

## League Dates

### WINTER

#### Co-Ed Volleyball League

Ages 18+

Mondays - \$250/\$270

League Dates:

Jan. 11 - March 22, 2010

Registration:

Nov. 16 - Dec. 23, 2009



#### Co-Ed Recreational Soccer League

Ages 18+

Sundays - \$330/\$360

League Dates:

Jan. 31 - May 9, 2010

Registration:

Dec. 1, 2009 - Jan. 15, 2010



#### Basketball League

Ages 21+

Wednesdays - \$600/\$750

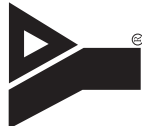
League Dates:

Jan. 13 - March 31, 2010

Registration:

Oct. 19 - Dec. 4, 2009

Southtowns Family YMCA  
1620 Southwestern Blvd.  
West Seneca, NY 14224  
716-674-9622  
[www.ymcabuffaloniagara.org](http://www.ymcabuffaloniagara.org)



Southtowns Family YMCA

# Adult Sports Leagues



## YADULT LEAGUES™

We build strong kids, strong families, strong communities.

## League Information

### Volleyball

Co-Ed Recreational Adult Volleyball is a 12-week league with 10 weeks of league play and 2 weeks of playoffs. All players must be 18 years of age or older and teams must have a minimum of two females on the court at all times.

### Soccer

Recreational Adult Soccer is a non-competitive co-ed league. Games will consist of two 25-minute halves with a five-minute half time.

Each team will consist of five players and one goalie. Each team must have a minimum of one woman on the field at all times.

Both teams involved in the first and last games of the evening are to assist in setting up and taking down the nets and properly storing them in the storage room.

### Basketball

Adult Basketball is a 12-week league with 10 weeks of league play and 2 weeks of playoffs. All players must be 21 years of age or older. Teams will consist of no more than 10 players.

## League Registration

All teams and their players must be registered together by their team captain. Individuals may contact the sports director to be placed onto a team that may be in need of extra players.

The attached registration form must be filled out completely at registration. Additions/changes to the team roster may be made up to the third week of play.

## Code of Conduct

### Dress Code

- Basketball and soccer teams must submit three jersey color choices. Team colors will be given out on a first come first serve basis.
- Teams are required to provide their own jerseys
- All players must wear clean athletic shoes.
- Participants must remove all jewelry before playing.
- No hats are permitted.
- Attire deemed offensive in terms of wording, size and cut by YMCA staff may not be worn.

### Conduct/Behavior

- Inappropriate language and gestures will not be tolerated and could result in removal from the game and or the League/YMCA.
- Players will respect all rulings by officials.
- Players will be responsible for the conduct of themselves and their teammates.
- Players will display sportsmanship and values to fellow participants and YMCA staff.

### General Team Guidelines

- Teams must submit a complete roster prior to the first game of the season.
- Rosters for all leagues will consist of no more than 10 players.
- Every player must submit a YMCA Family Data sheet one week prior to the first game.
- Players will be required to show a league card to gain access to the building.
- Any person who is not registered and does not possess their league card will not be allowed to enter the building.
- Each player must check-in with the league official before game play can begin.
- Roster substitutions will not be accepted after the third week of league play.
- Players are not permitted to bring guests unless they follow the YMCA guest policy.

## Southtowns Adult League Registration Form

Sport:  Volleyball  Soccer  Basketball

Team Name: \_\_\_\_\_

Team Captain: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

E-mail: \_\_\_\_\_

Jersey Color: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

**Roster** (Include name, phone number and shirt size)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_