

West Nashville Sports League

Fall Baseball

Coach Guidelines and Information

2020





WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS

President: Scott Tygard
Vice President: Bob Notestine
Treasurer & Secretary: John Hartong

Allison Duffey
Bill Easterly
Scott Oatsvall

Wendell Harmer
Tillman Payne
Melissa Smith

Andrew Kelso
Bob Starnes

IMPORTANT CONTACT INFORMATION

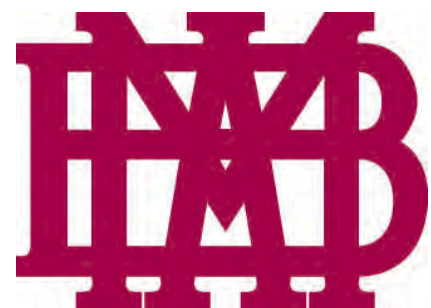
League Phone Recording: 615.376.4700
Fax Number: 615.376.6493

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

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

Umpires Bobby Smith bsmithdomer@aol.com

WNSL SPONSORS



Overall League Packages:

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

Flag Football Packages:

Hail Mary - \$1,000 _____
Touchdown - \$500 _____
Field Goal - \$250 _____

Basketball Packages:

Slam Dunk - \$1,000 _____
3-Pointer - \$500 _____
Lay-Up - \$250 _____

Baseball Packages:

Home Run - \$1,000 _____
Double - \$500 _____
Single - \$250 _____

Indoor Soccer Packages:

Hat Trick - \$1,000 _____
Penalty Kick - \$500 _____
Goal - \$250 _____



Thank you for sponsoring WNSL.
Please fill out 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**

Additional Packages:

Basketball Tournament Naming Rights:

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

Naming Rights to Baseball Fields:

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



WEST NASHVILLE SPORTS LEAGUE SPONSORSHIP INFORMATION



Serving the Nashville Community Since 1997

www.wnsl.org



Dear Prospective Sponsor,

The West Nashville Sports League is seeking your support in providing Basketball, Baseball, Flag Football, Soccer 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, soccer 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,
 Scott Tygard
 President, West Nashville Sports League



Overall League Sponsorship Packages

For all four major sports for one year.

(Flag Football, Spring Baseball, Winter Basketball, Indoor Soccer)

<p>Gold Package (\$1,000 Commitment to each sport)</p> <p>Flag Football - Hail Mary Level Basketball - Slam Dunk Level Baseball - Home Run Level Soccer - Hat Trick Level</p> <p>Package Includes:</p> <ul style="list-style-type: none"> -Logo on one Team's Jerseys -Logo and Hotlink on each sport website page -Sponsor of the week two weeks of the season -Sponsorship recognition and Advertising space in season newsletters -Coupon/Ad during registration process -Logo displayed at Warner Park Fields -Banner displayed on Outfield Fence at Harpeth Hills Church (Provided by WNSL) -Logo displayed at concession stand on game days -Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments -Advertising during Fall Baseball and Summer Basketball -Financial assistance for 3 players in each sport -WNSL Sponsor Wall plaque 	<p>Silver Package (\$500 Commitment to each sport)</p> <p>Flag Football - Touchdown Level Basketball - 3 Pointer Level Baseball - Double Level Soccer - Penalty Kick Level</p> <p>Package Includes:</p> <ul style="list-style-type: none"> -Logo on one Team's Jerseys -Logo and Hotlink on each sport website page -Coupon/Ad during registration process -Logo Displayed in season newsletter -Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments -Financial assistance for 2 players in each sport -WNSL Sponsor Wall plaque 	<p>Bronze Package (\$250 Commitment to each sport)</p> <p>Flag Football - Field Goal Level Basketball - Lay-Up Level Baseball - Single Level Soccer - Goal Level</p> <p>Package Includes:</p> <ul style="list-style-type: none"> -Logo on one Team's Jerseys -Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments -Logo listed on website throughout season -Financial assistance for 1 player in each sport -WNSL Sponsor Wall plaque <p>*Each team in Fall Flag Football and Spring Baseball is required to have a Bronze Level sponsor*</p>
<p>Additional Sponsorship Opportunities:</p> <ul style="list-style-type: none"> Naming Rights to Basketball Tournaments <ul style="list-style-type: none"> -Pre-Season Christmas - \$1,000 -March Madness - \$2,000 Naming Rights to Baseball Fields <ul style="list-style-type: none"> -Warner Park Fields 1,2,3,4 and 5 - \$1,500 		

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



They have the determination,



They have the drive,



They have the heart,



Now all they need is a field.



The Miracle League of Music City will provide an opportunity for children with mental and/or physical challenges to play baseball! With a specially designed rubber turf field, the Miracle League of Nashville will make dreams come true for children 4 - 99 years of age with special needs.

Make a miracle and change lives.

You too can create a priceless experience for a very deserving child!

**Every Child Deserves
the Chance to
Play Baseball!!**

**Go to www.wnsl.org
TO MAKE A MIRACLE**



West Nashville Sports League
2020--2021 Calendar of Events

INTERACTIVE CALENDAR ON WWW.WNSL.ORG

- Aug 11 Flag Baseball Coaches Meeting
- Aug 13 Fall Flag Football Coaches Meeting
- Aug 22 Fall Flag Football Jamboree and Baseball Scrimmages
- Aug 29 Fall Sports Opening Day
- Aug 29 Baseball and Flag Football Team Photo Day
- Oct 13 Late Fall Indoor Soccer Registration Closes
- Oct 17 Fall Flag Football Regular Season Ends
- Oct 19 Late Fall Soccer Coach Meeting
- Oct 19 Flag Football Coach Appreciation Dinner at Buffalo Wild Wings
- Oct 24 Fall Baseball Regular Season Ends
- Oct 24 - 25 Music City Flag Bowl
- Nov 7 Late Fall Soccer Season Begins
- Nov 10 Basketball Registration Closes for Pre-K – 4th Grade
- Nov 15 Basketball Clinic (Location TBD)
- Nov 17 Winter Basketball Coach Meeting
- Nov 22 Basketball Clinic (Location TBD)
- Dec 6 Basketball Clinic (Location TBD)
- Dec 8 Basketball Registration Closes for 5th – 9th Grade
- Dec 8 Winter Indoor Soccer Registration Closes
- Dec 11 - 13 Christmas Basketball Tournament

West Nashville Sports League

2020--2021 Calendar of Events

- Dec 15 Winter Soccer Coach Meeting
- Dec 19 Late Fall Indoor Soccer Season Ends
- Jan 9, 2021 Winter Basketball Season Begins
- Jan 9 Winter Indoor Soccer Season Begins
- Feb 27 Winter Indoor Soccer Season Ends
- Feb 27 Basketball Season Ends
- March 4 - 7 21st Annual March Madness Tournament

WNSL Fall Baseball League Frequently Asked Questions

If you have a question, start here. If you still cannot find your answer, E-Mail scott@wnsl.net.

Sign-Ups, Cost and Division Questions

When can we register? Registration is now open and will close in Early August.

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 a paper registration form on the Fall 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? The price will increase after the published registration deadline. Late registrations will be taken on a case by case basis and players will be added to existing teams or new teams created if the need arises.

Do you give refunds if my child decides not to participate? Refunds are not provided. Registration fees may be transferred to another sport up until the time uniforms are ordered. After uniforms are ordered no refunds and no transfer of fees will be possible. Exception is for injury or sickness with Dr. note.

What are the age divisions? We have 5 divisions that are based on the age of the player as of May 1st of the upcoming spring:

Wookies – Ages 4, 5 and 6

Rookies – Ages 7 and 8

Minors - Ages 9 and 10

Majors - Ages 11 and 12

Prep - Ages 13 - 16

Why do you use the age based on May 1st? We use this age because it determines what division the player will play in during the Spring season. We use the Fall Season to prepare players for spring and therefore want them to play in the correct division to learn the rules, skills, etc.

Are players allowed to play up or play down? Players are allowed to play up a division. However, players must have approval from Scott Tygard (scott@wnsl.net) in order to play down. **Remember, participants should be registered based on the age of the player as of May 1, 2021.**

If my player is not on a preformed team how and when do I know which team he/she is on? Individuals not on a team (Free Agents) will be contacted by their coach after the Coaches' Meeting.

Can a player play on two teams? Players may not play on two teams in the same age group, however, a player may pay to play on two teams in separate age groups. Example: An 8-year-old may play on a Rookies and a Minors team. To play on two teams a player must pay two registration fees.

How much does it cost? Wookies is \$125, Rookies, Minors, Majors, and Prep are \$145.

What is included in the registration fees? 8 games, umpires (except Wookies), a jersey and cap, insurance, a newsletter, excellent fields, equipment and some teams receive a sportsmanship trophy.

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.

What happens if there are too few teams in an age group? The WNSL teams in the Prep, Majors and possibly the Minors will play teams from other close by leagues. WNSL understands that the older players may be playing football and numbers have a tendency to drop considerably in the older age groups.

How many players are on a team? 9 or 10 players play at one time. Most teams carry 10 to 12 players.

Is this league Co-Ed? Yes, Fall Baseball is Co-Ed.

Coach-Related Questions

Who coaches the teams in the Fall Baseball League? The WNSL relies on volunteers to coach. 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.

How are coaches certified? Coaches are screened at the Coaches’ Meeting and sign a “Code of Conduct” as well as complete a background check.

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.

Once I register, how long will it be before I hear from a coach? The coaches’ meeting is held in mid-August to finalize all rosters. After that meeting a coach will be in touch with you.

How do you come up with team names? There are no team names in Fall Ball but teams are welcome to come up with a name of the team. *Note: Players receive a “generic” jersey and hat for Fall League so team names are strictly for scheduling purposes.*

Weather, Fields, Equipment and Fall Ball Basics

What type of Fall Baseball league does the WNSL offer? The WNSL feels all youth sports should be recreational in nature yet also competitive. For Fall Baseball, the season is more laid back with the focus being on preparing for the Spring Baseball Season. The sports program is not a baby sitting 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 flag football league. 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. The older age groups play more competitively than the other age groups.

How long does the season last? The Fall Baseball season begins in late August and runs 8 weeks. Games are played every Saturday throughout the day with the season ending in late October. Some weekday games may be played if coaches desire.

Where are the games played? All of the games are played at either Harpeth Hills Church of Christ Baseball Fields or the Warner Park Complex (Vaughn Road and Old Hickory Blvd.)

What happens in case of inclement weather? Are games rescheduled? How will a parent/coach know if games are canceled? Games may be rescheduled for Sundays or on weekday afternoons. Cancellations are posted on the website, on the phone line (376-4700) and if time permits an e-mail is sent out as well.

When and how often do teams practice? Teams usually practice one time per week, however, practice frequency and location is determined by each coach. Official WNSL Practice begins after the Coaches' Meeting.

Does the league provide photos for teams and individuals? Yes, teams and individuals can have photos taken.

What equipment does the League provide? The WNSL provides the balls, batting helmets and catcher's equipment as well as a cap and jersey for Fall Ball.

What equipment does the Individual player need? The players will need a glove and cleats or tennis shoes. Baseball pants and his/her own bat and batting helmet are optional. The League has a Dick's Sporting Goods Day to assist players with their sporting goods needs.

Does the WNSL provide umpires for games? Yes. One or Two trained umpires are provided for every game. No umpires are needed for the Wookie Division though.

What are the rules for the different divisions? You can review the rules on the Fall Baseball Page of www.wnsl.org.

Does WNSL post standings? No, The WNSL does not provide standings for we do not want to promote over the top competitiveness and focus on the "Love of the Game" instead.

Is there a post season tournament for Fall Baseball? Not at this time.

Are league trophies given out at the end of the season for league champions?
No.

Sponsorships and Financial Aid

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 lauren@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.

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 regarding to the amount of financial assistance available for your participant.

Miscellaneous Questions

What is the difference between WNSL and other Fall 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 with special events, the best field conditions possible, certified umpires, 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.

WNSL COACH Frequently Asked Questions

If your question is not answered here, please email scott@wnsl.net

How Do I Volunteer as a Coach?

Interested coaches can complete their volunteer profile in their WNSL account. On the home page of your account, click the Volunteer button in the left menu. Follow the prompts to complete your registration. The volunteer registration can also be completed when you register your player for the season.

Are there Any Other Requirements to Be a Head Coach?

All coaches are asked to complete a background check and complete and turn in a team information packet (called the Coaching Addendum).

When and How Do I Turn in My Roster?

Send your full or partial roster to the team builder for your sport before registration closes. If you need free agents added to your partial roster, please include this in your email.

Email Your Roster to doug@wnsl.net	Email your Roster to carly@wnsl.net
Baseball	Indoor Soccer
Flag Football	Golf
Winter Basketball	Summer Basketball

When Will I Get My Final Roster?

Final rosters will be handed out at the coach meeting after registration closes. Check the Coach Corner on your sport page for the coach meeting time and location.

Can I See Who Has Signed Up For My Team Before the Coach Meeting?

Yes. To see who has already registered, go to the team rosters tab and select your sport and your division from the drop-down menus. Find your name in the team listing and click the plus sign. This will show you the players who are currently registered for your team, and will update as we assign newly registered players to your roster.

If I have a Full Roster, Will You Add Free Agents?

If you send us a full roster, we will not add free agents. If we have a large amount of free agents in need of teams, we may request that you add players to your roster at the coach meeting.

Can I Order Personalized Jerseys for My Team? When Do We Turn in Jersey Personalization Orders?

Some of our sports (Spring Baseball, Fall Baseball, Fall Flag Football) offer jersey personalization. If this is an option for your sport, you will turn this information in at the Coach Meeting.

Does My Team Require A Team Sponsor?

ALL Spring Baseball and Fall Flag Football teams are required to have a \$250 team sponsor. Team sponsorships help pay for field maintenance, additional staffing, and cover scholarship players. Other teams are welcome to have a team sponsor but it is not required.

When Do I Have to Turn in My Team Sponsor Information?

As soon as possible. Practice times are handed out based on when we receive your team sponsor information. Team sponsor information is due by your sport's coach meeting.

What Happens if I Do Not Have a Team Sponsor?

Scott will work with you on this but we ask for all teams in Spring Baseball and Fall Flag Football to try to have a team sponsor. As long as a Coach has tried to procure a team sponsor the WNSL will work something out. Many parents and businesses like to help non profit leagues out and coaches may find this sponsor procurement not as hard as they think. In short, not having a team sponsor will not keep a team from playing in the league.

When Do We Get Practice Times?

Baseball and Flag Football teams are provided one practice time per team. These practice times will be decided at the coach meeting for your sport. Basketball and Soccer teams are responsible for finding their own practice location.

Am I Able to Make Schedule Requests for Games?

Yes, coaches are able to make schedule requests in their team info packet that each coach is given at the coach meeting.

Revised June 28, 2020

Note: These guidelines will be submitted to Metro Parks for review and approval. These guidelines are subject to change but hopefully these guidelines are very close to what we will follow.

WEST NASHVILLE SPORTS LEAGUE GUIDELINES FOR COVID-19

1. All local & state health official guidelines will be followed. These WNSL guidelines will be approved by Metro Parks and Harpeth Hills Church of Christ.
2. No handshaking/celebrations: Players and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc.
3. Only three (3) players MAXIMUM in the dugout at one time (on deck and in the hole), while also following 6' social distancing guidelines at all times and these players will be monitored by a Coach or a Parent. Remaining players & coaches will most likely be placed in the bleachers with social distance. If the bleachers area does not work then players will be stationed down the fence lines. Players will be seated or stand no less than 6' apart and must have at least one (1) Coach or Parent to watch over players in this area at all times. Flag Football players huddle will be a circular huddle with 6 feet of social distancing. Football players on the sideline must remain 6 feet apart and this social distancing must be monitored by a coach or parent from each team.
4. Players should limit any sharing of playing equipment, bats, gloves, fielder's mask, catcher's gear, helmets, water bottles etc. Baseballs will be cleaned whenever possible (in between innings) and an adequate supply of baseballs will be on hand. **Flags will be sanitized before each game by all players. ALL FOOTBALL TEAMS MUST BRING THEIR OWN SANITIZER TO CLEAN THEIR FLAGS BEFORE EACH GAME. This will be closely monitored by the coach for each team and the WNSL/officials will be monitoring this cleaning process before each game.**
5. **WNSL EMPLOYEES MUST WEAR A MASK/FACE COVERING AT THE PARK.** If a player chooses to wear additional PPE, they may do so as long as it does not compromise the safety of other players. Umpires, coaches and players may wear masks on the field but this is not a requirement.
6. Hand sanitizer stations will be set up in many strategic locations around the Park.
7. Parents should be advised to have backup supplies in the player's equipment bag for use when needed and their own marked water bottle or sports drink. No team or dugout/sideline coolers are permitted.
8. Cleaning and sanitation of common areas like dugouts, bathrooms, concession stands or similar areas between games or activities will be conducted. Teams should be advised to clean out and wipe down dugout or other field areas that they were in prior to leaving the playing field. Oncoming teams will be given the opportunity to clean their dugout before their players enter. The necessary cleaning supplies

will be provided for as long as the cleaning supplies last. TEAMS ARE ENCOURAGED TO BRING THEIR OWN SANITIZER MATERIALS.

9. Social distancing of 6 feet is a requirement for everyone outside the ball fields and around the football fields. Football fields will be spaced out as much as possible to allow as much area in between the fields so as to give each field its own space for maximum social distancing.

10. Game schedules will allow for fields to be staggered in start/finish times to minimize the number of people in the area of the fields. The schedule will allow for gaps (at least 15 minutes) in between games to help limit the number of people at the Park/Church at one time. Teams must exit the dugout and the field at the time the game time expires and the oncoming teams will enter after all teams are cleared of the area and the dugouts have been cleaned.

11. Spectators attending games should follow 6' social distancing guidelines at all times. **No spectators will be allowed to sit in the bleachers and must sit/stand by the outfield fences.** Handicap spectators may use the area behind the home plate areas. Spectators around the football fields must maintain the 6 feet social distancing.

12. Any player, or person not feeling well, should not attend games or practices.

13. Coaches should help to educate players on the hygiene/handwashing/touching of the face suggested guidelines.

14. Proper signage throughout the park on guidelines will be provided by the league and will be in plain view.

15. Pregame conference will be limited to one (1) Coach per team and the Umpire. Social distancing of 6' is required.

16. Batting lineup changes should be limited to communicating from a distance that maintains the 6' social distancing guidelines at all times.

17. For baseball, for Minors, Majors and Prep two umpires will be utilized. One umpire will officiate the Rookies games. Two referees will be utilized in flag football. The football referees will be on the sidelines during play.

18. Concession Stands will be open. All Concession Stand employees must wear masks and gloves. No shared food items will be available.

19. Pavilion areas/picnic tables will be utilized but no loitering please. Please follow the social distancing guidelines in the pavilion areas.

20. No post game team gatherings/parties/shared snacks will be allowed at the Park/Church.

21. Bathrooms will be cleaned and sanitized every few hours (depending on usage).

22. **Pets are discouraged in the Park/Church due to social distancing guidelines. If Pets become an issue with social distancing the WNSL has the right to change the guideline and ask for pets to stay away from the playing areas.**

23. All WNSL employees, umpires and referees will be screened before their work and their temperatures taken.

24. If the cages become an area of congestion and social distancing becomes a problem the cages will be closed.

25. Anyone found in repeated violations of these guidelines will be asked not to take part in future sports activities at the Park for this season.

26. For injuries, coaches and umpires must follow the WNSL concussion/head injury policy. Coaches, umpires and off the field help must wear a mask when attending to an injured player. If there is an open wound then gloves/mask must be worn by those attending to the player.

27. The WNSL management reserves the right to change any of the guidelines at any time to ensure the utmost safety and well-being of the players, the officials, the spectators and workers are first and foremost. If the guidelines are not strict enough or not being followed and the WNSL management feels like things need to be tightened up, WNSL management will do just that- tighten up the guidelines for safety and well-being.

WE STAYED HOME.

WE STOPPED THE SPREAD.

WE SAVED LIVES.

WE WILL PLAY SPORTS.

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



facebook

www.facebook.com/WNSLonline



www.instagram.com/WNSLonline

THE FLAG FOOTBALL & FALL BASEBALL LEAGUE TIMES

The FFL/FBB Times is the WNSL's 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.



WEST NASHVILLE WNSL SPORTS LEAGUE
Where their future is bright!

Flag Football League Times Vol. 4, Issue 2



In This Issue

- [Basketball Registration is Open](#)
- [Warner Park Parking Map](#)
- [Rules Clarification](#)
- [Official's Office](#)

Free Water Bottles at the Concession Stand!



Dear Flag Football Families --

Here at WNSL, we continually strive to be a community-focused sports league. Aside from positively developing our players on the field, we also partner with organizations around town to offer an assortment of activities during the year that we feel can be beneficial to your family.

One such activity we're proud to announce is WNSL Day at Vanderbilt Stadium. On Nov. 12, the Vanderbilt Commodores football team takes on the Kentucky Wildcats in SEC action. The school has offered to discount tickets from their face value to any WNSL player interested in attending as well as giving kids a chance to high-five the Vandy players as they run onto the field. How awesome is that?! If you're interested in attending, [fill out this form](#) or go to www.wnsl.org and find it on the Flag Football page. We hope to see you there!

Opening Day

August 29th

Uniform Pickup – Must be picked up At least 1.5 hours before your game time. Only ONE team representative will be allowed to pick up uniforms.

Team Photos – Will be scheduled an hour before game time. All teams must take a team photo!!*

**If Social Distancing Protocol can be maintained.*

UNIFORM DISTRIBUTION

Wearing Own uniforms

A team may wear their own uniform but you must declare this at the Coaches' Meeting on August 11th. **There is no reduction in registration fee for doing this.** Your team's uniform expenses will go toward scholarship players or teams.

One representative picks up uniforms

Uniforms will be distributed on the first day of games beginning at 8 a.m. Only **ONE TEAM REPRESENTATIVE** will be allowed to pick up the uniforms.

What's included

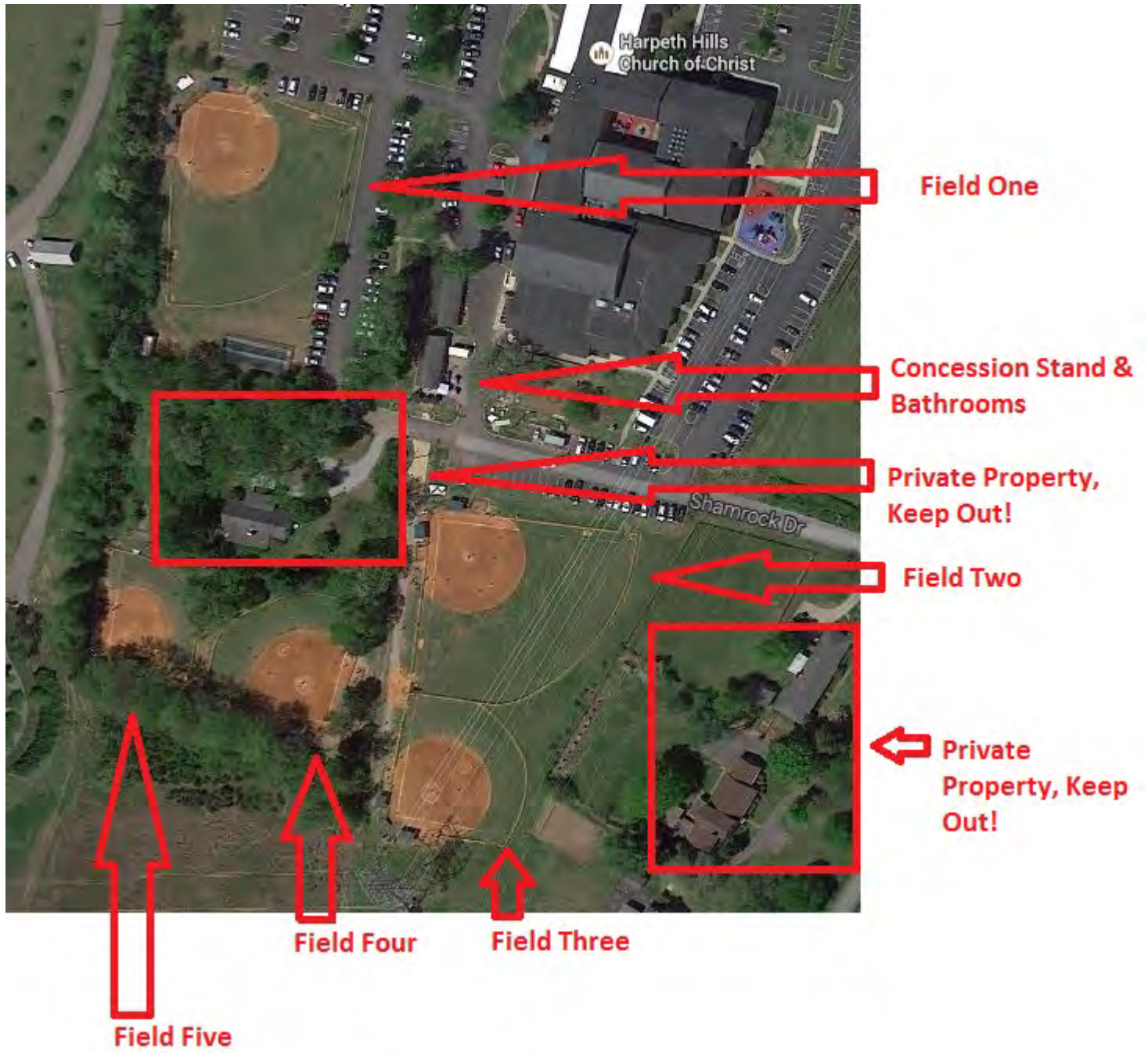
The WNSL provides a jersey and cap for the Fall. All other items are up to each individual player.

Warner Park & Harpeth Hills

Warner Park, 50 Vaughn Rd, Nashville, TN 37221



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



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!

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



Practice REQUEST

All Practice Times will be allocated at the coaches' meeting. In preparation for this, please read the notes below:

Practice Times:

For each team playing fall baseball, the WNSL provides one official practice slot per week and possibly more if there is field availability. These practices will take place during weekdays (except Wednesdays) at Harpeth Hills Church of Christ or Warner Park.

Please Note:

- There are no Wednesday practice times available at the Church.
- If games on Saturday get rained out, they will be rescheduled for the weekdays. These games will take precedence over practice.

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.

WEATHER CANCELATIONS



For weather cancelations:

1. There will be a notice on the www.wnsl.org website,
2. A phone message on the league number -- 615.376.4700
3. A message on the League's Twitter feed (@WNSLonline)
4. We will try to send an email out to all participants.

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.

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: _____

SCHEDULE AND STANDINGS INFORMATION

The season schedule will not be published until late-August. 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 needed. 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 baseball or flag football 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 opposing coach and the league and make a good-faith effort to find a replacement team for your opponent to compete against. The coaches' contacts are listed on the "Team Central → 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.



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.*

ALL First-Time Head Coaches must complete a background check!

Go to:

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

By AUGUST 14!

Contact Scott@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 Registration Instructions
2. Coach Disclosure Form
3. Coach Code of Conduct
4. Coach Bio
5. Team Parent Designation
6. Team Assessment
7. Team Colors
8. Game Schedule Request Form
9. Medallion Request
10. Concussion 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 REGISTRATION

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: _____

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 sports? _____

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

What is your primary goal this season? _____

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

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

Thanks for coaching!

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: _____

Team Parent's E-mail: _____

Team Parent's Player's Name: _____

Also, please direct your team parent to follow the volunteer registration instructions in this packet (also available online under the 'About Us' tab)

COACH' S PRESEASON TEAM ASSESSMENT

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 an honest evaluation of your team's competitiveness _____ -or- No Idea

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? _____

Does your team have any players playing down? YES _____ NO _____

Does your team have any players playing up? YES _____ NO _____

How many times per week will you practice? _____

Have you already begun practicing? YES _____ NO _____

If yes, what was the date of your 1st practice? _____

In the Fall, we do not split teams into divisions, however we will try to match teams up based on ability and age. Please select the division your team would most likely fall into :

_____ **COMPETITIVE:** An above average team, usually with handpicked players for set positions by a coach and/or parent representative. These teams have played together before in other leagues or through travel baseball. (These teams may go to other parks to play other competitive teams.)

_____ **RECREATIONAL:** Fun is the name of the game in this level -- generally are newly-formed teams aiming to improve their skills but not wishing to play tough competition. These teams focus on education and development of each player in every position.

TEAM COLORS

The league teams will be provided with a generic jersey this season with
“WNSL FALL BASEBALL” printed on the front and a “WNSL” Cap

MY TEAM WILL BE USING OUR OWN UNIFORMS _____

There will be 14 different jersey colors. Teams will be randomly assigned a jersey and cap color.

Possible Color options:

Black

Cardinal

Green

Yellow

Gray

Carolina Blue

Maroon

Navy

Orange

Purple

Royal Blue

Red

Vandy Gold

White

Game Schedule Request

Coach Last Name: _____ Division: _____ Are you the head coach of two teams? _____

If you have players playing WNSL Flag Football, please list the coach and grade of those teams:

This calendar is where you make any scheduling requests. We schedule around WNSL Flag Football conflicts and can usually avoid work conflicts as well. If you know you will not be able to field a team on a certain week, let us know now and we will try to get you a double header on another week, but this is not a guarantee! We must know this before the schedule is released to even consider the alternate date, however.

Rookies, Minors, Majors and Prep teams will play games on Tuesdays, Thursdays and Saturdays. Wookies teams will play only on Saturdays. Each team will receive 8 – 10 games.

My Team (Rookies – Prep) Would Prefer to Play Only Saturdays _____ YES _____ NO

My Team (Rookies – Prep) Would Prefer to Play Only Weekdays _____ YES _____ NO

I WOULD LIKE A SCRIMMAGE GAME FOR MY TEAM ON AUGUST 22 _____ YES _____ NO

WNSL Fall Baseball Calendar
August 29
September 12
September 19
September 26
October 3
October 10
October 17
October 24

Form Instructions:

Use the calendar to the left to make any schedule requests. Note that all requests are exactly that, and none are guaranteed. Please do not abuse this form by requesting all 10 a.m. games or something similar.

To indicate a week that your team cannot play, place an 'X' in the appropriate box.

Also note the following dates of importance:

- Fall break for Metro Nashville Schools:
October 5 - 9
- Fall break for Williamson County Schools:
October 8 - 9

If you have other scheduling requests (back-to-back games, etc.), please indicate them here:

Medallions



WNSL no longer gives participation medallions to every player. If you would like to request 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 (optional): _____

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.
3. Centers for Disease Control and Prevention. Sports-related recurrent brain injuries-United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-27. Available at: www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm

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

WNSL Sexual Abuse and Molestation Policy

"As a mandatory requirement to affiliate with West Nashville Sports League, our league certifies it will comply with all of the following:

Our league will comply with Federal law as set forth in Senate Bill 534 – Protecting Young Victims from Sexual Abuse and Safe Sport Authorization.

Further, our league will protect our minor athletes through the reporting, education and training and athlete safety policies consistent with the Senate Bill 534 by adopting the Child Safety Training Tutorial offered through Protect Youth Sports. Each coach or volunteer will be required to take this course.

Further, our league understands it should conduct, at a minimum, a third-party criminal background check which searches the Local County Court search, National Criminal Database and the National Sex Offender Registry in all 50 states on all managers and coaches, umpires and other officials in our league who have close contact with minor athletes.

Take the video course at wnsl.org/baseball

_____ I will complete the video course on recognizing and preventing sexual molestation

_____ I will complete the Background check at Averity.com

_____ I understand that the deadline for both items to be completed is August 15 and I understand that if both items are not completed by August 15th I will not be able to coach in any capacity until it is completed.

WNSL Baseball League Rules

Wookies – Tee Ball (4/5 year-olds) est. 7/23/2020

Lower/Younger Division

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.

Team Responsibilities and Conduct

1. The home team will occupy the 3rd base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, & the game must begin if both teams have at least eight players present. If a team is playing with less than (9) batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the Umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
 - a) A runner may not maliciously crash into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
 - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

Equipment, Dimensions and Game Length

1. A game shall last 6 innings or 50 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 game is over.
2. There are no extra innings. If the score is even at the end of the game limits above, the game will end in a tie
3. The league will furnish batting helmets. All borrowed equipment must be returned to its appropriate location.
4. Bats must meet the standards set forth by the USA Bat Standards. Please review the online link for a complete list of approved bats.
5. Bases will be set at 45ft.

Special Rules

1. **Coach Pitch**—Coach Pitch (see specifications below) will be used in the Wookies – Coach Pitch Division. Use of a tee is permitted after three (3) pitches from the coach.
2. **Player roster:** Players can be exchanged defensively without any effect on the batting order (in other words, free defensive substitution). If a player becomes ill or injured, that player is removed from the game and his/her spot in the batting order is skipped without penalty.
 - a. All players are placed defensively, with no more than 5 infielders (no catcher position). All remaining players will be placed in the outfield grass (cannot be positioned in the infield at any time, but can move once the ball is hit).
 - b. The player that assumes the pitcher's position must be positioned with at least one foot inside the pitching area.
3. **Defensive Coaches:** Defensive coaches are permitted in the perimeter of the field to keep players positioned and engaged. Teams may have no more than 3 coaches in the field.
4. **COACH PITCHING:**
 - a. A coach will pitch (overhand) to the batter from a distance of 15 ft. from home plate.
5. **Dead Ball:**
 - a. The ball is declared dead when the defensive team stops (or contains) the lead runner or the runner abandons the effort to advance. Once play has been stopped, no other runners may advance beyond the last base tagged.
 - b. The ball will be declared dead when a player is injured and is unable to continue the play.
 - c. If the batter strikes the tee, it will be considered a foul ball.
6. **Infield Fly Rule:** there is NO INFIELD FLY RULE.
7. **Bunting:** Bunting is not allowed. If a player bunts, it is considered to be a foul ball.
8. Coaches will determine if the lineup will be batted or the number of batters per inning to bat. This will be determined by the coaches prior to the game.

Wookies – Coach Pitch (5/6 year-olds) est. 7/23/2020

Upper/Older Division

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.

Team Responsibilities and Conduct

1. The home team will occupy the 3rd base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than (9) batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
 - a) A runner may not maliciously crash into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
 - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

Special Rules

1. **Coach Pitch**—Coach Pitch (see specifications below) will be used in the Wookies – Coach Pitch Division. Use of a tee is permitted after three (3) pitches from the coach.
2. **Player roster:** Players can be exchanged defensively without any effect on the batting order (in other words, free defensive substitution). All players are placed in the batting order.
 - a. 10 - 12 players will be placed in the field. There will be four (4) to six (6) outfielders. ALL outfielders must remain in the grass area of the outfield (cannot be positioned in the infield at any time, but can move once the ball is hit).
 - b. Defensive infielders (other than the pitcher) cannot assume a position any closer than 40 ft. From the batter. The field will be marked, as follows: Using the rear-most point of home plate as the measuring point, there will be a 40 ft. mark on the inside of the 1st and 3rd base lines. Then, an intermittent or dotted arc (3 ft. line, 3 ft. opening, etc.) will be marked from the 1st base line around to the 3rd base line, defining that players must stay behind this arc until the batter hits the ball. The purpose of this rule is safety. Once ball is hit, the arc is no longer a factor and all defensive players may play the ball without restrictions.
 - c. The player that assumes the pitcher's position must be positioned with at least one foot inside the pitcher's circle (radius of 6 ft., with the 46 ft. pitching rubber being the center of the circle).
 - e. The catcher takes the catcher's normal position or off to the side on backstop in full gear. (Teams may bring soccer shin guards to replace the catcher shin guards)
4. **Game Length:** Six (6) innings or 50 minutes. Each batter receives a maximum of three (3) pitches and two (2) swings from the tee. If the batter strikes out, or if the ball has not been hit into play after three (3) pitches and two (2) swings from the tee, the batter is out.
 - a. If the batter fouls the 5th pitch, the batter will receive pitches as long as the batter continues to foul pitches.
 - b. The half inning is over when three (3) outs are made or eight (8) runs are scored.
 - c. The batter is out if the batter swings on a third strike and misses the ball. A foul-tip on a third strike and caught by the catcher is also an out.
2. **Field Dimensions:** Base length of 60 ft.
3. **COACH PITCHING:**
 - a. A coach will pitch (overhand) to the batter from a distance of 25 ft. from home plate.
4. **Dead Ball:**
 - a. The ball is declared dead when the defensive team stops the lead runner or the runner abandons the effort to advance. Once play has been stopped, no other runners may advance beyond the last base tagged.
 - b. The ball will be declared dead when a player is injured and the umpire's judgment is unable to continue the play.
 - c. If a batted fair ball hits the coach who is pitching, the ball is immediately dead and it is considered a no-pitch. All runners return to the base they occupied before the ball was hit.

d. If a thrown ball hits the coach who is pitching, it is a live ball.

5. **Infield Fly Rule:** there is NO INFIELD FLY RULE.
6. **Bunting:** Bunting is not allowed. If a player bunts, it is considered to be a foul ball. If a player bunts on the third strike or 3rd pitch, it is an out.
7. **Maximum Runs Per Inning:** There will be a maximum of 8 runs allowed per team per inning. Once the 8th run is scored, even if it is part of a continuing play, no additional runs are counted. Once 8 runs or 3 runs is reached, teams will switch.

Rookies Division

rev. 7/23/2020

Rules Overview

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.

Team Responsibilities and Conduct

1. The home team will occupy the 3rd base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
 - a) A runner may not maliciously crash or slide into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
 - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

Equipment, Dimensions and Game Length

1. A 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.
2. If there is a tie at the end of the sixth inning and the time limit has not expired, the teams may play as many extra innings as possible until either a winner is decided or the time limit is reached. If the score is even at the end of the limits above, the game will end in a tie.
3. The league will furnish batting helmets and all catchers equipment except the mitt. All borrowed equipment must be returned to its appropriate location.
4. Bats must meet the requirements set forth by the USA Bat Standards. Please review the online link to find the complete list of approved bats.

Pitching Machine Rules

Every team in the Rookies Division will bat off the provided pitching machine. The following rules and restrictions apply. More specific batting rules may be located in the "Special Rules" section below.

1. The pitch speed will be different for each division of play. Setup for machines shall be as follows:
 - Bronze** – 36 mph
 - Silver** – 38 mph to start the year. At mid-point of the season, the machine speed will be set to 42 mph (This is to help players be better prepared for All-Stars).
 - Gold** – 42 mph
2. Setup for machines shall be as follows:
 - a) Machines shall be placed 46 feet from home plate. If a pitching rubber is installed on the field, the front leg of the machine shall be placed in front of the rubber, ideally with the back of the machine's front leg touching the front edge of the rubber.
 - b) Sandbags shall be placed on the front and back legs of the machine for stability and consistency of pitches.
3. Coaches may utilize the "fine tuning knob" to adjust the height of pitches while their team is at bat, however, no extra or practice pitches are allowed after adjustments.
4. Any major adjustments to the pitching machine must be approved by the umpire and both coaches. Safety is the first concern followed by the player being able to hit the ball.
5. Coaches may throw five (5) practice pitches with the machine prior to their team's first at-bat. A few practice pitches are permitted between innings, but the game should not be halted or delayed because of these pitches.
6. If a batted ball strikes the pitching machine, the ball is declared dead. The batter is awarded first base and the runners advance one base, as necessary. *(Example 1: Runners on 1st and 2nd, ball hits machine -- The result should be runners on 1st, 2nd and 3rd. Example 2: Runner on 3rd, ball hits machine -- The result should be runners on 1st and 3rd.)*

Special Rules

Batting

1. 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 order will begin from the point it ended the previous inning.
2. Each team will select a coach to “pitch” to its own batters. Only coaches may feed and/or adjust the pitching machines.
3. Each hitter will be given a maximum of five (5) pitches per at bat (Does not matter whether they are hittable) unless the final pitch is a foul ball. The batter will continue to receive one additional pitch (like normal baseball) on all foul balls on the fifth pitch or later. The batter is out if he strikes out or the ball is not put in play (or fouled off) after the fifth pitch.
4. Bunting is allowed. However, a batter may not fake a bunt, then pull-back and swing on the same pitch. Batter will be called out if he swings at a pitch in this manner.
5. Leading off and/or stealing is not allowed.
6. The “Catch-Up-Plus-5” run rule is in effect. Each team will bat until the defense records three (3) outs or it has scored the maximum number of runs in an inning, whichever is first. For the winning team, the run rule is five (5) per inning. For the losing team, the run rule is the opponent’s leading margin plus 5 per inning. The play on which the run rule is reached in an inning will be allowed to continue until the umpire declares it dead, though any extra runs scored will not count. (*Example: Team A is leading Team B 6-3. If Team A is batting, it may score 5 runs. If Team B is batting, it may score 8 runs [6-3 = 3 + 5 = 8]*).

Defense and Stoppage of Play

7. The defensive team may play ten (10) players in the field at one time with no more than six (6) players in the infield at any point prior to the batter making contact with the ball. Six players in the infield includes a catcher, who does not need to crouch or be positioned immediately behind the plate, but he must be in catcher’s attire and located behind the plate/batter.
8. 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. Substitutions may be made freely at the coach’s discretion.
9. In the Bronze Division, the defensive team may place two (2) coaches in the outfield to help set the defense at all times. In the Silver Division, one (1) coach is allowed in the outfield. In the Gold Division, one coach is allowed in the outfield for the first-half of the season, then none for the remainder of the season. These coaches must not obstruct play in any way.
10. Protective headgear is mandatory for the player playing the pitcher position.
11. There is no infield fly rule.
12. The decision concerning the “end of the play” is solely the discretion of the umpire. The umpire will call “Dead Ball” (a) when the action stops or (b) when the ball is in the possession of a defender within the infield and the lead runner has ceased to advance.
13. Overthrows—Runners may advance a maximum of one base, at their own risk, on any overthrow that stays in play. Once the runner(s) reach one base safely, the umpire will stop play until the next pitch from the machine. *Example: Runner at 1st base, ground ball to shortstop. In attempt to throw out the runner at 2nd base, the shortstop throws the ball past the 2nd baseman and into right field. Maximum advance will be for original runner to end up at third and the batter to end up at second.* Note: If ball goes out of play, book rule is in effect.

WNSL Baseball League Rules

Minors Division

Rev. 7/23/2020

Rules Overview

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

Team Responsibilities and Conduct

1. The home team will occupy the 3rd base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
 - a) A runner may not maliciously crash or slide into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
 - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

Equipment, Dimensions and Game Length

1. A game shall last 6 innings or 1 hour and 40 minutes on Fridays, Saturday and through 5pm Sunday starts, whichever comes first. A game shall last 6 innings or 1 hour and 30 minutes on a weeknight (Sunday 7pm, Monday - Thursday), 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. Stalling for any reason is a violation of the WNSL's Code of Conduct and will not be tolerated. Further discipline may result.
2. If there is a tie at the end of the sixth inning and the time limit has not expired, the teams may play as many extra innings as possible until either a winner is decided or the time limit is reached. If any extra innings are played, International Rule will be in effect (team batting will begin with runner who batted last in previous inning at 2nd base). If the score is even at the end of the limits above, the game will end in a tie.
3. The bases shall be set 60 ft. apart and the pitcher's rubber 46 ft. from rear point of plate.
4. The league will furnish batting helmets and all catcher's equipment except the mitt. All borrowed equipment must be returned to its appropriate location.
5. Bats must meet the requirements set forth by the USA Bat Standards. Please review the online link to find the complete list of approved bats.

Special Rules

Batting

1. 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 order will begin from the point it ended the previous inning.
2. Bunting is allowed, however, deceptive practices such as faking a bunt by waving the bat to distract the pitcher will not be tolerated. If the umpire determines the batter is involved in this practice, the batter will be declared out.
3. Stealing stipulation: A team may not steal or advance on a wild pitch, passed ball, or errant throw from the catcher back to the pitcher if team at-bat has a 10-run or more lead. *In the Bronze Division, players will not be allowed to steal home on a passed ball or wild pitch at any point during the game.*
4. A team may opt to use a courtesy runner for the catcher with two outs. The runner must be the last player to record an out.
5. The "Catch-Up-Plus-5" run rule is in effect. Each team will bat until the defense records three (3) outs or it has scored the maximum number of runs in an inning, whichever is first. For the winning team (or if the game is tied), the run rule is five (5) per inning. For the losing team, the run rule is the opponent's leading margin plus 5 per inning. The play on which the run rule is reached in an inning will be allowed to continue until the umpire declares it dead, though any extra runs scored will not count. *(Example: Team A is leading Team B 6-3. If Team A is batting, it may score 5 runs. If Team B is batting, it may score 8 runs [6-3 = 3 + 5 = 8]).*

Defense

6. 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 point prior to the batter making contact with the ball.

7. 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. Substitutions may be made freely at the coach's discretion.

8. The decision concerning the "end of the play" is solely the discretion of the umpire. The umpire will call "Dead Ball" when the ball is in possession of a defender and all runners have ceased to advance.

Pitching Guidelines

1. A Pitcher may Pitch a maximum of 75 pitches in a Game/Day. If 1-40 pitches are made, 0 days rest is needed for the pitcher to again pitch. If 41-65 pitches are made, then 1 full day of rest is required. If 66+ pitches are made, 2 full days of rest is required.

Examples: A pitcher who pitches 40 pitches on Saturday would be eligible to pitch again on Sunday. A pitcher who pitches 65 pitches on Saturday would be eligible to pitch again on Monday. A pitcher who pitches 66 or more pitches on Saturday would be eligible to pitch again on Tuesday.

Warm-up Pitches: The starting pitcher and any relief pitcher is entitled to 8 warm-up pitches. Between innings if the same pitcher takes the mound, he/she is entitled up to 5 pitches in a 1-minute time frame.

2. A coach's second trip to the mound in the same inning, to the same pitcher for purposes other than obvious injury to the pitcher shall result in the removal of that pitcher.

3. For safety, a player warming up in foul territory during the game must have a person protecting him.

4. The balk rule is not in effect.

WNSL Baseball League Rules

Majors Division

Rev. 7/23/2020

Rules Overview

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.

Team Responsibilities and Conduct

1. The home team will occupy the 3rd base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
 - a) A runner may not maliciously crash or slide into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
 - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

Equipment, Dimensions and Game Length

1. A game shall last 6 innings or 1 hour and 40 minutes on Fridays, Saturday and through 5pm Sunday starts, whichever comes first. A game shall last 6 innings or 1 hour and 30 minutes on a weeknight (Sunday 7pm, Monday - Thursday), 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. Stalling for any reason is a violation of the WNSL's Code of Conduct and will not be tolerated. Further discipline may result.
2. The bases shall be set 70 feet apart and the pitcher's rubber 50 feet from home plate (real point).
3. The league will furnish batting helmets and all catcher's equipment except the mitt. All borrowed equipment must be returned to its appropriate location.
4. Bats must meet the requirements set forth by the USA Bat Standards. Please review the link online for the complete list of approved bats.

Special Rules

1. 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 order will begin from the point it ended the previous inning.
2. Leading off and stealing are allowed, however, teams may not steal with a lead of 10 runs or more.
3. A team may use a courtesy runner for the catcher with two outs. The runner must be the last player to record an out.
4. The "Catch-Up-Plus-5" run rule is in effect. Each team will bat until the defense records three (3) outs or it has scored the maximum number of runs in an inning, whichever is first. For the winning team (or if the game is tied), the run rule is five (5) per inning. For the losing team, the run rule is the opponent's leading margin plus 5 per inning. The play on which the run rule is reached in an inning will be allowed to continue until the umpire declares it dead, though any extra runs scored will not count. *(Example: Team A is leading Team B 6-3. If Team A is batting, it may score 5 runs. If Team B is batting, it may score 8 runs [6-3 = 3 + 5 = 8]).*

Pitching Guidelines

1. A Pitcher may Pitch a maximum of 85 pitches in a Game/Day. If 1-40 pitches are made, 0 days rest is needed for the pitcher to again pitch. If 41-65 pitches are made, then 1 full day of rest is required. If 66 or more pitches are made, 2 full days of rest is required.
Examples: A pitcher who pitches 40 pitches on Saturday would be eligible to pitch again on Sunday. A pitcher who pitches 65 pitches on Saturday would be eligible to pitch again on Monday. A pitcher who pitches 66 or more pitches on Saturday would be eligible to pitch again on Tuesday.

Warm-up Pitches: The starting pitcher and any relief pitcher is entitled to 8 warm-up pitches. Between innings if the same pitcher takes the mound, he/she is entitled up to 5 pitches in a 1-minute time frame.

2. If a pitcher is removed from the mound in an inning, but remains in the game and on the field, he may reenter as a pitcher in the same inning without it counting as a second inning. No additional warm-up pitches are allowed.
3. A coach's second trip to the mound in the same inning, to the same pitcher for purposes other than obvious injury to the pitcher shall result in the removal of that pitcher.
4. The balk rule is in effect.

Special Rule Regarding Weather Delays and Multiple Rainouts

Occasionally, WNSL is faced with the situation that fields are too wet for early games on weekend days, but that fields can become playable by later in that same day. In such cases, the League may determine that it is in the best interest of play, that a slightly abbreviated set of rules be intact, to allow for more games to be played.

These rules will be declared only when there is the need to get more games played in a shorter time due to wet fields and/or in “wet seasons” when there are not enough days remaining to play the needed number of make-up games.

In such case, games will be played under what the League will now call:

Turbo Rules

1. The League will adjust the Time Limit for the games in question, i.e. a Majors or Minors game originally scheduled for 100 minutes might be adjusted to 80 minutes, or a Machine Pitch game originally scheduled for 80 minutes might be adjusted to 65 or 70 minutes, etc. These time limits will be set on a case-by-case basis, as necessary, by the league.
2. The maximum runs-allowed per inning will be adjusted to four, regardless of the score. The Catch-up Rule will not be in effect for Turbo Rule Games, but teams are encouraged to play-out games until the shortened time limit.

WNSL Out-of-Age Player-Exception Policy

(For “age-determined” Sports such as Baseball)

"A team is limited to one out-of-age-group exception, when approved by WNSL (decision to approve will not be automatic, but considered on individual basis with guidelines such as player age, size, experience in the sport, skill-level, etc.). WNSL, after a chance to observe the player, reserves the right to either (a) move-up the player or (b) move-up the entire team if the player is exceptional."

West Nashville Sports League Concessions Price List

HOT FOOD	
Cheeseburger/Hamburger	\$5.00
Hugh Baby's BBQ Sand.(Sat)	\$5.00
Corn Dogs (Footlong)	\$3.00
Cup of Chili (12 oz)	\$3.00
French Fries	\$3.00
Pretzel (Large) (w/cheese +)\$0.50	\$3.00
Grilled Hot Dog (Nathans)	\$3.00
Nachos w/Cheese	\$3.00
Chili add to FF/ Hot Dog/ Nachos	\$1.00
Pepperoni/ Cheese Pizza (Slice)	\$3.00
Whole Pizza	\$12.00
MORNING FOODS	
Sugar/Chocolate Donuts (pack)	\$1.00
Sausage & Bisc/Egg&Cheese C	\$3.00
Honey Bun/KrispyKreme/P. Tart	\$2.00
Muffin	\$3.00
SNACK FOOD	
Chips/Cookie/Cracker/Trail Mix	\$1.00
Fruit Snacks (Large)	\$1.00
Moon Pie/ Goldfish/Fruit Roll Ups	\$1.00
Popcorn (Fresh on Saturday)	\$2.00
Cracker Jacks	\$1.00
Sunflower Seeds	\$1.00
Peanuts (Shelled)	\$1.00
Rice Krispy Treats	\$1.00
Sweet and Salty Bars	\$1.00
Beef Jerky	\$2.00
Slim Jim	\$0.50
Pickle (Large Dill)	\$1.00
Kind Bars	\$3.00
Skinny Pop/Pirates Booty	\$1.00
Pretzels (Bag)	\$1.00
ICE CREAM	
Klondike Bar	\$2.00
Snickers Bar	\$2.00
Ice Cream Sandwich	\$2.00
Nutty Buddy/ Orange Pop-Ups	\$2.00
Popsicles	\$1.00
M & M or Toll House Cookie	\$3.00
ICEE Pop	\$1.00
Fudge/Orange Cream Bar	\$2.00

FRESH FRUIT	
Banana	\$1.00
Apple/Orange	\$2.00
Grapes (Bag)	\$3.00
CANDY	
Air Heads	\$0.25
Baby Bottle Pops	\$2.00
Blow Pops	\$0.50
Sweet Tarts	\$2.00
Cotton Candy	\$2.00
Nerds Rope	\$1.50
Big League Chew/Bubble Tape	\$3.00
Double Bubble Gum by the Bag	\$3.00
Juicy Drop Pops	\$3.00
All Chocolate Candy	\$1.50
Push Pops	\$2.00
Ring Pops	\$1.00
Sour P Straws/Patch Kids/Xtreme	\$1.50
Skittles/ Starburst	\$1.50
Laffy Taffy Rope	\$1.00
DRINKS	
Body Armor Sports Drink	\$3.50
Dunkin Donuts Ice Coffee	\$3.50
Hot Chocolate/Coffee	
Large (16 oz)	\$3.00
Small (12 oz)	\$2.00
Iced Tea (Sweet, Unsweet)	\$3.00
Lemonade	\$3.00
Powerade/Gatorade	\$2.00
Soft Drinks (20 oz)	\$2.00
Coke, D Coke, Coke Z, Dr Pepper	\$2.00
D. Dr Pepper, M.Yello, Sprite	\$2.00
Tummy Yummy	\$2.00
Water (Bottle) (Dasani 20 oz)	\$2.00
Smart Water/Vitamin Water	\$3.00
Icees	
Large	\$4.00
Small	\$3.00
Ice by Cup	\$0.50
ALL PROCEEDS BENEFIT WNSL A 501© 3 NON-PROFIT	