



SPORTS & REC ADULT SPORTS

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STAFF CONTACT

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REGISTRATION INFORMATION

YMCA League Team Registration:

- Opens: Monday, July 17th
- Closed: Monday, August 28th

Basketball League Session: September 6 – December 6

Volleyball League Session: September 11 – December 11

- No Leagues November 19-25

General Registration

- To register; complete the team sign-up form, the guest/day pass registration for every non-YMCA member, and submit the payment. All items must be completed upon sign-up in order to sign-up
- All players must be over the age of 18 and complete the guest/day registration form, team captions must be a YMCA member
- Team names and payment are due together before the due date and are non-refundable
- The final schedule will be shared with the captains a week before the league begins. Captains are responsible for informing their team of the schedule, any cancellations, or updates about the league

General Rules and Conduct

- Respect for referees, fellow players, bystanders, and YMCA equipment is required. Referee rulings are final. Any pushing, striking, threatening, yelling, arguing, or inappropriate language towards a referee, staff, or participant will result in a suspension (first offense: ejected from the game, second offense: ejected from the league and non-refundable expulsion for that player)
- The use of inappropriate language, fighting, unsportsmanlike conduct, or being under the influence of substances will result in suspension (first offense: ejected from the game, second offense: ejected from the league and non-refundable expulsion for that player)

COED BASKETBALL (AGES 18 YEARS & UP)

Play 5 v 5 refereed, full basketball games. Interact with members of your community through scheduled recreational basketball games.

League runs September 6 – December 6

No League the week of November 19-25

League	Location	Age	Day	Start	End	Y Team
COED Basketball	GYM	18 years & up	WED	5:30PM	8:00PM	\$275

Basketball Registration

- Teams will be given a color; each player must wear a shirt in their color for each game. Shirts must be YMCA appropriate
- Each team must have at least 6 players but may not exceed 10 players on their original roster

Basketball Rules and Conduct

- Games shall consist of two 20-minutes halves with a 5-minute break in between each half. The clock will not stop for any fouls, violations, jump balls, or substitutions. The clock will stop for injuries sustained during the game and timeouts called by the captain or referee.
 - With two minutes left in each half, the clock will stop and revert to regular game conditions, stopping for fouls and violations

- Each team will be allowed four total timeouts per game, two thirty second timeouts per half
- Team captains will be required to review and update the scorebook 10 minutes before the start of the game and must include any subs used during the game.

VOLLEYBALL (AGES 18 YEARS & UP)

Play hardcourt refereed volleyball. Interact with members of your community through scheduled recreational volleyball games.

League runs September 11 – December 11

No League the week of November 19-25

League	Location	Age	Day	Start	End	Y Team
Volleyball	GYM	18 years & up	MON	6:00PM	8:00PM	\$275

Volleyball Registration

- Each team must have at least 6 players but may not exceed 10 players on their original roster
- Must have at least 4 players on the court to play, two must be original players. There may not be more guys than girls on the court playing

Volleyball Rules and Conduct

- Games shall consist of three sets to 21 points, games capped at 23 with 2 minutes breaks in between each match. Forfeit time is 5 minutes after the start of game time
- Each team will be allowed three total timeouts per sets, one 30-second timeout per team per game
- Players may not touch the net during play; hair or clothing touching the net during play with the motion of play will be allowed. Referees' discretion