

West Nashville Sports League

2021 Late Fall Soccer

**Coach Guidelines and
Information**





WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS

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

Allison Duffey
Bill Easterly
Scott Oatsvall

Wendell Harmer
Tillman Payne
Melissa Smith

Andrew Kelso
Bob Starnes

IMPORTANT CONTACT INFORMATION

League Phone Recording: 615.376.4700
Fax Number: 615.376.6493

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

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

Referees Andrew Kelso tke116@aol.com

WNSL SPONSORS

BOOST FitClub
Nashville



WNSL Indoor Soccer League Frequently Asked Questions

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

Sign-Ups, Cost and Division Questions

When can we register? Registration is now open and will close in October for Late Fall and December for Winter.

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 Soccer page at www.wnsl.org. You may mail it in with a check but there will be a \$10 paper registration fee as indicated on the application.

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

Do you give refunds if my child decides not to participate? Refunds are only given with a Doctor's excuse that a child cannot play due to injury (minus a \$35 processing fee). Registrations may be transferred to another sport up until the time the uniforms are ordered. After uniforms are ordered transfers are not available.

What are the divisions? Co-ed Pre-K through K, Co-ed 1st - 2nd Grade, 3rd Grade Boys, 4th Grade Boys, 3rd - 4th Grade Girls, 5th Grade Boys, 6th Grade Boys, 5th - 6th Girls, 7th - 9th Boys & Girls. 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 with girls playing down a division for fairness.

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

What happens if my team does not have a coach? WNSL relies heavily on volunteer coaches. Sometimes, we do not have enough volunteers for the number of players that register. If your team does not have a coach, WNSL will first ask if any parent or group of parents is willing to take on coaching responsibilities. If no one is willing or able, we will offer two options: WNSL will find a paid coach to oversee your team, the cost of which will be divided among the parents OR we will refund the team their registration fees, minus a \$35 administrative charge.

Can a player play on two teams? Players may not play on two teams in the same age group; however, a player may pay to play on two teams in separate age groups. Example: A Kindergarten player may also play on a 1st Grade team. To play on two teams a player must pay two registration fees.

How much does it cost? Pre-K through K is \$120, 1st through 9th is \$140.

What is included in the registration fees? 7 games, referees (except Pre-K - K), participation medallion if requested, a jersey and shorts, insurance, a newsletter, excellent indoor fields, equipment and league administration.

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

What happens if there are too few teams in 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.

How many players are on a team? Pre-K -K will have 4 players on the field, and 1st - 9th will have 5 players on the field. Teams can carry 5 to 10 players.

Is this league Co-Ed? Yes, Soccer is Co-Ed for Pre-K and K and 1st and 2nd Grade divisions. If there are not enough older girls teams, girls divisions may be combined with boys divisions.

Coach-Related Questions

Who coaches the teams in the Late Fall/Winter Soccer League? The WNSL relies on volunteers to coach. Some teams bring coaches with them and often parent's 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 October (Late Fall) or Mid December (Winter) to finalize all rosters. After that meeting a coach will be in touch with you.

How do you come up with team names? There are no team names in WNSL Soccer but teams are welcome to come up with a name of the team. *Note: Players receive a "generic" reversible jersey for Winter Soccer, so team names are strictly for scheduling purposes.*

Weather, Fields, Equipment and Soccer Basics

What type of Soccer league does the WNSL offer? The WNSL feels all youth sports should be recreational in nature yet also competitive. For Soccer, the season is more laid back. The sports program is not a baby-sitting service but it is a league that does not encourage a "win at all cost" attitude. Sportsmanship, camaraderie, fun and learning the game are the most important aspects of our soccer league. The WNSL feels that the casual recreational player as well as the more serious competitive player will both be accommodated. In short, the WNSL wants players of all different levels to have fun, excel and feel good about what they are doing. The older age groups play more competitively than the other age groups.

How long does the season last? Soccer season begins early November (Late Fall) or early January (Winter) (See the site for details) and runs 8 weeks. Games are played every Saturday throughout the day (8AM – 5PM Depending on Facility Availability). Some weekday or Sunday games may be played if coaches desire.

Where are the games played? All of the games are played at Boost Fit Club (11 Vaughn's Gap Rd).

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

When and how often do teams practice? Teams usually practice one time per week, however, each coach determines practice frequency and location. Practice slots can be reserved at Boost Fit Club for \$80/hour by contacting Jon Sexton (see contact page).

Does the league provide photos for teams and individuals? No, not at this time.

What equipment does the League provide? The WNSL provides indoor fields, the balls, as well as jerseys and shorts for Soccer.

What equipment does the Individual player need? Appropriate cleats or tennis shoes, shin guards, socks that will cover the shin guards, and a Futsal practice ball.

Does the WNSL provide referees for games? Yes. One trained referee is provided for every game. No referees are needed for the Pre-K – K Division though.

What are the rules for the different divisions? You can review the rules on the Soccer page of www.wnsl.org.

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

Is there a post-season tournament for Soccer? Not at this time.

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

Sponsorships and Financial Aid

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

Are there any opportunities for corporate sponsorships (other than the team sponsorships)? Yes. The WNSL offers corporate sponsorships for each individual sport, as well as the overall league.

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

Miscellaneous Questions

What is the difference between WNSL and other Soccer 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. Providing the best indoor 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.

West Nashville Sports League
2021/22 Calendar of Events

INTERACTIVE CALENDAR ON WWW.WNSL.ORG

- Oct. 7 Late Fall Indoor Soccer Registration Closes
- Oct. 19 Fall Golf Season Ends
- Oct. 22 Fall Basketball Registration Closes
- Oct. 23 End of Fall Baseball Season
- Oct. 30 – 31 Music City Flag Bowl Tournament
- Nov. 6 Late Fall Indoor Soccer Season Begins
- Nov. 6 Fall Basketball Season Begins
- Nov. 23 Winter Basketball Registration Closes
- Nov. 27 No Soccer/Basketball Games – Thanksgiving Weekend
- Dec. 9 Winter Soccer Registration Closes
- Dec. 10 Fall Basketball Regular Season Ends
- Dec. 17 – 19 WNSL Christmas Basketball Tournament
- Dec. 18 Late Fall Soccer Season Ends
- Jan. 8 2022 Winter Basketball and Winter Indoor Soccer Begins
- Feb. 26 Winter Basketball and Winter Indoor Soccer Ends
- March 3- 6 WNSL March Madness Tournament
- March 4 Spring Baseball, Softball, Flag Football Registration Closes

West Nashville Sports League
2021/22 Calendar of Events

March 26 Spring Sports Season begins

April 16 No Games – Easter Weekend

May 21 Spring Sports Season Ends

The WNSL Soccer Times

The WNSL Winter Soccer 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.



Keep Up with WNSL by following us on Social Media!



@WNSLonline



facebook

www.facebook.com/WNSLonline



@WNSLonline

WEATHER CANCELATIONS



For weather cancelations:

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

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 Soccer 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 0-3 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 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 "Team Central → Rosters" tab on the WNSL webpage after logging into your account. Note that you can only view the coaches' contacts information if you are logged into your account.

Forfeits

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

UNIFORM INFORMATION

Uniforms will be available for pick-up before your first game at Boost Club on 11/6.

Teams will receive a non-reversible, solid color jersey. Colors will be randomly assigned by the league.

Shorts may not be provided this season due to supply shortages

INSURANCE QUESTIONS

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

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

E-Mail: angela@westpointinsurance.com

Phone: 800.318.7709

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

Register as a Volunteer

ALL COACHES ARE REQUIRED TO REGISTER AS A VOLUNTEER

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

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

Create an Account and Register as a Volunteer (If you **HAVE NOT** previously registered on this website)

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



WNSL 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 October 30th!

Contact Scott@wnsl.net with any questions.

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 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 Soccer? _____ 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!

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 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 Parent Designation

It is recommended that all teams 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: _____

Please direct your team parent to follow the volunteer registration instructions in this packet (also available online under the "About Us" tab)

COACH' S PRESEASON TEAM ASSESSMENT

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

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

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

If YES, how many years? _____

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

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

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

How many times per week will you practice? _____

Have you already begun practicing? YES _____ NO _____

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

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

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

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

Game Schedule Request

Coach Last Name: _____

Division: _____

Are you the head coach of two teams? _____

This calendar is where you make any scheduling requests. 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. **All games will be held between 8AM – 5PM., depending on facility availability.**

OUR TEAM CLAN PLAY ON WEEKNIGHTS & SUNDAYS IF NEEDED _____ YES _____ NO

WNSL Fall Soccer Calendar
November 6
November 13
November 20
November 27 NO GAMES
December 4
December 11
December 18

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:

- November 25 – Thanksgiving

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

Practice Requests

Teams will be responsible for securing their own practice facility and time.

You can request a practice time from Jon Sexton at Boost Fit Club for \$80/hour.

Please contact Jon at 615-499-5380 or jsexton@boostfitclub.com.

_____ Check Here if You are interested in splitting field time at Boost Fit Club with another team.

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: _____

Division: _____



CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

(Adapted from CDC “Heads Up Concussion in Youth Sports”)

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

THE FACTS

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

WHAT IS A CONCUSSION?

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

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

HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

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

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

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

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

SIGNS AND SYMPTOMS

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

WHAT ARE CONCUSSION DANGER SIGNS?

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

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

WHY SHOULD I BE CONCERNED ABOUT CONCUSSIONS?

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

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

HOW CAN I HELP ATHLETES TO RETURN TO PLAY GRADUALLY?

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

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

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

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

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

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

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

STEP 5: Athlete may return to competition.

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

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

PREVENTION AND PREPARATION

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

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

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

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

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

ACTION PLAN

WHAT SHOULD I DO WHEN A CONCUSSION IS SUSPECTED?

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

1. REMOVE THE ATHLETE FROM PLAY.

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

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

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

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

3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.

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

4. KEEP THE ATHLETE OUT OF PLAY.

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

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

REFERENCES

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

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

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

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

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

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

Sign and return this page.

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

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

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

_____ A concussion is a brain injury.
Initial

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

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

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

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

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

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

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

Signature of Coach

Date

Printed name of Coach

WNSL INDOOR SOCCER RULES

RULE 1 – Field Dimensions

Field Dimensions are 33yd long x 15.3yd wide.

4 year olds, Pre k and k divisions will play with goals moved approximately 10 feet from back line.

RULE 2 - NUMBER OF PLAYERS

- A. 4 year olds, Pre K and Kindergarten Teams: The game shall be played by two teams consisting of four (4) players each. There will be no goalkeeper in this division.

The 1st – 9th Grade Teams: The game shall be played by two teams consisting of five (5) players each, one of whom shall be the goalkeeper.

The goalkeeper shall wear a different color shirt other than the uniform color of the players on his/her team; as well as the opposing team.

- B. All teams must meet the minimum requirement for a team to start the game. If a team does not have the minimum number of players to start the game, teams may and should borrow players from the opposing team in order to make an even game. Coaches should ask, not order, players to switch teams and should applaud their help and sportsmanship.

1. 4 Year Olds, Pre K, Kindergarten teams must have a minimum of four (4) players to start a game.
2. 1st - 9th grade teams must have a minimum of five (5) players to start a game.

RULE 3 - SUBSTITUTION

- A. Free substitution is permitted. There is no limit to the number of times a player may enter or leave a game.

- B. Substitutions may ONLY be made at the following times:

1. Player must be within 5 feet of the bench
2. After a goal is scored.
3. At half time.
4. During an injury time out.
5. At goal kicks
6. Only by the team in possession on their throw-in.

- C. Coaches wishing to make substitutions shall notify the referee.

- D. Substitution is not permitted for a player expelled from a game. When a team has a player expelled, the team must play with one fewer player than they had at the time the player was expelled.

RULE 4 - DURATION OF GAMES

- A. The duration of play will be as follows:
 - 1. 4 year olds, Pre K and Kindergarten: Two 20-Minute Halves
 - 2. 1st - 9th Grades: Two 25-Minute Halves1-minute half times and teams switch sides

- B. If a team is ahead by 10 goals, the winning team must pass the ball 10 times before attempting to score. If a goal is scored before 10 passes are reached, the goal will not count and the non-scoring team will be awarded an indirect kick from the spot of the foul. If the winning team goes up by 15 goals after the mercy rule goes into play, then the game will be called. At this time, coaches can agree to scrimmage; divide players up or call it a game.

RULE 5- START OF PLAY

- A. At the beginning of the game, the choice of ends or initial kickoff will be decided by coin toss.
- B. The game starts with the kick-off.
- C. All games shall start at the scheduled time.

- D. If a team does not have the minimum number of players to start the game at the scheduled time, the referee shall start the clock at the scheduled starting time and this time shall not be made up or added. After ten (10) minutes, the game will be declared a forfeit and a scrimmage will be played.

- E. If a team does not have the minimum number of players to start the game, teams may and should borrow players from the opposing team in order to make an even game. Coaches should ask, not order, players to switch teams and should applaud their help and sportsmanship.

RULE 6- CONDUCT OF PLAYERS, COACHES AND SPECTATORS

- A. The coach is responsible for the conduct of his or her spectators, parents and players on the field and bench.

COACHES, SPECTATORS AND PLAYERS SHALL NOT DISPUTE CALLS MADE BY THE REFEREE. Coaches, players, parents or spectators who are verbally abusive to the referees, players or each other may be ejected by the referee or coordinator and must immediately leave the vicinity of the playing field.

- B. If, in the referee's opinion, a player or coach is not conducting himself or herself in a proper manner; such as yelling at the referee, use of profane or abusive language directed at another, display of violent or dangerous play - The player and/or coach shall be given a warning; if another occurrence happens the player and/or coach will be expelled from the game.

If the conduct is of an extremely violent, dangerous and intentional in nature, the referee may eject a player and/or coach without a prior warning. An expelled player and/or coach shall immediately leave the playing field area.

- C. Referees may give a yellow card (caution) or red card (ejection) to a player or coach, either by holding up a card or verbally informing the player and/or coach if the referee does not have yellow/ red cards. A Yellow card results in a “2 minute timeout” and a Red Card is immediate ejection and a next game suspension.

At the referee's discretion, a game may be stopped and declared forfeited in the event of inappropriate and/or abusive behavior by a player, coach or spectator.

- D. The referee shall report all ejections to the league supervisor as soon as possible after the game is completed, together with a brief statement of the occurrence. A player and/or coach expelled from a game may be automatically suspended by the league for one or more games, and/or other appropriate disciplinary action may be taken.
- E. If play is stopped because a player has been ordered off, the game shall be resumed by awarding an indirect free kick to the opposing team where play was stopped.
- F. In 4 year old, pre K and Kindergarten Divisions, one coach may remain on the field of play for each team; provided however that they shall NOT enter the penalty areas (goalie box) of either team and shall not interfere with play. Coaches on the field shall not touch or physically move the players. Coaches shall stand away from the play and shall not run alongside the play. Coaches on the field may not interfere with play.
- G. Coaches may NOT run along the sideline in front of the opposing team's bench. They are only allowed to run along the sideline on their "own" side of the field. If, in the referee' s opinion, a coach on the field is interfering with play or otherwise violating these rules, the referee may ask the coach to leave the field and the team shall thereafter be entitled to one less coach on the field for the remainder of the game. Failure to leave the field upon request of the referee may result in the game being declared a forfeit.
- H. The coach is not otherwise permitted on the field of play during the game, except when an injury has occurred upon signal from the referee or upon obvious serious injury after play has stopped.
- I. Coaches, players and spectators are not allowed behind the goal line. They must remain only on the sideline.

RULE 7 - THE REFEREE

- A. The referee's decision during play shall be final. The referee should communicate all calls made during the game. The referee should explain the call to the younger players. Play shall be stopped for all serious injuries.
- B. The referee shall have the discretionary power to caution (yellow card) any player or coach guilty of misconduct or inappropriate behavior; as provided in Rule 6B. A referee may expel (red card) a player or coach from a game.
- C. Coaches, players and spectators shall not argue or dispute a referee's decision during the game. QUESTIONS about specific calls should be held until the end of a quarter, half or game and made to the referee in a calm manner. It is not the responsibility of the referee to explain his or her calls during the game or to instruct the coaches on the rules of the game.
- D. The breakdown for referees to be provided per game will be as follow:
 - 1. 4 year old, Pre K, Kindergarten: No referee; Coach officiated
 - 2. 1st -9th Grade: One Referee

RULE 8 - EQUIPMENT

- A. A player shall not use anything that is dangerous to the player or other players.
1. No players wearing a cast of any kind on any part of his/her body may participate in a game.
 2. No metal cleats, boots, or football shoes are allowed.
 3. No jewelry of any kinds is allowed; with the exception of medical bracelets
- B. Team members shall wear the same color shirt, except for the goalie who shall wear a color different from his/her teammates and the opposing team.
1. 4 Year old, Pre K and Kindergarten: Size 3 Indoor Soccer Ball
 2. 1st and 2nd Grade: Size 3 Indoor Soccer Ball
 2. 3rd and 4th Grade: Size 4 Indoor Soccer Ball
 3. 5th - 9th Grade: Size 4 Indoor Soccer Ball
- C. SHIN GUARDS: Required at all grade levels, for all games. There will be no grace period at the beginning of the season. Players will not be allowed on the field without shin guards. If it is noticed during the game that a player does not have shin guards, that player will immediately leave the playing field and shall not return to the game until shin guards are worn. Delay of game will not be allowed for the player to put on shin guards; a substitution should be made. *Shin Guards must be worn under socks*

RULE 9 – MISCELLANEOUS ITEMS

- A. In determining if a goal has been scored or if the ball is out of play, the WHOLE BALL must cross the entire line.
- B. To determine a foul or penalty kick for intentional use of hands, the referee's judgment must be that the handling of the ball was INTENTIONAL and not unavoidable or accidental.
- C. Players are not to interfere with or obstruct the goalkeeper once the goalkeeper has possession of the ball.
- D. In applying the ADVANTAGE RULE, the referee may refrain from calling a foul if the player fouled or his/her team retains possession of the ball.
- E. A DIRECT FREE KICK means a goal can be scored directly from the kick. The referee shall signal an INDIRECT FREE KICK by raising one arm. When the ball is kicked the referee shall hold the arm up until it has touched another player on either team (this includes the goalkeeper as the 2nd player). There will be no penalty kicks in the 4-year-old, pre k and kindergarten division.
- A team awarded a free kick (direct or indirect) does not have to wait for the referee's signal or whistle to kick the ball, however the ball must first be stationary. Another player must touch the ball before the kicking player can again touch the ball. Players shall stand 10 yards away from all free kicks, unless the kick is less than 10 yards from the defending team's goal, in which case the defending players may stand on their team's goal line.

- F. All restarts from the sideline will be a kick-in.
- G. In 4 Year olds, Pre k and Kindergarten Divisions, players will perform a 'kick in' at the spot where the ball went out of bounds instead of a 'throw in'.
- H. The GOALKEEPER is permitted to hold onto the ball for five seconds and must get rid of the ball during that time. Any time taken while recovering balance is not counted. Penalty is INDIRECT free kick at the point of infraction. The keeper cannot punt the ball but must either throw or drop the ball and kick it. NO PUNTING.
- I. OFFSIDES shall not be enforced.
- J. An INDIRECT FREE KICK is awarded for the following offenses:
 - 1. Kicking or attempting to kick
 - 2. Tripping
 - 3. Jumping at
 - 4. Charging dangerously or violently
 - 5. Charging from behind UNLESS the opponent is obstructing
 - 6. Striking or attempting to strike
 - 7. Holding
 - 8. Pushing
 - 9. Handling the ball
 - 10. Playing dangerously (includes kicking above the waist, while on the ground or any other act dangerous to the player or other players on the field.)
 - 11. Charging fairly, but when the ball is not within playing distance.
 - 12. Intentionally obstructing the opponent.
 - 13. Obstructing or interfering with the goalkeeper.
 - 14. When a goalkeeper holds onto a ball for more than five seconds.
- K. When a player receives an initial yellow card, the player shall leave the game and a substitution for that player may be made. The player can return to play at the next substitution opportunity for his or her team. A player receiving a second yellow card in the same game automatically receives a red card and is expelled from the game. Substitution cannot be made for a player expelled from a game.
- L. No player shall INTENTIONALLY head the ball. A player who intentionally plays the ball with their head (a "header") shall receive a YELLOW CARD. In the instance of an inadvertent header, play will start over from the point of contact.
- M. No player shall Slide at an opponent (i.e., sliding tackle). A player who attempts to slide tackle an opponent will receive an automatic Yellow Card. Sliding to keep a ball from going out of bounds, or to stop a ball that does not endanger another player is not a foul. It will be up to the referee's discretion as to whether or not a player's participation from the ground is dangerous.