



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# MEN'S 3 ON 3 BASKETBALL LEAGUE

## League Policies:

- Games are played on Wednesdays from 6:00 - 10:00 pm
- Games are played cross-court in the YMCA Gymnasium and consist of two 20 minute halves.
- Running clock with no time-outs.
- Call your own fouls.
- You must be 18 years of age and not participating on a high school or college basketball team.
- Leagues are 6 weeks, followed by a single elimination tournament (if enough teams); awards will be presented for 1st place.
- Each team must submit a roster of players (see bottom of this form) of not more than five (5) individuals.
- Rosters must be turned in prior to your first game.
- All fees must be paid prior to the FIRST game, or your team will be removed from the league.

## Registration Form:

Return this form with all fees to the Front Desk to reserve your spot.

Fall Season: Wednesdays, September 20; register by September 8

Spring Season: Wednesdays, January 17; register by January 13

FEES: FREE per team of all Y members; \$150 per team of mixed members and program members

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

Captain's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ Work or Other Phone \_\_\_\_\_

REQUIRED: E-mail address \_\_\_\_\_

Mark the league you would prefer to play in:  MEN'S "A" LEAGUE     MEN'S "B" LEAGUE

## Team Roster

Member		Team Name:
Y	N	Player Names (Please print legibly):
		#1
		#2
		#3
		#4
		#5

**PARTICIPANT RELEASE FORM:** I recognize and understand the activity and give my permission and consent to this participation. I recognize that proper care of equipment, courts and adequate supervision will be provided, but that inherent in these activities is a degree of assumption of risk. I (we) hereby agree to release, discharge and hold harmless Grand Island YMCA, its agents and employees from all actions, causes of action, damages, claims or demand which I may have and for all personal injuries known which myself may incur or suffer by participating in the said program or activity. **SPORTSMANSHIP:** Good sportsmanship is required in order to participate in YMCA Adult Basketball Programs. All people involved need to keep the games in perspective and respect the opponents, spectators and officials. Individuals can be ejected from the league for fighting and foul language. The team captain is the spokesperson for the team. **SEX OFFENDER POLICY:** The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

### YMCA OF GRAND ISLAND

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