

West Nashville Sports League

Spring Softball

Coach Guidelines and Information

2022





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

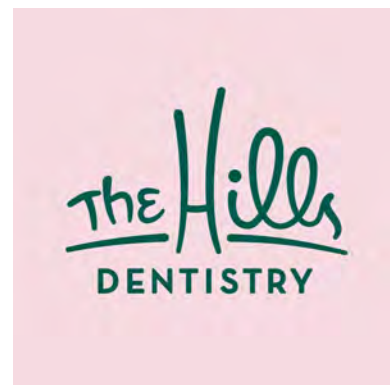
Media: Website: www.wnsl.org
Twitter: @WNSLonline
Facebook: facebook.com/WNSLonline
Instagram: @WNSLonline

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 Scott Tygard scott@wnsl.net

WNSL SPONSORS

EVERY SEASON STARTS AT



Sponsorship Levels

Overall League Packages:

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

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

Single Season Sport Packages:

(Sponsors one Sport for the Main Competition Season)

Seasons (circle one):

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

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

Additional Packages:

Basketball Tournament Naming Rights:

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

Naming Rights to Baseball Fields:

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

Dear Prospective Sponsor,

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

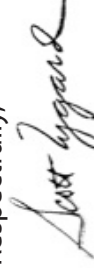
Since 1997, WNSL has been an athletic outlet to thousands of area boys and girls. As a youth sports league, we take great pride in the achievements of this program, which operates at the highest level and is a strong catalyst in keeping the youth of our community on the playing field. The WNSL mission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

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

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

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

Respectfully,



President, West Nashville Sports League



WEST NASHVILLE SPORTS LEAGUE SPONSORSHIP INFORMATION



Serving the Nashville Community

Since 1997

www.wnsl.org

Overall League Sponsorship Packages

For all sports for one year or

Single Season Sport Packages:

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

Gold Package

\$4,000 Commitment

OR

\$1,000 Single-Sport Commitment

Package Includes:

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

Silver Package

\$2000 Commitment

OR

\$500 Single-Sport Commitment

Package Includes:

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

Bronze Package

\$1000 Commitment

OR

\$250 Single-Sport Commitment

Package Includes:

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

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

Additional Sponsorship Opportunities:

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

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

WNSL
PO Box 50710
Nashville, TN, 37205

Company Name: _____

Mailing Address: _____

Contact Email: _____

Phone: _____

Additional Info: _____

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

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



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

Follow Us To...

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



www.twitter.com/WNSLonline



facebook

www.facebook.com/WNSLonline



www.Instagram/WNSLonline

West Nashville Sports League

2022 Calendar of Events

INTERACTIVE CALENDAR ON WWW.WNSL.ORG

- March 4 Spring Baseball, Softball, Flag Football Registration Closes
- March 8 Softball Coach Meeting
- March 9 Flag Football Coach Meeting
- March 10 Baseball Coach Meeting
- March 26 Spring Baseball Season begins
- April 2 Spring Flag Football and Softball Season Begins
- April 9 Baseball and Flag Football Team Photos
- April 16 No Games – Easter Weekend
- May 4 Summer Basketball Registration Closes
- May 14 Steeplechase – NO GAMES AT WARNER PARK
- May 14 Baseball Regular Season Ends
- May 15 - 21 Baseball End Of Season Tournament
- May 21 Spring Flag Football and Softball Season Ends
- June 1 Summer Basketball Season Begins
- June 3 – 5 5U – 8U Tune Up Tournament
- June 9 – 12 9U – 12U Tune Up Tournament
- June 28 Summer Basketball Season Ends



2022 Spring Softball Registration

Deadline: March 4th



Player Name: _____ Parent/Guardian Name: _____

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

Street Address: _____ City: _____ Zip Code: _____

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

Grade: _____ Age on Jan. 1, 2022: _____ School: _____ Years of Softball Experience: _____

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

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

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

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

Is the player is moving up a division from last season? (8U to 10U etc.) Yes _____ No _____

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

6U (5 & 6 Year Olds) 8U (7 & 8 Year Olds) 10U (9 & 10 Year Olds) 12U (11 & 12 Year Olds)

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

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

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

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

Information:

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

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

Sponsorship Information:

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

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

Agreement:

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

Signature of Parent/Guardian: _____ Date: _____

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

6U - \$150 8U - \$165 10U - \$185 12U - \$195

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



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



West Nashville Sports League

Financial Assistance Form

Parent/Guardian Name _____

Phone Number _____ E-Mail _____

Child's Name _____

Age _____ School _____ Grade _____

Reason you are applying for financial assistance _____

Sport for which you are applying for financial assistance _____

Total Household Income from adults living in household last year _____

Source of Income _____

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

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

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



WNSL Spring Newsletter

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

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



The WNSL Baseball Times

Vol. 12, Issue 3



In This Issue

[Picture Pick-Up](#)

[Summer Basketball](#)

[WNSL All Stars](#)

[In House
Tournament](#)

[Final WNSL Night](#)

[Umpire's Corner:
Rules Update](#)

Dear Baseball Families --

As we enter the final month of Spring Baseball we want to thank you, again, for sticking with us during all the rain! There were several changes made to the schedule this week, so please make sure you look over it before you head out to the fields Saturday! Also, we want to extend a special thank you to all the baseball Moms that will spend Mothers Day at the fields! Please note Saturday, May 10th is Steeplechase so allow PLENTY of time to get to the church as traffic will be very

WNSL Spring Softball

Frequently Asked Questions

If you have a question, start here.

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

Sign-Ups, Cost and Division Questions

When can we register? Regular registration is now open and will close in early March.

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

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

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

Do you give refunds if my child decides not to participate? Refunds are only given with a Doctor’s excuse that a child cannot play due to injury. Registrations may be transferred to another sport up until the time the uniforms are ordered. **After uniforms are ordered refunds are not available.**

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

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

Is the WNSL affiliated with a national softball organization? The WNSL is affiliated with the Babe Ruth/Cal Ripken softball league.

What are the age divisions and can players play up or down? We have 4 divisions:

- 6U** - 5 and 6 year olds
- 8U** - 7 and 8 year olds
- 10U** - 9 and 10 year olds
- 12U** - 11 and 12 year olds

The child's age on January 1st, 2022 determines in which division he/she will play. Because of this, we will not allow kids to "play down" a division but they are allowed to "play up." **Occasionally** a player will be allowed to play down but this exception must be approved by the director of the WNSL.

How much does Fall Softball cost? 6U - \$150, 8U - \$165, 10U - \$185, 12U - \$195

What is included in the registration fees? The registration fee includes staff, insurance, uniforms, field maintenance, umpires, etc. A lot of work goes into the preparation of the fields both before the season and prior to games each day. We also try to upgrade the facilities a little bit each year.

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

Coach/Team Parent Related Questions

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

How are coaches certified? Coaches are asked to provide necessary background check information at the Coaches’ Meeting in Mid-March and sign a “Code of Conduct”.

How does a parent notify the league that he or she would like to coach or be a team parent? During the online registration process there is a “Volunteer” page. Click on the volunteer position you would like (Coach, Assistant Coach or Team Parent) and fill out the requested information. You will then be assigned to your child’s team once the registration process is closed.

How do you come up with team names? The coaches determine team names.

How many players are on a team? The WNSL does not have a specific policy regarding number of players but recommends teams carry 10-12 players. Some coaches may choose to have more.

Weather, Practice, Season Length, and Softball Basics

What type of softball league does the WNSL offer? The WNSL feels all youth sports should be recreational in nature yet also competitive where the players feel engaged and have the desire to work toward being better at the sport. The sports program is not a babysitting service but it is a league that does not encourage a win-at-all-cost attitude. Sportsmanship, camaraderie, fun and learning the game are the most important aspects of our softball league. Teams play 10-14 games (depending on the division) for the recreational regular season. The WNSL feels that the casual recreational player as well as the more serious competitive player will both be accommodated. In short, the WNSL wants players of all different levels to have fun, excel and feel good about what they are doing.

Are there different rules for different divisions? Yes. The complete rules for all divisions are available on the WNSL website but in short, we start out teaching basic skills and the game becomes more like “real” softball as the kids get older.

When does the season start and how long does it last? The 2022 Spring Softball season’s first pitch will be on April 2nd and conclude in late May.

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

Where are the games played? All games are played at the Green Hills Park (behind JT Moore Middle School), Harpeth Hills Church of Christ or Edwin Warner Park.

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

Does the league provide photos for teams and individuals? This is To Be Determined.

What happens in case of inclement weather? Are games rescheduled? How will a parent/coach know if games are canceled? Rainouts are unfortunately a part of softball. If games are canceled, there will be a notice on the homepage of www.wnsl.org, a posting on the league's Twitter account (@WNSLonline) as well as a message stating games have been canceled at 615.376.4700. The league will do its best to reschedule all games. The season will not be extended past Memorial Day and all games will have to be played before Memorial Day.

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

Sponsorships and Financial Assistance

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

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

What if I am interested in sponsoring a team or the league? Please let your participant's coach know and then contact scott@wnsl.net or 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. All opportunities are listed under the sponsorship link at www.wnsl.org. If you are interested in corporate sponsorships, contact scott@wnsl.net.

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

Miscellaneous Questions

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

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

WNSL PARENT CODE OF CONDUCT

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

Signature: _____

Printed Name: _____

Today's Date: _____

PRACTICE INFORMATION

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

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

INSURANCE QUESTIONS

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

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

E-Mail: angela@westpointinsurance.com

Phone: 800.318.7709

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

SCHEDULE AND STANDINGS INFORMATION

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

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

Middle season standings adjustments

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

End of season adjustments

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

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

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

Coaches leading multiple teams

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

Teams unable to make a game

If you cannot field a team on a given week, please inform the 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 "Rosters" tab on the WNSL webpage after logging into your account. Note that you can only view the coaches' contacts information if you are logged into your account.

Forfeits

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

FREE AGENTS ON YOUR TEAM?

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

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

Thank you for your cooperation in these matters

LAZY PARENTS OR LAZY PLAYERS

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

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

ABSENT PLAYERS LEAVING YOU SHORT?

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

WEATHER CANCELATIONS



For weather cancelations:

1. There will be a notice on the www.wnsl.org website
2. We will send an email out to all participants (Time Permitting)
3. A message will be posted on the League's Twitter feed (@WNSLonline), Facebook Page (www.facebook.com/WNSLonline) and Instagram (@WNSLonline)
4. A phone message on the league number -- 615.376.4700

No messages or notice means games are on as scheduled.

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

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

AFTER SEASON AWARDS AND RECOGNITION OF TEAMS

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

LOVE OF THE GAME TEAMS AWARDS

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





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

UMPIRE COMPLAINTS

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

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

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

Subject: Umpire Complaint
Date of Game
Game Time
Field
Name or Description of Umpire
Nature of Your Complaint



GREEN HILLS PARK FIELD LAYOUT

1200 Lone Oak Rd, Nashville, TN 37215



Field 2 (10U Field)

Field 1 (12U Field)

TEAM PHOTO DAY

SATURDAY April 23rd

By Carl Bott Sports Photography



Team Photos are MANDATORY for Softball Teams. There is no purchase necessary.

Learn More by visiting them online at:

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



SOUNDS WELCOME

WEST NASHVILLE SPORTS LEAGUE

Sunday, May 8th at 2:05pm
Nashville Sounds vs. Norfolk Tides

The Nashville Sounds are excited to partner with West Nashville Sports League for the Annual Youth Sports Day on May 8th.

The afternoon game will feature \$13 tickets for West Nashville players and their families.

If your team is interested in being the Field of Dreams team for May 8th please contact Ben with all inquiries.

May 8th

First pitch is at 2:05pm

\$13 tickets

*Tax not included

<https://fevo.me/westnashville050822>

Ben Whalin
benw@nashvillesounds.com
615-515-1104



SOUNDS BASEBALL REMASTERED

FIRST TENNESSEE PARK 19 JUNIOR GILLIAM WAY, NASHVILLE, TN 37219

WNSL COACH CERTIFICATION:

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

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

Register as a Volunteer

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

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

Create an Account and Register as a Volunteer

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

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

WNSL VOLUNTEER COACHING DISCLOSURE

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

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

Date of Birth: _____

Mailing Address: _____

E-Mail Address: _____

Cell Phone: _____ Other Phone: _____

Division and Team You are Coaching: _____

Have you previously had experience working with children? YES NO

WNSL COACH CODE OF CONDUCT

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

Coach's Signature: _____

Coach's Printed Name: _____

Today's Date: _____

WNSL COACH BIO

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

Name: _____ Team: _____

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

Employer: _____ Occupation: _____

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

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

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

Why do you coach? _____

How did you hear about the WNSL? _____

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

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

What is your primary goal this season? _____

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

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

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

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

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

Team Sponsor Information

Each 2022 Spring Softball Team must have a \$250 Team Sponsor to help offset the cost of field maintenance, scholarships and more.

The team sponsorship level is \$250 and is due by March 8th at the Coach's Meeting.

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

Coach's Name: _____

Division: _____

Sponsor Contact Name: _____

Sponsor Company: _____

Sponsor E-Mail Address: _____

Sponsor Phone Number: _____

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

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

A .jpg version of the sponsor's logo must be e-mailed to carly@wnsl.net by March 8 at the latest to be included on Jerseys and T-Shirts.

Team Parent Designation

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

Team Parent:

Coach Name: _____

Team Name: _____

Division: _____

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

COACH'S PRESEASON TEAM ASSESSMENT

Coach: _____ Division: _____

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

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

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

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

If YES, how many years? _____

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

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

Age: _____ Players: _____

How many times per week will you practice? _____

Have you already begun practicing? YES _____ NO _____

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

_____ **COMPETITIVE:** An above average team, usually with handpicked players for set positions by a coach and/or parent representative. The team will not move players around much and only certain players will be touching the ball. Intensity is present and winning is more important than development of all players.

_____ **RECREATIONAL:** Fun is the name of the game in this level -- generally are 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. Coach pledges that all players will get to play different positions and all players get touches during every game, winning or losing will not matter. Fun and developmental team.

_____ **TWEENER:** In between the two above and the league can place team where needed.

Pre-Season Practices on WNSL Fields

At the March 8th Coach meeting, coaches will have the opportunity to reserve practice times on any available fields from Wednesday, March 10th through Thursday, March 31st. We ask all coaches to stay off all game fields on Friday, April 1st, in order that Grounds Crew can make final preparations for the April 2nd Opening Day games. Notes: The playground for smaller children at FHUMC is OFF-LIMITS for us.

The above items are DEAL-BREAKERS for these organizations, please comply!

Practices During-the-Season

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

For 6U (Wookies) Teams

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

For 8U (Rookies) Teams

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

For 10U (Minors) Teams

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
GHP2	12 - 1:30 1:30 - 3 3 - 4:30 4:30-6 6 - 7:30	4-5:30 5:30-7		4-5:30 5:30-7		4-5:30 5:30-7

For 12U (Majors) Teams

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
GHP 1	12:30-2:15 2:15-4:00 4-5:45 5:45-7:30	4-5:30 5:30-7		4-5:30 5:30-7		4-5:30 5:30-7

Division _____ Head Coach _____

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

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

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

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

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

TEAM NAME REQUEST

The league teams will be provided with a generic jerseys this season. Each team will be able to select the (appropriate) 'team name' that is printed on the front of the jersey. The maximum character length is 15. Player name can also be added to the back of player Jersey for an **additional \$6 cost****.

Coach Name _____ Grade: _____

Please print your preferred team name here: 1) _____ 2) _____

****Player name order form along with Coach/Parent Jersey order form Due by March 11th****

JERSEY COLOR REQUEST

There will be 14 different jersey colors to choose from this year. Please list your top 5 jersey colors. We will assign teams colors based on selections.

1st choice: _____

2nd choice: _____

3rd choice: _____

4th choice: _____

5th choice: _____

Possible Color options:

Black/White

Fuchsia/White

Gray/Black

Lime Green/White

Navy/White

Purple/White

Royal Blue/White

Red/White

White/Black

COACH/PARENT REPLICA JERSEY ORDER FORM

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

All Coaches from each team are requested to wear replica jerseys. Replica jerseys are \$25 each. Deadline to order is March 11th.

These orders must be placed and paid for before uniforms are distributed

Make checks payable to WNSL. Jerseys are to be paid in full by Opening Day.

Please list the quantity you would like next to each size

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

Number of jerseys ordered _____ X \$25 = _____ (Amount due to WNSL)

Coach Name _____ Team Name _____ Division _____

Game Schedule Request

Coach: _____ Division: _____

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

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

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

Form Instructions:

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

1. Use the calendar to the left to make any schedule requests. Do not abuse this form. (Example: Marking out every day but Tuesday and Saturday will result in no attention paid to your requests)
2. To indicate that your team cannot play on a specific day, place an 'X' in the appropriate box.
3. To indicate that your team needs a morning game on a specific Saturday, place an 'AM' in the box.
4. To indicate that your team needs an afternoon game on a specific Saturday, place a 'PM' in the box.

Dates with an * next to them are as follows:

April 2: Opening Day

Also note the following dates of importance:

- Spring break for WCS: Mar. 14 - 18
- Spring break for MNPS: Mar. 14-18
- Easter: April 17th (No Games)

If you have other scheduling notes, 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: _____

Division: _____



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

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

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

Go to:

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

By MARCH 15!

Contact carly@wnsl.net with any questions.

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

Sudden Cardiac Arrest Education and Information

What is sudden cardiac arrest?

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

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

How common is sudden cardiac arrest?

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

Are there warning signs?

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

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

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

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

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

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

What is the best way to treat Sudden Cardiac Arrest?

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

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

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

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

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

Signature

Date

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

What is sudden cardiac arrest?

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

How common is sudden cardiac arrest in the United States?

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

Are there warning signs?

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

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

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

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

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

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

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

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

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

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

Signature of Student-Athlete

Print Student-Athlete's Name Date

Signature of Parent/Guardian

Print Parent/Guardian's Name Date



West Nashville Sports League Girls Softball

2022 GIRLS SOFTBALL SUPPLEMENTAL RULES

ASA Official Rule book and this WNSL Supplement will be the guidelines for all league play.

Age Divisions: The playing age will be determined by January 1st of the current year. The following divisions will be offered each season; 6 & Under (6U), 8 & Under (8U), 10 & Under (10u), and 12 & Under (12U).

Playing Time: Each player must play at least two (2) innings.

Base Lengths & Pitching Distances:

<u>Age Group</u>	<u>Base Length</u>	<u>Game Time</u>	<u>Pitching Distance</u>
6 & Under (6U)	50'	60min	Approximately 32'
8 & Under (8U)	50'	70min	32' Coach pitch
10 & Under (10U)	55'	80min	35'
12 & Under (12U)	60'	80min	40'

Equipment: All equipment used by the players must meet the minimum criteria of the ASA rules. This is to include bats, balls, gloves, batting helmets/face masks, shoes, and catcher's equipment. Any equipment judged to be unsafe or damaged may be removed from play by an umpire.

No metal cleats are allowed for any age division.

EQUIPMENT:

SECTION 1: OFFICIAL BAT

- A. Certified/Approved: the official bat for ASA must meet all of the ASA specifications and the requirements of rule 3, Section 1 and:
1. The Official bat, made up of the knob, handle, grip, taper, barrel and end cap shall be free of dents, cracks, sharp edges, rattles, and show no signs of excessive wear. The Official bat shall be marked OFFICIAL SOFTBALL by the manufacturer, be no more than 34 inches long nor exceed 38 ounces in weight. The Official bat shall not be more than 2.250 inches in diameter at its largest part, including any tolerance for expansion. **The Official bat must be either the ASA 2000 Certification Mark, ASA 2004 Certification Mark, or ASA 2013 Certification Mark (Slow Pitch only), as shown below and must be not listed on the ASA Non-Approved Bat List with 2000 or 2004 Certification Mark.**



2. Must be included on a list of approved bat models published by the ASA
3. Must in the sole opinion and discretion of the umpire, have been manufactured before 2000 and if tested would comply with the ASA Bat Performance Standard. This includes wooden bats.

Please see Pages 10 & 11 for Non-Approved Bat List

SECTION 2: OFFICIAL SOFTBALL

- A. Certified/ Approved: Only softballs which bear an ASA approved certification mark signifying compliance with the ball COR and ball compression limitations then in effect, and which satisfy all other applicable provisions in Rule 3, Section 3, will be allowed for use in ASA Championship Play.
- B. Cover: the official softball shall have a cover of leather or synthetic leather material. The ball shall be regular, smooth-seamed, and smooth-surfaced. Beginning January 1, 2010 the optic yellow ball shall be used.
- C. The 12 inch ball: the official 12 inch softball shall be at least 12.0 inches in circumference when measured across two seams, and shall weigh at least 6.750 ounces. The 12 inch ball shall have no fewer than 88 stitches in each cover, sewn by
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the two needle method, or with an authentic facsimile of stitching as approved by the ASA.

1. The 12 inch fast pitch ball: the yellow optic cover, red stitch 12 inch ball with a ball COR of .470 or under and a ball compression of 375.0 lbs or under.

NOTE: This ball is used for 12U

D. The 11 inch ball: the official 11 inch softball shall be at least 11.0 inches in circumference. It shall weigh at least 6.0 ounces. The smooth-seamed style shall not have fewer than 80 stitches in each cover sewn by the two-needle method, or with an authentic facsimile of stitching as approved by the ASA.

1. The 11 inch fast pitch ball: the yellow optic cover, red stitch 11 inch ball with a ball COR of .470 and under, and a ball compression of 375.0 lbs or under.

NOTE: This ball is used for divisions 10U and below.

SECTION 3: CATCHERS EQUIPMENT, FACE MASK/GUARDS & HELMETS

A. Face mask/guards: Any defensive player or offensive player may wear a face mask/guard or batters helmet with attached face mask.

NOTE: All batters are required to wear an approved batting helmet with attached facemask. All catchers are required to wear an approved helmet with attached facemask, shin guards, and body protector.

NOTE: 6U pitchers are required to wear a helmet and face mask/guard while playing in the field.

NOTE: 8U and 10U pitchers are required to wear a face mask/guard while playing in the field. WNSL strongly encourages all pitchers to wear a face mask/guard while playing in the field.

RULE 4 PLAYERS, COACHES, AND FANS:

SECTION 1 : COACHES

A. Coaches will be responsible for clearing the field of all debris after a game at the time set out in the official game schedule of the league.

B. Teams with the last game of the night are responsible for cleaning up their dugout.

C. Each Head Coach shall furnish the opposing coach and scorekeeper a copy of the batting order. The batting order shall include and list with reference both to name and uniform number of all team players present before the first ball is pitched.

RULE 4 PLAYERS, COACHES, AND FANS:

SECTION 2 : SCORE BOOK

A. Each team in the league shall maintain a score book, which reflects the outcome of all its League Games. The score book will be furnished by the league.

1) When a team is designated as the Home Team, it shall provide an official Scorekeeper of at least 16 yrs old, and its score book shall be the Official Score book for that game.

2) The Visiting Team shall provide an official Scoreboard Keeper of at least 16 yrs old for the game.

B. Any protest based on the Official Score book regarding substitution and eligibility shall be verbally made to the Umpire prior to a player coming to bat. Decisions of the umpire will be final as long as decision is based solely on League rules.

SECTION 3 : PLAYERS

A. 6u, 8u & 10u = A team shall consist of ten (10) players in the following positions: Pitcher, catcher, first base, second base, short stop, third base, left fielder, left-center fielder, right-center fielder, right fielder. 12u shall consist of (9) players in normal softball positions.

NOTE: This will remain throughout the entire season to include the end of season tournament: If a team chooses to play with a nine player defensive field that is allowed. The minimum playing time for all players must be adhered to.

NOTE: All age groups will bat the entire roster.

NOTE: Eight players must be present to start and complete a game. If 8 players are not present for a team, a 10-minute grace period will begin. If the short-handed team doesn't have enough players show up during the grace period, then a forfeit will be declared and the game will count as a loss. Once a forfeit is declared, then a scrimmage game is playable, but the end result will still be a loss for the record keeping. Umpires will work all games assigned. Teams will be able to use "Pick up" players who are in the same age division or younger and from the WNSL to field a complete team for the regular season only. "Pick-up" players must be currently registered in the program.

Teams who choose to play with only 8 players will be charged an out for the 9th batter during the regular season and tournament games except 6U teams. If teams have 9 players they will not need to take an out.

SUBSTITUTES/ILLEGAL PLAYERS

G. Players may only be officially rostered to one (1) team per entire league.

SECTION 4: DISQUALIFIED OR EJECTED PARTICIPANT

- A. A disqualified player is prohibited from playing but can remain in the team area or serve as a team coach/manager
- B. An ejected participant must leave the grounds and have no contact with the umpires or participants in the game.

NOTE: Any player, coach, or parent ejected from a game will have a minimum of a one (1) game suspension and must also leave the property immediately upon being ejected. Suspension could be lengthened depending on the severity of the incident. Abuse of umpires, supervisors and WNSL staff may result in suspension for two or more games, this includes after the game is complete. Any person involved in fighting will be immediately removed from the facility and will be suspended from all leagues and facilities indefinitely.

- C. Any arguing of the judgment of balls and strikes will result in a team warning. Any repeat offense will result in the ejection of the team member.
- D. If a player is disqualified a team can play shorthanded, however if a player is ejected and the team does not have enough players, play cannot continue and the game is forfeited.

RULE 5 THE GAME: SECTION 1: HOME TEAM

Prior to the start of the game, the home team shall be determined by schedule.

The home team will occupy the 3rd base dugout. The visiting team will occupy the 1st base dugout.

NOTE: During the regular season when teams travel to other parks, the host association will be considered the home team.

NOTE: All tournament pool play games shall be determined by a coin toss.

SECTION 2: FITNESS OF THE GROUNDS and GAME TIMES

The umpire shall determine the Fitness of the grounds for a game **when WNSL staff is not present.**

Because our fields do not have lights, it is necessary that all evening games should begin and end on time. If there is a second game scheduled, the umpire should end the 1st game promptly at the end of the time limit, even in the middle of a batting order, and the score reverts back to the end of the previous inning. The umpire will determine when the game is over. If tied, the first game will end subject to the above time limit and will be recorded as a tie. The second game, if tied, will continue until completed or until the umpire calls the game due to darkness. For any game, if the inning begins but is not able to be completed, the score at the end of the last full inning will be the official result, even if tied. For tournament play only, the American Softball Association (ASA) tie breaker rule will be in effect if a game is tied by the time limit.

6U Playing Rule (Wookies)

- A. One Coach per team will act as umpires.
- B. If both teams have players present and ready to play, a game shall be started and played to its completion. Players arriving after the game begins may be added to the bottom of the batting order in the order of their arrival.
- C. Games will continue no matter if teams are short players.
- D. All players will be placed in the batting order. Only 10 players are allowed to play on defense at a time.
- E. Each player will receive up to 3 pitches from the offensive coach. After 3 pitches, a tee will be brought out for the batter to hit off of.
- F. The infield fly rule will not apply.
- G. Anytime that a batter gets a hit (a ball hit in fair territory and travels at least 10' from the plate) the play will remain alive and the base runners can continue to advance on the bases until the ball is in control of a player in the infield, who must hold the ball above her head in the infield or when the lead runner is stopped and cannot advance.
- H. Any player that has passed a base in running to the next base when the umpire calls a play dead will be allowed to continue to that base she was attempting to take if she is beyond the mid-way hash mark. If the runner hesitates or pauses in advancing to the next base she is sent back to the last base she crossed. The decisions of the umpires as to whether the ball was in control of the player will be final and not subject to protest.
- I. Any batted ball coming in contact with the Coach pitching to the batter will be a dead ball and the batter gets to take first base. No other runners advance unless they have to for the runner coming to 1st.
- J. A team will not be allowed to score more than five runs in one inning.
- K. The girl playing the pitchers position must wear a mask and must stay within an 4-foot radius of the 32-foot pitching rubber until after the ball is hit by the batter. When playing the pitcher's position, she cannot be moved around in the infield or be moved into the outfield before the ball is hit. * A minimum of 3 different players should play the circle per game. (This should be done the first 3 innings). *
- L. The Coach Pitcher may pitch from closer than 32'
- M. The Coach Pitcher shall be required to leave the playing field by direction of home plate and secure the bat on a fair ball, making every effort to avoid interfering with the play.
- N. If a batter has to be removed from the line up for any reason, no out will be accessed and they can return to their original spot in the lineup at any time. Their AT Bat will just be skipped. Please communicate with the scorekeeper and umpire if this happens.
- O. Up to two defensive coaches will be allowed in the outfield (behind the imaginary baselines)
- P. If an offensive coach touches a runner during a live play, the runner will be out.
- Q. There will be no more than 6 defensive players inside the imaginary plane created by the imaginary lines between first and second bases and second and third bases. (This includes the catcher). They should be playing in correct spots on the field and not pulled in around the pitching circle. Other players must be in the grass.
- R. Games will last 6 innings of play or a time limit of 60 minutes. No new inning will be started after 50 minutes of play.
- S. All hits that stay in the infield are limited to singles. Runners do not advance on overthrows to first base. For overthrows at 2nd, 3rd or home base, runners will be awarded 1 base.
- T. No protests will be allowed.

8U Playing Rules (Rookies)

- A. If both teams have players present and ready to play, a game shall be started and played to its completion. Players arriving after the game begins may be added to the bottom of the batting order in the order of their arrival.
 - B. Games will continue no matter if teams are short players. We do not want to short teams games.
 - C. All players will be placed in the batting order. Only 10 players are allowed to play on defense at a time.
 - D. Each player will receive up to 5 pitches from the offensive coach. Three strikes by the batter swinging will be an out.
 - i. If the batter fouls the ball on the third swing, another swing will be allowed
 - E. The infield fly rule does not apply
 - F. Anytime that a batter gets a hit (a ball hit in fair territory and travels at least 10' from the plate the play will remain alive and the base runners can continue to advance on the bases until the ball is in control of the player pitcher, who must hold the ball above her head, within the 8 foot pitching circle or when the lead runner is stopped and cannot advance.
 - G. Any player that has passed a base in running to the next base when the umpire calls a play dead will be allowed to continue to that base she was attempting to take if she is over halfway. If the runner hesitates or pauses in advancing to the next base she is sent back to the last base she crossed. The decisions of the umpires as to whether the ball was in control of the player pitcher will be final and not subject to protest.
 - H. Any batted ball coming in contact with the Coach pitching to the batter will be a dead ball and the batter gets to take first base. No other runners advance unless they have to for the runner coming to 1st.
 - I. A team will not be allowed to score more than five runs in one inning.
 - J. The girl playing the pitchers position must wear a mask and must stay within an 8-foot radius of the 32-foot pitching rubber until after the ball is hit by the batter. When playing the pitcher's position, she cannot be moved around in the infield or be moved into the outfield before the ball is hit. * A minimum of 3 different players should play the circle per game. (This should be done the first 3 innings). *
 - K. The Coach Pitcher must have one foot inside the pitching circle and shall be required to leave the playing field by direction of home plate and secure the bat on a fair ball, making every effort to avoid interfering with the play.
 - L. If a batter has to be removed from the line up for any reason, no out will be accessed and they can return to their original spot in the lineup at any time. Their AT Bat will just be skipped. Please communicate with the scorekeeper and umpire if this happens.
 - M. Up to two defensive coaches will be allowed in the outfield (behind the imaginary baselines)
 - N. If an offensive coach touches a runner during a live play, the runner will be out.
 - O. There will be no more than 6 defensive players inside the imaginary plane created by the imaginary lines between first and second bases and second and third bases. (This includes the catcher). They should be playing in correct spots on the field and not pulled in around the pitching circle. Other players must be in the grass.
 - P. Games will last 6 innings of play or a time limit of 70 minutes. No new inning will be started after 60 minutes of play.
 - Q. Following a hit in play, there will only be one base allowed on an overthrow to first base. One base will be allowed for overthrows at 2nd, 3rd or home bases.
 - R. Runners may leave the base once the pitch crosses the plate or is hit. Runners may not lead off.
 - S. No protests will be allowed.
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10U Playing Rules (Minors)

- A. The Home Team Will be Responsible for placing the bases at 55'
 - B. A team with players ready to play regardless of number will start game. Players arriving after the game begins may be added to the bottom of the batting order.
 - C. If a team only has eight (8) players available to begin a game, then:
 - i. The Head Coach may pick up Rookie League Players and add them to the team roster for that game.
 - ii. The team uniform rule is waived for the pick-ups in such games.
 - iii. The Head Coach shall note on the line-up sheet the Rookie League Players picked up.
 - D. All players will be placed in the batting order and will bat regardless of defensive play.
 - E. Each team may play 10 players on defense at any given time.
 - F. Unrestricted defensive substitution will be allowed so long as each player plays as much as possible in the game.
 - G. When there are two outs and one of the players on base is the team's catcher, the catcher can be replaced by the player who made the second out as a pinch runner. (Please do this to speed up Play)
 - H. If a batter is taken out of the batting lineup for any reason, upon appeal by the opposing team, an out will be assessed on the first at bat only of the removed player. On subsequent at bats, the player may return to the lineup or she may be skipped without an out being assessed.(A player may return to the lineup one time only.)
 - I. A player may pitch any number of innings per game or day. A player having been removed as a pitcher may pitch again in the same game.
 - J. The pitcher cannot walk more than two batters per inning. After the second walk, when the pitcher gets four balls on the batter, the batting team's coach will come in and pitch a maximum of three (3) pitches. Foul balls count as a pitch but there is no limit on the number of foul balls after the second pitch. After three (3) pitches, assuming no foul balls on the third strike, the batter is called out.
 - K. A team will not be allowed to score more than five runs in one inning.
 - L. Anytime that a batter gets a hit (a ball hit in fair territory and travels at least 10' from the plate the play will remain alive and the base runners can continue to advance on the bases until the ball is in control of the player pitcher, who must hold the ball above her head, within the 8 foot pitching circle or when the lead runner is stopped and cannot advance.
 - M. Games will consist of a maximum of six innings or a time limit of 80 min. No new inning will start after 70 minutes of play.
 - N. International tiebreaker applies (Last batted out will begin on 2nd base with 1 out) (No Tie Breakers in league play)
 - O. Stealing will not be allowed.
 - P. Face guards for pitchers are not mandatory, but recommended.
 - Q. No infield fly rule
 - R. No dropped third strike
 - S. No Intentional Walks will be allowed
 - T. No contact with catcher if stealing home. (Base runner may not try to knock ball away from catcher, run over or through catcher if play at plate. If there is a play at the play while stealing home, the base runner must slide to avoid contact.)
 - U. Catcher/Pitcher may not block plate if she does not have the ball for a tag at home plate.
 - V. Mercy run rule will apply. 12 after 3 innings, 10 after 4, 8 after 5.
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12U Playing Rules (Majors)

- A. A team with players ready to play will start game regardless of number. Players arriving after the game begins may be added to the bottom of the batting order.
- B. If a team does not have nine players available to begin a game, then:
- The Head Coach may pick up Minors Players and add them to the Team Roster for that game.
 - The team uniform rule is waived for the pick-ups in such games.
 - The Head Coach shall note on the line-up sheet the Minors Players picked up.
 - If a team has nine players available to begin a game, then Minors Players may not be picked up.
- C. All players will be placed in the batting order and will bat regardless of defensive play.
- D. Each team may play 9 players on defense at any given time. . (Be sure you rotate girls each inning and no girl sits on the bench 2 times in a game unless necessary—we need to attempt to give all players equal playing time).
- E. Unrestricted defensive substitution will be allowed so long as the coach makes sure players get equal time throughout the season.
- F. When there are two outs and one of the players on base is the team's catcher, the catcher can be replaced by the player who made the second out.
- G. If a batter is taken out of the batting lineup for any reason, upon appeal by the opposing team, an out will be assessed on the first at bat only of the removed player. On subsequent at bats, the player may return to the lineup or she may be skipped without an out being assessed. (A player may return to the lineup one time only.)
- H. 12U Games have a 5 run per inning limit
- I. Games will consist of a maximum of six innings of play. A time limit of 80 minutes will apply, and no inning may begin after 70 minutes.
- J. International tiebreaker applies. Last batter in box or next batter due up, the previous batter will start at 2nd base with 1 out). (No Tie Breakers in league play)
- K. Steals are allowed; unlimited in any way, including going to third on an overthrow and steals of home. All runners are at risk every play.
- L. A batter can advance to 1st base on a dropped third strike with 2 outs or 1st base unoccupied with 1 or 2 outs. (Regular rules apply)
- M. Infield Fly rules apply.
- N. Any player may pitch. All pitchers will pitch from 40 feet. The pitching distance is measured from the front of the pitcher's plate to the back of the home plate. This is a fast pitch league. A pitcher must begin her pitch with her pivot foot in contact with the pitcher's plate. The non-pivot foot may begin in contact with the pitcher's plate, or the non-pivot foot may begin behind the pitcher's plate with no contact on the pitcher's plate. Her first step must be toward home plate. Windmill pitching will be allowed. There is no arc requirement.
- O. A player may pitch any number of innings per game or day. A player having been removed as a pitcher may pitch again in the same game.
- P. The pitcher's circle rule is not in effect. The defensive team must stop the advance of the offensive team. When the ball is in possession of the pitcher within the 16' circle, any runners between bases, must immediately advance to the next base, or return to the last base touched, with liability to being put out. If the runner fails to return or advance immediately, the runner will be declared out.
- Q. No intentional walks will be allowed.
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