

# West Nashville Sports League

## Spring Baseball

### Coach Guidelines and Information

2021





# 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](http://www.wnsl.org)  
Twitter: @WNSLonline  
Facebook: [facebook.com/WNSLonline](https://facebook.com/WNSLonline)  
Instagram: @WNSLonline

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

Umpires Bobby Smith [bsmithdomer@aol.com](mailto:bsmithdomer@aol.com)

# WNSL SPONSORS

EVERY SEASON STARTS AT



**Overall League Packages:**

Gold - \$4,000 \_\_\_\_\_  
Silver - \$2,000 \_\_\_\_\_  
Bronze - \$1,000 \_\_\_\_\_

**Flag Football Packages:**

Hail Mary - \$1,000 \_\_\_\_\_  
Touchdown - \$500 \_\_\_\_\_  
Field Goal - \$250 \_\_\_\_\_

**Basketball Packages:**

Slam Dunk - \$1,000 \_\_\_\_\_  
3-Pointer - \$500 \_\_\_\_\_  
Lay-Up - \$250 \_\_\_\_\_

**Baseball Packages:**

Home Run - \$1,000 \_\_\_\_\_  
Double - \$500 \_\_\_\_\_  
Single - \$250 \_\_\_\_\_

**Indoor Soccer Packages:**

Hat Trick - \$1,000 \_\_\_\_\_  
Penalty Kick - \$500 \_\_\_\_\_  
Goal - \$250 \_\_\_\_\_



Thank you for sponsoring WNSL.  
Please fill out 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\*\*

**Additional Packages:**

**Basketball Tournament Naming Rights:**

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

**Naming Rights to Baseball Fields:**

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



# WEST NASHVILLE SPORTS LEAGUE SPONSORSHIP INFORMATION



**Serving the Nashville Community Since 1997**

[www.wnsl.org](http://www.wnsl.org)





Dear Prospective Sponsor,

The West Nashville Sports League is seeking your support in providing Basketball, Baseball, Flag Football, Soccer 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, soccer 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,  
 Scott Tygard  
 President, West Nashville Sports League



# Overall League Sponsorship Packages

For all four major sports for one year.

(Flag Football, Spring Baseball, Winter Basketball, Indoor Soccer)

<p><b>Gold Package</b>          (\$1,000 Commitment to each sport)</p> <p><b>Flag Football - Hail Mary Level</b>  <b>Basketball - Slam Dunk Level</b>  <b>Baseball - Home Run Level</b>  <b>Soccer - Hat Trick Level</b></p> <p><b>Package Includes:</b></p> <ul style="list-style-type: none"> <li>-Logo on one Team's Jerseys</li> <li>-Logo and Hotlink on each sport website page</li> <li>-Sponsor of the week two weeks of the season</li> <li>-Sponsorship recognition and Advertising space in season newsletters</li> <li>-Coupon/Ad during registration process</li> <li>-Logo displayed at Warner Park Fields</li> <li>-Banner displayed on Outfield Fence at Harpeth Hills Church (Provided by WNSL)</li> <li>-Logo displayed at concession stand on game days</li> <li>-Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments</li> <li>-Advertising during Fall Baseball and Summer Basketball</li> <li>-Financial assistance for 3 players in each sport</li> <li>-WNSL Sponsor Wall plaque</li> </ul>	<p><b>Silver Package</b>          (\$500 Commitment to each sport)</p> <p><b>Flag Football - Touchdown Level</b>  <b>Basketball - 3 Pointer Level</b>  <b>Baseball - Double Level</b>  <b>Soccer - Penalty Kick Level</b></p> <p><b>Package Includes:</b></p> <ul style="list-style-type: none"> <li>-Logo on one Team's Jerseys</li> <li>-Logo and Hotlink on each sport website page</li> <li>-Coupon/Ad during registration process</li> <li>-Logo Displayed in season newsletter</li> <li>-Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments</li> <li>-Financial assistance for 2 players in each sport</li> <li>-WNSL Sponsor Wall plaque</li> </ul>	<p><b>Bronze Package</b>          (\$250 Commitment to each sport)</p> <p><b>Flag Football - Field Goal Level</b>  <b>Basketball - Lay-Up Level</b>  <b>Baseball - Single Level</b>  <b>Soccer - Goal Level</b></p> <p><b>Package Includes:</b></p> <ul style="list-style-type: none"> <li>-Logo on one Team's Jerseys</li> <li>-Exhibit/Sales opportunity at Opening day, Jamboree and Tournaments</li> <li>-Logo listed on website throughout season</li> <li>-Financial assistance for 1 player in each sport</li> <li>-WNSL Sponsor Wall plaque</li> <li>*Each team in Fall Flag Football and Spring Baseball is required to have a Bronze Level sponsor*</li> </ul>
<p><b>Additional Sponsorship Opportunities:</b></p> <p>Naming Rights to Basketball Tournaments</p> <ul style="list-style-type: none"> <li>-Pre-Season Christmas - \$1,000</li> <li>-March Madness - \$2,000</li> </ul> <p>Naming Rights to Baseball Fields</p> <ul style="list-style-type: none"> <li>-Warner Park Fields 1,2,3,4 and 5 - \$1,500</li> </ul>		

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

Follow Us To...

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



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



**facebook**

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



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



# 2021 WNSL Spring Baseball Registration

Deadline: February 26



Player Name: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_

Player's Gender: \_\_\_\_\_ Player's Date of Birth: \_\_\_\_\_ Notable Medical Conditions: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Phone: (H) \_\_\_\_\_ (C) \_\_\_\_\_

Grade: \_\_\_\_\_ Age on May 1, 2021: \_\_\_\_\_ School: \_\_\_\_\_ Years of Baseball Experience: \_\_\_\_\_

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

Teammate Requests: (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

Coach Request: \_\_\_\_\_ Are You on This Coach's Roster? Yes \_\_\_\_\_ No \_\_\_\_\_ Don't Know \_\_\_\_\_

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

Is the player is moving up a division from last season? (Wookie to Rookie; Minors to Majors etc.) Yes \_\_\_\_\_ No \_\_\_\_\_

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

Wookies T-Ball (4 - 5)    Wookies Coach Pitch (5 - 6)    Rookies (7 - 8)    Minors (9 - 10)    Majors (11 - 12)

Junior Prep (13 - 14)    Intermediate Prep (15 - 16)    Senior Prep (17 - 18)

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

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

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

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

### Volunteer Information:

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

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

### Sponsorship Information:

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

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

### Agreement:

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

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

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

Wookies \$165; Rookies \$245; Minor League \$265; Major League \$265; Prep League \$265

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 \_\_\_\_\_

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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

## 2021 Calendar of Events

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

March 4 - 7 21st Annual March Madness Tournament

March 9 Baseball Coach Meeting

March 11 Flag Football Coach Meeting

March 27 Spring Baseball Opening Day

April 2-4 No Games (Easter Holiday)

April 10 Spring Flag Football Opening Day

April 10 Spring Team Photo Day (Both Sports)

May 5 Summer Basketball Registration Closes

May 23-29 Baseball End-of-Season Tournament

May 29 Spring Sports End

June 1 – 28 WNSL Summer Basketball Season

June 4 – 6 WNSL Tune Up Tournament 5U – 8U

June 10 – 13 WNSL Tune Up Tournament 9U – 15U

June – July WNSL Baseball All-Stars Season

August 5 Fall Sport Registration Closes

August 28 Fall Sports Begin

Sept. 6 No Games – Labor Day Weekend

# West Nashville Sports League

## 2021 Calendar of Events

Oct. 23      End of Fall Baseball Season

Oct. 30 – 31 Music City Flag Bowl Tournament

Nov. 6      Late Fall Indoor Soccer Season Begins

Nov. 27     No Soccer Games – Thanksgiving Weekend

Dec. 18     Late Fall Soccer Season Ends

Jan. 9      2022 Winter Basketball and Winter Indoor Soccer Begins

# WNSL BASEBALL & FLAG FOOTBALL TIMES

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

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



**The WNSL Baseball Times**

**Vol. 12, Issue 3**



## **In This Issue**

[Picture Pick-Up](#)  
[Summer Basketball](#)  
[WNSL All Stars](#)  
[In House  
Tournament](#)  
[Final WNSL Night](#)  
[Umpire's Corner:  
Rules Update](#)

## **Dear Baseball Families --**

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

# WNSL Spring Baseball

## Frequently Asked Questions

If you have a question, start here.

If you still cannot find your answer on this page, e-mail [scott@wnsl.net](mailto:scott@wnsl.net)

### Sign-Ups, Cost and Division Questions

**When can we register?** Regular registration is now open and will close in late February except for the Prep Division, which closes in early April.

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

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

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

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

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

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

**Is the WNSL affiliated with a national baseball organization?** The WNSL is affiliated with the Cal Ripken division of Babe Ruth Baseball. WNSL All Star teams will play other local Cal Ripken/Babe Ruth teams and may advance to a Regional or World Series Tournament.

**What are the age divisions and can players play up or down?** We have 5 divisions:

Tee-Ball (4-5 year olds) – A “pure-fun” recreational league, for players brand new to baseball  
Wookies (5-6 year olds) – Coach pitch baseball for players who are more advanced  
Rookies (7-8 year olds) – Machine Pitch baseball Recreational, mid-level and competitive divisions  
Minor League (9-10 year olds) – Kid Pitch Recreational, mid-level and competitive divisions  
Major League (11-12 year olds) – Kid Pitch Recreational, mid-level and competitive divisions  
Prep League (13-18 year olds) – Kid Pitch Competitive division. Starts later due to school ball

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

**How much does Spring Baseball cost?** Tee-Ball - \$165, Wookies -- \$165, Rookies -- \$245, Minors -- \$265, Majors -- \$265, Prep -- \$265

**What is included in the registration fees?** Baseball is expensive to operate. The WNSL does not ask you to volunteer to help run the league unless your player is on a scholarship. The registration fee includes staff, insurance, uniforms, field maintenance, umpires, etc. A lot of work goes into the preparation of the fields both before the season and prior to games each day. We also try to upgrade the facilities a little bit each year.

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

### **Coach/Team Parent Related Questions**

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



**How are coaches certified?** Coaches are asked to provide necessary background check information at the Coaches' Meeting in Early March and sign a "Code of Conduct".

**How does a parent notify the league that he or she would like to coach or be a team parent?**

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

**How do you come up with team names?** The coaches determine team names. Team names can be Minor League teams, Major League teams, or other team name of choice.

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

### **Weather, Practice, Season Length, and Baseball Basics**

**What type of baseball league does the WNSL offer?** The WNSL feels all youth sports should be recreational in nature yet also competitive where the players feel engaged and have the desire to work toward being better at the sport. The sports program is not a babysitting service but it is a league that does not encourage a win-at-all-cost attitude. Sportsmanship, camaraderie, fun and learning the game are the most important aspects of our baseball league. Teams play 10-16 games (depending on the division) for the recreational regular season and some will play more via tournaments. The WNSL feels that the casual recreational player as well as the more serious competitive player will both be accommodated. In short, the WNSL wants players of all different levels to have fun, excel and feel good about what they are doing.

**Are there different rules for different divisions?** Yes. The complete rules for all divisions are available on the WNSL website but in short, we start out teaching basic skills and the game becomes more like "real" baseball as the kids get older. The Wookie league plays coach pitch or tee-ball with everyone batting and playing in the field. The Rookie league moves up to machine pitch. Everyone bats and plays 10 in the field. The Minor League moves up to kid pitch. Everyone bats and nine play in the field. Runners can steal bases but not lead off. The Major League plays on a little bigger field and use rules that are pretty close to real baseball. Everyone bats that is on the roster.

**When does the season start and how long does it last?** The 2021 Spring Baseball season's first pitch will be on Saturday, March 27 and conclude the Saturday before Memorial Day. All-Stars/Tournaments will be offered through July. Practices may start as soon as teams are formed.

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

**Where are the games played?** All games are played at the Harpeth Hills Church of Christ fields (off Old Hickory, just east of Hillsboro Road) and Warner Park (Vaughn Road and Old Hickory Blvd.)

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

**Does the league provide photos for teams and individuals?** A photographer will be present at Opening Day to take team photos and individual photos. Each team is given a time slot on that day to get their photos taken. The photographer has various packages available. Payment is due on the day the photos are taken and coaches are notified when photos are ready to be picked up. Photo package options are given out at the Coaches' Meeting so parents can get familiar with the options available.

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

**End of Season League Tournament:** There is a season ending in house tournament for the Rookies, Minors and Majors. This is week-long event and is very fun. Teams must be present though Memorial Day to be included in this tournament.

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

### **Sponsorships and Financial Assistance**

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

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

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

**Are there any opportunities for corporate sponsorships (other than the team sponsorships)?**

Yes. The WNSL offers corporate sponsorships for each individual sport, as well as the overall league. All opportunities are listed under the sponsorship link at [www.wnsl.org](http://www.wnsl.org). If you are interested in corporate sponsorships, contact [scott@wnsl.net](mailto:scott@wnsl.net). There is also an opportunity for a field to be named after a corporate sponsorship for \$1500.

**Does the WNSL provide financial assistance or scholarships?** Yes. If you are in need of a full or partial scholarship, fill out and submit the financial assistance information at [www.wnsl.org](http://www.wnsl.org). 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 Baseball League does not award Championship and Runner-Up trophies to teams. We like to keep the focus on purely the Love of the Game. We do give out "Love of the Game" sportsmanship trophies to teams that exemplify good sportsmanship throughout the season. If a coach requests, players will receive a medallion at the end of the season. Championship trophies are given out at the tournaments.

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

**ALL STARS in the WNSL:** All players are given the opportunity to play as an All Star in June and July. There are tryout days for these All Star teams. There is an extra expense to play as an All Star to cover uniforms and tournament fees. The All Star season is high level of baseball and players have to be committed to play in June and some of July.

# WNSL PARENT CODE OF CONDUCT

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

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

# **PRACTICE INFORMATION**

Preseason practice times and locations will be assigned at or immediately after the coaches' meeting.

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

# **INSURANCE QUESTIONS**

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

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

**E-Mail: [angela@westpointinsurance.com](mailto:angela@westpointinsurance.com)**

**Phone: 800.318.7709**

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



# SCHEDULE AND STANDINGS INFORMATION

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

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

## **Middle season standings adjustments**

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

## **End of season adjustments**

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

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

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

## **Coaches leading multiple teams**

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

## **Teams unable to make a game**

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

## **Forfeits**

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

## **FREE AGENTS ON YOUR TEAM?**

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

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

Thank you for your cooperation in these matters

## **LAZY PARENTS OR LAZY PLAYERS**

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

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

## **ABSENT PLAYERS LEAVING YOU SHORT?**

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

# WEATHER CANCELATIONS



For weather cancelations:

1. There will be a notice on the [www.wnsl.org](http://www.wnsl.org) website
2. We will send an email out to all participants (Time Permitting)
3. A message on the League's Twitter feed (@WNSLonline)
4. A phone message on the league number -- 615.376.4700

**No messages or notice means games are on as scheduled.**

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

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

# AFTER SEASON AWARDS AND RECOGNITION OF TEAMS

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

## LOVE OF THE GAME TEAMS AWARDS

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



# ALL-STAR INFORMATION

The WNSL prides itself in sending more players to Cal Ripken/Babe Ruth Tournaments than any other league in this area. Because of this, the WNSL will continue to allow all players to have the opportunity to play All-Stars in 2021.

The intent of All Stars is to field strong teams to compete in tournaments in June and possibly early July to play other Cal Ripken/Babe Ruth League teams. Below is some information on how All-Stars will work this season:

1. The WNSL will field All Star teams in each age group of 6, 7, 8, 9, 10, 11, 12, 13, 14 and 15 year olds. The number of teams will be determined by the number of players that are eligible (by birth and ability) to play at this level and the number of coaches willing to commit. Player age as of May 1, 2021 determines which age group the player should play in. A player may play up but may not play down.
2. The All-Star coach meeting will take in April (Time and place TBD)
3. Players will be identified by the League through coaches as "All-Star capable" and through a try out process. Players will be asked to play in All Stars by the League and the All-Star Coaches after a try out session. All Star Teams will be set in early May. All players are welcome to try out for All Stars.
4. All Star Tryouts will be held over 2 weekends in mid to late April (Time and place TBD)
5. All-Star teams for each division will be formed as "A," "B" and "C" teams.
6. All-Star players may be from one or multiple teams within an age group.
7. **All-Star coaches with sons playing will have their fees (approximately \$150/player) waived.**
8. Coaches desiring to Coach All-Stars need to identify themselves very early in the season by informing the league director.
9. All-Star players must commit to play in June possibly through early July. There will be a commitment letter that parents must sign for their child to participate and must pay \$150 to cover uniforms and tournament fees.



# WNSL BASEBALL ALL-STAR Commitment Letter

1. I understand the importance of attending practice, and I will have my player at all practices, games and scrimmages unless a conflict arises. I understand that the head coach must be contacted prior to any absences.
2. I understand that the All-Star season will run from June through early July, and possibly later. Further, I understand that if my son cannot be available for the District and/or State tournaments, then he will be considered an alternate team member and not a regular team member.
3. I understand that it is the head coach's decision as to what position each player will play. No one is guaranteed playing time. Playing time is earned through effort, attitude and performance in practices, scrimmages and games.
4. I understand that the equipment, uniform and administrative cost of participating on this All-Star team is \$150.00 per player. This fee must be paid upon making a team. This includes a new uniform. If the player has an "All-Star" uniform, the fee is \$100.
5. I understand that being part of this All-Star team is a privilege and not a right.
6. I understand that this All-Star team is a more intense baseball experience in which my player will further develop his baseball skills and knowledge of the game. Likewise, I understand that the values of having fun, developing friendships and developing a love for the game are still emphasized.

I have read all of the above and understand the expectations of this Commitment Letter.

Player's Name: \_\_\_\_\_

Player's Age as of May 1, 2021: \_\_\_\_\_ Player's Date of Birth \_\_\_\_\_

Regular Season Coach: \_\_\_\_\_ Name of Team: \_\_\_\_\_

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

Contact Information:

E-mail: \_\_\_\_\_

Phone: Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Parent's Printed Name: \_\_\_\_\_

Parent's Signature & Date: \_\_\_\_\_



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

# UMPIRE COMPLAINTS

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

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

Send an e-mail to [Roger@wnsl.net](mailto:Roger@wnsl.net) with the following information:

Subject: Umpire Complaint

Date of Game

Game Time

Field

Name or Description of Umpire

Nature of Your Complaint



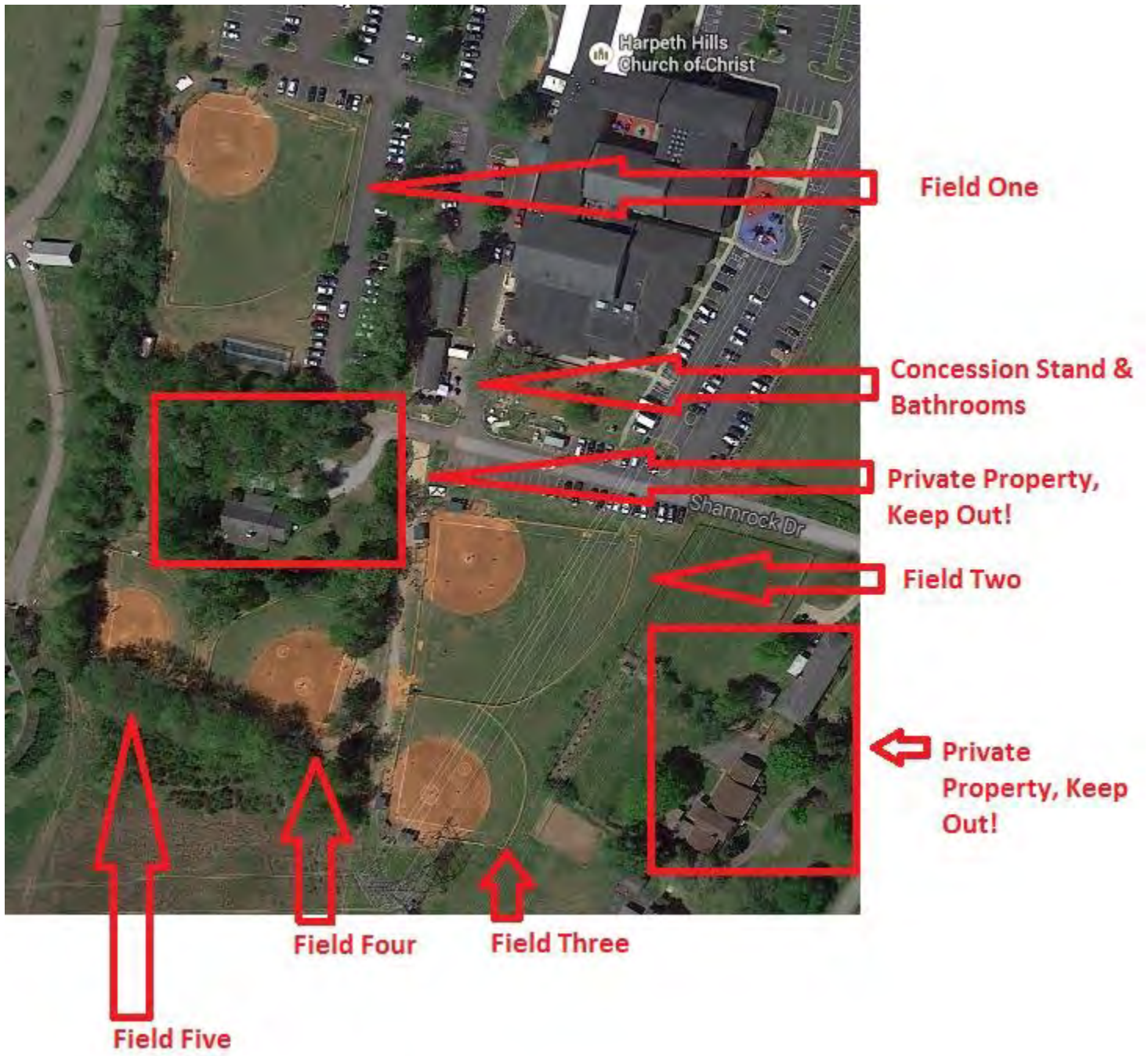
# Warner Park & Harpeth Hills

Warner Park, 50 Vaughn Rd, Nashville, TN 37221





Harpeth Hills Church of Christ, 1949 Old Hickory Blvd, Nashville, TN 37027





# DUGOUT CAPTAIN

WNSL is giving all coaches a membership to Dugout Captain, a great source for drills, practice plans and more.

Join our team by visiting:  
<https://www.dugoutcaptain.com/wnslonline/>

For any questions about Dugout Captain, please contact  
[carly@wnsl.net](mailto:carly@wnsl.net)

We hope you will take advantage of this resource!

**DC DUGOUT CAPTAIN**

**PROUD PARTNER OF:** **WNSL**

**BASEBALL MADE EASY!**

**DRILL VIDEOS PRACTICE PLANS**  
**SKILL TRAINING LESSONS**  
**COACH'S TIPS LIFE LESSONS**

**NOW FREE!**

**STEP UP TO THE PLATE AT: DUGOUTCAPTAIN.COM**

# TEAM PHOTO DAY

**SATURDAY April 10<sup>th</sup>**

By Carl Bott Sports Photography

*CB* Sports  
Photography

Learn More by visiting them online at:

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



# 2021 June Tune-Up

Edwin Warner Park | Nashville, TN

**June 4 - 6: 5U - 8U Teams**

**Team Entry Fee \$250** (plus admission fee for spectators)

**June 10\* - 13: 9U - 15U Teams**

\*Thursday Games for Local Teams Only. If Necessary.

**Team Entry Fee \$300** (plus admission fee for spectators)

All Cal Ripken Tournament Teams, League Teams, and Select (Travel) Teams are Welcome. Multiple Divisions for equal and fair competition.

- **No Sanctioning Fees to join this tournament!**
- 3-Game Guarantee (Some teams will play 4 or more games)
- Individual Trophies given to Champions/Runners-Up
- All game balls provided by WNSL

**REGISTRATION AND PAY ONLINE AT [WNSL.ORG](http://WNSL.ORG)**

**Registration Deadline MAY 24th**  
(**\$50** Late registration fee after the Deadline)

**For Questions: Email [scott@wnsl.net](mailto:scott@wnsl.net)**

# WNSL COACH CERTIFICATION:

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

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

# Register as a Volunteer

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

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

## Create an Account and Register as a Volunteer

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

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

# WNSL VOLUNTEER COACHING DISCLOSURE

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

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Division and Team You are Coaching: \_\_\_\_\_

Have you previously had experience working with children?                      YES                      NO

# WNSL COACH CODE OF CONDUCT

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

Coach's Signature: \_\_\_\_\_

Coach's Printed Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

# WNSL COACH BIO

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

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

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

Employer: \_\_\_\_\_ Occupation: \_\_\_\_\_

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

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

How many years have you coached baseball? \_\_\_\_\_ How many of those years in the WNSL? \_\_\_\_\_

Why do you coach? \_\_\_\_\_

\_\_\_\_\_

How did you hear about the WNSL? \_\_\_\_\_

\_\_\_\_\_

If you switched leagues, why did you choose the WNSL? \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

What is your primary goal this season? \_\_\_\_\_

\_\_\_\_\_

How will you measure whether your season was a success? \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

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

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

\_\_\_\_\_

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



# Team Sponsor Information

Each 2019 Spring Baseball Team must have a \$250 Team Sponsor to help offset the cost of baseball field maintenance, scholarships and more.

**Sponsors can instead pay \$350 to have their logo on jerseys and a banner on Center Field fence!**

The team sponsorship level is \$250 and is due by March 10<sup>th</sup> at the Coach's Meeting.

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

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

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

Sponsor Contact Name: \_\_\_\_\_

Sponsor Company: \_\_\_\_\_

Sponsor E-Mail Address: \_\_\_\_\_

Sponsor Phone Number: \_\_\_\_\_

***Logo Provided, Yes\_\_\_ No\_\_\_ Logo has been emailed, Yes\_\_\_ No\_\_\_***

***Sponsorship Payment Made by CC\_\_\_, Check #\_\_\_\_\_, Cash \_\_\_\_\_***

**A .jpg version of the sponsor's logo must be e-mailed to lauren@wnsl.net by March 12 at the latest to be included on Jerseys and T-Shirts.**

# Team Parent Designation

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

Team Parent:

\_\_\_\_\_

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

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

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

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

# COACH'S PRESEASON TEAM ASSESSMENT

Coach: \_\_\_\_\_ Division: \_\_\_\_\_

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

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

I desire to play the strongest competition possible: YES \_\_\_\_\_ NO \_\_\_\_\_

Has this team played together in the past? YES \_\_\_\_\_ NO \_\_\_\_\_

If YES, how many years? \_\_\_\_\_

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

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

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

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

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

\_\_\_\_\_ **GOLD:** An above average team, usually with handpicked players by a coach or after a tryout. This division has more relaxed, true-to-the-game rules.

\_\_\_\_\_ **SILVER:** Typically a school entry or a group of friends/classmates, teams in this division are middle-of-the-road for their age group in ability and fundamentals.

\_\_\_\_\_ **BRONZE:** Fun is the name of the game in this level -- generally recreational and newly-formed teams aiming to improve their skills but not wishing to play tough competition.

# Pre-Season Practices on WNSL Fields

At the March 9<sup>th</sup> Coaches Meeting, coaches will have the opportunity to reserve practice times on any available fields from Wednesday, March 10<sup>h</sup> through Thursday, March 25<sup>th</sup>. We ask all coaches to stay off all game fields on Friday, March 26<sup>th</sup>, in order that Grounds Crew can make final preparations for the March 27<sup>th</sup> Opening Day games. Notes: (1) Everyone MUST be off church grounds at HH by 5 p.m. on Wednesdays and Sunday. (2) The playground for smaller children at FHUMC is OFF-LIMITS for us. **The above items are DEAL-BREAKERS for these organizations...please comply!**

## Practices During-the-Season

Listed below are the times we “expect” to be able to grant “during-the-season” practices. Final times will be determined after league schedule is completed. Please list 4 preferences below (rank in order) that will work for your team. We will “try” to honor. An asterik (\*) designates fields where you are NOT as likely to get pre-empted for make-up games.

### For Wookies Teams (22 spaces)

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

### For Rookies Teams (22 spaces)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
HH1	1-2:15 2:15-3:30 3:30-4:45	4-6:00, 6-Dark	4-6:00, 6-Dark	3:30-5*	4-6:00, 6-Dark	4-6:00, 6-Dark
FHUMC		4-6:00*, 6-Dark*	4-6:00*, 6-Dark*	4-6:00*, 6-Dark*	4-6:00*, 6-Dark*	4-6:00*, 6-Dark*

### For Minors Teams (20 spaces)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
WP2	12:30-2 2-3:30 3:30-5 5-6:30 6:30-8	4-5:30 5:30-7 7-8:30	4-5:30 5:30-7 7-8:30	4-5:30 5:30-7 7-8:30	4-5:30 5:30-7 7-8:30	4-5:30 5:30-7 7-8:30

### For Majors and Prep (20 spaces)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
WP1	12:30-2:15 2:15-4:00 4-5:45 5:45-7:30 7:30-9:15	4:30-6 6-7:30 7:30-9	4:30-6 6-7:30 7:30-9	4:30-6 6-7:30 7:30-9	4:30-6 6-7:30 7:30-9 <i>(Adult Softball begins April 18)</i>	4:30-6 6-7:30 7:30-9 <i>(Adult Softball begins April 19)</i>

Division \_\_\_\_\_ Head Coach \_\_\_\_\_

1<sup>st</sup> Choice: Day of Week \_\_\_\_\_ Location \_\_\_\_\_ Time \_\_\_\_\_

2<sup>nd</sup> Choice: Day of Week \_\_\_\_\_ Location \_\_\_\_\_ Time \_\_\_\_\_

3<sup>rd</sup> Choice: Day of Week \_\_\_\_\_ Location \_\_\_\_\_ Time \_\_\_\_\_

4<sup>th</sup> Choice: Day of Week \_\_\_\_\_ Location \_\_\_\_\_ Time \_\_\_\_\_

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

## Baseball Uniform and Team Name Request

**Coach** \_\_\_\_\_ **Division** (Wookie, Rookie, etc.) \_\_\_\_\_

**Priority 1--Prior to Coaches Meeting-->Coaches were given the opportunity to submit uniform sizes and confirm team sponsor. Once that was done, priority was established and uniforms were ordered for those teams.**

**Priority 2--At or After Coaches Meeting-->Coaches will be asked for team preferences and will be assigned, based on availability from the supplier.**

### Form Instructions:

**If you are providing your own uniforms, check here: \_\_\_. (League will reimburse the coach \$20 per player for Wookies, \$35 per player for Rookies, Minors and Majors.)**

Although the manufacturer has not had particular difficulty in keeping-up with the over-all demand, some sizes in certain teams are void. We will make every attempt to outfit your team in your highest possible choice. However, additional jerseys may not be available in some sizes.

Age Group	Uniforms That May Still Be Available
Wookies	Angels, A's, Astros, Blue Jays, Braves, Brewers, Cardinals, Cubs, Diamondbacks, Dodgers, Giants, Indians, Marlins, Mariners, Mets, Nationals, Orioles, Padres, Phillies, Pirates, Rangers, Rays, Reds, Red Sox, Rockies, Royals, Tigers, Twins, White Sox, Yankees.
Rookies	Angels, A's, Astros, Blue Jays, Braves, Brewers, Cardinals, Cubs, Diamondbacks, Dodgers, Giants, Indians, Marlins, Mariners, Mets, Nationals, Orioles, Padres, Phillies, Pirates, Rangers, Rays, Reds, Red Sox, Rockies, Royals, Tigers, Twins, White Sox, Yankees.
Minors	Angels, A's, Astros, Blue Jays, Braves, Brewers, Cardinals, Cubs, Diamondbacks, Dodgers, Giants, Indians, Marlins, Mariners, Mets, Nationals, Orioles, Padres, Phillies, Pirates, Rangers, Rays, Reds, Red Sox, Rockies, Royals, Tigers, Twins, White Sox, Yankees.
Majors	Angels, A's, Astros, Blue Jays, Braves, Brewers, Cardinals, Cubs, Diamondbacks, Dodgers, Giants, Indians, Marlins, Mariners, Mets, Nationals, Orioles, Padres, Phillies, Pirates, Rangers, Rays, Reds, Red Sox, Rockies, Royals, Tigers, Twins, White Sox, Yankees.

Please rank your top choices, even if you "think" we have already ordered your uniforms.

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

4) \_\_\_\_\_ 5) \_\_\_\_\_

PLAYER  
NAME ORDER FORM



Cost 5.00 per jersey

\*No custom number orders will be accepted.

Name on Back of Jersey (Please Print Legibly)

TEAM Name: \_\_\_\_\_ Age \_\_\_\_\_  
Div: \_\_\_\_\_  
Contact Person: \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
Cell: \_\_\_\_\_  
Email: \_\_\_\_\_

**\*\*\*Order form must be completed and turned in by March 12th\*\*\***

# COACH/PARENT REPLICA JERSEY ORDER FORM

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

**All Coaches from each team are requested to wear replica jerseys. Replica jerseys are \$25 each. Deadline to order is March 12<sup>th</sup>.**

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

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

Please list the quantity you would like next to each size

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

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

Coach Name \_\_\_\_\_ Team Name \_\_\_\_\_ Division \_\_\_\_\_

# Game Schedule Request

Coach: \_\_\_\_\_ Division: \_\_\_\_\_

Check here if you are the head coach of two Baseball teams: \_\_\_\_ What is the division of the other team? \_\_\_\_\_

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

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

## Form Instructions:

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

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

### Dates with an \* next to them are as follows:

- March 27: Baseball Opening Day
- April 10: Flag Football Opening Day
- April 10: Team Photo Day

### Also note the following dates of importance:

- Spring break for WCS: Mar. 15 - 19
- Spring break for MNPS: Mar. 15-19
- Easter: April 4<sup>th</sup> (No Games)
- In-House Tournament: May 22-29

If you have other scheduling notes, please indicate them here:

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# ALL STAR COACHES

We need All Star Coaches for 6-15 year olds.

- Commitment will be for June and early July
- Each age group will have one or more All Star Teams
- All Star Coaches will be asked to evaluate players & help obtain player commitment
- All Star Coaches will be evaluators at the try-out sessions
- 3 Coaches sons/team players will be free to play on the All Star team

**IF YOU ARE INTERESTED IN COACHING AN ALL STAR TEAM PLEASE COMPLETE THE FOLLOWING:**

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

Age Group willing to coach: \_\_\_\_\_

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

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

**\*\* All-Star Coach Meeting Time and Location TBD\*\***

# Medallions



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

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

**-or-**

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

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

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

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



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

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

Go to:

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

**By MARCH 15!**

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

# WNSL Sexual Abuse and Molestation Policy

"As a mandatory requirement to affiliate with West Nashville Sports League, our league certifies it will comply with all of the following:

Our league will comply with Federal law as set forth in Senate Bill 534 – Protecting Young Victims from Sexual Abuse and Safe Sport Authorization.

Further, our league will protect our minor athletes through the reporting, education and training and athlete safety policies consistent with the Senate Bill 534 by adopting the Child Safety Training Tutorial offered through Protect Youth Sports. Each coach or volunteer will be required to take this course.

Further, our league understands it should conduct, at a minimum, a third-party criminal background check which searches the Local County Court search, National Criminal Database and the National Sex Offender Registry in all 50 states on all managers and coaches, umpires and other officials in our league who have close contact with minor athletes.

**Take the video course at [wnsl.org/baseball](http://wnsl.org/baseball) by  
March 15th.**

\_\_\_\_\_ I will complete the video course on recognizing and preventing sexual molestation

\_\_\_\_\_ I will complete the Background check at Averity.com

\_\_\_\_\_ I understand that the deadline for both items to be completed is March 15th and I understand that if both items are not completed by March 15th I will not be able to coach in any capacity until it is completed.

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

### WHAT ARE CONCUSSION DANGER SIGNS?

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

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

### WHY SHOULD I BE CONCERNED ABOUT CONCUSSIONS?

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

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

### HOW CAN I HELP ATHLETES TO RETURN TO PLAY GRADUALLY?

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

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

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

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

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

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

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

**STEP 5:** Athlete may return to competition.

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

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

## PREVENTION AND PREPARATION

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

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

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

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

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

## ACTION PLAN

## WHAT SHOULD I DO WHEN A CONCUSSION IS SUSPECTED?

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

### **1. REMOVE THE ATHLETE FROM PLAY.**

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

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

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

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

### **3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.**

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

### **4. KEEP THE ATHLETE OUT OF PLAY.**

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

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

### **REFERENCES**

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

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

For more information, visit [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).



# CONCUSSION

## INFORMATION AND SIGNATURE FORM FOR COACHES

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

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

**Sign and return this page.**

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

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

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

\_\_\_\_\_ A concussion is a brain injury.  
Initial

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

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

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

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

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

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

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

\_\_\_\_\_  
Signature of Coach

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed name of Coach

## **Sudden Cardiac Arrest Education and Information**

### **What is sudden cardiac arrest?**

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

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

### **How common is sudden cardiac arrest?**

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

### **Are there warning signs?**

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

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

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

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

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

*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.*

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Signature of Student-Athlete

Print Student-Athlete's Name Date

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Signature of Parent/Guardian

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Print Parent/Guardian's Name Date



Cal Ripken Baseball has recently updated its bat Standards.

**Cal Ripken Baseball Division** – For Rookies, Minors and Majors, All non-wood bats **must have USABat Marking**. Barrel Maximum 2 5/8". No BBCOR Bats are permitted in the Cal Ripken Division. For Wookies, bats may be marked with [USABat T-Ball Stamp](#), or any 2 ¼" bat that was legal for 2017 will be honored for the regular season.

**Babe Ruth 13-15 Division** - All non-wood bats **must have the USABat Marking or marked BBCOR .50**. Bat Barrel - 2 5/8".

A full list of legal bats can be found here:

<https://usabat.com/>

# West Nashville Sports League Concessions Price List

## HOT FOOD

Cheeseburger/Hamburger	\$5.00
Hugh Baby's BBQ Sand.(Sat)	\$5.00
Corn Dogs (Footlong)	\$3.00
Cup of Chili (12 oz)	\$3.00
French Fries	\$3.00
Pretzel (Large) (w/cheese +)\$0.50	\$3.00
Grilled Hot Dog (Nathans)	\$3.00
Nachos w/Cheese	\$3.00
Chili add to FF/ Hot Dog/ Nachos	\$1.00
Pepperoni/ Cheese Pizza (Slice)	\$3.00
Whole Pizza	\$12.00

## MORNING FOODS

Sugar/Chocolate Donuts (pack)	\$1.00
Sausage & Bisc/Egg&Cheese C	\$3.00
Honey Bun/KrispyKreme/P. Tart	\$2.00
Muffin	\$3.00

## SNACK FOOD

Chips/Cookie/Cracker/Trail Mix	\$1.00
Fruit Snacks (Large)	\$1.00
Moon Pie/ Goldfish/Fruit Roll Ups	\$1.00
Popcorn (Fresh on Saturday)	\$2.00
Cracker Jacks	\$1.00
Sunflower Seeds	\$1.00
Peanuts (Shelled)	\$1.00
Rice Krispy Treats	\$1.00
Sweet and Salty Bars	\$1.00
Beef Jerky	\$2.00
Slim Jim	\$0.50
Pickle (Large Dill)	\$1.00
Kind Bars	\$3.00
Skinny Pop/Pirates Booty	\$1.00
Pretzels (Bag)	\$1.00

## ICE CREAM

Klondike Bar	\$2.00
Snickers Bar	\$2.00
Ice Cream Sandwich	\$2.00
Nutty Buddy/ Orange Pop-Ups	\$2.00
Popsicles	\$1.00
M & M or Toll House Cookie	\$3.00
ICEE Pop	\$1.00
Fudge/Orange Cream Bar	\$2.00

## FRESH FRUIT

Banana	\$1.00
Apple/Orange	\$2.00
Grapes (Bag)	\$3.00

## CANDY

Air Heads	\$0.25
Baby Bottle Pops	\$2.00
Blow Pops	\$0.50
Sweet Tarts	\$2.00
Cotton Candy	\$2.00
Nerds Rope	\$1.50
Big League Chew/Bubble Tape	\$3.00
Double Bubble Gum by the Bag	\$3.00
Juicy Drop Pops	\$3.00
All Chocolate Candy	\$1.50
Push Pops	\$2.00
Ring Pops	\$1.00
Sour P Straws/Patch Kids/Xtreme	\$1.50
Skittles/ Starburst	\$1.50
Laffy Taffy Rope	\$1.00

## DRINKS

Body Armor Sports Drink	\$3.50
Dunkin Donuts Ice Coffee	\$3.50
Hot Chocolate/Coffee	
Large (16 oz)	\$3.00
Small (12 oz)	\$2.00
Iced Tea (Sweet, Unsweet)	\$3.00
Lemonade	\$3.00
Powerade/Gatorade	\$2.00
Soft Drinks (20 oz)	\$2.00
Coke, D Coke, Coke Z, Dr Pepper	\$2.00
D. Dr Pepper, M.Yello, Sprite	\$2.00
Tummy Yummy	\$2.00
Water (Bottle) (Dasani 20 oz)	\$2.00
Smart Water/Vitamin Water	\$3.00
Icees	
Large	\$4.00
Small	\$3.00
Ice by Cup	\$0.50

ALL PROCEEDS BENEFIT  
WNSL A 501© 3 NON-PROFIT



# **WNSL Baseball League Rules**

**Wookies – Tee Ball (4/5 year-olds)** est. 1/28/2020

## **Lower/Younger Division**

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

### **Team Responsibilities and Conduct**

1. The home team will occupy the 3<sup>rd</sup> base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, & the game must begin if both teams have at least eight players present. If a team is playing with less than (9) batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the Umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
  - a) A runner may not maliciously crash into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
  - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

### *Equipment, Dimensions and Game Length*

1. A game shall last 6 innings or 50 minutes, whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the game is over.
2. There are no extra innings. If the score is even at the end of the game limits above, the game will end in a tie
3. Bats must meet the standards set forth by the USA Bat Standards. Please review the online link for a complete list of approved bats.
4. Bases will be set at 45ft.

### *Special Rules*

1. **Batting Tee**—A batting tee will be used for all Wookies – Tee Ball Division games. Teams may opt to coach pitch if they so desire. The ball will be placed on the tee following 3 pitches from the coach.
2. **Player roster:** Players can be exchanged defensively without any effect on the batting order (in other words, free defensive substitution). If a player becomes ill or injured, that player is removed from the game and his/her spot in the batting order is skipped without penalty.
  - a. All players are placed defensively, with no more than 5 infielders (no catcher position). All remaining players will be placed in the outfield grass (cannot be positioned in the infield at any time, but can move once the ball is hit).
  - b. The player that assumes the pitcher's position must be positioned with at least one foot inside the pitching area.
3. **Defensive Coaches:** Defensive coaches are permitted in the perimeter of the field to keep players positioned and engaged. Teams may have no more than 3 coaches in the field.
4. **Offensive Coach Adjusting Tee:** An offensive-team coach will be able to adjust the tee for a taller or shorter batter prior to the batter entering the box. The coach shall then place the ball on the tee, which must be placed directly on the center of home plate, and back out-of-the-way.
5. **Dead Ball:**
  - a. The ball is declared dead when the defensive team stops (or contains) the lead runner or the runner abandons the effort to advance. Once play has been stopped, no other runners may advance beyond the last base tagged.
  - b. The ball will be declared dead when a player is injured and is unable to continue the play.
  - c. If the batter strikes the tee, it will be considered a foul ball.
6. **Infield Fly Rule:** there is NO INFIELD FLY RULE.
7. **Bunting:** Bunting is not allowed. If a player bunts, it is considered to be a foul ball.
8. Coaches will determine if the lineup will be batted or the number of batters per inning to bat. This will be determined by the coaches prior to the game. Coaches can agree to call outs.

# **Wookies – Coach Pitch (5/6 year-olds) est. 1/28/2020**

## **Upper/Older Division**

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

### **Team Responsibilities and Conduct**

1. The home team will occupy the 3<sup>rd</sup> base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than (9) batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
  - a) A runner may not maliciously crash into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
  - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

### **Special Rules**

1. **Coach Pitch**—Coach Pitch (see specifications below) will be used in the Wookies – Coach Pitch Division. Use of a tee is permitted after three (3) pitches from the coach.
2. **Player roster:** Players can be exchanged defensively without any effect on the batting order (in other words, free defensive substitution). All players are placed in the batting order.
  - a. 10 - 12 players will be placed in the field. There will be four (4) to six (6) outfielders. ALL outfielders must remain in the grass area of the outfield (cannot be positioned in the infield at any time, but can move once the ball is hit).
  - b. Defensive infielders (other than the pitcher) cannot assume a position any closer than 40 ft. From the batter. The field will be marked, as follows: Using the rear-most point of home plate as the measuring point, there will be a 40 ft. mark on the inside of the 1st and 3rd base lines. Then, an intermittent or dotted arc (3 ft. line, 3 ft. opening, etc.) will be marked from the 1st base line around to the 3rd base line, defining that players must stay behind this arc until the batter hits the ball. The purpose of this rule is safety. Once ball is hit, the arc is no longer a factor and all defensive players may play the ball without restrictions.
  - c. The player that assumes the pitcher's position must be positioned with at least one foot inside the pitchers' circle (radius of 6 ft., with the 46 ft. pitching rubber being the center of the circle).
  - e. The catcher takes the catcher's normal position or off to the side on backstop in full gear. (Teams may bring soccer shin guards to replace the catcher shin guards)
4. **Game Length:** Six (6) innings or 50 minutes. Each batter receives a maximum of three (3) pitches and two (2) swings from the tee. If the batter strikes out, or if the ball has not been hit into play after three (3) pitches and two (2) swings from the tee, the batter is out.
  - a. If the batter fouls the 5<sup>th</sup> pitch, the batter will receive pitches as long as the batter continues to foul pitches.
  - b. The half inning is over when three (3) outs are made or eight (8) runs are scored.
  - c. The batter is out if the batter swings on a third strike and misses the ball. A foul-tip on a third strike and caught by the catcher is also an out.
2. **Field Dimensions:** Base length of 60 ft.
3. **COACH PITCHING:**
  - a. A coach will pitch (overhand) to the batter from a distance of 25 ft. from home plate.
4. **Dead Ball:**
  - a. The ball is declared dead when the defensive team stops the lead runner or the runner abandons the effort to advance. Once play has been stopped, no other runners may advance beyond the last base tagged.
  - b. The ball will be declared dead when a player is injured and the umpire's judgment is unable to continue the play.
  - c. If a batted fair ball hits the coach who is pitching, the ball is immediately dead and it is considered a no-pitch. All runners return to the base they occupied before the ball was hit.

d. If a thrown ball hits the coach who is pitching, it is a live ball.

5. **Infield Fly Rule:** there is NO INFIELD FLY RULE.
6. **Bunting:** Bunting is not allowed. If a player bunts, it is considered to be a foul ball. If a player bunts on the third strike or 3rd pitch, it is an out.
7. **Maximum Runs Per Inning:** There will be a maximum of 8 runs allowed per team per inning. Once the 8th run is scored, even if it is part of a continuing play, no additional runs are counted. Once 8 runs or 3 runs is reached, teams will switch.

# **Rookies Division**

rev. 1/22/2020

## **Rules Overview**

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

## **Team Responsibilities and Conduct**

1. The home team will occupy the 3rd base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
  - a) A runner may not maliciously crash or slide into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
  - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

## **Equipment, Dimensions and Game Length**

1. A game shall last 6 innings or 80 minutes, whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead.
2. If there is a tie at the end of the sixth inning and the time limit has not expired, the teams may play as many extra innings as possible until either a winner is decided or the time limit is reached. If the score is even at the end of the limits above, the game will end in a tie.
3. Bats must meet the requirements set forth by the USA Bat Standards. Please review the online link to find the complete list of approved bats.

### **Pitching Machine Rules**

*Every team in the Rookies Division will bat off the provided pitching machine. The following rules and restrictions apply. More specific batting rules may be located in the "Special Rules" section below.*

1. The pitch speed will be different for each division of play. Setup for machines shall be as follows:

**Bronze** – 36 mph

**Silver** – 38 mph to start the year. At mid-point of the season, the machine speed will be set to 42 mph (This is to help players be better prepared for All-Stars).

**Gold** – 42 mph

2. Setup for machines shall be as follows:

- a) Machines shall be placed 46 feet from home plate. If a pitching rubber is installed on the field, the front leg of the machine shall be placed in front of the rubber, ideally with the back of the machine's front leg touching the front edge of the rubber.
- b) Sandbags shall be placed on the front and back legs of the machine for stability and consistency of pitches.

3. Coaches may utilize the "fine tuning knob" to adjust the height of pitches while their team is at bat, however, no extra or practice pitches are allowed after adjustments.
4. Any major adjustments to the pitching machine must be approved by the umpire and both coaches. Safety is the first concern followed by the player being able to hit the ball.
5. Coaches may throw five (5) practice pitches with the machine prior to their team's first at-bat. A few practice pitches are permitted between innings, but the game should not be halted or delayed because of these pitches.
6. If a batted ball strikes the pitching machine, the ball is declared dead. The batter is awarded first base and the runners advance one base, as necessary. *(Example 1: Runners on 1st and 2nd, ball hits machine -- The result should be runners on 1st, 2nd and 3rd. Example 2: Runner on 3rd, ball hits machine -- The result should be runners on 1st and 3rd.)*

## Special Rules

### Batting

1. A continuous batting order shall be used with every player occupying a spot in the batting order. At the beginning of each inning, the batting order will begin from the point it ended the previous inning.
2. Each team will select a coach to “pitch” to its own batters. Only coaches may feed and/or adjust the pitching machines.
3. Each hitter will be given a maximum of five (5) pitches per at bat (Does not matter whether they are hittable) unless the final pitch is a foul ball. The batter will continue to receive one additional pitch (like normal baseball) on all foul balls on the fifth pitch or later. The batter is out if he strikes out or the ball is not put in play (or fouled off) after the fifth pitch.
4. Bunting is allowed. However, a batter may not fake a bunt, then pull-back and swing on the same pitch. Batter will be called out if he swings at a pitch in this manner.
5. Leading off and/or stealing is not allowed.
6. The “Catch-Up-Plus-5” run rule is in effect. Each team will bat until the defense records three (3) outs or it has scored the maximum number of runs in an inning, whichever is first. For the winning team, the run rule is five (5) per inning. For the losing team, the run rule is the opponent’s leading margin plus 5 per inning. The play on which the run rule is reached in an inning will be allowed to continue until the umpire declares it dead, though any extra runs scored will not count. (*Example: Team A is leading Team B 6-3. If Team A is batting, it may score 5 runs. If Team B is batting, it may score 8 runs [6-3 = 3 + 5 = 8]*).

### Defense and Stoppage of Play

7. The defensive team may play ten (10) players in the field at one time with no more than six (6) players in the infield at any point prior to the batter making contact with the ball. Six players in the infield includes a catcher, who does not need to crouch or be positioned immediately behind the plate, but he must be in catcher’s attire and located behind the plate/batter.
8. Each player present at the beginning of the game must play at least six (6) defensive outs prior to the completion of the 4th inning. Substitutions may be made freely at the coach’s discretion.
9. In the Bronze Division, the defensive team may place two (2) coaches in the outfield to help set the defense at all times. In the Silver Division, one (1) coach is allowed in the outfield. In the Gold Division, one coach is allowed in the outfield for the first-half of the season, then none for the remainder of the season. These coaches must not obstruct play in any way.
10. Protective headgear is mandatory for the player playing the pitcher position.
11. For Bronze Division, Catchers are encouraged but not mandatory. For the Silver and Gold division, the team must have a catcher on the field (unless they have fewer than 9 players available.) Catchers must provide their own equipment.
12. There is no infield fly rule.
13. The decision concerning the “end of the play” is solely the discretion of the umpire. The umpire will call “Dead Ball” (a) when the action stops or (b) when the ball is in the possession of a defender within the infield and the lead runner has ceased to advance.
14. Overthrows—Runners may advance a maximum of one base, at their own risk, on any overthrow that



stays in play. Once the runner(s) reach one base safely, the umpire will stop play until the next pitch from the machine. *Example: Runner at 1<sup>st</sup> base, ground ball to shortstop. In attempt to throw out the runner at 2<sup>nd</sup> base, the shortstop throws the ball past the 2<sup>nd</sup> baseman and into right field. Maximum advance will be for original runner to end up at third and the batter to end up at second.* Note: If ball goes out of play, book rule is in effect.

# WNSL Baseball League Rules

## Minors Division

Rev. 1/22/2020

### Rules Overview

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook

### Team Responsibilities and Conduct

1. The home team will occupy the 3rd base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
  - a) A runner may not maliciously crash or slide into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
  - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

## **Equipment, Dimensions and Game Length**

1. A game shall last 6 innings or 1 hour and 40 minutes on Fridays, Saturday and through 5pm Sunday starts, whichever comes first. A game shall last 6 innings or 1 hour and 30 minutes on a weeknight (Sunday 7pm, Monday - Thursday), whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead. Stalling for any reason is a violation of the WNSL's Code of Conduct and will not be tolerated. Further discipline may result.
2. If there is a tie at the end of the sixth inning and the time limit has not expired, the teams may play as many extra innings as possible until either a winner is decided or the time limit is reached. If any extra innings are played, International Rule will be in effect (team batting will begin with runner who batted last in previous inning at 2<sup>nd</sup> base). If the score is even at the end of the limits above, the game will end in a tie.
3. The bases shall be set 60 ft. apart and the pitcher's rubber 46 ft. from rear point of plate.
4. Bats must meet the requirements set forth by the USA Bat Standards. Please review the online link to find the complete list of approved bats.

## **Special Rules**

### **Batting**

1. A continuous batting order shall be used with every player occupying a spot in the batting order. At the beginning of each inning, the batting order will begin from the point it ended the previous inning.
2. Bunting is allowed, however, deceptive practices such as faking a bunt by waving the bat to distract the pitcher will not be tolerated. If the umpire determines the batter is involved in this practice, the batter will be declared out.
3. Stealing stipulation: A team may not steal or advance on a wild pitch, passed ball, or errant throw from the catcher back to the pitcher if team at-bat has a 10-run or more lead. *In the Bronze Division, players will not be allowed to steal home on a passed ball or wild pitch at any point during the game.*
4. A team may opt to use a courtesy runner for the catcher with two outs. The runner must be the last player to record an out.
5. The "Catch-Up-Plus-5" run rule is in effect. Each team will bat until the defense records three (3) outs or it has scored the maximum number of runs in an inning, whichever is first. For the winning team (or if the game is tied), the run rule is five (5) per inning. For the losing team, the run rule is the opponent's leading margin plus 5 per inning. The play on which the run rule is reached in an inning will be allowed to continue until the umpire declares it dead, though any extra runs scored will not count. *(Example: Team A is leading Team B 6-3. If Team A is batting, it may score 5 runs. If Team B is batting, it may score 8 runs [6-3 = 3 + 5 = 8]).*

### **Defense**

6. The defensive team may only play nine (9) players in the field at one time with no more than six (6) players in the infield at any point prior to the batter making contact with the ball.

7. Each player present at the beginning of the game must play at least six (6) defensive outs prior to the completion of the 4th inning. Substitutions may be made freely at the coach's discretion.

8. The decision concerning the "end of the play" is solely the discretion of the umpire. The umpire will call "Dead Ball" when the ball is in possession of a defender and all runners have ceased to advance.

### **Pitching Guidelines**

1. A Pitcher may Pitch a maximum of 75 pitches in a Game/Day. If 1-40 pitches are made, 0 days rest is needed for the pitcher to again pitch. If 41-65 pitches are made, then 1 full day of rest is required. If 66+ pitches are made, 2 full days of rest is required.

Examples: A pitcher who pitches 40 pitches on Saturday would be eligible to pitch again on Sunday. A pitcher who pitches 65 pitches on Saturday would be eligible to pitch again on Monday. A pitcher who pitches 66 or more pitches on Saturday would be eligible to pitch again on Tuesday.

2. A coach's second trip to the mound in the same inning, to the same pitcher for purposes other than obvious injury to the pitcher shall result in the removal of that pitcher.

3. For safety, a player warming up in foul territory during the game must have a person protecting him.

4. The balk rule is not in effect.

# WNSL Baseball League Rules

## Majors Division

Rev. 1/22/2020

### Rules Overview

Any special rules contained in this document will be in effect. Anything not covered here will be in accordance with the Cal Ripken/Babe Ruth Baseball rulebook.

### Team Responsibilities and Conduct

1. The home team will occupy the 3rd base dugout.
2. Teams must provide their lineup to the opposing coach and scorebooks before the game begins.
3. Eight (8) players constitute a legal team, and the game must begin if both teams have at least eight players present. If a team is playing with less than nine batters, no “automatic outs” will be assessed for the missing players in the batting order.
4. If either team does not have eight players present at the appointed game time, the game may not begin. However, the official clock begins at the scheduled game time. Teams have 10 minutes after the clock begins to field a legal team. If two legal teams are not present at this point, the game will be declared a forfeit, the coaches shall split the available players into two teams and the umpires shall work a scrimmage of the players.
5. If a player leaves a game for any reason, all other batters will move up in the batting order with no penalty of an out to the team. If this player leaving causes a team to fall below the number of players necessary for a legal team, the game shall be declared a forfeit and the teams shall follow the forfeit procedure above.
6. If a player arrives after the game has begun, he/she shall be inserted at the bottom of the batting order. Only players present at game time shall be listed on the batting order.
7. Players and coaches are expected to show good sportsmanship at all times, including the shaking of hands after the game. Spectators will not be allowed to harass opposing players or umpires.
8. Unsportsmanlike conduct by a player, coach or fan will not be tolerated and could result in being asked to leave the league. The head coach is responsible for the conduct of his coaches, parents and players.
  - a) A runner may not maliciously crash or slide into a fielder for any reason. The runner will be removed from the game and, depending on the circumstances, could be removed from the league.
  - b) If a batter unintentionally throws a bat, the entire team will be given a warning. The second unintentional throwing of a bat will result in the batter being called out and the ball being declared dead. If a batter intentionally throws a bat, the batter will be removed from the game.
9. Each team is responsible for the cleanliness in and around its dugout at the end of each game and practice. All trash must be placed in a trash receptacle.

## **Equipment, Dimensions and Game Length**

1. A game shall last 6 innings or 1 hour and 40 minutes on Fridays, Saturday and through 5pm Sunday starts, whichever comes first. A game shall last 6 innings or 1 hour and 30 minutes on a weeknight (Sunday 7pm, Monday - Thursday), whichever comes first. The next inning begins the instant the final out of the previous inning is made. No new inning may begin after the time limit is reached. Once time has expired, the current inning will be completed unless the home team is batting and is ahead. Stalling for any reason is a violation of the WNSL's Code of Conduct and will not be tolerated. Further discipline may result.
2. The bases shall be set 70 feet apart and the pitcher's rubber 50 feet from home plate (real point).
3. Bats must meet the requirements set forth by the USA Bat Standards. Please review the link online for the complete list of approved bats.

### **Special Rules**

1. A continuous batting order shall be used with every player occupying a spot in the batting order. At the beginning of each inning, the batting order will begin from the point it ended the previous inning.
2. Leading off and stealing are allowed, however, teams may not steal with a lead of 10 runs or more.
3. A team may use a courtesy runner for the catcher with two outs. The runner must be the last player to record an out.
4. The "Catch-Up-Plus-5" run rule is in effect. Each team will bat until the defense records three (3) outs or it has scored the maximum number of runs in an inning, whichever is first. For the winning team (or if the game is tied), the run rule is five (5) per inning. For the losing team, the run rule is the opponent's leading margin plus 5 per inning. The play on which the run rule is reached in an inning will be allowed to continue until the umpire declares it dead, though any extra runs scored will not count. *(Example: Team A is leading Team B 6-3. If Team A is batting, it may score 5 runs. If Team B is batting, it may score 8 runs [6-3 = 3 + 5 = 8]).*

### **Pitching Guidelines**

1. A Pitcher may Pitch a maximum of 85 pitches in a Game/Day. If 1-40 pitches are made, 0 days rest is needed for the pitcher to again pitch. If 41-65 pitches are made, then 1 full day of rest is required. If 66 or more pitches are made, 2 full days of rest is required.  
Examples: A pitcher who pitches 40 pitches on Saturday would be eligible to pitch again on Sunday. A pitcher who pitches 65 pitches on Saturday would be eligible to pitch again on Monday. A pitcher who pitches 66 or more pitches on Saturday would be eligible to pitch again on Tuesday.
2. If a pitcher is removed from the mound in an inning, but remains in the game and on the field, he may reenter as a pitcher in the same inning without it counting as a second inning. No additional warm-up pitches are allowed.
3. A coach's second trip to the mound in the same inning, to the same pitcher for purposes other than obvious injury to the pitcher shall result in the removal of that pitcher.
4. The balk rule is in effect.

## **Special Rule Regarding Weather Delays and Multiple Rainouts**

Occasionally, WNSL is faced with the situation that fields are too wet for early games on weekend days, but that fields can become playable by later in that same day. In such cases, the League may determine that it is in the best interest of play, that a slightly abbreviated set of rules be intact, to allow for more games to be played.

These rules will be declared only when there is the need to get more games played in a shorter time due to wet fields and/or in “wet seasons” when there are not enough days remaining to play the needed number of make-up games.

In such case, games will be played under what the League will now call:

### **Turbo Rules**

1. The League will adjust the Time Limit for the games in question, i.e. a Majors or Minors game originally scheduled for 100 minutes might be adjusted to 80 minutes, or a Machine Pitch game originally scheduled for 80 minutes might be adjusted to 65 or 70 minutes, etc. These time limits will be set on a case-by-case basis, as necessary, by the league.
2. The maximum runs-allowed per inning will be adjusted to four, regardless of the score. The Catch-up Rule will not be in effect for Turbo Rule Games, but teams are encouraged to play-out games until the shortened time limit.