

West Nashville Sports League

Fall Softball

Coach Guidelines and Information

2023





WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS

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

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

IMPORTANT CONTACT INFORMATION

League Phone Recording:	615.376.4700
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
	Doug Smith	doug@wnsl.net
	Carly Hill	carly@wnsl.net

Umpires	Scott Tygard	scott@wsnsl.net
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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



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



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

Follow Us To...

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



www.twitter.com/WNSLonline



www.facebook.com/WNSLonline



www.Instagram/WNSLonline



https://www.tiktok.com/@wnsl_official

WNSL Fall 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 Mid July. See www.wnsl.org for specific dates.

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? The WNSL Refund Policy is: *I understand and agree that no refunds will be provided for this season unless there is a medical reason. This includes free agent players that are assigned to a team that may not have a coach. In lieu of a refund the registration fee may be moved to another sport up to the time that uniforms are ordered. After uniforms are ordered the transfer of fees to another sport is not available and there are no refunds allowed. Please ensure you are ready to play the sport you are registering for in the WNSL and are committed to playing for we do not offer refunds for joining the incorrect league or for conflicting players' activities.*

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

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

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 5 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

14U - 13 and 14 year olds

The child's age on January 1st, 2024 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 - 12U - \$170

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.

Coach/Team Parent Related Questions

Who coaches the teams in the Fall 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 Late July 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” baseball as the kids get older.

When does the season start and how long does it last? The 2023 Fall Softball season’s first pitch will be on August 19th and conclude in Mid October.

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.

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.

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

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

Are there any opportunities for corporate sponsorships (other than the team sponsorships)? Yes. The WNSL offers corporate sponsorships for each individual sport, as well as the overall league. All opportunities are listed under the sponsorship link at www.wnsl.org. If you are interested in corporate sponsorships, contact scott@wnsl.net. There is also an opportunity for a field to be named after a corporate sponsorship for \$1000.

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.

West Nashville Sports League
2023/2024 Calendar of Events

INTERACTIVE CALENDAR ON WWW.WNSL.ORG

- July 17 Fall Sports Registration Closes
- July 24 Fall Flag Football Coach Meeting
- July 25 Fall Baseball Coach Meeting
- July 26 Fall Softball Coach Meeting
- August 5 Fall Flag Football Clinic #1
- August 12 Fall Flag Football Clinic #2
- August 19 Fall Flag Football, Softball and Baseball Opening Day
- October 2 Late Fall Sports Registration Closes
- October 4 Late Fall Basketball Coach Meeting
- October 5 Late Fall Soccer Coach Meeting
- October 14 No Games – Fall Break
- October 15 Fall Flag Football Regular Season Ends
- Oct. 21 - 28 Fall Flag Football Music City Flag Bowl Tournament
- October 21 Fall Baseball and Softball Season Ends
- October 28 Late Fall Soccer and Basketball Season Begins
- Nov. 20 Winter Sport Registration Closes
- Dec. 9 Fall Basketball Season Ends

West Nashville Sports League

2023/2024 Calendar of Events

Dec. 15 – 17 WNSL Christmas Basketball Tournament

Dec. 16 Fall Soccer Season Ends

Jan. 6 Winter Basketball and Soccer Season Begins

Feb. 24 Winter Basketball and Soccer Season Ends

Feb. 29 – March 3 March Madness Basketball Tournament

THE WNSL NEWSLETTER

The Fall 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.



Opening Day

August 19th

Uniform Pickup – *If the coach has been informed that uniforms are available for early pick-up* Any uniforms that have not been picked up prior to opening day must be picked up At least 1.5 hours before your game time. Only ONE team representative will be allowed to pick up uniforms.

UNIFORM DISTRIBUTION

Wearing Own uniforms

A team may wear their own uniform but you must declare this at the Coaches' Meeting on July 25th.

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. If uniforms are ready for distribution before the 19th, the league will send an email notification.

What's included

The WNSL provides a jersey, pants and socks for the Fall.

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 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



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 softball, the WNSL provides one official practice slot per week and possibly more if there is field availability. These practices will take place during weekdays and Saturdays* (*Preseason Only)

- Please note: 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. We will send an email out to all participants (Time Permitting)
3. A message will be posted on the League's Twitter feed (@WNSLonline), Facebook Page (www.facebook.com/WNSLonline) and Instagram (@WNSLonline)

No messages or notice means games are on as scheduled.

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

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

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 early-August. 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 "Team 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

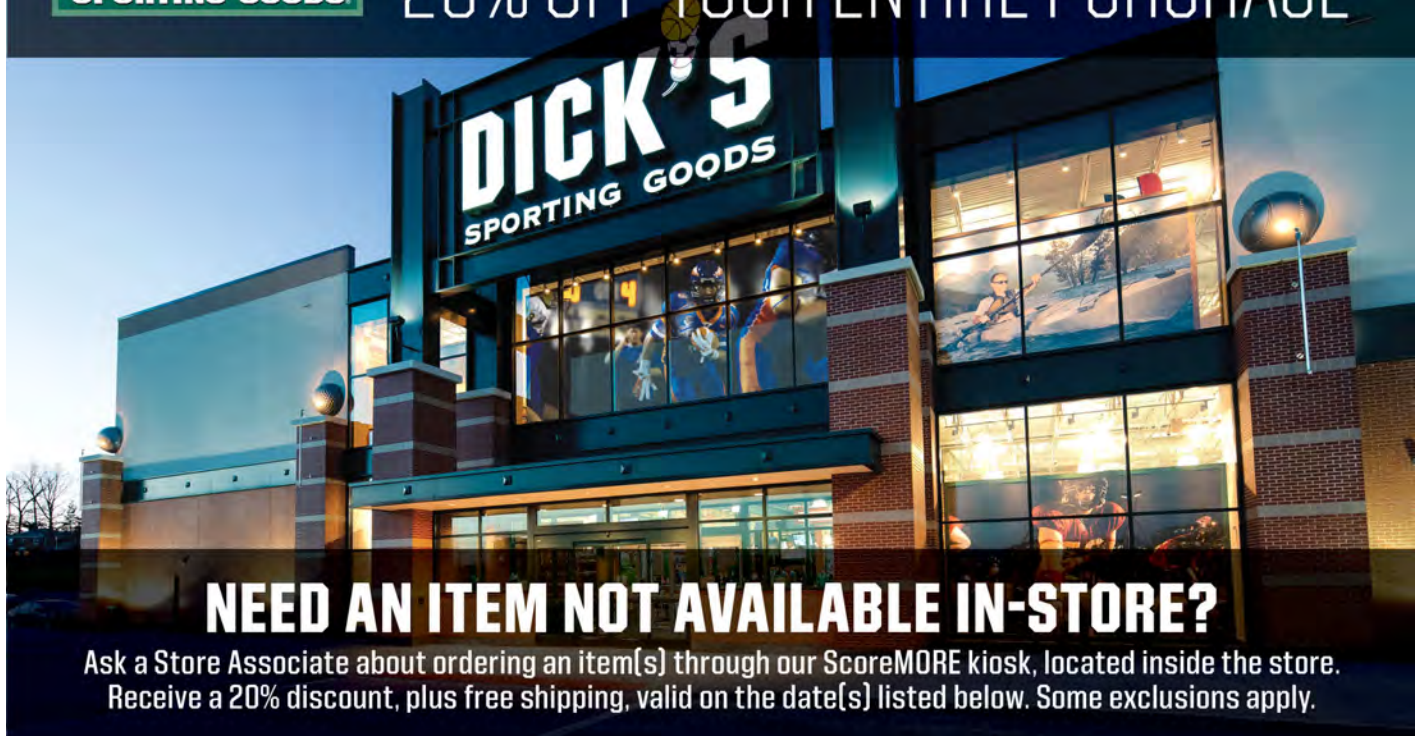
Forfeits will not be tolerated. Coaches should CONTINUOUSLY check their schedule. Please communicate with your parents in advance to ensure player availability.

EVERY SEASON STARTS AT



EXCLUSIVE SHOP EVENT

20% OFF YOUR ENTIRE PURCHASE



NEED AN ITEM NOT AVAILABLE IN-STORE?

Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed below. Some exclusions apply.

West Nashville Sports League
Offers valid 7/28/2023 - 7/31/2023

West Nashville Sports League
Valid 7/28/2023 - 7/31/2023

20% OFF THROUGHOUT THE STORE

EVERY SEASON STARTS AT



Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties, such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in- store or at [DICKS.com/Exclusions](https://www.dicks.com/Exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone!



P000487420241CPS1



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 JULY 30!

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 Volunteer Coach 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 Softball? _____ ... 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 _____ -or- No Idea
an honest evaluation of your team's competitiveness

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 :

_____ **ADVANCED:** 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 .

_____ **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 NAME and COLORS

The league teams will be provided with a jersey, pants and socks this season with
Your Team Name printed on the front.

MY TEAM WILL BE USING OUR OWN UNIFORMS _____

Please list your Team Name Choice: 1) _____ 2) _____

There will be 10 different jersey colors. Teams will be assigned a jersey color from the
four (4) choices below.

Possible Color options:

Black

White

Pink

Lime Green

Gray

Navy

Yellow

Purple

Royal Blue

Red

List Your Top 4 Color Choices:

1) _____ 2) _____ 3) _____ 4) _____

Game Schedule Request

Coach Last Name: _____ Division: _____

Are you the head coach of two teams? _____ Please list Sport and Division _____

This calendar is where you make any scheduling requests. We schedule around other sport 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.

Each team will receive 8 games. Games will be primarily Saturdays.

Please note we will be playing home and away inter-league with other area leagues such as Crieve Hall, Bellevue and Other Area Leagues.

My team would prefer to play on Tuesdays and Thursdays during the Week _____ Yes

WNSL Fall Softball Calendar
August 19
August 26
September 9
September 16
September 23
September 30
October 7
October 21

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:

- September 4: Labor Day (No Games)
- Fall break for Metro Nashville Schools:
October 9 - 13
- Fall break for Williamson County Schools:
October 11 -13

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

Medallions



WNSL does not give 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.

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.

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

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 Coaches*.
Initial

Signature of Coach

Date

Printed name of Coach



West Nashville Sports League Girls Softball

2023 FALL Girls Softball Rules

Babe Ruth 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 1, 2024 . The following divisions will be offered each season; 6 & Under (6U), 8 & Under (8U), 10 & Under (10u), 12 & Under (12U) & 14 & Under (14U). **Playing Time:** Each player must play at least two (2) innings.

Base Lengths & Pitching Distances:

Age Group	Base Length	Game Time	Pitching Distance
6 & Under (6U)	50'	55 - 60min	Approximately 32'
8 & Under (8U)	50'	60 - 70min	32' Coach pitch
10 & Under (10U)	55'	70 - 80min	35'
12 & Under (12U)	60'	70 - 80min	40'
14 & Under (14U)	60'	70 – 80min	43'

Equipment: All equipment used by the players must meet the minimum criteria of the Babe Ruth 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 Babe Ruth must meet all of the ASA/USA Softball 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 2000, 2004 or ASA Certification Mark, or the 2020 USA Softball Stamp 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.

SECTION 2: OFFICIAL SOFTBALL

- A. Certified/ Approved: Only softballs which bear an ASA/USA 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.
- 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.
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 & 14U

- 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 batter's helmet with attached face mask.

NOTE: All batters are required to wear an approved batting helmet with attached facemask. All 10U, 12U and 14U catchers are required to wear an approved helmet with attached facemask, shin guards, and body protector. All 8U catchers should have an approved helmet and chest protector. 6U does not require a catcher.

NOTE: 6U and 8U players in the pitcher position are required to wear a helmet or face mask/guard. For 10U division and up all pitchers and players on the corner positions (1st and 3rd base) are required to wear a protective face mask. WNSL strongly encourages all players 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 and 14U 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: Except for 6U, 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 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.

SUBSTITUTES/ILLEGAL PLAYERS

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 is listed second on the 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 weeknight 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 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.
- 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 50 - 60 minutes. No new inning will be started after 50 minutes of play. There is no Mercy Rule.
- 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. Each team may have 10 players on defense at a time. Coaches may agree to allow more extra outfielders but both coaches must agree to this.
 - 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 subsequent swings, another swing will be allowed until the batter hits the ball or misses and strikes out.
 - 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 or the infielder or the runners cannot advance. The umpire will declare "time" and a runner advances to the next base if the runner is over half way to the next base. (Umpire discretion)
 - 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. Players in the catchers position may stand to the side of the plate wearing a helmet and chest protector. If the catcher would like to sit behind the plate she must be in full gear.
 - L. 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.
 - M. 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.
 - N. Up to two defensive coaches will be allowed in the outfield (behind the imaginary baselines)
 - O. If an offensive coach touches a runner during a live play, the runner will be out.
 - P. 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.
 - Q. Games will last 6 innings of play or a time limit of 60 - 70 minutes. No new inning will be started after 60 minutes of play.
 - R. Following a hit in play, there will only be one base allowed on an overthrow to 1st base, 2nd, 3rd or home bases.
 - S. Runners may leave the base once the pitch crosses the plate or is hit. Runners may not lead off.
 - T. No protests will be allowed.
-

10U Playing Rules (Minors)

- A. 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.
 - B. If a team only has eight (8) players available to begin a game, the Head Coach may pick up Rookie League Players and add them to the team.
 - i. The team uniform rule is waived for the pick-ups in such games.
 - C. The Head Coach shall note on the line-up sheet the Rookie League Players added.
 - 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. The extra player(s) is in the outfield. If both coaches agree more players may play in the outfield. Both coaches must agree.
 - 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. (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. A legal pitch is defined by the ASA pitching regulations (see Appendix A). An illegal pitch will result in the pitch being called a ball. Illegal pitches are at the discretion of the umpire.
 - K. The pitcher cannot walk or hit more than two batters (does not have to be consecutive batters) per inning. A Hit-by-pitch will be considered a walk. After the second walk or HBP, when the pitcher gets four balls or hits the third batter, the batting team's coach will come in and pitch a maximum of three (3) pitches. All HBP batters take 1st base. Foul balls count as a pitch but there is no limit on the number of foul balls after the second pitch. After three (3) coach pitches, assuming no foul balls on the third strike, the batter is called out.
 - i. After rule "K" is put into play, the pitcher will reenter the game after each batter and pitch either 4 pitches or the ball is put into play. After the 4th pitched ball and the batter is still at bat the batting team's coach re-enters and pitches up to 3 pitches.
 - L. A team will not be allowed to score more than five runs in one inning.
 - M. Following a hit, there will be only one base allowed on an overthrow to any base.
 - N. A ball must be hit further than 10 feet to be a hit. Less than 10 feet will be considered a foul ball.
 - O. Games will consist of a maximum of six innings or a time limit of 70 - 80 min. No new inning will start after 70 minutes of play.
 - P. Stoppage of play occurs when the pitcher has control of the ball in the circle or runners are stopped from advancing.
 - Q. Only one coach may be in the outfield to direct players.
 - R. International tiebreaker applies (Last batted out will begin on 2nd base with 1 out)
 - S. Stealing will not be allowed.
 - T. Face guards for pitchers are not mandatory but recommended.
 - U. No infield fly rule
 - V. No dropped third strike
 - W. No Intentional Walks will be allowed
 - X. Catcher/Pitcher may not block plate if she does not have the ball for a tag at home plate.
 - Y. 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:
 - i. The Head Coach may pick up Minors Players and add them to the Team Roster.
- C. The team uniform rule is waived for the pick-ups in such games.
- D. The Head Coach shall note on the line-up sheet the Minors Players picked up.
- E. If a team has nine players available to begin a game, then Minors Players may not be picked up.
- F. All players will be placed in the batting order and will bat regardless of defensive play.
- G. 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).
- H. Unrestricted defensive substitution will be allowed so long as the coach makes sure players get equal time throughout the season.
 - I. 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.
 - J. 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.)
- K. A team will not be allowed to score more than five runs in one inning.
- L. Games will consist of a maximum of six innings of play. A time limit of 70 - 80 minutes will apply, and no inning may begin after 70 minutes.
- M. 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)
- N. 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.
- O. 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)
- P. Infield Fly rules apply.
- Q. 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.
- R. A legal pitch is defined by the ASA pitching regulations (see Appendix A) unless superseded by this document. An illegal pitch will result in the pitch being called a ball. Illegal pitches are at the discretion of the umpire.
- S. 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.
- T. 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.
- U. No intentional walks will be allowed.
- V. Mercy run rule will apply. 12 after 3 innings, 10 after 4, 8 after 5.

14U Playing Rules

- 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 Majors Players and add them to the Team Roster.
- C. The team uniform rule is waived for the pick-ups in such games.
- D. The Head Coach shall note on the line-up sheet the Majors Players picked up.
- E. If a team has nine players available to begin a game, then Majors Players may not be picked up.
- F. All players will be placed in the batting order and will bat regardless of defensive play.
- G. 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).
- H. Unrestricted defensive substitution will be allowed so long as the coach makes sure players get equal time throughout the season.
- I. 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.
- J. 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.)
- K. A team will not be allowed to score more than five runs in one inning.
- L. Games will consist of a maximum of six innings of play. A time limit of 70 - 80 minutes will apply, and no inning may begin after 70 minutes.
- M. 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)
- N. 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.
- O. 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)
- P. Infield Fly rules apply.
- Q. 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.
- R. A legal pitch is defined by the ASA pitching regulations (see Appendix A) unless superseded by this document. An illegal pitch will result in the pitch being called a ball. Illegal pitches are at the discretion of the umpire.
- S. 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.
- T. 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.
- U. No intentional walks will be allowed.
- V. Mercy run rule will apply. 12 after 3 innings, 10 after 4, 8 after 5.

APPENDIX A

PITCHING REGULATIONS

The Following Regulations constitute a legal pitch. Illegal pitches are called at the discretion of the umpire and will be deemed a ball.

PRELIMINARIES

Before starting the delivery (Pitch) the pitcher shall comply with the following:

- A. The pitcher may not take the pitching position on the pitcher's plate without possession of the ball.
- B. The pitcher shall not be considered in the pitching position unless the catcher is in position to receive the pitch.
- C. Both feet must be on the ground within the 24-inch length of the pitcher's plate. The shoulders shall be in line with first and third base.
 - a. The pitcher shall take a position with both feet in contact with the pitcher's plate.
- D. While on the pitching plate, the pitcher shall take the signal or appear to be taking a signal with the hands separated. The ball must remain in either the glove or the hand.
- E. The pitcher shall bring the hands together for not less than one second and not more than 10 seconds before releasing it,
 - a. Both feet must remain in contact with the pitching plate at all times prior to the forward step.

LEGAL DELIVERY

- A. The pitcher must not make any motion to pitch without immediately delivering the ball to the batter.
- B. The pitcher must not use a pitching motion in which, after bringing the hands together in the pitching position, the pitcher removed one hand from the ball, and returns the ball to both hands.
- C. The pitcher must not make a stop or reversal of the forward motion after separating the hands.
- D. The pitcher must not make two revolutions of the arm on the windmill pitch. A pitcher may drop the arm to the side and rear before starting the windmill motion.
- E. The delivery must be an underhanded motion with the hand below the hip and the wrist not farther from the body than the elbow.
- F. The release of the ball and follow through of the hand and wrist must be forward and past the straight line of the body.
- G. In the act of delivering the ball, the pitcher must take one step with the non-pivot foot simultaneous with the release of the ball. The step must be forward and toward the batter within the 24-inch length of the pitcher's plate, provided contact is maintained with the plate. Raising the foot off the pitching plate and returning it to the plate creates a rocking motion and is an illegal act.
- H. Pushing off with the pivot foot from a place other than the pitcher's plate is illegal. This includes a "crow hop" as defined in rule 1.
- I. Pushing off and dragging the pivot foot in contact with the ground is required. If a hole has been created, the pivot foot may drag no higher than the level plane of the ground.
- J. The pitcher must not make another revolution after releasing the ball.
- K. The pitcher shall not deliberately drop, roll or bounce the ball in order to prevent the batter from hitting it.
- L. The pitcher has 20 seconds to release the next pitch after receiving the ball or after the umpire indicates "Play ball"