Lake Norman YMCA 2008 Adult Coed Ultimate Frisbee League

Each player must be a Member or Program Member and 18 years of age or older to play in the league.

Games
The season will start on Thursday, September 18th. All games are scheduled on Thursdays at 7pm &8pm. The regular season will consist of seven games.

Playoffs
Depending on the number of teams, the playoffs will be held 2-3 weeks after the regular season. Every team will make the playoffs if your team maintains an average of 3.00 on the sportsmanship rating.

Rules
Each team will field 5 players with one of them being female. Maximum of 10 players per team. Game time consists of 2-25minute halves with a 5 minute halftime break. Additional rules distributed at the captain's meeting.

Sportsmanship Rating System
In the spirit of the YMCA, sportsmanship behavior & positive encouragement are very important. All teams will adhere to a Sportsmanship Rating System. After each game, each team will rate the opposing team's sportsmanship (on a scale of 1 to 5). In order to be eligible for the playoffs, a team MUST maintain an average of 3.00 or higher. Each team captain will receive more detailed info to give to their players before the beginning of the season.

Forfeits
Forfeits must be reported 24 hours in advance of game time. More than 2 forfeits not reported in advance will result in disqualification from the league with no refund.

Program Membership
Each player on the team must be a YMCA Facility Member or Program Member. The Program Membership fee is $20 per year and is valid for all household residents. A membership application must be completed and one Program Membership card will be issued per membership (not per person).

Financial Assistance
The YMCA is committed to providing quality programs, regardless of one's ability to pay the standard fee. Our financial assistance program is available to those who would otherwise be unable to enjoy the benefits of YMCA programs and membership. For more info and an application, please inquire at the Member Service Desk.

If you have any questions, please contact **Heidi Hewitt, Program Coordinator-Adult Sports**:
704-716-4428 or email
heidi.hewitt@ymcacharlotte.org

Sept 5th- Registration ends (If the league fills prior to this date your team will be placed on a waitlist).
Sept 11th- Mandatory Captains Meeting & Scrimmage

***Members*- $20**
***Program Members*- $30**
(Shirt included in the fee)

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind & body for all.

LAKE NORMAN YMCA 2008 ADULT COED ULITMATE FRISBEE LEAGUE

Team Name: _____

Team Captain:_____Captain's Phone:_____

Participant's Name: _____ Sex: M / F Date of Birth: _____/_____/_____

Address: _____City: _____State: _____Zip: _____

Phone: _____Alt Phone: _____
Email Address (Please one letter per square)

Please circle one: Facility Member: $20 Program Member: $30

Experience Level (circle one): Beginner Intermediate Advanced

Shirt Size (circle one) S M L XL 2XL 3XL

Please list any medical conditions you may have_____

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