



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CLC YMCA 2017 CABIN FEVER RELIEVER

Boys & Girls 3rd & 4th Grade Tournament

Rules & Guidelines (12 Team Max)

- Team roster is limited to 13 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.
- 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. Double team ONLY allowed in the paint.
- 28.5 ball used.
- Registration Fee \$150.00
- Two games guaranteed—Format TBD based on number of teams registered. (MAX 12 Teams Per Tournament).

WHEN: March 3, 4, & 5 if needed. Registration Deadline
February 17th 2017

TIME: TBD

LOCATION: CENTRAL LINCOLN COUNTY YMCA
525 Main Street Damariscotta ME 04543
PO Box 787 Damariscotta ME 04543





CLC YMCA 2017 Cabin Fever Reliever Team Roster

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TEAM NAME: _____ Please CIRCLE: Boys Girls

COACH (ES):

UNIFORM COLOR(S):

CONTACT INFORMATION:

Phone _____ EMAIL: _____

<i>Player's Name:</i>	<i>Grade:</i>	<i>Jersey Number</i>
1 _____		
2 _____		
3 _____		
4 _____		
5 _____		
6 _____		
7 _____		
8 _____		
9 _____		
10 _____		
11 _____		
12 _____		
13 _____		

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@clcyymca.org