

West Nashville Sports League

2023 Summer Basketball

Coach Guidelines and Information





WEST NASHVILLE SPORTS LEAGUE BOARD MEMBERS

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

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

IMPORTANT CONTACT INFORMATION

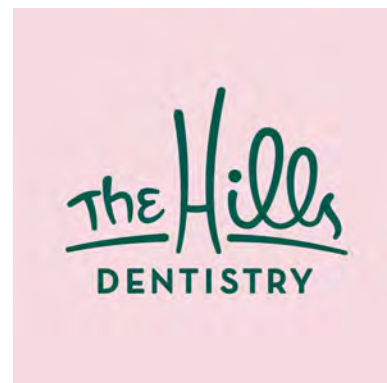
League Phone Recording:	615.376.4700
Fax Number:	615.376.6493

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

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

Referees	Andrew Kelso	tke116@aol.com
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WNSL SPONSORS



Sponsorship Levels

Overall League Packages:

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

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

Single Season Sport Packages:

(Sponsors one Sport for the Main Competition Season)

Seasons (circle one):

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

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

Additional Packages:

Basketball Tournament Naming Rights:

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

Naming Rights to Baseball Fields:

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

Dear Prospective Sponsor,

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

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

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

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

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

Respectfully,

President, West Nashville Sports League



WEST NASHVILLE SPORTS LEAGUE SPONSORSHIP INFORMATION



Serving the Nashville Community
Since 1997
www.wnsl.org

Overall League Sponsorship Packages

For all sports for one year or

Single Season Sport Packages:

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

Gold Package

\$4,000 Commitment

OR

\$1,000 Single-Sport Commitment

Package Includes:

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

Silver Package

\$2000 Commitment

OR

\$500 Single-Sport Commitment

Package Includes:

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

Bronze Package

\$1000 Commitment

OR

\$250 Single-Sport Commitment

Package Includes:

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

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

Additional Sponsorship Opportunities:

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

Naming Rights to Baseball Fields - \$1,500

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

WNSL
PO Box 50710
Nashville, TN, 37205

Company Name:

Mailing Address:

Contact Email:

Phone:

Additional Info:

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

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



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

Follow Us To...

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



www.twitter.com/WNSLonline



facebook

www.facebook.com/WNSLonline



www.Instagram/WNSLonline

WNSL Summer Basketball

Frequently Asked Questions

If you have a question, start here. If you still cannot find your answer on this page, e-mail scott@wnsl.net

Sign-Ups, Cost and Division Related Questions

When can we register? Registration is open now and will close in early May. See www.wnsl.org/basketball for the specific date.

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

What if I do not want to register online? You can download a paper application on the Basketball page at www.wnsl.org. You may mail it in with a check but there will be a \$10 paper registration fee as indicated on the application.

What if I forget to register? You will be charged a late registration fee during the Late Registration period and assuming there is a team with an available spot. After this period expires, no more registrations are accepted.

Do you give refunds if my child decides not to participate? The WNSL Refund Policy is:

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

What are the age divisions? The WNSL offers separate boys and girls divisions in grades rising* 1st through 9th grade and boys divisions for the 10th - 12th grade. The number of participants will determine all divisions. If there are not enough teams in a division for fair play, divisions may be combined and girls may play boy teams. **Rising = the grade your child will enter in the 2023/2024 School Year*

How long does the season last? Summer Basketball is a condensed season held during the month of June. Teams will play a total of 8 games on Monday, Tuesday, Wednesday or Thursday nights at Legacy Courts. **Some games may be played on Saturdays/Sundays if needed due to league size.** Most teams will play 2 games a week on the same night. Teams can add up to an additional 4 games for \$60 each.

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

Can a player play on two teams? A player desiring to play on two teams in the same grade must receive prior approval from Scott Tygard (scott@wnsl.net). Players playing on two teams must pay two registration fees. No scheduling considerations will be given to players playing on two teams.

How much does the league cost? Please visit www.wnsl.org for fees. Full teams can register for \$1000 (1st - 2nd Grade) and \$1100 (3rd - 12th Grade). Individuals may register for \$140 (1st-2nd Grade) and \$160 (3rd- 12th).

What is included in the registration fees? Reversible jersey, Eight games, Referees, Gym Space, Participation Award, Insurance, Newsletter, Website, League Administration and more.

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

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

Coach Related Questions

Who coaches the teams in the Basketball league? Volunteers! Some teams bring coaches with them and often parents coach. If you are interested in coaching or being an assistant you may indicate this on the "Volunteer" portion of the registration site.

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

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

What do coaches need to do to prepare for the league? (1) Register your player with the league and then yourself as a coach. (2) Inform your parents to register online before the deadline in early May. Have them put your name in the 'coach requested' box. (3) Send scott@wnsl.net a roster close to the registration deadline of your team so we can cross---reference who has registered vs. who you are expecting. (4) We will build the teams from there and you will have a roster to view at the coaches' meeting. (5) Start looking for a practice space. The league does not provide practice locations. Legacy Courts may offer practice time at a small fee.

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

How do you come up with team names? The coaches determine team names but these will not be reflected on the provided WNSL jersey.

Once I register, how long will it be before I hear from a coach? The Coaches'/All Parent Meeting is typically held in mid-May. At that meeting, hopefully you will meet your coach or the point person for the team.

Basketball Basics and Miscellaneous Questions

What type of Basketball league does the WNSL offer? The WNSL feels all youth sports should be recreational in nature yet also competitive. The sports program is not a babysitting service but it is a league that does not encourage a win-at-all-cost attitude. Sportsmanship, camaraderie, fun and learning the game are the most important aspects of our basketball league. The WNSL feels that the casual recreational player as well as the more serious competitive player will both be accommodated. In short, the WNSL wants players of all different levels to have fun, excel and feel good about what they are doing.

What are the rules for the different divisions? Rules will be posted on the Basketball page at www.wnsl.org

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

Where are the games played? All games are held at Legacy Courts (Formerly Franklin Fieldhouse) in Cool Springs.

When and how often do teams practice? Teams usually practice one time per week. However, practice frequency and location is determined by each coach. The WNSL does not provide practice locations nor does it pay for them. Many gyms charge a fee for practice time and the team is responsible for this expense.

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

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

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

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

What is the difference between WNSL and other basketball leagues? The West Nashville Sports League is a top-notch youth sports organization that emphasizes all players valuing the pure love-of-the-game over a winning-at-all-costs attitude. We do our best to place teams (depending on the number of teams

in that grade level) in different levels of competition (bronze, silver, gold divisions) to provide a level playing field and create the best possible experience for all players. We also work hard to keep everyone heavily involved in the community by promoting and being involved in local organizations, colleges and events. Providing the best gym conditions possible, certified referees, excellent communication to all participants, parents and coaches and an informative and user friendly website, the WNSL goes above and beyond to create a memorable and positive experience for all involved.

Sponsorship and Financial Assistance

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

What if I am interested in sponsoring the league? Please contact scott@wnsl.net.

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

Summer Basketball "Team Fees"

What is a summer basketball "Team Fee"? The Team Fee allows a coach to register a full team (up to 10 players) at one flat rate. If a coach wishes to have more than 10 players on his/her team, additional players must register as individual players.

What is the benefit of registering as a Full Team? Players receive a significant discount when registering as a full team.

Can I submit a financial aid application for the Summer Basketball Team Fee? No, players already receive a season discount by registering with a full team.

Do I still need to register as a volunteer if I register a full team? Yes. You will have an opportunity to register as a volunteer during your team registration.

West Nashville Sports League

2023/24 Calendar of Events

INTERACTIVE CALENDAR ON WWW.WNSL.ORG

May 1	Summer Basketball Registration Closes
May 8	Summer Basketball Coach Meeting
May 13	Spring Sport Regular Seasons End
May 14 – 20	Spring Sport End of Season Tournaments
June 2 – 4	Tune Up Tournament Weekend 1
June 5	Summer Basketball Season Opens
June 8 – 11	Tune Up Tournament Weekend 2
June 29	Summer Basketball Season Ends
July 17	Fall Sports Registration Closes
July 24	Fall Flag Football Coach Meeting
July 25	Fall Baseball Coach Meeting
July 26	Fall Softball Coach Meeting
August 5	Flag Football Clinic #1
August 12	Flag Football Clinic #2
August 19	Fall Baseball, Softball, and Flag Football Begin
Sept 2	NO GAMES – Labor Day Weekend
October 15	Flag Football Regular Season Ends
October 16	Music City Flag Bowl Tournament Begins
October 21	Fall Baseball and Softball End
October 22	Music City Flag Bowl Tournament Ends

West Nashville Sports League

2023/24 Calendar of Events

October 28	Fall Soccer and Fall Basketball Begin
December 9	Fall Basketball Ends
December 15 – 17	WNSL Christmas Basketball Tournament
December 16	Fall Soccer Ends
January 6	Winter Basketball and Soccer Begin
February 24	Winter Basketball and Soccer End
Feb 29 – March 3	2024 March Madness Tournament

Summer Basketball Practices

WNSL Does Not Provide Practice Locations for Summer Basketball

Coaches May Contact Legacy Courts ([\(615\) 346-4748](tel:6153464748)) for practice times, or choose their own location.

Other potential Locations Include:

- Schools
- Churches
- Rec Centers

The WNSL Will provide an insurance certificate upon request.
Email angela@westpointinsurance.com with:

- Your Name
- Your Venue Name
- Venue Address
- That you are with WNSL

And she will provide a certificate to you usually within 24 hours.

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: _____



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 MAY 22nd!

Contact Scott@wnsl.net with any questions.

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. 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.**
2. Once you have logged in to your account, click the "Volunteer" tab on the left side of your account and click on the "Find Volunteer Roles" link that appears.
3. Select the sport for which you wish to volunteer.
4. Select the role in the appropriate division for which you wish to volunteer.
5. Enter all required information and submit the registration by clicking "Next."
6. 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 "Find Volunteer Roles" link that appears.
4. Select the sport for which you wish to volunteer.
5. Select the role in the appropriate division for which you wish to volunteer.
6. Enter all required information and submit the registration by clicking "Next."
7. Your volunteer role should now appear on your "My Account" screen.

WNSL VOLUNTEER COACHING REGISTRATION

If you have not completed the online 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: _____

For FULL Teams

Team Name: _____ Coach Name: _____ Grade: _____ Gender: _____

1. By signing above, I hereby certify that my participant is in normal health and capable of safe participation in the WNSL Summer Basketball Program. I release the league from any risk and liability incidental to the conduct of this program. I hereby authorize the WNSL's appointed representative to obtain medical treatment for my child if I cannot be reached.
2. I support the WNSL philosophy based on character development, participation, fun, skill development, teamwork, fair play, family involvement and growth in spirit, mind & body.
3. Coaches, by signing below, you are certifying that all information is correct to the best of your knowledge.

Signature of Coach: _____ Printed Name: _____ Date: _____

FULL TEAM UNIFORM REQUEST

Coach name _____ Grade _____ Gender _____

_____ YES, I NEED WNSL UNIFORMS

_____ NO, MY TEAM WILL USE OUR OWN UNIFORMS

(Teams using their own uniforms will receive \$20/player refund*. ONE check will be issued to the coach. Please enter total number of players here _____)

**Full teams will only be reimbursed up to 10 players (\$200 total).*

LIST SIZES NEEDED:

SHIRTS

_____ Adult Extra Large

_____ Adult Large

_____ Adult Medium

_____ Adult Small

_____ Youth Large

_____ Youth Medium

_____ Youth Small

SHORTS

_____ Adult Extra Large

_____ Adult Large

_____ Adult Medium

_____ Adult Small

_____ Youth Large

_____ Youth Medium

_____ Youth Small

_____ Total # of Uniforms Needed

COACH'S PRESEASON TEAM ASSESSMENT

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

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

This is a Free Agent Team: YES _____ NO _____

I desire to play the strongest competition possible: YES _____ NO _____

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

If YES, how many years? _____

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

If your team has players in different grades, how
Many are in each grade?

Grade: _____	Players: _____
Grade: _____	Players: _____
Grade: _____	Players: _____
Grade: _____	Players: _____

How many times per week will you practice? _____

Have you already begun practicing? YES _____ NO _____

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

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

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

_____ **Recreational Level**

_____ **Middle Level**

_____ **Competitive Level**

Basketball Game Schedule Request

Coach Last Name: _____ Gender: _____ Grade: _____

Are you the head coach of two teams? _____

If yes, Grade and Gender of the second team: _____

While there are absolutely no guarantees, THIS IS YOUR CHANCE to provide specific scheduling requests. Please think through any conflicts now. If something comes up between now and May 20th, please e-mail scott@wnsl.net.

The WNSL reserves the right to play teams on any/all designated nights of play depending on the final number of registered teams. Games will start as early as 5pm and last games may start as late as 9 or 10pm for ALL AGE GROUPS.

My team is **NOT** available to play on the following nights (please be as specific as possible):

I am requesting a scheduling request for the following reasons:

I request to play: Early _____ Late _____ No Preference _____

I cannot play during the week of: _____

Teams are able to request additional games @ \$60 per game. If you would like to request extra games, please note the number (up to 8) below and be prepared to submit payment via check or credit card:

I request _____ additional Games for my team. (\$60/game)

I would like to pay via _____ CHECK _____ CREDIT CARD*

**Credit card payments will have an additional 3% processing fee*

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

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

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

THE FACTS

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

WHAT IS A CONCUSSION?

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

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

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

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

HOW CAN I RECOGNIZE A POSSIBLE CONCUSSION?

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

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

SIGNS AND SYMPTOMS

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

WHAT ARE CONCUSSION DANGER SIGNS?

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

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

WHY SHOULD I BE CONCERNED ABOUT CONCUSSIONS?

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

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

HOW CAN I HELP ATHLETES TO RETURN TO PLAY GRADUALLY?

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

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

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

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

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

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

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

STEP 5: Athlete may return to competition.

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

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

PREVENTION AND PREPARATION

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

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

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

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

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

ACTION PLAN

WHAT SHOULD I DO WHEN A CONCUSSION IS SUSPECTED?

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

1. REMOVE THE ATHLETE FROM PLAY.

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

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

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

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

3. INFORM THE ATHLETE'S PARENTS OR GUARDIANS.

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

4. KEEP THE ATHLETE OUT OF PLAY.

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

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

REFERENCES

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

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

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

CONCUSSION

INFORMATION AND SIGNATURE FORM FOR COACHES

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

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

Sign and return this page.

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

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

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

_____ A concussion is a brain injury.
Initial

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

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

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

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

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

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

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

Signature of Coach

Date

Printed name of Coach

Sudden Cardiac Arrest Education and Information

What is sudden cardiac arrest?

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

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

How common is sudden cardiac arrest?

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

Are there warning signs?

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

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

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

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

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

What is the best way to treat Sudden Cardiac Arrest?

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

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

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

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

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

Signature

Date

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

What is sudden cardiac arrest?

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

How common is sudden cardiac arrest in the United States?

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

Are there warning signs?

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

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

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

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

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

Public Chapter 325 – the Sudden Cardiac Arrest Prevention Act

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

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

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

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

Signature of Student-Athlete

Print Student-Athlete's Name Date

Signature of Parent/Guardian

Print Parent/Guardian's Name Date

WNSL Summer Basketball Rules

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

Rising Grade	Division of Play	Sections to Print
Grade K, 1	All	Sections 2 and 3
Grade 2	All	Sections 2 and 4
Grade 3, 4	All	Sections 2 and 5
Grade 5, 6	All	Sections 2 and 6
Grade 7- 12	All	Sections 2 and 7

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

WNSL Responsibilities

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

Team Responsibilities—All Age Groups and Divisions

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

The Game

1. A game consists of two halves of 20 minutes each (16 Minutes for K and 1st Grade) with a continuous running clock stopping only on the referee's whistle for injuries, a granted time out by either team, or any other delay deemed necessary by the officials (problem with game equipment, etc.) until the last two minutes of each half (at which time National Federation rules for clock stoppage will apply---every whistle). Halftime shall last between 2 and 3 minutes.
2. Each team is entitled to two timeouts per half, with un-used timeouts not carrying over to the second half. In the event of an overtime, each team will have one timeout. All time outs are one minute in length.
3. A team must start the game with 5 players. Game time is forfeit time (Note to Officials & Gym Monitors – be sure to use the slowest watch before ruling a forfeit). In the event that a forfeit is inevitable, coaches are asked to shift players or pick up a player of mutual agreement in order to play. Officials will work these games.
4. A team will not be recorded with more than a 20-point lead on the scoreboard at any time, although the correct score will be recorded in the scorebook.

Specific Equipment, Dimensions and other Special Rules are indicated in the appropriate section.

Section 3--Additional Rules and Information for Rising Kindergarten Boys and Girls , 1st Grade Boys and Girls

Size of Ball: 27.5" (Junior Ball)
Height of Goal: 8 feet

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

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

Kindergarten Boys & Girls—Inside the 3-point arc 1st Grade Boys & Girls – Half Court

Special Rules

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

Section 4--Additional Rules and Information for Rising 2nd Grade Boys and Girls (All Divisions)

Size of Ball—27.5” (Junior Ball)

Height of Goal—8 feet

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

Designated Defensive Area—The Front Court.

Special Rules

1. Defensive Restrictions—**Players do not wear colored wristbands** for defensive designation in this age division. Only person-to-person defense is allowed. Trapping, which is defined as “3 (or more) on 1” is not allowed. Zone defense is also not allowed (see penalty for Illegal Defense for enforcement.) Double teaming is allowed with the following restrictions: Only on the person with the ball and only when that person is inside the 3-point arc.
2. Substitutions—**Allowed anytime there is a dead ball.**
3. Penalty for Illegal Defense—The officials will issue one warning per half to a team for player guarding outside the designated defensive area, double-teaming illegally or other defensive violations outlined above. Subsequent violations are considered to be illegal defense and will result in a one-shot technical foul, plus possession of the ball at the point of interruption.
4. Pressing—In the final one minute of the game, provided the point difference is 5 points or less, both teams may play full court, person-to-person defense. Double teaming is NOT allowed in the backcourt. Teams will have up to 15 seconds to cross midcourt. If a team intentionally fouls in the backcourt, the game is declared over.
5. Screens and Picks—Properly executed screens or picks are allowed, both “on” or “off” the ball.
6. 3-point shots—All field goals are two points.
7. Isolation Plays—Clearing out to allow one player to go one-on-one is a violation, resulting in a turnover. The same is true for players forming a wall for the ball handler to come around.
8. Coaches Box—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
9. Equal Playing Time—Required.
10. If a game ends tied, there is no overtime period.

Section 5--Additional Rules and Information for Rising Grade 3 and 4 Boys and Girls

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

Height of Goal:

9 foot for 3rd Grade Boys and 3/4th Grade Girls

10 foot for 4th Grade Boys

Distance (from backboard) for Free Throw:

10 feet (no crossing line) - 3rd Grade Boys and 3/4th Grade Girls

12 feet (no crossing the line) - 4th Grade Boys

Special Rules

1. **Equal Playing Time**—Each player must play as close to equal time as possible. Each team should monitor and record playing time. The league has the authority to declare a forfeit when there are violations to this rule.
2. **Backcourt Guarding**—Teams may back court guard in the second half. If a team is leading by 10 or more points, "no guarding in the backcourt" rule applies.
3. **Penalty for Illegal Defense**—First offense for guarding in the backcourt with a 10-point lead, will be a warning. Thereafter, a technical foul will be called (one free throw, plus possession of the ball at the point of interruption).
4. **Isolation plays** are not allowed.
5. **Coaches Box**—Coaches must remain in the Coaches Box, an area immediately in front of the bench. Only the head coach may stand while the clock is running.
6. **Overtime Periods**—If the score is tied at the end of regulation, one additional period of 1-minute will be played. (clock stops on all whistles). If the score remains tied after the first overtime period, a second overtime is played, with the first team to score declared the winner.

Section 6--Additional Rules and Information for Rising Grades 5 & 6 Boys and Girls

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

Special Rules

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

Section 7--Additional Rules and Information for Rising Grades 7, 8 & 9 Boys and Girls, 10 - 12 Boys

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

Special Rules

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