



2026 Music City Blitz INVITATIONAL

Event Guide



**MUSIC CITY BLITZ
INVITATIONAL**
PLAY WHERE THE PROS PLAY

presented by: **NISSAN**



Table of Contents

Games Information

General Information

Special Olympics TN Policies

Meals/Travel/Housing

Maps

Event Basics

Dates

Saturday, March 28: Delegation Check-In, Opening Ceremonies, Dynamic Warm-Up and Fitness Combine, Traditional & Unified Competition

Locations

- Nissan Stadium at 1 Titans Way, Nashville, TN, 37213

Medical/Emergency Information

There will be medical personnel located on the field. We want to give a big thank you to the Vanderbilt LifeFlight Event Medical team for providing their services to our event.

In case of emergency, please immediately notify Event Operations and, if needed, call 911.

Event Communication

All HODs and coaches with valid cell phone numbers will be added to the event text chain. All event updates and necessary emergency information will be sent via this text chain. Each delegation is responsible for getting the information sent to their participants, families, and spectators.

Equipment Requirements

Equipment necessary for competition will be provided at each venue. All athletes and Unified partners should be in competition appropriate attire. Jeans and open-toed shoes are not appropriate for competition and cannot be worn. All non-medical jewelry, including watches, must be removed during competition.

- Flag Football: teams must be in matching uniform sets; uniforms must have the same top and the same bottom but the color does not have to be the same (e.g. white tops with black bottoms). All bottoms must be pocketless. Teams may not however designate dark color shorts and have members wearing different colors (e.g. black and navy blue). Teams will be asked to bring their own flag belts; belts must be the style where the entire belt comes off (no individual flags/pop flags).

Credentials

All delegation members will be provided with credentials. They are required to be worn by HODS and coaches, whereas athletes and Unified partners can take them off during competition. Credentials will be used to access the field and meals at Nissan Stadium.

Physicals

Each Head Coach must have copies of their athletes' physicals on hand, either in paper form or a digital copy, throughout the entirety of the Games.

Event Schedule

Saturday, March 28

7:00am-7:45am: Team Check-In; *Gate 6 Nissan Stadium*

7:45am: Stadium Opens to Spectators; *Gate 6 Nissan Stadium*

8:00am-8:30am: Opening Ceremonies, presented by United Healthcare; *Nissan Stadium Field*

8:30am-10:30am: Dynamic Warm-Up and Fitness Combine; *Nissan Stadium Field*

10am-2pm: Vendor Village Opens; *Nissan Stadium Concourse*

10:45am: Competition Begins; *Nissan Stadium Field (Fields 1-4)*

11:00am-2:00pm: Lunch Window; *Nissan Stadium Concourse*

5pm-7pm: Awards; *Nissan Stadium Field*

**Awards will be presented to each division as they finish. Participants should head straight to the awards stage on the field following the end of their championship game.*

Special Olympics Tennessee Policies

Alcohol & Smoke Policy

There is absolutely no consumption of alcohol beverages or smoking, vaping, chewing or use of tobacco products allowed at any time during a Special Olympics event.

Pool & Hot Tub Policy

All recreational swimming in pools or hot tubs is strictly prohibited while participating in any Special Olympics event, including travel to and from that event.

15-Passenger Van Policy

Special Olympics prohibits the use of 15-passenger vans for transportation to and from any Special Olympics event.

Class A Forms

All coaches, Unified partners 18 and older, and any other members that travel with the delegation must submit a Class A.

Coaching Requirements

Coaches need to be up to date on the following:

- Class A
- Protective Behaviors
- Concussion Training
- Unified Training (if applicable)
- Sport-Specific Training (Head Coach)

Meals, Travel, & Housing

Meals

Registered delegates (HOD, coaches, athletes, unified partners, extra delegates) will be provided the following meal in the concourse of Nissan Stadium:

- Saturday Lunch

All other attendees, such as family members, will be able to purchase lunch at our on-site Food Truck Village.

Outside food is NOT permitted inside Nissan Stadium.

Travel

Programs are responsible for all travel arrangements and expenses for their delegations to and from the Games. Please notify Jeff if any part of the delegation is running late, encounters an incident, or experiences an emergency while on the road.

Housing

Programs are responsible for all housing arrangements and expenses for their delegations. We have partnered with Team Travel Source (TTS) as our housing provider for this year's event. They have provided us with room blocks at negotiated rates, and delegations can book housing through TTS [at this link](#).

Weather Policies

Heat Policy

SOTN's heat policy is determined by the Wet Bulb Globe Temperature (WBGT). WBGT considers ambient temperature, humidity, wind speed, sun angle, direct sunlight, and cloud cover. Our WBGT Policy is as follows:

- WBGT will be monitored throughout the day by competition staff.
- Located in Category 3, SOTN will utilize the chart below for decision-making.
- Once the Threat Level has reached Extreme, all competition will immediately be stopped, and an evacuation will be prompted.

| Cat 3 | Cat 2 | Cat 1 | Activity Guidelines |
|------------------------------|------------------------------|--------------------------------|---|
| <82.0°F <27.8°C | <79.7°F <26.5°C | <76.1°F <24.5°C | Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout. |
| 82.2°-86.9°F 27.9°-30.5°C | 79.9°-84.6°F 26.6°-29.2°C | 76.3°-81.0°F 24.6°-27.2°C | Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each. |
| 87.1°-90.0°F 30.6°-32.2°C | 84.7°-87.6°F 29.3°-30.9°C | 81.1°-84.0°F 27.3°-28.9°C | Maximum practice time is 2 h. For Football: Players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. |
| 90.1°-91.9°F 32.2°-33.3°C | 87.8°-89.6°F 31.0°-32.0°C | 84.2°-86.0°F 29.0°-30.0°C | Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice. |
| ≥92.1°F ≥33.4°C | ≥89.8°F ≥32.1°C | ≥76.3°-81.0°F ≥24.6°-27.2°C | No outdoor workouts. Delay practice until a cooler WBGT is reached. |

Cold Policy

Cold exposure is an unavoidable part of sports, especially with those that participate in outdoor sports during the fall and winter months. The following guidelines will be used in planning activities depending on wind-chill temperature.

- 30° Fahrenheit and below: Be aware of the potential for cold injury.
- 25° Fahrenheit and below: Additional protective clothing, covering as much exposed skin as practical. Access to facilities for re-warming provided.
- 20° Fahrenheit and below: Competition staff will use their best discretion to determine a safe amount of time to be outside. Competition time may be limited to protect the safety of all participants and attendees.

Weather Policies

Lightning Policy

- Any lightning threat will be monitored throughout the day by competition staff.
- Lightning within 10 miles will immediately stop competition and prompt an evacuation of the facility.
- A 30-minute timer starts once play has been suspended; the timer resets every time a new strike occurs within 10 miles. Once the timer reaches zero, teams, coaches, spectators, officials, and employees will be instructed to re-enter the facility to resume competition as soon as possible.
- Not all lightning that is visually located is close enough to prompt a stoppage of play and evacuation of the facility.

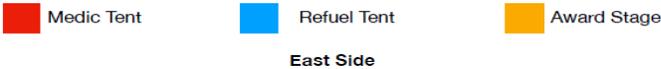
One air horn blast signifies the enactment of the SOTN Weather Plan, and all persons must get to a safe place. Two air horn blasts signifies the resumption of competition.

Maps

Nissan Stadium Parking

Parking information will be confirmed and communicated at a later date.

Field Diagram



West Side

Sponsors

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PLAY:60

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