

# **West Nashville Sports League**

**2025 Fall Basketball/  
2026 Winter Basketball**

**Coach Guidelines and  
Information**





# **WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS**

President:	Scott Tygard
Vice President:	Tillman Payne
Treasurer & Secretary:	Bill Wainwright

Allison Duffey  
Bill Easterly

Wendell Harmer  
Andrew Kelso  
John Hartong

Bob Notestine  
Bob Starnes  
Melissa Smith

## **IMPORTANT CONTACT INFORMATION**

League Phone Recording:	615.376.4700
Fax Number:	615.376.6493

Media:	Website:	<a href="http://www.wnsl.org">www.wnsl.org</a>
	Twitter:	@WNSLonline
	Facebook:	<a href="https://facebook.com/WNSLonline">facebook.com/WNSLonline</a>
	Instagram:	@WNSLonline

League Administration:	Scott Tygard	<a href="mailto:scott@wnsl.net">scott@wnsl.net</a>
	Kelly Jackson	<a href="mailto:kelly@wnsl.net">kelly@wnsl.net</a>
	Carly Hill	<a href="mailto:carly@wnsl.net">carly@wnsl.net</a>

Referees	Andrew Kelso	<a href="mailto:tke116@aol.com">tke116@aol.com</a>
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# WNSL SPONSORS

EVERY SEASON STARTS AT



# Sponsorship Levels

## Overall League Packages:

(Sponsors 5 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
- 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](http://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, Fall Flag Football,  
Winter Indoor Soccer, Winter Basketball

### Gold Package

\$4,000 Commitment

OR

\$1,000 Single-Sport  
Commitment

#### Package Includes:

- Company Logo and Copy on Exclusive Banner displayed at Field (Provided by WNSL)
- Logo and Hotlink on each sport website page
- Sponsorship recognition and Advertising space in season newsletters
- 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:

- Company Logo on Banner displayed at Field
- 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:

- Company Logo on Banner displayed at Field
- Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments
- Financial assistance for 1 player in each sport
- WNSL Sponsor Wall plaque

\*Teams in Fall Flag Football, Spring Softball and Baseball are 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\*\*



# WNSL Fall/Winter Basketball

## 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](mailto:scott@wnsl.net)

### Sign-Ups, Cost and Division Related Questions

**When can we register?** Registration is open now and will close on September 22 (Fall Season) or December 4 (Winter Season)

**How do I register and pay online?** Go to [www.wnsl.org](http://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. If you are registering a team, you will only need to add one participant, then register your team.

**What if I do not want to register online?** You can download a paper application on the Basketball page at [www.wnsl.org](http://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?** You will be charged a late registration fee during the Late Registration period and assuming there is a team with an available spot. After this period expires, no more registrations are accepted.

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

**What are the age divisions?** The WNSL offers separate boys and girls divisions in grades: PreK (Winter season only), K through 9th grade and boys divisions for the 10th - 12th grade. The number of participants will determine all divisions. If there are not enough teams in a division for fair play, divisions may be combined and girls may play boy teams.

**How long does the season last?** Fall Basketball will play on Saturdays in Late October through December (No Games Thanksgiving weekend). Winter Basketball will play on Saturdays in January and February.

**Is there an End Of Season Tournament?** There is an end of season tournament for Fall Basketball. All WNSL Fall Basketball teams are automatically entered. Non-WNSL teams may enter this tournament for \$100 per team. WNSL Winter Basketball Teams receive a team discount for the March Madness Tournament in early March.

**Are players allowed to "play up" or "play down"?** One player per team may play down one division with approval from the league. To get approval for your player to play down, contact [scott@wnsl.net](mailto:scott@wnsl.net).



**Can a player play on two teams?** A player desiring to play on two teams in the same grade must receive prior approval from Scott Tygard (scott@wnsl.net). Players playing on two teams must pay two registration fees. No scheduling considerations will be given to players playing on two teams. **NO PLAYER MAY PLAY ON TWO TEAMS IN THE TOURNAMENTS REGARDLESS OF DIVISION.**

**How much does the league cost?** Fall Season: K - 1st Grade - \$150, 2nd - 12th Grade - \$170  
Winter Season: PreK - 1st Grade - \$170, 2nd - 12th Grade - \$190

**What is included in the registration fees?** Uniform, minimum 6 regular season games (depending on season), Referees, Gym Space, Participation Award, Insurance, Newsletter, Website, League Administration, **Practice Locations are NOT Included but the league may assist in providing a time/location for a reasonable fee. We also provide insurance for teams with their own practice locations.**

**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 – unless the coach identifies your player on his roster, 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. If you would like to be on a certain coach's team, you must communicate directly with that coach and receive coach approval to join their roster.

**What happens if there are too few teams in a division?** The WNSL will do whatever possible to have all divisions play. If there are not enough we will combine divisions, make division's co-ed, or have boys/girls teams play against one another. If we are unable to form divisions we will offer refunds.

## **Coach Related Questions**

**Who coaches the teams in the Basketball league?** Volunteers! 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.

**My son/daughter is on a "Free Agent" Team. Who will coach the team?** Parents with players on a free agent (new team) team will be asked to coach the team or assist in finding a coach for the team. If no one surfaces to coach the team, then the WNSL will try to find a coach that must be paid by the parents on this type team.

**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.

**What do coaches need to do to prepare for the league?** (1) Register your player with the league and then yourself as a coach. (2) Inform your parents to register online before your season's registration deadline. Have them put your name in the 'coach requested' box. (3) Send [scott@wnsl.net](mailto:scott@wnsl.net) a roster close to the registration deadline of your team so we can cross-reference who has registered vs. who you are expecting. (4) We will build the teams from there and you will have a roster to view at the coaches' meeting. (5) Start looking for a practice space. The league may assist with practice locations but there is no guarantee.

**How are coaches certified?** Coaches are screened at the Coaches' Meeting and sign a "Code of Conduct", as well as complete an online background check.

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

**Once I register, how long will it be before I hear from a coach?** The Coaches meeting is typically held in Early October (Fall) or Early December (Winter). At that meeting, coaches will receive their team rosters and begin to contact their players shortly after. Coaches that add Free Agents to their roster are asked to contact the free agent immediately.

**What if there are not enough coaches signed up?** The WNSL does its best to never turn away a player. If there are not enough coaches initially volunteered, the league will create new teams called "Free Agent Teams" and ask parents from that team to volunteer to coach.

## **Basketball Basics and Miscellaneous Questions**

**What type of Basketball league does the WNSL offer?** The WNSL feels all youth sports should be recreational in nature yet also competitive. 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 basketball league. The WNSL feels that the casual recreational player as well as the more serious competitive player will both be accommodated. In short, the WNSL wants players of all different levels to have fun, excel and feel good about what they are doing.

**What are the rules for the different divisions?** Rules will be posted on the Basketball page at [www.wnsl.org](http://www.wnsl.org)

**How many players are on a team?** The WNSL recommends teams carry 8-10 players, however, some coaches may choose to have more. Eight players is the minimum to have "full" team. The league reserves the right to add free agents to a team with less than eight players.

**Where are the games played?** Games will be played at various gyms in the West Nashville Area including West End Middle, Eakin, Cohn Learning Center, St. Paul, JT Moore Middle, Harding Academy and more.

**When and how often do teams practice?** Teams usually practice one time per week. However, practice frequency and location is determined by each coach. Many gyms charge a fee for practice time and the team is responsible for this expense ***The WNSL does not provide practice times nor does it pay for them.*** Limited practice times at Cohn Learning, JT Moore Middle, and West End Middle are available through WNSL for teams that are not able to locate their own practice location. The WNSL charges a fee to cover rental costs, gym monitors, etc. for these locations.

**Does the WNSL provide referees for games?** Yes. A minimum of two trained referees are provided for every game played.

**Does WNSL post standings?** The WNSL may provide standings on a case by case basis. Scores and brackets are posted for the preseason and postseason tournaments and teams are rewarded for winning.

**Are end of season trophies presented to the league champions/runners up?** The WNSL does not award Championship and Runner-Up trophies to teams in the Basketball league.



**What happens in case of inclement weather? Are games rescheduled? How will a parent/coach know if games are canceled?** If games are canceled there will be a notice on the homepage of [www.wnsl.org](http://www.wnsl.org) and the league's social media outlets. We also try to send out a league-wide e-mail. Coaches and team parents are responsible for spreading the word from there. Games are not rescheduled by the league; however, if coaches from both teams find and agree upon a gym for a weather-related makeup game, the league will provide referees. A five-day notice is mandatory for this policy.

**What is the difference between WNSL and other basketball 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 do our best to place teams (depending on the number of teams in that grade level) in different levels of competition (bronze, silver, gold divisions) to provide a level playing field and create the best possible experience for all players. We also work hard to keep everyone heavily involved in the community by promoting and being involved in local organizations, colleges and events. Providing the best gym conditions possible, certified referees, 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.

## **Sponsorship and Financial Assistance**

**Are there any opportunities for corporate sponsorships?** Yes. The WNSL offers corporate sponsorships for each individual sport, as well as the overall league. We also offer corporate sponsorships of our preseason and postseason Basketball tournaments. You can see all opportunities under the sponsorship link at [www.wnsl.org](http://www.wnsl.org).

**What if I am interested in sponsoring the league?** Please contact [scott@wnsl.net](mailto: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](http://www.wnsl.org). A WNSL representative will be in touch in regard to the amount of financial assistance available for your participant. No player is turned away for financial reasons.

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](http://www.twitter.com/WNSLonline)



[www.facebook.com/WNSLonline](http://www.facebook.com/WNSLonline)



[www.Instagram/WNSLonline](http://www.Instagram/WNSLonline)

# The WNSL Newsletter

The WNSL Newsletter is the WNSL's bi-weekly email 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.



# WEATHER CANCELATIONS



For weather cancelations:

1. There will be a notice on the [www.wnsl.org](http://www.wnsl.org) website,
2. A message on the League's Twitter (@WNSLonline) and Facebook page.
3. We will try to send an email out to all participants.
4. Games canceled due to Weather will not be rescheduled by the WNSL but *may* be made up if coaches coordinate to host the game at another time. If the WNSL is given one week of notice that the game is being made up, we will provide referees.

No messages or notice means games are on as scheduled.

# SCHEDULE AND STANDINGS INFORMATION

The season schedule will be published before the first game. When posted, it will appear on the league website at the top of the Basketball page.

## **Middle season standings adjustments**

If your team is 0-3 or 3-0 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 during 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, you may make an attempt to swap your game time by viewing the league schedule on the scheduling website and contacting coaches who you would like to swap with. 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.

# West Nashville Sports League

## 2025/2026 Calendar of Events

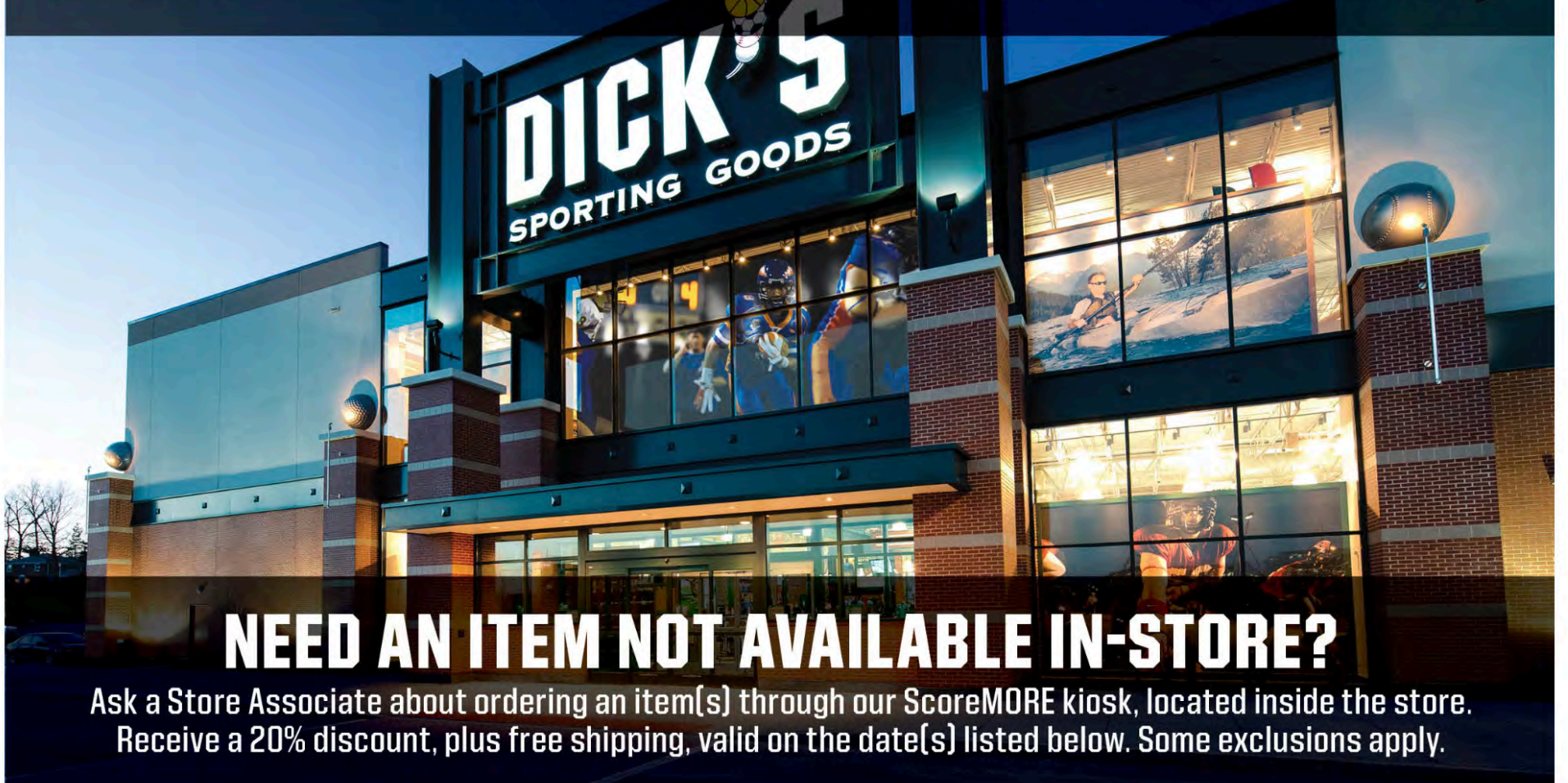
INTERACTIVE CALENDAR ON [WWW.WNSL.ORG](http://WWW.WNSL.ORG)

September 22	Late Fall Basketball & Soccer Registration Closes
September 25	Late Fall Soccer Coach Meeting
September 27	Fall Regular Season Ends for All Sports
September 29	Late Fall Basketball Coach Meeting
October 4	Fall Volleyball Season Ends
October 4	End of Season Tournaments Begin for all Sports
October 11 or 18	End of Season Tournaments End (Date TBD per Sport)
October 21	Fall Golf Ends
October 25	Late Fall Sports Opening Day
December 4	Winter Registration Closes
December 6	Fall Basketball Season Ends
December 9	Winter Basketball Coach Meeting
December 11	Winter Soccer Coach Meeting
December 12 -14	Fall Basketball End of Season Tournament
December 13	Fall Soccer Season Ends
January 3	Winter Season Begins
February 13	Spring Sports Registration Deadline
February 21	Winter Season Ends
Feb 26 – March 1	WNSL March Madness Basketball Tournament
March 21	Spring Sports Opening Day
May 17	End of Spring Sports Season





**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 20% OFF SHOP EVENT**

**December 5 - 8, 2025 (FRIDAY – MONDAY)**

**STORE LOCATIONS: Nashville West & Cool Springs**

Save the date! Our partner, DICK'S Sporting Goods, is offering you a 20% discount throughout the store to help you gear up for the season! Be sure to visit [wnsl.org](http://wnsl.org) to get your coupon, as this is specific to our organization. The coupon is valid in-store on the dates above, and should be shown at the register during checkout.

# TSSAA Players

No player playing on their Middle School or High School basketball team may participate in the WNSL. Players playing both will be deemed ineligible for their school teams. **Please note that this does not apply to teams in the HVAC or outside of the TSSAA.**

## ONE PLAYER EXCEPTION RULE

Even though the Basketball League is based on the participant's grade, the WNSL allows a team to remain within its division so long as no more than one player is "playing down" a grade. Teams containing more than one player playing down may be allowed on a case-by-case basis but must be approved by League President Scott Tygard ([scott@wnsl.net](mailto:scott@wnsl.net)).

Age requirements for a player wishing to play down are as follows:

- 1<sup>st</sup> Grade player playing down to K – must be no older than 7 years old by Sept. 1, 2026
- 2<sup>nd</sup> Grade player playing down to 1<sup>st</sup> – must be no older than 8 years old by Sept. 1, 2026
- 3<sup>rd</sup> Grade player playing down to 2<sup>nd</sup> – must be no older than 9 years old by Sept. 1, 2026
- 4<sup>th</sup> Grade player playing down to 3<sup>rd</sup> – must be no older than 10 years old by Sept. 1, 2026
- 5<sup>th</sup> Grade player playing down to 4<sup>th</sup> – must be no older than 11 years old by Sept. 1, 2026
- 6<sup>th</sup> Grade player playing down to 5<sup>th</sup> – must be no older than 12 years old by Sept. 1, 2026
- 7<sup>th</sup> Grade player playing down to 6<sup>th</sup> – must be no older than 13 years old by Sept. 1, 2026
- 8<sup>th</sup> Grade player playing down to 7<sup>th</sup> – must be no older than 14 years old by Sept. 1, 2026
- 9<sup>th</sup> Grade player playing down to 8<sup>th</sup> – must be no older than 15 years old by Sept. 1, 2026
- 10<sup>th</sup> Grade player playing down to 9<sup>th</sup> – must be no older than 16 years old by Sept. 1, 2026
- 11<sup>th</sup> Grade player playing down to 10<sup>th</sup> – must be no older than 17 years old by Sept. 1, 2026
- 12<sup>th</sup> Grade player playing down to 11<sup>th</sup> – must be no older than 18 years old

Teams may "play up" a grade level and are encouraged to do so if they can compete.

## PLAYERS PLAYING ON TWO TEAMS

Players may only play on two different teams in the same grade level if approved by Scott Tygard. Players may play on two different teams in separate grade levels. **Players playing on two teams must pay an additional registration fee for the second registration and must have a jersey that does not contain a conflicting number. Players can only play on ONE team for WNSL tournaments.** Keep in mind that based on birthday, players playing down may not be eligible for the March Madness Tournament.

## 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](mailto:scott@wnsl.net)) at least two days prior to the game. These changes may not be made on game day!

## 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, Scott ([scott@wnsl.net](mailto: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.

# **PRACTICE INFORMATION**

Practice times and locations are determined by coaches and are not monitored by the league. Limited league practice space will be reserved for Free Agent Teams and teams that are not able to locate their own practice location at a reasonable cost for the season.

**Please note that the WNSL does not pay for practice times or locations.**

# **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](mailto: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.

# PROPER BASKETBALL OR NON-MARKING TENNIS SHOES REQUIRED

An appropriate athletic shoe must be worn during game play. If a player is making streaks on the gym floor, that player will be asked to change shoes or not play that day. Please respect the organizations and their gymnasiums.

## JEWELRY/ACCESSORY NOTICE

Players will not be allowed to wear any jewelry or accessories during WNSL basketball games. This includes any type of earrings, sharp hair pins, bracelets, etc. **Both male and female players will be asked to remove all jewelry and accessories prior to playing. Earrings must be taped on both sides of the ears for players to be eligible.**





# 2025/26 LIST OF GYMNASIUMS



Battle Ground Academy  
Christ Presbyterian Academy  
Cohn Adult Education School  
Currey Ingram Academy  
Eakin Elementary  
Harding Academy

Harpeth Hall  
John Trotwood Moore  
Montessori Academy  
Nashville Christian School  
Percy Priest Elementary  
West End Middle School

## PRACTICE GYM CONTACTS

Carly Hill – [carly@wnsl.net](mailto:carly@wnsl.net)

# GYMNASIUM POLICIES

## FOOD AND DRINK RULES

- After-game treats must be distributed and consumed outside of the gym. If you are in a lobby area, please clean up after your team.
- The WNSL prides itself in keeping the school gyms clean. Please abide by all posted rules and treat these areas with respect.
- **Each gym monitor has the final say on food and drink in the gym. Some schools have stricter policies than others including an absolutely-no-drink policy. If a parent does not abide by the gym monitor's requests, that parent will be asked to leave the gym.**
- Coaches, please communicate this to your parents and players.

## WARM-UP BALLS

- Teams are allowed to use TWO warm-up basketballs prior to the game and during halftime.
- Basketballs must be brought by the coaches; no personal basketballs are allowed into the gyms.
- During the game, all basketballs must be secure and not bounced.
- Please respect games being played when you arrive to your gym and DO NOT bounce balls while other games are in action.



# 2025/26 WNSL BASKETBALL UNIFORM INFORMATION

**Distribution:**

The week before the season, uniforms will be distributed out to teams. Details for the pick-up time and location will be sent out to teams via email with at least 48 hours notice.

Only a coach, team parent or team representative will be able to pick up the entire bag of uniforms for their team.

**Own Uniforms:**

Teams may wear their own uniforms, but you must make the league aware of this during the Coaches' Meeting (by filling out the appropriate forms in the Addendum packet: Uniform Information Sheet & Team Name/Jersey Request Form). If you choose to wear your own uniforms, coaches will receive a \$20 per player reimbursement after the season begins.

**Shorts:**

The league will not provide shorts. Shorts may be purchased for an additional cost through the team store.

**Size Exchange:**

For exchanges: Because each team will have a custom uniform, there will be no exchanges available. If the parent ordered the incorrect size, the parent must pay the league cost to order a new jersey. If the league is at fault we will exchange the uniform for free.

**Christmas Tournament Participants:**

Teams playing in the Christmas Tournament that did not play in the Fall season will pick up their uniforms at the site of their first game of the Tournament (Legacy Courts).

# AFTER SEASON AWARDS AND RECOGNITION OF TEAMS

- Players in all grades have the option to receive participation medallions at the end of the season. Please mark the appropriate page in your coach addendum if you would like medallions for your team.
- 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 is the WNSL's highest award.

## TOURNAMENT AWARDS

We do award achievement trophies in the Christmas and March Madness Tournaments to both players and teams. That venue is separate from the regular season, however, and the WNSL will maintain its mission of player and person development over a play-to-win attitude during its normal action.



# SCOREBOOKS AND BOOK KEEPERS

- Every team (1<sup>st</sup> grade and above) must have a scorebook and bookkeeper ready to go at game time with players entered in the book.
- These scorebook keepers will be required to sit at the scorer's table. They are not allowed to sit on the bench (coaches included) or in the stands.
- This person is also responsible for monitoring the opposing team's playing time. Playing time sheets will be provided at the desk.
- If there are questions on playing time (players playing too much or too little), it must be documented through their book or playing time sheet. The league will not follow up with "hearsay."
- Bookkeepers may not coach or referee from their position and must remain quiet.
- **If there is a discrepancy with the score on the public scoreboard (other than the 20-point differential) or number of fouls, etc., it is the bookkeeper's responsibility to bring this to the attention of the referees immediately and stop the game.**
- Please understand the importance of this position and assign someone who is diligent and will pay attention to the game.





All WNSL Referees are certified.  
They have completed the  
required referee training  
including classes, clinics and  
practice games.

# REFEREE 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.**

1. Gym monitors are on hand at every location we play games to act as a liaison. Get them involved at the time of the dispute.
2. Send an e-mail to [scott@wnsl.net](mailto:scott@wnsl.net) with the following information:

Subject: Referee Complaint

Date of Game: \_\_\_\_\_

Game Time: \_\_\_\_\_

Gymnasium: \_\_\_\_\_

Name or Description of Referee: \_\_\_\_\_

Was the Issue Discussed with the Gym Monitor (Hopefully Yes)? \_\_\_\_\_

Nature of Your Complaint (Please be brief and to the point: \_\_\_\_\_



# 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: \_\_\_\_\_



# 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 do not receive your email reminder, make sure to check your spam/junk email folder.
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 conducts background checks for all HEAD coaches. *Please keep in mind that this is a different process from the volunteer registration at WNSL.org.*

There is no cost to you for this check. All fees are covered by WNSL.

If you have completed a WNSL background check in the last year, you DO NOT need to complete another one.

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

Go to:

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

**By December 15th!**

Contact [carly@wnsl.net](mailto:carly@wnsl.net) with any questions.

# 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: \_\_\_\_\_

# COACH'S PRESEASON TEAM ASSESSMENT

**Please complete the following information so that we may gain some insight into your team's ability and may place it appropriately. 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- I Have No Idea  
an honest evaluation of your team's competitiveness

This is a Free Agent Team: YES \_\_\_\_\_ NO \_\_\_\_\_

Did this Team Play in a 2025 Fall league?

If YES, What League \_\_\_\_\_

What was the team's record? \_\_\_\_\_

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 in different grades, how  
Many are in each grade? Grade: \_\_\_\_ Players: \_\_\_\_  
Grade: \_\_\_\_ Players: \_\_\_\_  
Grade: \_\_\_\_ Players: \_\_\_\_

How many times per week will you practice? \_\_\_\_\_

Have you already begun practicing? YES \_\_\_\_\_ NO \_\_\_\_\_

If you have multiple teams in the same age group,  
did you split talent evenly or stack one team? SPLIT \_\_\_\_\_ STACK \_\_\_\_\_

If you stacked, which team is this? A-TEAM \_\_\_\_ B-TEAM \_\_\_\_

**Considering the formation and ability of your team, please select your preference  
from one of the following competition levels:**

\_\_\_\_\_ **Recreational Level**

\_\_\_\_\_ **In-Between Level**

\_\_\_\_\_ **Competitive Level**

# WINTER Basketball Schedule Requests

Coach Last Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Grade: \_\_\_\_\_

**\*\*Are you the head coach of two teams?** \_\_\_\_ If yes, Grade and Gender of the second team: \_\_\_\_\_

Do you have players participating in 2026 WNSL Winter Indoor Soccer? \_\_\_\_ Coach Name \_\_\_\_\_

**My Team Would Like Extra Regular Season Games (\$70 per game) Depending on Gym Availability:**

Yes \_\_\_\_\_ How many games? \_\_\_\_\_ I will pay via \_\_\_\_Check \_\_\_\_Credit Card (3% Credit Card Fee will be applied)

While there are absolutely no guarantees, THIS IS YOUR CHANCE to provide specific scheduling requests. Please think through any conflicts now. If something comes up between now and December 10, please e-mail [scott@wnsl.net](mailto:scott@wnsl.net) and [kelly@wnsl.net](mailto:kelly@wnsl.net)

**Guaranteed 8 regular season games (unless games canceled due to weather) plus discounted team entry into the WNSL March Madness Tournament (3 game minimum/Double Elimination)**

WNSL Basketball Schedule
January 3
January 10
January 17*
January 24
January 31
February 8
February 14
February 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. These types of requests will not be honored.*

1. To indicate that your team cannot play on a given Saturday, place an 'X' in the appropriate box. (If you are unavailable to play on a particular Saturday, you may only play 7 games.)
2. You may select certain games times for a few games, but not all. Coaches that have two teams will be given priority. (This is not a guarantee; all teams should have an assistant coach.)
3. Work related scheduling conflicts will be given high priority, but social events will not (unless school related).

## Also note the following dates of importance:

- MLK Day is Jan. 19 (Weekend of Jan. 17)

If you have other scheduling notes, including players playing on other WNSL basketball teams (include coach name and grade level), please indicate them here.

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# Practices Through the WNSL

## Who Is Eligible

Any team is eligible to request a practice slot, but the intent for WNSL to be involved is solely to assist teams that are not able to secure practices on their own. Therefore, WNSL requests times in public school gyms. We have submitted the requests for times shown below and will know soon if we receive any or all of these times.

If your team can secure a practice site on-your-own, we request that you do so, leaving the league-secured practice times for the teams without that connection.

## Space and Fees Passed-on To the Teams

WNSL pays significant fees for these gym rentals, which also include custodial fees, and a gym monitor to be on duty at all times. It is necessary for us to pass-along a portion of the fees to offset the costs for these practice facilities.

→ For teams that play on 7, 8, and 9 foot baskets we allot one-half of one crosscourt (one goal) and attempt to place a team of the same age group on the opposite goal (in case coaches want to scrimmage).

→ For teams that play on 10 foot baskets we allot one full crosscourt (space permitting).

The fees for a practice time for the entire season are as follows:

\$250 One-Time Fee for the entire season (equates to approximately \$30/player).

## Times We Expect to Be Able to Assign

Sundays at **West End Middle School** (3529 West End Ave, Nashville, TN 37205, Gym Entrance on Elmington Ave.)

Times are 1-2 p.m., 2-3 p.m., 3-4 p.m., 4-5 p.m., 5 – 6 p.m.

Sundays at **Cohn Learning Center** (4805 Park Ave, Nashville, TN 37209, Gym at the corner of 48th & Elkins)

Times are 1-2 p.m., 2-3 p.m., 3-4 p.m., 4-5 p.m., 5 – 6 p.m.

Sundays at **JT Moore Middle** (Teams on 10' Baskets ONLY) (4425 Granny White Pike, Nashville, TN, Gym entrance closest to softball fields to left of the school.)

Times are 1-2 p.m., 2-3 p.m., 3-4 p.m., 4-5 p.m., 5 – 6 p.m.

**\*\*THERE WILL BE NO PRACTICES ON THANKSGIVING WEEKEND – November 30th or SUPERBOWL SUNDAY – February 8th\*\***

## PRACTICE REQUESTS

I would like to be considered for a practice time through the league:

Coach \_\_\_\_\_ Team Age Group/Gender \_\_\_\_\_

\_\_\_\_\_ I am requesting the same practice time/location from Fall 2025

Will this be your only practice site? Yes No

1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_

3<sup>rd</sup> Choice \_\_\_\_\_ 4<sup>th</sup> Choice \_\_\_\_\_

\_\_\_\_\_ (Initial) The WNSL aims to help as many teams as possible get a space to practice. I understand that if I accept a WNSL practice time I will be sharing the gym with other teams. My team will not be allocated a full court.

# 2025/2026 Uniform Information Sheet

Coach Name: \_\_\_\_\_

Team's Gender: \_\_\_\_\_

Team's Grade: \_\_\_\_\_

Please check the Appropriate Statement:

\_\_\_\_\_ My team WILL wear the WNSL uniforms this season. (Note: Shorts are not provided)

\_\_\_\_\_ My team WILL NOT wear the standard WNSL uniforms this season because we are providing our own\*. Please list jersey color + Team Name \_\_\_\_\_

\_\_\_\_\_ My Team is a returning 2025 Fall Team and we will wear the same uniforms for 2026 Winter Basketball

\*Teams will receive a \$20 per player reimbursement if they are using their own uniforms or returning uniforms.



*Design Examples*

# TEAM NAME & JERSEY REQUEST

The league teams will be provided with a custom jersey 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.

Coach Name \_\_\_\_\_ Grade: \_\_\_\_\_

\_\_\_\_\_ I would like to be a NBA/WNBA/NCAA/Local School Team (i.e. NBA Lakers, WNBA Fever, NCAA Kentucky Wildcats, CPA Lions)

List Team Name Preference Here: \_\_\_\_\_

OR

\_\_\_\_\_ I would like to have a custom team name and jersey

Please print your preferred team name legibly here: 1) \_\_\_\_\_ 2) \_\_\_\_\_

**Jersey Color:** There will be 40 different primary jersey colors to choose from this year. Please list your top 5 jersey colors. We will assign teams colors based on selections.:

Black, Graphite, Charcoal, Silver, Grey, Purple, Lavender, Fuchsia, Pink, Light Pink, Navy, Royal Blue, Air Force Blue, Light Blue, Teal, Mint, Jade, Moss, Army Green, Forest Green, Kelly Green, Electric Green, Optic Yellow, Yellow, Gold, Orange, Light Orange, Coral, True Red, Scarlet, Cardinal, Maroon, Texas Orange, Medium Brown, Dark Brown, Vegas Gold, Army Tan, Cream, Natural, White

1<sup>st</sup> choice: \_\_\_\_\_

3<sup>rd</sup> choice: \_\_\_\_\_

2<sup>nd</sup> choice: \_\_\_\_\_

4<sup>th</sup> choice: \_\_\_\_\_

5<sup>th</sup> choice: \_\_\_\_\_

\_\_\_\_ I understand that all teams must have a unique jersey color. If there are too many duplicate requests, my team may be assigned a color outside of my top 5 choices.

# PLAYER SHORTS ORDER FORM

Match Jersey Color (\$25.00 Each)



Sizes YS, YM, YL, AS, AM, AL, AXL, AXXL

*\*Minimum order 6 pairs*

<u>Size:</u>	<u>Quantity:</u>
YS:	_____
YM:	_____
YL:	_____
AS:	_____
AM:	_____
AL:	_____
AXL:	_____
AXXL:	_____

TEAM Name: \_\_\_\_\_ Age \_\_\_\_\_  
Div: \_\_\_\_\_

Contact Person: \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

**\*\*\*Order form must be completed and turned in by December 11th\*\*\***

# Medallions



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

**Yes, I would like medallions for my team this year: \_\_\_\_\_**

**-or-**

**No, I would not like medallions for my team this season: \_\_\_\_\_**

**Coach's Name: \_\_\_\_\_**

**Team Name: \_\_\_\_\_**

**Division: \_\_\_\_\_**

# CONCUSSION

## INFORMATION AND SIGNATURE FORM FOR COACHES

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

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

### THE FACTS

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

### WHAT IS A CONCUSSION?

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

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

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

### 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](http://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](http://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.

**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.*

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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.*

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Signature of Student-Athlete

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Print Student-Athlete's Name Date

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Signature of Parent/Guardian

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Print Parent/Guardian's Name Date

# **WNSL Basketball Rules**

**Please print the appropriate Sections for WNSL Special Rules and Other Items of Importance for your Grade & Division of Play**

<b>Grade</b>	<b>Division of Play</b>	<b>Sections to Print</b>
Pre-Kindergarten	All	Sections 2 and 3
Kindergarten	All	Sections 2 and 3
Grade 1	Recreational/ Competitive	Sections 2 and 4 Sections 2 and 5
Grade 2	All	Sections 2 and 5
Grade 3	All	Sections 2 and 6
Grade 4	All	Sections 2 and 7
Grades 5 & 6	All	Sections 2 and 8
Grades 7-12	All	Sections 2 and 9



*Updated 1/26/2025*

## **Section 2--WNSL Special Rules and Other Items of Importance (All Divisions)**

### **WNSL Responsibilities**

1. The League will provide referees, a designated clock operator, and a regulation game basketball.
2. The League will oversee the operation of games. Any Special Rules contained in this document will be in effect. Anything not covered by special league rules will be in accordance with the National Federation of High Schools rules.

### **Team Responsibilities—All Age Groups and Divisions**

1. Each team (1<sup>st</sup> grade and above) must provide one parent or other responsible adult to keep their team's scorebook at the official scorer's table. This person should keep the scorebook as if they were the only book being kept (in other words—both teams), including monitoring of playing time. The scorekeepers should compare books and with the clock operator as needed to make sure everything is correct. If there is a discrepancy that cannot be resolved, the game officials will use the Home Team book as the official book.
2. The home team is listed second on the schedule, wears light-colored jerseys, and sits to the left of the scorer's table (if facing it). Teams warm-up opposite their benches and shoot on that basket for the first half.
3. Two warm-up balls for your team, kept securely in an enclosed bag at all times other than pre-game and halftime warm-up. These balls must be brought in and secured by the coach.
4. To provide the line-up for the scorebooks immediately when warm-up begins, or at least 10 minutes prior to the start of the game, whichever is closer to the start of the game.
5. To conduct themselves (including coaches and spectators) in accordance with the Coaches Code of Conduct Agreement. Spectators will not be allowed to harass players from the opposing team or officials (see Parents Code of Conduct). Players and coaches are expected to show good sportsmanship at all times.

### **The Game**

1. A game consists of two halves (16 minute per half for games with wristbands and 20 minutes per half for games without wristbands) with a continuous running clock stopping only on the referee's whistle for injuries, a granted time out by either team, or any other delay deemed necessary by the officials (mandatory subs for wristband divisions, problem with game equipment, etc.) until the last two minutes of each half (at which time National Federation rules for clock stoppage will apply---every whistle). Halftime shall last between 3 and 4 minutes.
2. Each team is entitled to two timeouts per half – both to be one minute in length – with un-used timeouts not carrying over to the second half. Since an overtime period is an extension of the second half, each team will get one additional timeout. Any unused second half timeouts do not carry over into overtime.
3. A team must start the game with 5 players. Game time is forfeit time (Note to Officials & Gym Monitors – be sure to use the slowest watch before ruling a forfeit). In the event that a forfeit is inevitable, coaches are asked to shift players or pick up a player of mutual agreement in order to play. Officials will work these games.
4. A team will not be recorded with more than a 20-point lead on the scoreboard at any time, although the correct score will be recorded in the scorebook.

### **Specific Equipment, Dimensions and other Special Rules are indicated in the appropriate section below**



### **Section 3--Additional Rules and Information for Pre-Kindergarten Boys, Pre-Kindergarten Girls, Kindergarten Boys, Kindergarten Girls**

Size of Ball: 27.5" (Junior Ball)

Height of Goal: Pre-K Boys and Girls—7.5 feet (When Available)  
Kindergarten Boys and Girls—8 feet

Distance (from backboard) for Free Throw—8 feet (officials will disregard if player crosses line in free throw attempt this age group only)

Designated Defensive Area: Only person-to-person defense is allowed and it must take place only within the designated defensive area listed here. The offense must enter the defensive area within normal game flow. No stalling allowed!

#### **Pre-K and Kindergarten Boys & Girls—Inside the 3-point arc**

##### Special Rules

1. Wristbands— Each player will wear a colored wristband. Best player/best ball handler—Red; Next best player—Orange; Third best—Yellow; 4<sup>th</sup> best—Purple; 5<sup>th</sup> best—Green. Defense is only person-to-person within the designated defensive area (above) and the defensive player must guard the opponent wearing the same color wristband. Players will line up at the beginning of each period and after substitutions in order to see what player they are guarding (same color wristband). In the event that the offense advances the ball quicker than the defense can get back (fast-break), a player with a different color wristband may play defense on any color wristband to prevent the fast-break—no penalty.
2. Substitutions—The clock will stop at the 12, 8, and 4-minute marks for substitutions. Substitutions are not allowed at other times unless a player is injured and must leave the game. Wristbands may be switched at the above marks, as well as at the start of a new period. A coach may not switch a wristband without the approval of the opposing coach. “Sand-bagging” on wristband assignments is a serious violation and will not be tolerated by the league.
3. Penalty for Illegal Defense—The officials will warn a player or team for guarding outside the designated defensive area. After two warnings per half, an illegal defense violation will be called, resulting in a one-shot technical foul, plus possession of the ball at the point of interruption.
4. Screens and Picks—No screens or picks are allowed, either “on” or “off” the ball.
5. Traveling and Double Dribbling—Officials are asked to be lenient if a player travels while starting or stopping his/her dribble. However, if a player gains an advantage by traveling or double dribbling, play will be stopped by the referee.
6. Fouling Out—To prevent rough play, players will foul out on their fifth foul.
7. Coach on Floor—One coach from each team may be on the floor while the clock is running to help his/her team learn to score and play defense. Coaches must stay outside the court’s 3-point line only (not near the baseline) and may not touch the ball or a player and otherwise assist in any way except verbal instructions.
8. Overtime Periods—No overtime will be played in these age divisions. A game may end in a tie.
9. Equal Playing Time—Each player must play as close to equal time as possible. Each team should monitor and record playing time. The league has the authority to declare a forfeit when there are violations to this rule.

*\*Half-time Free Throws—Each player will be allowed to shoot one free throw each at half-time, with the score counting toward the total for his/her team. Normal free throw rules apply. In the event that teams do not have the same number of players, the team with the smaller number will be allowed to designate a player (or players) to shoot a second shot to make the number of shot attempts equal. Only players who missed his/her first shot are eligible to be designated by the coach for a second attempt.*

## **Section 4--Additional Rules and Information for Grade 1 Boys and Girls (Recreational Division) For Grade 1 Competitive Division—see Rules for 2<sup>nd</sup> Grade**

Size of Ball: 27.0” or 27.5” (Junior Ball)

Height of Goal: 8 feet

Distance (from backboard) for Free Throw—10 feet (no crossing the line).

**Designated Defensive Area—Front Court Area. Only person-to-person defense is allowed and it must take place only within this area. The defense must allow the offense to cross the half-court line freely. The offense in turn must cross into the defensive area within a normal time frame. No stalling allowed!**

### Special Rules

1. Wristbands—All players will wear a colored wristband. Best over-all player/best ball handler-Red; Next best player-Orange; Third best-Yellow; 4<sup>th</sup> best-Purple; 5<sup>th</sup> best-Green. Defense is only person-to-person within the designated defensive area (halfcourt) and the defensive player must guard the opponent wearing the same color wristband. Players will line up at beginning of each period & after substitutions to see what player they are guarding (same color wristband).
2. Substitutions—The clock will stop at the 12, 8, and 4-minute marks for substitutions. Substitutions are not allowed at other times unless a player is injured and must leave the game. Wristbands may be switched at the above marks, as well as at the start of a new period. “Sand-bagging” on wristband assignments is a serious violation and will not be tolerated by the league.
3. Help Defense and Switching—Players may switch-off during normal defensive play, but must begin each time down the court matched on his/her colored wristband. In the paint, “help defense” that results in a double/triple team is allowed. One player cannot be designated as the regular “help defender” and/or camp out in the lane unless his/her defensive man is nearby. During a fast-break situation, a player down-court may guard any player or players, regardless of wristband color. No double teaming in a fast break situation though.
4. Penalty for Illegal Defense—Officials will usually issue one warning to a team for player guarding outside the designated defensive area. Subsequent violations will then result in a one-shot technical foul, plus possession of the ball at the point of interruption.
5. Pressing—In the final one minute of the game, provided the point difference is 5 points or less, both teams may play full court, man to man defense. Double-team in backcourt is not allowed. Teams will have up to 15 seconds to get the ball across mid-court.
6. Screens and Picks—“On the ball” screens or picks and screens “away” from the ball are legal, if properly executed.
7. Traveling and Double Dribbling—Officials, depending on skill level of the players, may use discretion if a player travels while starting or stopping his/her dribble. However, if a player gains an advantage by traveling or double dribbling, play will be stopped for the violation, and the opposing team will be awarded the ball out-of-bounds.
8. Fouling Out—To prevent rough play, players will foul out on their fifth foul.
9. 3-point shots—All field goals are two points.
10. Isolation Plays—Clearing out to allow one player to go one-on-one is a violation, resulting in a turnover. The same is true for players forming a wall for the ball handler to come around.
11. Coach on Floor—One coach from each team may be on the floor while the clock is running to help his/her team learn to score and play defense. Coaches must stay outside the court’s 3-point line (not near the baseline) and may not touch the ball or a player and otherwise assist in any way except verbal instructions.
12. Coaches Box—Other than the coach listed above, coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
13. Overtime Periods—No overtime will be played in this age division. A game may end in a tie.
14. Equal Playing Time—Each player must play as close to equal time as possible. Each team should monitor and record playing time. The league has the authority to declare a forfeit when there are violations to this rule.

## Section 5--Additional Rules and Information for Grade 2 Boys and Girls (All Divisions)

Size of Ball—27.0” or 27.5” (Junior Ball)

Height of Goal—8 feet

Distance (from backboard) for Free Throw—10 feet (no crossing the line).

Designated Defensive Area—The Front Court.

### Special Rules

1. Defensive Restrictions—**Players do not wear colored wristbands** for defensive designation in this age division. Zone defense is also allowed. Double-teaming or trapping (3 or more people) is allowed with the following restrictions: Only on the person with the ball and only when that person is inside the 3-point arc.
2. Substitutions—**Allowed anytime there is a dead ball.**
3. Penalty for Illegal Defense—The officials will issue one warning per half to a team for player guarding outside the designated defensive area, double-teaming illegally or other defensive violations outlined above. Subsequent violations are considered to be illegal defense and will result in a one-shot technical foul, plus possession of the ball at the point of interruption.
4. Pressing—In the final one minute of the game, provided the point difference is 5 points or less, both teams may play full court defense. Teams will have up to 15 seconds to cross midcourt.
5. Screens and Picks—Properly executed screens or picks are allowed, both “on” or “off” the ball.
6. 3-point shots—All field goals are two points.
7. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
8. Equal Playing Time—Required in Recreational divisions. Recommended, but not monitored, in Competitive division.
9. Overtime Periods—If the score is tied at the end of regulation, one additional period of 1-minute will be played. (clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner. This sudden death period will not last more than 2 actual minutes (clock will be set and run continuously). If neither team scores a point during this time, the game will end in a tie.

## Section 6--Additional Rules and Information for Grade 3 Boys and Girls (All Divisions)

Size of Ball: 28.5" (Women's Ball)

Height of Goal: 9 feet (unless in gym without adjustable goals)

Distance (from backboard) for Free Throw—10 feet (no crossing line).

Designated Defensive Area:

1st half (Boys and Girls) - Front Court

2nd Half (BOYS) - Full Court (unless team is ahead by 10+ points)

**2nd Half (GIRLS) – Half Court (Except in the final minute of the game, provided the point differential is 5 points or less, both teams may play Full Court defense).**

### Special Rules

1. Equal Playing Time—Each player must play as close to equal time as possible. Each team should monitor and record playing time.
2. Penalty for Illegal Defense— The officials will usually issue one warning to a team for players guarding outside the designated defensive area, or other defensive violations outlined above. Subsequent violations will then result in a one-shot technical foul, plus possession of the ball at the point of interruption.
3. Backcourt Guarding—Backcourt guarding is not allowed in the first half. If a **boy's team** is leading by 10 or more points in the second-half, the same "no guarding in the backcourt" rule applies.
4. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
5. Overtime Periods—If the score is tied at the end of regulation, one additional period of 1-minute will be played (clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner. This sudden death period will not last more than 2 actual minutes (clock will be set and run continuously). If neither team scores a point during this time, the game will end in a tie.

## **Section 7--Additional Rules and Information for Grade 4 Boys and Girls (All Divisions)**

Size of Ball: 28.5" (Women's Ball)

Height of Goal: 10 feet for boys  
9 feet for girls (unless in gym without adjustable goals)

Distance (from backboard) for Free Throw—12 feet (no crossing the line)

Designated Defensive Area: 1st half - Front Court  
2nd Half - Full Court (unless team is ahead by 10+ points)

### **Special Rules**

1. Equal Playing Time—Each player must play as close to equal time as possible. Each team should monitor and record playing time. The league has the authority to declare a forfeit when there are violations to this rule.
2. Backcourt Guarding—Backcourt guarding is not allowed in the first half. If a team is leading by 10 or more points in the second-half, the same “no guarding in the backcourt” rule applies.
3. Penalty for Illegal Defense—First offense for guarding in the backcourt during the first half, or with a 10-point lead, will be a warning. Thereafter, a technical foul will be called (one free throw, plus possession of the ball at the point of interruption).
4. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
5. Overtime Periods—If the score is tied at the end of regulation, one additional period of 1-minute will be played. (clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner. This sudden death period will not last more than 2 actual minutes (clock will be set and run continuously). If neither team scores a point during this time, the game will end in a tie.

## **Section 8--Additional Rules and Information for Grade 5 & 6 Boys and Girls**

### **Size of Ball:**

5<sup>th</sup> Grade Boys and Girls- 28.5" (Women's Ball)

6<sup>th</sup> Grade Boys- 29.5" (Men's Ball)

6<sup>th</sup> Grade Girls- 28.5" (Women's Ball)

1. Equal Playing Time—Each player must play as close to equal time as possible. Each team should monitor and record playing time.
2. Backcourt Guarding—Backcourt guarding is not allowed for teams holding a 10 or more point lead.
3. Penalty for Illegal Defense—First offense for guarding in the backcourt with a 10 or more-point lead will be a warning. Thereafter, a technical foul will be called (one free throw, plus possession of the ball at the point of interruption).
4. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
5. Overtime Periods—If the score is tied at the end of regulation, one additional period of 1-minute will be played. (The clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner

## **Section 9--Additional Rules and Information for Grade 7-12<sup>th</sup> Boys and Girls**

Size of Ball: Male 29.5" (Men's Ball)  
Female 28.5" (Women's Ball)

### *Special Rules*

1. Equal Playing Time—The league recommends equal playing time but does not monitor these divisions.
2. Backcourt Guarding—Backcourt guarding is not allowed for teams holding a 10 or more point lead.
3. Penalty for Illegal Defense—First offense for guarding in the backcourt with a 10 or more point lead will be a warning. Thereafter, a technical foul will be called (one free throw, plus possession of the ball at the point of interruption).
4. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
5. Overtime Periods—If the score is tied at the end of regulation, one additional period of 1-minute will be played. (clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner.