 6 innings occurs (whichever comes first).
10. Any player that slings the bat will be warned and this warning will be announced to the entire team. Any subsequent slinging of the bat by any player on the warned team, the batter will be called out.

Player Participation

1. A continuous batting order shall be used with every player occupying a spot in the batting order.

2. Each player present at the beginning of the game must play at least six (6) defensive outs prior to the completion of the 4th inning. Free substitution is allowed.
3. The defensive team may only play nine (9) players in the field at one time with no more than six (6) players in the infield at any time prior to the batter contacting the ball.
4. If a player leaves a game for any reason, all batters will move up in the batting order with no penalty. If the team drops below 8 players, the game will be declared a forfeit, but the game will continue. The team may borrow a player from the opposing team.
5. If a player arrives after the game has begun, the player shall be inserted at the bottom of the batting order.

Player Shortage and Substitute Rules

1. Only players registered in the WNSL may serve as a substitute. The substitute player must be in the same division as the team or in a younger division.
2. A substitute may not play as a pitcher or catcher and must bat last in the lineup.
3. A substitute cannot be added once a game begins.
4. 8 players constitute a legal team, and the game may begin if both teams have at least 8 players. If a team has less than 8 players (with 10 minutes after start time) the game will be a forfeit. Teams may play and the team with less than 8 players may have a substitute player or borrow players from the opposing team to play in the outfield. Anytime a team drops below 8 players or uses a substitute player, the game will be declared a forfeit.
5. A team with only 8 players will record an out each time the 9th player comes to bat.

Coach Participation and Positioning

1. No more than 4 coaches can participate to coach during a game.
2. When on offense, teams can have a 1st base coach, a 3rd base coach and two coaches must remain in front of the dugout.
3. When on defense, coaches must remain in front of the dugout.

Base running

1. Leading off is not allowed. Stealing is allowed after the ball crosses the plate. If a player leaves early before the ball crosses home plate, the umpire will call "Time" and the play is dead and is a "no pitch." If a team has multiple runners leave early, the umpire may call a runner out. This is a judgment call by the umpire and may not be challenged.
2. Once a team receives a 10-run lead that team may not steal any base or advance on a wild pitch or passed ball in either the UPPER or LOWER Divisions.
---- UPPER Division- Runners on 3rd base may steal home at any time (if the team is not ahead by 10 runs or more).
---- LOWER Division- Runners may not steal home at all (this includes a passed ball, wild pitch and an errant throw from the catcher to the pitcher).
3. Once the pitcher is on the mound, the play is stopped until the next pitch.
4. A base runner is required to do whatever is needed to avoid a fielder who is fielding a batted ball. A base runner may be called if contact is not avoided and a runner is out for running out of the baseline, only when attempting to avoid a tag.
5. For any play at home plate, the runner must avoid a collision with the catcher. If not sliding, the runner must avoid contact with the catcher and if a collision occurs the runner will be called out. The catcher may block the plate only if the catcher has the ball. Headfirst slides are legal.
6. Courtesy runners may be used for the catcher when the catcher reaches base with two outs. The courtesy runner must be the batter who made the last out.

Pitching Guidelines

1. Each team is responsible for recording the number of pitches for each pitcher in every game. They must report these numbers to the umpire at the conclusion of the game.
2. A pitcher may pitch a maximum of 75 pitches in a game or day.
 - 1-40 pitches- 0 days of rest is required to pitch again.
 - 41-65 pitches- 1 full day of rest is required to pitch again.
 - 66+ pitches- 2 full days of rest is required to pitch again.

For example, A pitcher who pitches 40 pitches on Saturday may pitch on Sunday, a pitcher who pitches 65 pitches on Saturday may pitch again on Monday, a pitcher who pitches 66 pitches on Saturday would be eligible to pitch on Tuesday.

A pitcher may finish pitching to the batter even if the pitcher exceeds 75 pitches.

3. New pitchers to an inning are allowed 8 (eight) warmup pitches. Existing pitchers are allowed 5 (five) warmup pitches after their second and following innings. In between innings should not exceed 1 minute with 5 (five) warmup pitches.
4. The pitcher must be pulled on the 2nd trip to the mound in the same inning.
5. A pitcher that hits 3 (three) batters in an inning must be removed from the pitcher position and may not pitch in that game again.
6. A pitcher may re-enter as the pitcher if the pitcher was not pulled due to a 2nd trip to the mound.
7. A pitcher warming up in foul territory during the game must have a person protecting him from foul balls.
8. Coaches are encouraged to get catchers ready early to play in the field and coaches are encouraged to warm up their pitchers as the catcher is getting ready.
9. If a team wishes to intentionally walk a batter, the head coach must indicate to the head umpire and the batter will advance to first base. No pitches will be added to the pitchers' pitch count.

After the Game

1. Players and coaches are expected to always show good sportsmanship, including the shaking of hands or fist bumping after the game.
2. Each team is responsible for the cleanliness in and around the dugout at the end of each game and practice. Trash must be placed in a trash receptacle.

WNSL Majors Rules (11/12 Year Olds)

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

Before the Game

1. Each team will have a minimum roster of 10 players and a maximum is determined by the Coach.
2. The home team will occupy the 3rd base dugout.
3. The coach that attends the plate meeting prior to the game will be the only coach that communicates with the umpire throughout the game concerning rule interpretations. Judgement calls may not be disputed.
4. Teams must provide their lineup to the opposing coach and have a scorebook ready before the game begins.
5. Eight players constitute a legal team, and the game may begin if both teams have at least 8 players. If a team has less than 8 players (with 10 minutes after start time) the game will be a forfeit. A team with less than 8 players may borrow player(s) from the opposing team or use a substitute player (see Player Shortage and Substitute section). Anytime a team drops below 8 players the game will be declared a forfeit.

Equipment

1. Teams must supply their own catcher's gear.
2. ALL bats must have the "USA Baseball" factory stamp to be used. Use of an unauthorized bat results in an out.

Field & Game Limits

1. Base paths are 70 feet.
2. The rubber is 50 feet from the home plate.
3. Scores are kept, and the home team is the official book.
4. The game shall last 6 innings or 90 minutes, whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead. If there is a tie at the end of the 6th inning and the time limit has not expired, the team may play as many extra innings as possible until a winner is decided, or the time limit is reached. If any extra innings are played, the International Rule will be in effect (team batting will begin with a runner who batted last in the previous inning on 2nd base with no outs). If the score is even after the time limit, the game will end in a tie.
5. Stalling for any reason is a violation of the WNSL's Code of Conduct and will not be tolerated.
6. Bunting is allowed. Fake bunting and swinging at the pitch are not allowed and the batter will be called out.
7. The infield fly rule applies.
8. The dropped third strike rule applies.
9. 6 runs maximum or 3 outs per half inning whichever occurs first.
10. Even if a team cannot win the game due to falling too far behind in the game, the game will be played out until the time limit expires or 6 innings occurs (whichever comes first).
10. Any player that slings the bat will be warned and this warning will be announced to the entire team. Any subsequent slinging of the bat by the warned team, the batter will be called out.

Player Participation

1. A continuous batting order shall be used with every player occupying a spot in the batting order.
2. Each player present at the beginning of the game must play at least six (6) defensive outs prior to the completion of the 4th inning. Free substitution is allowed.
3. The defensive team may only play nine (9) players in the field at one time with no more than six (6) players in the infield at any time prior to the batter contacting the ball.
4. If a player leaves a game for any reason, all batters will move up in the batting order with no penalty. If the team drops below 8 players, the game will be declared a forfeit, but the game will continue. The team may borrow a player from the opposing team.
5. If a player arrives after the game has begun, the player shall be inserted at the bottom of the batting order.

Player Shortage and Substitute Rules

1. Only players registered in the WNSL may serve as a substitute. The substitute player must be in the same division as the team or in a younger division.
2. A substitute may not play as a pitcher or catcher and must bat last in the lineup.
3. A substitute cannot be added once a game begins.
4. 8 players constitute a legal team, and the game may begin if both teams have at least 8 players. If a team has less than 8 players (with 10 minutes after start time) the game will be a forfeit. Teams may play and the team with less than 8 players may have a substitute player or borrow players from the opposing team to play in the outfield. Anytime a team drops below 8 players or uses a substitute player, the game will be declared a forfeit.
5. A team with only 8 players will record an out each time the 9th player comes to bat.

Coach Participation and Positioning

1. No more than 4 coaches can participate to coach during a game.
2. When on offense, teams can have a 1st base coach, a 3rd base coach and two coaches must remain in front of the dugout.
3. When on defense, coaches must remain in front of the dugout.

Base running

1. Lead offs are allowed.
2. Once a team receives a 10-run lead, that team may not steal any base or advance on a wild pitch or a passed ball.
3. A base runner is required to do whatever is needed to avoid a fielder who is fielding a batted ball. A base runner may be called if contact is not avoided and a runner is out for running out of the baseline, only when attempting to avoid a tag.
4. For any play at home plate, the runner must avoid a collision/contact with the catcher. If a collision occurs the runner will be called out. The catcher may block the plate only if the catcher has the ball. Headfirst slides at home are legal.
5. Courtesy runners may be used for the catcher when the catcher reaches base with two outs. The courtesy runner must be the batter who made the last out.

Pitching Guidelines

1. Each team is responsible for recording the number of pitches for each pitcher in every game. They must report these numbers to the umpire at the conclusion of the game.
2. A pitcher may pitch a maximum of 85 pitches in a game or a day.
 - 1-40 pitches- 0 days of rest is required to pitch again.
 - 41-65 pitches- 1 full day of rest is required to pitch again.
 - 66+ pitches - 2 full days of rest is required to pitch again.

For example, A pitcher who pitches 40 pitches on Saturday may pitch on Sunday, a pitcher who pitches 65 pitches on Saturday may pitch again on Monday, a pitcher who pitches 66 pitches on Saturday would be eligible to pitch on Tuesday.

A pitcher may finish pitching to the batter even if the pitcher exceeds 85 pitches.

3. New pitchers to an inning are allowed 8 (eight) warmup pitches. Existing pitchers are allowed 5 (five) warmup pitches after their second and following innings. In between innings should not exceed 1 minute with 5 (five) warmup pitches.
4. The pitcher must be pulled on the 2nd trip to the mound in the same inning.
5. A pitcher that hits 3 (three) batters in an inning that pitcher must be removed from the pitcher position and may not pitch in that game again.
6. A pitcher may re-enter as the pitcher if the pitcher was not pulled due to a 2nd trip to the mound.
7. Balks are enforced. The WNSL will follow the Official Rules of Baseball regarding what actions constitute a balk.
8. If a team wishes to intentionally walk a batter, the head coach must indicate to the head umpire and the batter will advance to first base. No pitches will be added to the pitchers' pitch count.
9. A pitcher warming up in foul territory during the game must have a person protecting him from foul balls.
10. Coaches are encouraged to get catchers ready early to play in the field and coaches are encouraged to warm up their pitchers as the catcher is getting ready.

After the Game

1. Players and coaches are expected to always show good sportsmanship, including the shaking of hands or fist bumping after the game.
2. Each team is responsible for the cleanliness in and around the dugout at the end of each game and practice. Trash must be placed in a trash receptacle.

Weather Delays and Multiple Rainouts Special Rules

In case of multiple rainouts in a season, the WNSL may determine that it is in the best interest of play that an abbreviated game format be installed. This format will allow more make-up games to be played.

Before the game, coaches and umpires will be informed of the shortened game times due to the multiple rainouts and to help get the games in during the season. The shortened game times will be called "Turbo Rules."

Turbo Rules

1. Majors and Minors Games will be shortened from 90 minutes/6 innings to 80 minutes/5 innings (whichever comes first). No new inning will begin after 80 minutes.
2. Rookies Games will be shortened from 80 minutes/6 innings to 70 minutes/5 innings (whichever comes first). No new inning will begin after 60 minutes.
3. For all divisions, the maximum runs allowed/half inning will be reduced to 4 runs.

WNSL Out of Age Player Exception Policy

A team is limited to one out of age group exception (player may play down) and must be approved by the WNSL. This out of age exception will not be automatic and considerations as to the player age, size, experience, talent level will be used in considering whether a player may play down.

There are occasions that a team may have two players play down but this is rare and must be a very special circumstance.