



Adult League

Winter Session 2012

Registration Deadline
January 16th, 2012

Contact Information
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3 on 3 Basketball

Games played short court, 2 baskets, 20 minute halves, end of season tournament. Prize to league champion.

Session Dates

Dates: January 24—March 13, 2012

Time

Games are on Tuesday Evenings between 6pm—10 pm.

Fees

Per team: \$85.00 (5 players limit per team. Fee must be paid in full at time of registration. **First come, first served.**

Registration Form

It is necessary to warn you that any athletic event is potentially dangerous. In consideration of my registration, I for myself, my executor, administrators and assignees do hereby release and discharge the Lincoln YMCA for all claims of damages, demands and actions whatsoever in any manner arising or growing out of my participating in the said athletic event.

I attest and verify that I have full knowledge of the risks involved in this event, and I am in good health and sufficiently trained to participate.

Captain's Name: _____ Team Name: _____

Captain's Address: _____ Day Phone: _____

City: _____ Zip Code: _____ Email: _____ Eve. Phone: _____

Print Name

Signature

Prize to league Champion



Northeast Y

3-ON-3 BASKETBALL RULES

1. The goal of this league is to increase fitness and to have fun. This can be accomplished by following the rules of sportsmanship. Always give your opponent the benefit of the doubt.
2. A complete game consists of two 20-minute halves with a running clock, and a 5-minute half time. The game is played short court using both baskets.
3. It is the **CAPTAIN'S RESPONSIBILITY** to keep team players in control at all times and to inform each player the rules of the league. The Supervisor will have the right to expel any player or team due to excessive profanity or violence.
5. If play begins to get out of control with danger of injury, one warning will be issued. If this type of play continues, it will be at the discretion of the Supervisor to issue a forfeit to individuals, to either team or the team at fault. The captain will then meet with the League Director and Supervisor within 24 hours to discuss the incident and the continuance of play in the League.
6. Call your own fouls. Excessive fouling will not be permitted whether it being called or not called. The supervisor may call a foul if she/he sees fit. No free throws will be rewarded until the final minute of each half. Check the ball at the top of the key. During the last minute of regulation, the defensive team must notify the offensive team of an intentional foul to force free throws. The supervisor has the right to call fouls or take away fouls called at his/her discretion. He/she will do so to ensure that the game is being played correctly. If a player calls a foul and the supervisor does not agree with the call, the opposing team will be awarded possession and will check the ball at the top of the key.
7. To start the game, one team will take the ball out the first half with the other team taking it out the second half.
8. Alternate taking the ball out of bounds for jump ball situations.
9. Score will be kept by one and two points.
10. Any fouls committed before the last minute of each half will result in a throw-in at the top of the key.
11. Any fouls committed in the last minute of each half will result in a free-throw attempt. If the offensive player is fouled in the act of shooting a two pointer, two free throws will be awarded. The opposing team will then check up the ball after the shot.
12. Each team must have 3 players to start the game. (Exception: If both captains agree on 2 players)
13. On all mid-court dead ball situations, the ball must be checked in and play must begin with a pass.
14. Two, one-minute time-outs per game.
15. Stalling is not permitted. A basket must be attempted within 20 seconds of play during the last two minutes of regulation. If not, the time will be called and the opposing team will be rewarded possession.
16. A two-minute overtime will be played if the score is tied at the end of regulation. Games are limited to two overtimes.
17. Any person ages 18 and older are welcome to participate in the NE YMCA 3-on-3 Adult League.
18. To register, fees must be paid and a roster of players must be submitted to the Y office before the deadline. All team members are allowed to be listed on only one roster. Only those players signed up on the roster and paying the fee may play in the league. Rosters may be changed up until the final game of the regular season. Any team who uses ineligible players will automatically lose the game in which they played.
18. Each player must sign a waiver-release form before playing in league action.

Cooper

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Lincoln, NE 68512
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Downtown

1039 P Street
Lincoln, NE 68508
(402) 434-9230

Fallbrook

700 Penrose Drive
Lincoln, NE 68521
(402) 323-6444

Northeast

2601 N. 70th Street
Lincoln, NE 68507
(402) 434-9262

Youth Sports

570 Fallbrook Blvd., # 210
Lincoln, NE 68521
(402) 434-9217

Camp Kitaki

570 Fallbrook Blvd., #210
Lincoln, NE 68521
(402) 434-9225