

BASKETBALL

Cumberland YMCA Adult & Over-30 Recreational Basketball Leagues



2011-2012 Season

10 WEEK SEASON

Adult Games are played on Sundays (18 and older)
Over-30 Games are played on Wednesday evenings (30 and older)

ADULT SEASON BEGINS NOVEMBER 20TH, 2011 !!!

OVER 30 SEASON BEGINS NOVEMBER 16TH, 2011!!!

ALL FEES ARE PAID PER PLAYER!!

Y-Members \$52 Community \$65

****ENTER AS A TEAM OR AS AN INDIVIDUAL TO BE PLACED ONTO A TEAM!***

Pick up a Team Packet or Individual Registration form at the YMCA today!

The last day to register your team is **Friday, November 4th!!**

Register your team TODAY!

BASKETBALL

League (circle one) Adult

Over 30

TEAM ROSTER

PLAYER	FEE PAID (\$52/\$65)
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
	TOTAL: _____

Team Sponsor Name (if applicable): _____

Sponsor Contact Person: _____

Phone #: _____

Address: _____

Team Jersey Color (first come, first serve)

(Please Circle) Black Red White Blue Yellow
Green Orange Brown Gray Maroon



BASKETBALL

Adult & Over 30 Basketball League Individual Player Waiver Form

Name: _____ Age: _____
Address: _____ City: _____
Zip: _____ Phone: _____ Email: _____
In case of emergency, please notify: _____ Phone: _____

Fee Paid: Y-Member \$52 _____ Community \$65 _____ (Please Check One)

****WAIVER****

1. I hereby certify that _____ is in normal health and capable of participating in the Adult Basketball League.
2. I understand that exercise and use of the facilities are being taken at my own risk, and that I am responsible for any physical injuries, damages, actions, or causes of action whatsoever to persons or property resulting from or connected with the use of the services of the YMCA. The Cumberland YMCA Adult Basketball League is a participate-at-your-own-risk program. The Cumberland YMCA, nor its contributing organizations, cannot be held responsible for the personal injury damages during the season. I also understand that registration fee is Non-Refundable unless extreme circumstances warrant.

I have read and understand the above objectives and agree to abide by the rules & regulations of the Cumberland YMCA Adult Basketball League.

PLAYER'S
SIGNATURE: _____ DATE: _____

Please return to the Cumberland YMCA with your Team's Packet
Attention: Mike Hurst, Sports Director
601 Kelly Road
Cumberland, MD 21502

For additional information and questions please call the Cumberland YMCA
at (301) 777-9622.

BASKETBALL

League Rules & Regulations

Game Play:

1. Each game will be two (2) halves of twenty (20) minutes each. The clock will be running EXCEPT during dead ball in the last two (2) minutes of regulation – as long as the game is within 25 points.
2. Each player has 6 personal fouls.
3. Each team has five (5) timeouts per game. These will be recorded; a team technical foul will be issued if a time out is called after the 5th time out. Time outs are approximately thirty (30) seconds.
4. Free throw situations: you may enter the lane after the ball leaves the shooter's hands.

Team Composition:

1. Teams may not consist of a roster with more than twelve (12) players.
2. Teams have until the end of the second (2nd) week of the season to add players if they have fewer than 12. Any players not on the roster after this date constitutes a forfeit of the game they played. Added players must have a completely filled out waiver form AND a copy of driver's license / ID.
3. Five (5) players are required to play a game!

Other League Rules:

1. Team jerseys (shirts) are required! If you do not bring your jersey, it is simple – you don't play that night!
2. Team records will be updated on our website at www.cumberlandymca.org and results will be posted in the Times-News after each contest.
3. The YMCA will provide a clock keeper, statistic keeper, and two trained referees for each game.
4. Games are rarely cancelled because of weather – if we don't call your captain, the game is on!
5. No HANGING on rims. You may dunk, but do not forcefully pull down! Equipment broken during the course of game will be replaced by the individual responsible for the damages!
6. We provide officials for your benefit – please do not harass our officials!! Technical fouls will be assessed for unacceptable behavior!
 - 2 Technical Fouls in a Game (for any reason) – 2 Game Suspension
 - 4 Technical Fouls in a Season (any reason) – Indefinite Suspension of that Player, No Playoffs for that team.
7. It is **REQUIRED** that teams shake hands after each contest. Don't be a sore loser! Unsportsmanlike conduct is absolutely NOT tolerated at the YMCA. You will be expelled from the league if this occurs!
8. No alcohol use prior to or during a game!! You will NOT play if this is detected! Punishment will be determined at Sports Director's discretion.
9. Remember, we play basketball because we enjoy the sport...do not make the season unenjoyable for others! Play hard and have FUN!