



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLC YMCA 2015 CABIN FEVER RELIEVER

Boys & Girls 3rd & 4th Grade Tournament

Rules & Guidelines

- Team roster is limited to 15 players
- The coach of each team is responsible for the proper conduct of his/her players, other coaches and fans associated with the team. Improper behavior will result in forfeit.
- A team should consist of girls in the 3rd & 4th grades only or boys in the 3rd or 4th grades only.
- Admission is \$2 for adults & \$1 for children under 12.
- All games consist of four eight minute quarters, running time except the last minute of each quarter.
- Basket height is set at 9 feet
- Three point line will not be used
- Half time will be five minutes
- In the event of a tie there will be a 5 minute over time.
- Each team is allowed two 30 second and two 60 second timeouts. Each team receives one 30 second timeout and one 60 second timeout in each overtime.
- Man to man defense only, no pressing at any point except the last minute of the 4th quarter.
- 28.5 ball used.
- Registration Fee \$140.00
- Two games guaranteed—Format TBD based on number of teams registered

WHEN: February 27—March 1 if needed. Registration Deadline
February 17th 2014

TIME: TBD

LOCATION: CENTRAL LINCOLN COUNTY YMCA
525 Main Street Damariscotta ME 04543
PO Box 787 Damariscotta ME 04543
Contact—Joe Clark at (207) 563—3477 and/or
jclark@clcymca.org





CLC YMCA 2015 Cabin Fever Reliever Team Roster

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEAM NAME: _____

COACH (ES): _____

UNIFORM COLOR(S): _____

CONTACT INFORMATION: Phone _____ EMAIL: _____

Player's Name:

Grade:

Jersey Number

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

Please return this completed roster and return to:

Joe Clark—Program Director

Central Lincoln County YMCA

PO BOX 787 Damariscotta ME 04543

(P) 207-563-3477 (E) jclark@clcymca.org