

West Nashville Sports League

Spring Flag Football

Coach Guidelines and Information

2023





WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS

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

Allison Duffey
Bill Easterly
Scott Oatsvall

Wendell Harmer
Andrew Kelso
John Hartong

Bob Notestine
Bob Starnes

IMPORTANT CONTACT INFORMATION

League Phone Recording: 615.376.4700
Fax Number: 615.376.6493

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

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

Referees

Roger Maness roger@wnsl.net
Bobby Smith bsmithdomer@aol.com

WNSL SPONSORS

EVERY SEASON STARTS AT



Sponsorship Levels

Overall League Packages:

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

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

Single Season Sport Packages:

(Sponsors one Sport for the Main Competition Season)

Seasons (circle one):

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

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

Additional Packages:

Basketball Tournament Naming Rights:

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

Naming Rights to Baseball Fields:

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

Dear Prospective Sponsor,

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

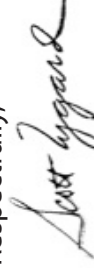
Since 1997, WNSL has been an athletic outlet to thousands of area boys and girls. As a youth sports league, we take great pride in the achievements of this program, which operates at the highest level and is a strong catalyst in keeping the youth of our community on the playing field. The WNSL mission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

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

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

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

Respectfully,



President, West Nashville Sports League



WEST NASHVILLE SPORTS LEAGUE SPONSORSHIP INFORMATION



Serving the Nashville Community

Since 1997

www.wnsl.org

Overall League Sponsorship Packages

For all sports for one year or

Single Season Sport Packages:

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

Gold Package

\$4,000 Commitment

OR

\$1,000 Single-Sport Commitment

Package Includes:

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

Silver Package

\$2000 Commitment

OR

\$500 Single-Sport Commitment

Package Includes:

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

Bronze Package

\$1000 Commitment

OR

\$250 Single-Sport Commitment

Package Includes:

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

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

Additional Sponsorship Opportunities:

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

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

WNSL
PO Box 50710
Nashville, TN, 37205

Company Name: _____

Mailing Address: _____

Contact Email: _____

Phone: _____

Additional Info: _____

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

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



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

Follow Us To...

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



www.twitter.com/WNSLonline



facebook

www.facebook.com/WNSLonline



www.Instagram/WNSLonline



2023 WNSL Spring Flag Football Registration



Deadline: March 1st

Player Name: _____ Parent/Guardian Name: _____

Player's Gender: _____ Player's Date of Birth: _____ Age on Jan. 1, 2023: _____

Street Address: _____ City: _____ Zip Code: _____

E-Mail Address: _____ Grade: _____

Phone: (H) _____ (C) _____ School: _____

What Area of Town Do You Live in? (i.e. Green Hills, Bellevue) _____

Coach Preference (Full Name): _____

Is Your Player Listed on the Roster This Coach Will Submit to the League? Yes _____ No _____ Don't Know _____

List Any Teammate Requests Here: _____

Registering For: Pre K _____ K _____ 1A 1st _____ 2A 2nd _____ 3A 3rd _____ 4A 4th _____ 5A 5th/6th _____
7th/8th _____ 9th/10th _____ 11th/12th _____

Please Circle Your Preferred Jersey Size:

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

Sponsorship Information:

Are you or your company interested in sponsoring your player's team? Yes _____ No _____

If yes, please provide your company's name, person to contact and the best way to reach him/her

Volunteer Information:

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

Contact information if different from above (Name, E-Mail, and Phone): _____

Agreement:

1. I hereby certify that my child is in normal health and capable of safe participation in the WNSL Flag Football League. I assume all risk and hazards incidental to the conduct of this program. I hereby authorize the WNSL to obtain medical treatment for my child if the parent(s) cannot be reached.
2. I support the WNSL philosophy based on character development, participation, fun, skill development, teamwork, fair play, family involvement and growth in spirit, mind & body.
3. I will read and follow the WNSL's code of conduct online at www.wnsl.org
4. I acknowledge that if I choose to withdraw my child from the league, there are no refunds unless there is a medical excuse from a doctor. Registration fees may be transferred to another sport up until jerseys are ordered.

Signature of Parent/Guardian: _____ Date: _____

League Fees if Registering By Mail:

Pre K and K - \$140 / 1st - 12th - \$165 (Add \$10 for paper registration) Total Enclosed _____

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

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



West Nashville Sports League

Financial Assistance Form

Parent/Guardian Name _____

Phone Number _____ E-Mail _____

Child's Name _____

Age _____ School _____ Grade _____

Reason you are applying for financial assistance _____

Sport for which you are applying for financial assistance _____

Total Household Income from adults living in household last year _____

Source of Income _____

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

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

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



West Nashville Sports League

2023 Calendar of Events

INTERACTIVE CALENDAR ON WWW.WNSL.ORG

March 1	Spring Sports Registration Closes
March 2 – 5	March Madness Basketball Tournament
March 7	Spring Baseball Coach Meeting
March 8	Spring Softball Coach Meeting
March 9	Spring Flag Football Coach Meeting
March 25	Spring Baseball Season Begins
April 1	Spring Softball and Flag Football Season Begins
May 1	Summer Basketball Registration Closes
May 8	Summer Basketball Coach Meeting
May 13	Spring Sport Regular Seasons End
May 14 – 20	Spring Sport End of Season Tournaments
June 2 – 4	Tune Up Tournament Weekend 1
June 5	Summer Basketball Season Opens
June 8 – 11	Tune Up Tournament Weekend 2
June 29	Summer Basketball Season Ends
August 12	Flag Football Jamboree
August 19	Fall Baseball, Softball, and Flag Football Begin
October 22	Fall Baseball, Softball and Flag Football End
October 28	Fall Soccer and Fall Basketball Begin
December 9	Fall Basketball Ends

West Nashville Sports League

2023 Calendar of Events

December 15 – 17 WNSL Christmas Basketball Tournament

December 16 Fall Soccer Ends

January 6 Winter Basketball and Soccer Begin

February 24 Winter Basketball and Soccer End

THE SPRING SPORTS TIMES

The FFL/FBB Times is the WNSL's bi weekly newsletter filled with important updates, photos of the week, upcoming events and other announcements.

All coaches and parents will receive the newsletter by default.

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



WNSL Spring Flag Football League (FFL)

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? Registration is open through March 1st

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

What if I do not want to register online? You can download a paper registration form on the Flag Football 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 initial registration deadline the price to register increases and is only available on a case by case basis. Players will be added to existing teams or new teams created if the need arises.

Do you give refunds if my child decides not to participate? 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.*

What are the age divisions? We have 9* Divisions

Pre-K/K

1st Grade

2nd Grade

3rd Grade

4th Grade

5th/6th Grades

7th/8th Grades

9th/10th Grade

11th/12th Grade

*Some divisions may be combined if need be because of numbers of players and teams.

Why did the divisions change from being based on age to being based on grade? Due to the amount of requests for players to be transferred in order to play with classmates, the WNSL decided to base the divisions on grade level instead of age. However, the WNSL holds the right to move a team up a division, if two or more of its players are much older than the average age of the players in the division.

Are players allowed to play up or play down? Players are allowed to play up a division. However, players must have approval from Scott Tygard (scott@wnsl.net) in order to play down.

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 in mid-March. Parents of free agents may be called upon to help coach or procure a coach if the free agents do not have a coach.

Can a player play on two teams? A player cannot play on two teams in the same grade. A player may, however, pay two registration fees and play up for his second team. Example: A third grader may play on both a third grade and a fourth grade team.

Can girls play? Yes. The FFL league is Co-Ed.

How much does it cost? Pre-K – K Divisions - \$140 1st Grade – 12th Grade Divisions - \$165

What is included in the registration fees? 7 or 8 games, end of season tournament, referees, insurance, newsletter, website, excellent fields, all equipment such as pylons, flags, sportsmanship trophies for some teams and a jersey.

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 that are submitted by the coaches. 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.

Coach-Related Questions

Who coaches the teams in the FFL? The WNSL relies on volunteers to coach. Some teams bring coaches with them and often parents coach. If you are interested in coaching or being an assistant you may indicate this on the "Volunteer" portion of the registration site.

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

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

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

How do you come up with team names? The coaches determine team names. Team names can be NFL teams, generic names (such as Road Runners) or school names (with permission from school).

Weather, Fields, Opening Day, and FFL Basics

What type of flag football 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 flag football league. The WNSL feels that the casual recreational player as well as the more serious competitive player will both be accommodated. In short, the WNSL wants players of all different levels to have fun, excel and feel good about what they are doing.

How long does the season last? The flag football season kicks off in Early April (See the site for details). Games are played every Saturday and Sunday throughout the day with the season ending in late May.

Does the league provide photos for teams and individuals? Each team is given a time slot on photo day during the season to get their photos taken. The photographer has various packages available.

Where are the games played? All games are played at the Warner Park Complex (Vaughn Road and Old Hickory Blvd.) Teams will have the option to play games at an alternate location on Steeplechase weekend in Mid-May.

What happens in case of inclement weather? Are games rescheduled? How will a parent/coach know if games are canceled? Due to Metro Parks policy, games cannot be played when there is standing water on the fields. This is to protect the fields as well as protecting the players from injury. Games may be rescheduled for weekdays. If games are canceled there will be a notice on the homepage of www.wnsl.org as well as a notice sent out via social media (Facebook, Twitter, etc)

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

How many players are on a team? The WNSL flag football league is 7 vs. 7. (PreK/K plays 5v5) Ten players is an average number per team, though some coaches may choose to have more or less.

What equipment does my player need? Players are required to have a mouthpiece and shorts with **NO POCKETS**. Cleats for youth football (Plastic spikes) are recommended but tennis shoes are OK.

Does WNSL provide referees for games? Yes. Trained referees are provided for every game played

Are there different rules for different divisions? Yes, review the rules on the Flag Football page of www.wnsl.org.

Does WNSL post standings? No, the WNSL does not provide standings for we do not want to promote over the top competitiveness and focus on the "Love of the Game" instead. If a tournament is held at the end of the season we will post scores for these games.

Is there a Postseason Tournament? Yes. Since there are no regular season standings, the tournament matchups are created through the records of the teams during the season.

Sponsorships and Financial Assistance

What if I am interested in sponsoring a team or the league? Please contact scott@wnsl.net about all sponsor questions.

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. 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.

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 Flag Football 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. We provide player medallions upon request from the coach.

What is the difference between WNSL and other flag football 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 the best field 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.

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: _____

TEAM PHOTO DAY

SATURDAY April 1st

By Carl Bott Sports Photography



Learn More by visiting them online at:

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

LEAGUE PRACTICE VENUE

The WNSL does not provide practice spaces but venues will be discussed at the coach meeting.

INSURANCE QUESTIONS

The WNSL does provide full insurance for outside 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.

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!

SCHEDULE AND STANDINGS INFORMATION

The season schedule will not be published until late-March. When posted, it will appear on the league website at the top of the Flag Football 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 0-4 or 4-0 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 in the final two weeks of the season if needed. This will occur, once again, to promote competitive balance. If we see a major mismatch, teams will be moved around in order to create equal competition.

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

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

Coaches leading multiple teams

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

Teams unable to make a game

If you cannot field a team on a given week, please inform the opposing coach and the league and make a good-faith effort to find a replacement team for your opponent to compete against. The coaches' contacts are listed on the "Rosters" tab on the WNSL webpage after logging into your account. Note that you can only view the coaches' contacts information if you are logged into your account.

Forfeits

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

WEATHER CANCELATIONS



For weather cancelations:

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

No messages or notice means games are on as scheduled.

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

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

AFTER SEASON AWARDS AND RECOGNITION OF TEAMS

- Upon request from a coach, players will receive a participation medallion.
- There will be no championship trophies for the teams that have won their division or think they have won. Trophies will be awarded to postseason tournament winners.
- No standings are recorded or published.
- The regular season is for learning, improving, playing the game the right way and having fun. We do not recognize winning with trophies and standings.

LOVE OF THE GAME TEAMS AWARDS

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



UNIFORM DISTRIBUTION INFORMATION

Own uniforms

A team may wear their own uniform but you must declare this at the Coaches' Meeting. 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 the week prior to the first day of games (April 1). Date and Time will be determined based on when all team uniform bags are completed and ready to be picked up. All coaches and participants will be given at least 48-hours notice of when uniforms will be available. Only **ONE TEAM REPRESENTATIVE** will be allowed to pick up the uniforms.

Coach Jerseys

Coach and parent jerseys may be ordered/purchased by March 10th.

Jersey count

You will receive the number of jerseys equivalent to the number of players on your roster. Each player registered for a specific size during the registration process and that is the size that will be in the bag. A replacement jersey costs \$30 with no guarantee that it is in stock.

UNIFORM AND EQUIPMENT NOTES

- 1) **Mouthpieces must be worn at all times.** A player may not participate without one.
- 2) **Shorts or pants may not contain pockets.** They must also be a different color than player's flags.
- 3) **Coaches on the field must wear a matching team jersey or the provided WNSL Flag Football shirt dri-fit – No exceptions!**

Flags are picked up at the Coaches' Meeting and you are responsible for returning them at the end of the season.

SAVE on Your Spring Equipment

Exclusive events at Dick's Sporting Goods and Play It Again Sports for WNSL Players



EVERY SEASON STARTS AT
DICK'S
SPORTING GOODS

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 3/10/2023 - 3/13/2023



20% OFF THROUGHOUT THE STORE

EVERY SEASON STARTS AT
DICK'S
SPORTING GOODS

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. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone!

F000487220241C8TH

DSG SHOP DAY

Offer Valid March 10 - 13

20% Off In-Store



WNSL
WEST NASHVILLE SPORTS LEAGUE

AND

PLAY IT AGAIN
SPORTS
Nashville, TN

PRESENT

2023
BASEBALL
TRADE IN DAY

SATURDAY MARCH 18TH

Bring in your gently used gear to PIAS-Nashville on 3/18/23 and donate the trade value to WNSL to receive 20% off your purchase!
No gear or no donation? Get 10% off!

10AM-8PM - 615.747.6767
7631 HIGHWAY SOUTH

PIAS TRADE IN DAY

March 18th

20% off your purchase
with a trade in!

Learn more about both events at www.wnsl.org!

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. Background Check
5. Coach Bio
6. Team Parent Designation
7. Team Assessment
8. Team Name and Jersey Color Request
9. Game Schedule Request Form
10. Medallion Request Form
11. Concussion Protocol
12. Cardiac Arrest Protocol

Register as a Volunteer

(If you HAVE previously registered on the WNSL website)

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

WNSL VOLUNTEER COACHING REGISTRATION

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

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

Date of Birth: _____

Mailing Address: _____

E-Mail Address: _____

Cell Phone: _____ Other Phone: _____

Division and Team You are Coaching: _____

Have you previously had experience working with children? YES NO

WNSL COACH CODE OF CONDUCT

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

Coach's Signature: _____

Coach's Printed Name: _____

Today's Date: _____



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

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

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

Go to:

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

By MARCH 15!

Contact carly@wnsl.net with any questions.

WNSL COACH 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 Football? _____ ... 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. If coaching multiple teams, please fill out a sheet for each team:

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

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

If YES, how many years? _____

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

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

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

How many times per week will you practice? _____

Have you already begun practicing? YES _____ NO _____

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

Players are old for their grade (been grey shirted) YES ___ NO ___ MAYBE ___

Please select the division your team would most likely fall into:

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

_____ **RECREATIONAL:** Fun is the name of the game in this level -- generally are teams aiming to improve their skills but not wishing to play tough competition. These teams focus on education and development of each player in every position. Coach pledges that all players will get to play different positions and all players get touches during every game, winning or losing will not matter. Fun and developmental team.

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

Game Schedule Request

Coach Last Name: _____ Division: _____

Are you the head coach of two teams? _____ If yes, list sport and division _____

If you have players playing WNSL Spring Baseball, please list the coaches of those teams:

This calendar is where you make any scheduling requests. We schedule around WNSL Spring Baseball 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 can probably get you a double header on another week! We must know this before the schedule is released to even consider the alternate date, however.

*****Guarantee 7 League games plus tournament games*****

WNSL Flag Football Schedule	
April 1*	April 2
April 8* x	April 9* x
April 15	April 16
April 22	April 23
April 29	April 30
May 6	May 7
May 13*	May 14
May 20 - 21	
End of Season Tournament	

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:

- Spring break for WCS: Mar. 11 - 15
- Spring break for MNPS: Mar. 13 - 17
- Easter: April 8/ 9 – NO GAMES
- Team Photos April 1
- May 13: Steeplechase – NO GAMES at Warner Park. Teams will play at Ted Rhodes Complex

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

2023 Uniform Information Sheet

Coach Name: _____

Team Division: _____

Please check the Appropriate Statement:

_____ My team WILL wear the standard WNSL uniforms this season.

_____ My team WILL NOT wear the standard WNSL uniforms this season because we are providing our own.
(Teams wearing their own uniforms must have reversible jerseys [color/white] with numbers on both sides)

*Teams providing their own uniforms will be reimbursed \$20 per player

PLAYER SHORTS ORDER FORM

Cost 15.00 per pair



No-pocket shorts

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

Uniforms will be Royal Blue/White Reversible Shirts

Please choose Shorts Color: _____Black _____Royal Blue

Size: Quantity:

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 March 11th*****

Medallions



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

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

-or-

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

Coach's Name: _____

Team Name: _____

Division: _____

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

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

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

THE FACTS

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

WHAT IS A CONCUSSION?

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

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

HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

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

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

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

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

SIGNS AND SYMPTOMS

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

WHAT ARE CONCUSSION DANGER SIGNS?

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

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

WHY SHOULD I BE CONCERNED ABOUT CONCUSSIONS?

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

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

HOW CAN I HELP ATHLETES TO RETURN TO PLAY GRADUALLY?

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

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

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

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

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

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

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

STEP 5: Athlete may return to competition.

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

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

PREVENTION AND PREPARATION

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

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

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

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

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

ACTION PLAN

WHAT SHOULD I DO WHEN A CONCUSSION IS SUSPECTED?

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

1. REMOVE THE ATHLETE FROM PLAY.

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

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

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

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

3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.

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

4. KEEP THE ATHLETE OUT OF PLAY.

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

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

REFERENCES

1. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *The American Journal of Sports Medicine* 2004; 32(1):47-54.
2. Institute of Medicine (US). Is soccer bad for children's heads? Summary of the 10M Workshop on Neuropsychological Consequences of Head Impact in Youth Soccer. Washington (DC): National Academies Press, 2002.
3. Centers for Disease Control and Prevention. Sports-related recurrent brain injuries-United States. *Morbidity and Mortality Weekly Report* 1997; 46(10):224-27. Available at: www.cdc.gov/mmwr/preview/mmwrhtml/00046702.htm

If you think your athlete has a concussion take him/her out of play and seek the advice of a health care professional experienced in evaluating for concussion.

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

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

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

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

Sign and return this page.

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

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

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

_____ A concussion is a brain injury.
Initial

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

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

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

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

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

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

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

Signature of Coach

Date

Printed name of Coach

Sudden Cardiac Arrest Education and Information

What is sudden cardiac arrest?

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

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

How common is sudden cardiac arrest?

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

Are there warning signs?

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

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

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

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

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

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

What is the best way to treat Sudden Cardiac Arrest?

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

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

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

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

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

Signature

Date

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

What is sudden cardiac arrest?

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

How common is sudden cardiac arrest in the United States?

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

Are there warning signs?

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

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

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

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

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

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

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

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

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

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

Signature of Student-Athlete

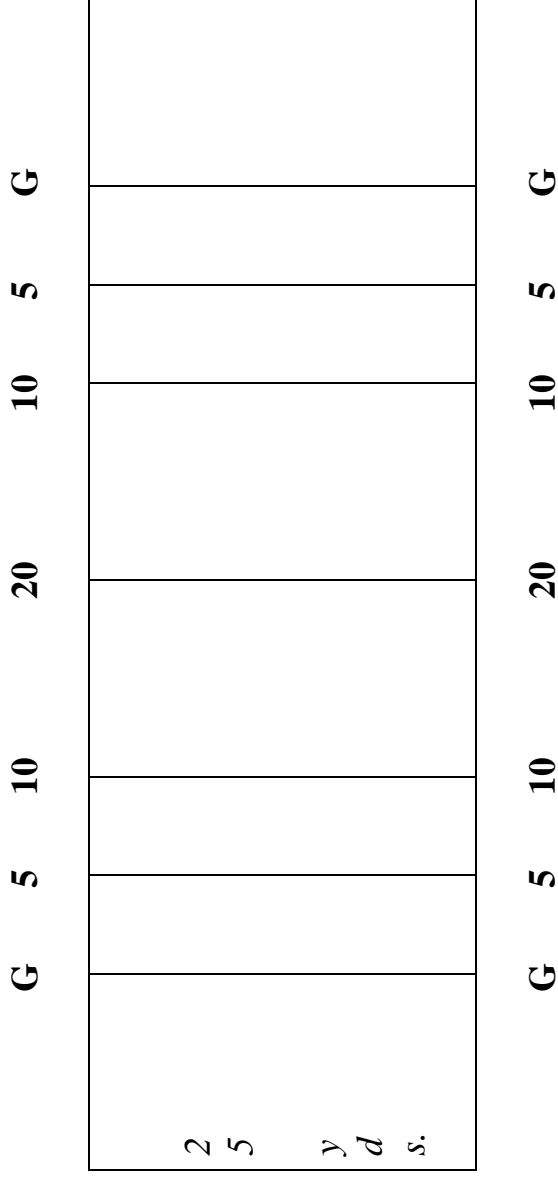
Print Student-Athlete's Name Date

Signature of Parent/Guardian

Print Parent/Guardian's Name Date

WNSL Flag Football Field Diagram

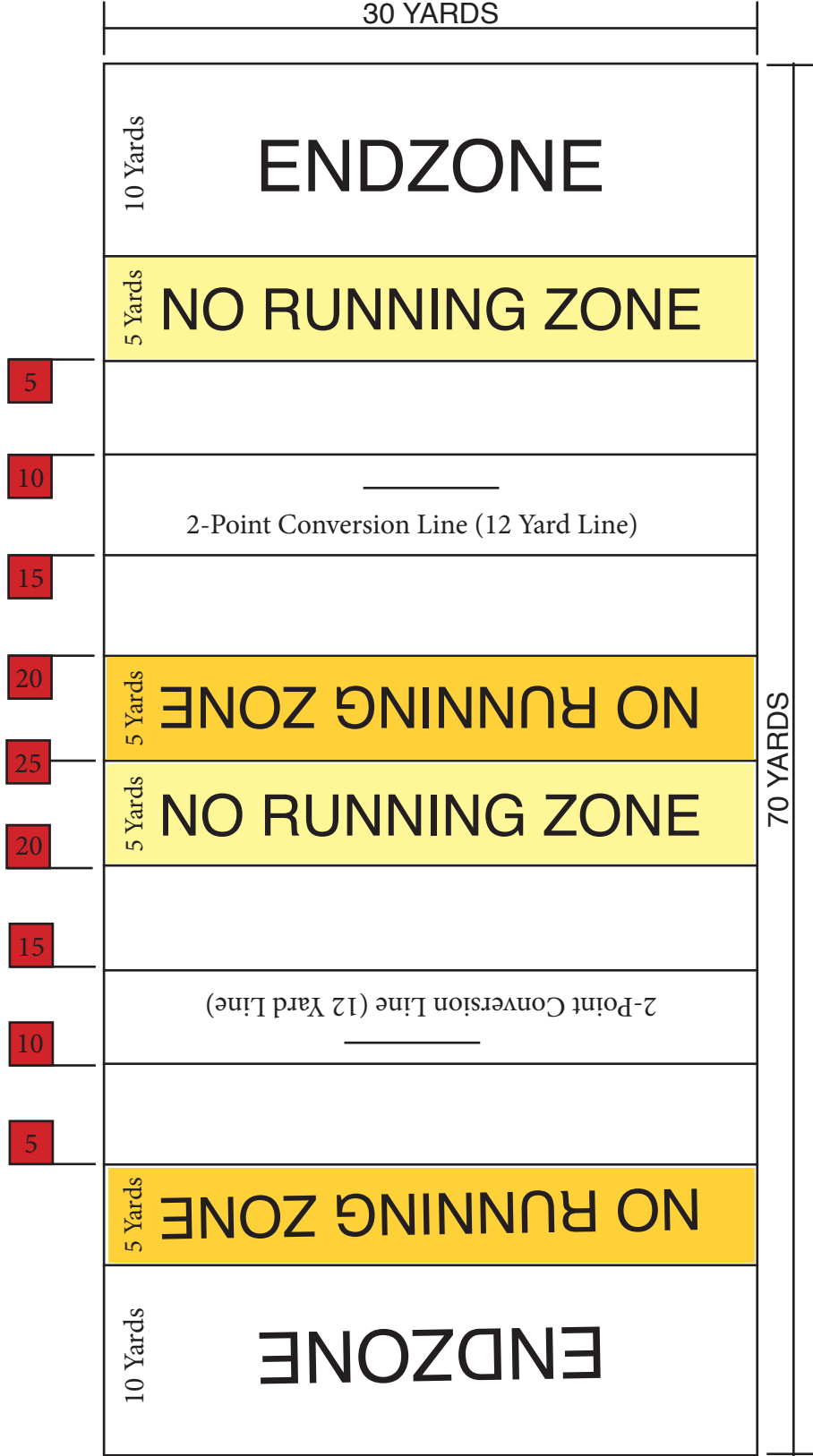
For
5 vs. 5 (Pre-Kindergarten & Kindergarten)





Length of Field
<-----60 yds.----->



WNSL FLAG FOOTBALL LEAGUE Field Diagram



-  Offensive Teams moving from Left to Right have "No Running Zones" in the area.
-  Offensive Teams moving from Right to Left have "No Running Zones" in the area.

Flag Football League Official's Signals



NO TIME OUT, OR
TIME N WITH
WHISTLE



PERSONAL
FOUL



TOUCHDOWN, FIELD
GOAL OR SUCCESSFUL
TRY



ILLEGAL
PROCEDURE
ILLEGAL
FORMATION ILLEGAL
SHIFT



ILLEGAL CONT
ACT



PASS JUGGLED
INBOUNDS
CAUGHT OUT OF BOUND
S



SAFET
Y



INTERFERENCE
WITH FORWARD
PASS OR FAIR
CATCH



BALL ILLEGALLY
TOUCHED, KICKED, OR
BATTED



OFFSIDE
OR
ENCROACHIN
G



LOSS OF
DOWN



HOLDIN
G



INTENTIONAL
GROUNDING OF PASS



TRIPPING



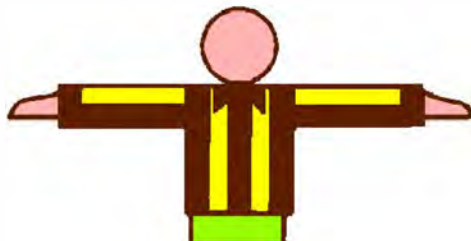
PLAYER
DISQUALIFIED



FIRST
DOWN



ILLEGAL
FORWARD
PASS



UNSPORTSMANLIK
E CONTACT



WNSL FLAG FOOTBALL LEAGUE RULES 02/16/2023

SPORTSMANSHIP

- Coaches are directly responsible for team members and spectators supporting their team before, during and after the game.
- If the game referees or field supervisor witness any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike conduct, the game will be stopped, and the player or players involved may be removed for the remainder of the game. FOUL PLAY WILL NOT BE TOLERATED.
- Any trash talking or taunting intended to embarrass, ridicule, or demean others under any circumstance will not be tolerated. First offense is a warning, and the second offense is ejection from the game.
- League rules require fair playing time for all players.
- Smoking/ Vaping is NOT ALLOWED anywhere on the fields or other spectating areas.

EQUIPMENT/ UNIFORMS

- All participants will receive a football jersey that must be worn.
- Each team will be provided flag belts for games. Flags must be a different color from the shorts.
- Rubber cleats are optional; metal spikes are NOT allowed.
- All players must wear a protective mouthpiece, no exceptions.
- Coaches must return all equipment after the last game.
- Pockets are NOT permitted on shorts or pants. Players will not be allowed onto the playing field until properly outfitted.
 - Exception: players may tape over pockets or belt loops, but this is not preferred. Time will not be stopped for a player to tape over pockets or belt loops, and if the tape continuously falls off then the player may be subject to sitting out.
- The WNSL will have approved game balls ready at each field. A team may opt to use its own ball on offense, provided it is of proper size, standard inflation and is in good condition. Each ball must be approved by the game's referee before the game begins.
- Size of Field—For Divisions playing 7 vs. 7, the field will be 30-yds. wide and 70-yds. long, including the end zones. For divisions playing 5 vs. 5, the field will be 25-yds. Wide and 60-yds. long, including end zones. Field diagrams are provided on WNSL website.
- Football sizes:
 - PK/K,1A,2A,3A—Pee Wee ball
 - 4A, 5/6A ----- Junior ball
 - Thunder & HS ----- Youth ball
 - Note: All girls teams may opt to play with one size lower.
- NOTE: Teams may choose to play with a larger ball, but not a smaller regulation ball.

START OF GAME

- The game will begin with a coin toss to determine possession. The team winning the coin toss chooses to play offense or defense in the first half or differ the option until to the other team. The team losing the coin toss determines which goal it wants to defend in the first half unless the other team has differed the option of offense or defense. Whichever team begins on defense in the first half will start on offense in the second half and vice versa. The directions of the two teams will also be reversed in the second half. Neither team may start both halves with the football, therefore, if you would like the ball first in the second half and win the coin toss, you should elect to play defense first.
- The ball will be placed at the 10-yard line (no kickoffs)
- Time will be kept by the referees.
- Game time is forfeit time...arrive early!

TIMEOUTS

- Each team has 2 one-minute timeouts per half.
- Unused timeouts will not carry over to the second half.
- Officials may stop the clock at their discretion for injuries, etc.

GAME PLAY

- WNSL plays a 7-on-7 format for all divisions except Pre-K and Kindergarten, which are 5-on-5. Each team must consist of the minimum six players (4 for PK and K) at all times. Failure to field required number of players will result in a forfeit and the teams will divide up and play a scrimmage game, which will be officiated by the referees.
- Two coaches are allowed on the field per team for 1A and 2A. One coach is allowed on the field per team for 3A, 4A, 5A/6A and Thunder divisions. All coaches must stay out of the way! Coach interference penalties will be called on those inhibiting the game.
- A game consists of two 20-minute halves with a running clock. The clock will stop for all qualifying dead balls for the final 1-minute of the first half and the final 2-minutes of the second half. (Refer to Game Clock: End of First Half and End of Game).
- There is no overtime in regular season play, however, if a touchdown is scored as time expires and the extra point is going to make a difference in the outcome, the team will be given the opportunity to attempt the extra point.
- Play Clock for PK, K, 1A, 2A & 3A is 45 seconds; for 4A, 5A/6A, Thunder, and High School it is 30 seconds.
- Each down sequence lasts four plays (Five plays for PK, K, 1A and 2A). Once the offensive team crosses midfield, it has 4 plays (5 plays for PK, K, 1A and 2A) to score a touchdown.
- On a 4th down (5th down for PK, K, 1A and 2A), the offense may either "punt" ----- moving the ball to opponents' 10-yard line (5-yard line if punting team is beyond mid-field) --- OR it can go for it. If the offense does not score or make a first down, the ball changes possession at the point where that play is marked dead.

RUNNING

- The quarterback for any given play is the first player to touch the ball after the snap.
- The quarterback may only run once per four-down sequence. During all other plays, the QB may not run the ball until after he gives complete control of the ball to another teammate.
- The center may only advance the ball after he has snapped it to the quarterback. All handoffs to the center must be wrapped around the body to his chest/hands—no-between-the-legs handoffs.
- Only direct handoffs or pitches behind the line of scrimmage are legal. Offense may use multiple handoffs and pitches. No laterals or handoffs past the line of scrimmage.
- The player who receives the handoff or non-forward pitch can throw the ball as long as he does not go past the line of scrimmage.
- Any lateral that is legally intercepted by the defense may be advanced the same as an intercepted pass.
- To avoid his/her flag being pulled, the ball carrier may not jump or dive. Spinning is allowed.
- There are “NO RUNNING ZONES” at the 5-yard line and five yards before midfield (except in the PK, K, 1A and 2A divisions, which may run the ball from anywhere on the field).
- Moving screens protecting the ball carrier downfield are NOT allowed.
 - NOTE: A player may occupy any downfield space but may not adjust positions to inhibit the defense.

RECEIVING

- All players, including the quarterback, if the ball has been handed off behind the line of scrimmage, are eligible to receive passes.
- Only one player is allowed in motion at a time. Motion must be parallel to the line or away from the line of scrimmage.
- Players must have at least one-foot in-bounds with clear possession of the ball when making a reception.
- Intentional pick plays in the secondary by the offense are not allowed and will result in offensive pass interference.

PASSING

- Laterals are allowed and will be viewed as a pitch, but the receiver must be behind the passer. Laterals cannot occur beyond the line of scrimmage.
- Teams must pass the ball at least once per down-sequence. Failure to do so will result in a 5-yard penalty for illegal procedure on the final down. Clarification—If a team has not passed the ball by 4th down (5th for PK, K, 1A, 2A), they must either pass or punt.
 - NOTE: A legal pass attempt is defined as a ball that is thrown from the backfield and crosses the line of scrimmage.
- Shovel passes are allowed, but DO NOT satisfy the forward pass requirement (unless thrown across the line of scrimmage).
- No passes are allowed beyond the line of scrimmage.
- Interceptions change the possession of the ball and may be advanced by the defense from any point on the field.

- The quarterback has 10 seconds to pass, lateral or handoff the ball. Once he gives up control of the ball, the 10-second clock is no longer in effect. Failure to release the ball in the 10-second time frame will result in a sack.
- Play action fakes (fake handoff to runner and then pass) are legal in all divisions. Keep in mind that, unless the player is a designated rusher, defenders cannot cross the line of scrimmage until the ball changes possession.
 - NOTE: If the offense performs a play action fake, the defense is allowed a 1-yard penetration “grace” beyond the line-of-scrimmage as a normal reaction to the fake handoff.

FORMATIONS

- For 5v5 leagues (Pre-K and K), the offense must have 2 players on the line of scrimmage. For 7v7 leagues (1A, 2A, 3A, 4A, 5A, Thunder and High School), the offense must have 4 players on the line of scrimmage.

RUSHING THE QUARTERBACK

- All players rushing the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped in the Pre-K, K, 1A, and 2A divisions. All players rushing the passer must be a minimum of ten yards behind the line of scrimmage when the ball is snapped in the 3A, 4A, 5A/6A, Thunder, and High School divisions.
- There is no limit to the number of players allowed to rush the quarterback.
- The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where he or she lines up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in a blocking penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.
 - NOTE: No blocking allowed
- Players not rushing the QB may defend on the line of scrimmage, but they may not cross until the quarterback relinquishes possession of the ball, including play-action fakes.
- Once the ball is handed off, the seven/ ten - yard rule is no longer in effect and all defenders may go beyond the line of scrimmage.

DEAD BALLS AND FUMBLES

- The center must snap the ball between his/her legs to start the play. An exception is made in the PK, K, 1A, and 2A divisions for players that need to snap the ball to the side.
- Substitutions may occur on any dead ball.
- Play is ruled DEAD when:
 - The ball carrier steps out of bounds
 - A touchdown is scored
 - The ball carrier's knee or elbow touches the ground
 - The ball carrier's flag is pulled, or his/her flag belt falls off
 - A fumble, lateral or forward pass hits the ground.
 - An inadvertent whistle by a game official
- There is no change of possession on a fumble that hits the ground. The ball will be spotted where it first hits the ground, and the down will count. If the player intentionally fumbles "forward," the ball will be marked at the point of last possession.
- Fumbles that are "intercepted" in the air are treated the same as a pass interception and are therefore a live ball.
- Fumbles occurring in the team's own end zone will result in:
 - The ball being placed on the 1-yard line (PK, K, 1A, 2A)
 - A safety (3A, 4A, 5A/6A, Thunder, HS)
- If a player catches a pass with no flag belt, the completion will count, and the ball will be spotted where the player makes the catch.

SCORING

- Touchdown: 6 points
- Extra point:
 - 1 point (played from 5-yard line ----- pass only except PK, K, 1A & 2A)
 - 2 points (played from 10-yard line ----- run or pass)
- Defensive interception returned for a score during an extra point attempt:
 - 1 point if the offensive team is attempting a 1-point-try.
 - 2 points if the offensive team is attempting a 2-point-try.
- Safety: 2 points

PENALTIES

- Referees determine incidental contact that may result from normal play.
- Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Judgment calls are not arguable.
- Games cannot end on a defensive penalty ----- unless the offense declines it.
- Penalties are assessed “live ball” first, then “dead ball.” Live ball penalties must be assessed before play is considered complete.
- Penalties will be assessed half the distance to the goal when the penalty yardage is more than half the distance to the goal.
- Failure to wear a mouthpiece will be a dead ball/delay of game penalty. Players must exit the game until he/she retrieves a mouthpiece (NOTE: once the ball is snapped, players are assumed to have started the play with a mouthpiece.
- Players must wear their flags on their hips/sides. Failure to start the play with flags worn properly will result in a dead ball/delay of game penalty. Flags shifting to positions other than on the hips during live ball play will not be penalized. Each player must check flag position between downs.
- Failure to tuck in jerseys will result in a dead ball/delay of game penalty.
- Offensive Coach Interference results in the player being down at the spot of contact.
- “NO RUN ZONE PENALTIES”
 - o Pre-Snap or Dead Ball Penalties—If the offense fouls before (i.e. Delay of Game) or at the snap (i.e. False Start), the defense can accept the penalty, which will put the offense outside the No Run Zone (at which time they can run or pass) or decline the penalty (which will keep the offense in the No Run Zone).
 - o Live Ball Offensive Penalties—Any Live Ball foul by the offense that is accepted by the defense may or may not change if there is to be No Run Status for the next play. If the penalty is accepted and that places the ball outside the No Run zone, the offense is again eligible to run or pass.

Fouls:

Defensive Fouls:

Offside.....	5 yards from LOS, replay the down
Illegal Contact (Holding, arm-blocking, etc.)	5 yards from LOS, first down
Illegal Flag Pull (Before receiver has ball)	5 yards from LOS if pass is incomplete, first down
Illegal Flag Pull (Before receiver has ball)	5 yards from spot if pass is complete, first down
Illegal Rush (Starting rush inside 7/10 yards or before QB gives up possession) ...	5 yards from LOS
Charging (Bull Rushing)	5 yards from LOS & first down
Roughing the Passer.....	10 yards from end of play & first down
Unnecessary Roughness	Spot foul, 10 yards & first down
Stripping	Spot foul, 5 yards & first down
Defensive Pass Interference	Spot foul & first down
Defensive Coach Interference.....	Spot foul, 10 yards & first down
Tackling	Spot foul, 10 yards & first down
Taunting/Unsportsmanlike conduct.....	10 yards (1st offense). Automatic Ejection (2nd offense)

Offensive Fouls:

Illegal Motion	5 yards from LOS
Illegal Forward Pass	5 yards from spot & loss of down
Offensive Pass Interference (Illegal picks included).....	5 yards from LOS & loss of down
Flag guarding.....	Spot foul, 5 yards & down counts
Jumping or Diving	Ball blown dead at the spot & down counts
Screening, Blocking or Running with the ball carrier.....	Spot foul, 5 yards & down counts
Charging (Running over Defensive Player)	Spot foul, 10 yards
Delay of game	5 yards from LOS
Unnecessary Roughness	Spot foul, 10 yards & loss of down
Failure to pass once per series	5 yards from LOS
Lining up Beyond the Neutral Zone	5 yards from LOS
Taunting/Unsportsmanlike conduct.....	10 yards (1st offense). Automatic Ejection (2nd offense)

GAME CLOCK: END OF FIRST HALF AND END OF GAME

- The clock will stop in the final 1-minute of the first half and the final 2-minutes of second half for the following occurrences:
 - Incomplete passes
 - Ball carrier runs out of bounds
 - All scoring plays and extra points
 - Any penalties on the team that is winning the game.
- **NOTE:** If a touchdown is scored as time expires in the first half, the team will be allowed to attempt the extra point. If a touchdown is scored at the end of the game and the extra point will make a difference in the outcome, the team will be given the opportunity to attempt the extra point.
- **NOTE:** when the score differential is greater than 17 points in the final two minutes of the second half, the clock will not stop.

END OF SEASON TOURNAMENT

Resolving Tied Games – Overtime Procedures

An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period, each team has an opportunity for an offensive series of downs.

- When the score is tied at the end of the 2nd half, the referee will instruct each team to return to their team benches for a 1-minute rest period and to confer with their coaches.
- Officials will conduct a coin flip with coaches, with the winner of the coin flip having first choice among these three items: 1) To play offense first; 2) To play defense first; 3) To choose which end of the field on which the overtimes will be played. The other coach will choose from the remaining choices. Example: If first coach chooses to play defense first, the other coach chooses end of field.
- There are no time-outs in the overtime periods.
- Once an end of the field is determined, all overtimes will be played on that end.
- To start the 1st and 2nd overtime, the offense will put the ball in play, first and goal on the defensive team's 20-yard line (20 yards to go for a touchdown). That series of downs ends if the offensive team scores or if the defensive team intercepts a pass or catches a non-grounded fumble.
- After a score or failure to score by the offense, the opposing team gets a series on offense in the same manner.
- If the score remains tied after the first overtime, teams will alternate who plays offense first for all succeeding overtimes.
- **SHOOT OUT**
 - Beginning with the 3rd overtime, "shoot out rules" will go into effect.
 - Each team will take turns getting one play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of its own.
 - If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.

WNSL Out-of-Grade Player-Exception Policy

(For "Graded" Sports such as Flag Football, Indoor Soccer, & Basketball)

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

If a team has more than one out-of-grade player, the team must play in the higher grade level.