General League Rules & Code of Conduct

Music City Sports & Social Club. One rulebook for every league, every sport and every night out in Music City (Nashville, TN).

The radio edit: Be 21+. Show up. Play hard but play nice. Treat the refs, the bar staff, and the other team like friends you haven't made yet. Ride home safe, no matter how good the encore was. Everything below is the extended cut.

1. Who We Are and How This Works

Music City Sports & Social Club ("the Club," "we") runs adult co-ed recreational leagues in Nashville, Tennessee. These General Rules apply to every program. Each sport also has its own rulebook. If the two ever conflict, the sport rulebook wins for gameplay questions and these General Rules win for everything else (eligibility, conduct, alcohol, payments).

- We may update these rules between seasons, and occasionally mid-season for safety or venue reasons. The current version is always posted at musiccityssc.com and on our registration site.
- The on-site League Coordinator (the "Coordinator") and referees have final say on the night. Appeals go through Section 9.

2. Eligibility

1. **21 and up, no exceptions.** Every player must be at least 21 on the first night of the season. Bring a valid government photo ID every week. Staff or partner bars may ask for it at any time.
2. **Registered and signed.** Nobody plays until they're on the official roster in our registration system and have accepted the Music City Sports & Social Club Participant Waiver for the current season. No waiver, no play. That includes "just filling in for one night."
3. **One team per sport per night.** You may join multiple leagues, but not two teams in the same league and level.
4. **Ringers.** These are rec leagues. Current or recent (within 2 years) college varsity or pro players in that sport must register in Sweater or Swagger, not Sipper.

3. Levels

- **Sipper (no playoffs):** For players who are here for the hang. Rules are relaxed, all skill levels are welcome, and there are no playoffs, just good times and post-game drinks.
- **Sweater (playoffs):** Real games with a friendly edge. Teams play to win but keep it fun, and there are playoffs at the end of the season.
- **Swagger (full bracket + championship prize):** Our most competitive level, for experienced teams who want to win. Expect tighter officiating, a full playoff bracket, a championship prize and serious bragging rights.

We may combine levels when registration is light, or move a team after Week 2 if it's clearly in the wrong tier (for example, winning every Sipper game by 15). We'll talk to the captain first.

4. Co-ed Requirements

We're a co-ed club. Every sport rulebook sets a minimum number of women on the field (and sometimes a lineup or batting-order rule). If a team can't meet the minimum, it plays short at the spots it's missing. You can't fill a woman's spot with a man. If a team still can't field the sport's minimum total number of players, the game is a forfeit (see the Refund, Weather & Forfeit Policy). Players register and play in the gender category they identify with.

5. Rosters, Subs and Free Agents

- **Co-ed rosters (all leagues):** every roster must be co-ed, with enough women to fill the required women's spots on the field or in the game. Each sport rulebook sets that minimum.
- **Roster minimums** are in each sport rulebook. Captains add players through the registration system. Every player must create an account and sign the waiver.
- **Roster deadline:** players can be added until the end of Week 3 of the regular season. To be playoff-eligible, a player must be rostered by then and have played at least 2 regular-season games (weather cancellations excepted).
- **Subs:** a team that's short may borrow a registered league player from another team **in the same or a lower level**, with the Coordinator's OK. A game played with an unregistered player is a forfeit, even if the score stands for fun.
- **Fees:** $75 per player for all leagues. A 10% late fee ($7.50) applies to registrations after the regular registration deadline. Refunds follow the Refund, Weather & Forfeit Policy.
- **Team rate:** $750 for a full team of 12 or more players (Kickball, Dodgeball and Football); $825 after the regular deadline. Cornhole is $75 per player only, and teams under 12 players pay $75 per player.
- **Forfeit deposit:** every team puts down a $50 forfeit deposit. A forfeit with at least 24 hours' notice is a loss but the team keeps its deposit; a no-show or a forfeit without 24 hours' notice loses it. Teams that keep the deposit get it back as a $50 bar tab at our partner bar at the end of the season.
- **Free agents** sign up solo, and we place them on a team. Be nice to your free agents. Plenty of folks are new to Nashville, and a lot of the best friendships in this town start on a league roster.

6. Team Shirts

Every registration includes a league-provided team shirt, and wearing it is required to play. Wear it to every game so refs can tell teams apart. You can cut it, tie-dye it or bedazzle it, as long as the color and logo are still recognizable. If two teams' shirts look too much alike, the Coordinator will hand out pinnies.

7. Code of Conduct

Music City Sports & Social Club is built on one idea: **adults playing games with other adults, for fun.** Call it Southern hospitality with a scoreboard. Everyone who registers agrees to the following on the field, at the bar, in the group chat, and on social media when it involves the Club.

7.1 What we expect

- Respect referees, Coordinators, opponents, teammates, venue staff and bystanders.
- Call your own obvious fouls and outs when asked. Honesty beats winning a kickball game.
- Shake hands (or bump elbows, or do your weird team chant) after every game.

- Take care of the venue. Pick up your cans, cups and trash. Leave the field or bar the way you found it.
- Welcome new players and free agents like y'all have known them for years.

7.2 What gets you benched, ejected or removed

- Arguing a call beyond a quick, respectful question from the captain.
- Profanity or taunting aimed at a person (yelling "oh come ON" at yourself is fine).
- Fighting, shoving, or any intentional or reckless physical contact. This means **immediate ejection** and at least a one-week suspension.
- Harassment of any kind, including comments or conduct based on gender, race, ethnicity, religion, sexual orientation, gender identity, disability, age or body type. This includes unwanted physical contact and unwanted messages.
- Showing up visibly intoxicated, or getting there during the game (see Section 8).
- Damaging venue property or equipment.
- Threatening or harassing staff, refs or other players online.

7.3 Discipline ladder

1. **Warning:** the ref or Coordinator gives a verbal warning (yellow card in field sports).
2. **Ejection:** the player leaves the playing area for the rest of the game. Ejection for fighting, harassment or threats means leaving the venue.
3. **Suspension:** any ejection means the player sits out the team's next game at minimum. The Club reviews and may add games.
4. **Removal:** repeat or serious violations can mean removal from the league or a ban from all Music City Sports & Social Club programs, **with no refund**.

- **Team penalty:** a team with 2+ ejections in a season, or one that won't control its players, may lose a game by forfeit, lose playoff eligibility, or be removed.

Ejected players who refuse to leave cost their team the game by forfeit.

7.4 Reporting

If something happens that makes you or someone else feel unsafe, tell the Coordinator on site or email info@musiccityssc.com. We keep reports as private as we can, take them seriously, and never retaliate against someone for reporting in good faith.

8. Alcohol Policy

We're a sports **and social** club in a city famous for its honky-tonks, and many of our events happen at partner bars and breweries. With that comes some responsibility.

1. **Follow the venue and the law.** In Tennessee the legal drinking age is 21. Partner bars are licensed, and only their staff serve. No outside alcohol at bar venues, ever. That's a quick way for the bar (and us) to lose its license.
2. **Game locations:** no alcohol at game locations (fields, parks, courts and gyms) unless we tell you otherwise for that league. The socializing happens at our partner bar after games.
3. **No drinking during active play** in any field or court sport, and no glass anywhere near the playing area. Where we say drinks are allowed (for example, cornhole at a partner bar), keep them off the boards.

4. **Not fit to play, not playing.** The Coordinator or a ref can pull any player who appears impaired. That player can't come back that night, and the team plays short.
5. **Get home safe.** Never drive impaired. Use rideshare, a designated driver or a sober ride. Ask a Coordinator if you need help getting a ride. Tennessee DUI penalties are serious, and so are we.
6. **Personal responsibility.** Every player decides for themselves whether to drink and how much. Drinks and specials at partner bars are optional, and nobody is ever required to drink to take part in any Music City Sports & Social Club event.

9. Disputes and Protests

- Judgment calls (safe/out, fair/foul, in/out, foul/no foul) are final and can't be protested.
- Rule-interpretation or eligibility protests: the captain tells the ref/Coordinator **at the time** it happens, play continues, and the captain emails info@musiccityssc.com within 24 hours. We decide within 3 business days, and that decision is final.

10. Standings, Tiebreakers and Playoffs

- Win = 2 points, tie = 1, loss = 0, forfeit loss = 0 (and the winner gets credited a win).
- Tiebreakers in order: (1) head-to-head, (2) fewest forfeits, (3) point/run differential capped at the sport's mercy margin per game, (4) points allowed, (5) coin flip.
- Playoff format and how many teams make it are announced on the schedule. Sipper leagues have no playoffs. Sweater and Swagger leagues end with playoffs, and the Swagger level runs a full bracket. The Sweater and Swagger champions each win a championship belt plus a $100 bar tab at our partner bar.

11. Photos, Video and Social

We take photos and video at games and events for our website and social channels (e.g., Instagram @musiccityssc, handle pending). The Participant Waiver includes a media release. If you'd rather not be featured, tell the Coordinator and we'll do our best to keep you out of posts. Please tag us and keep your own posts friendly.

12. Health and Safety

- Wear appropriate athletic footwear. No metal cleats in any sport. Turf or molded rubber cleats only where the field allows.
- Jewelry that could hurt someone comes off or gets taped.
- If you're bleeding, step out until it stops and it's covered.
- **Nashville summers are no joke.** Bring water. When the heat index is high, refs will add water breaks (see the Weather Policy).
- Injuries: tell the Coordinator right away so we can fill out an incident report. Call 911 for anything serious. The nearest emergency facility for each venue is listed in the venue info at musiccityssc.com.

13. Contact

League questions: info@musiccityssc.com | Weather/cancellations: TBD | Web: musiccityssc.com | Mailing address: Music City Sports & Social Club, TBD, Nashville, TN TBD

By registering for any Music City Sports & Social Club program, you agree to follow these General Rules, the rulebook for your sport, and the Refund, Weather & Forfeit Policy. Now let's play. See y'all out there.