



Total Fitness Connection is proud to announce that we are introducing a new basketball style sport known as dunkball. Dunkball is a new spin on the classic 5 on 5 pickup game, goals will be lowered to 8 ½ feet and goal tending is allowed. With these new twists, fast breaks, physicality and clock management will be the key to winning. There will be no shot clock during each possession and the game will consist of two 20 minute halves with a five minute halftime. Each team will be allowed 15 minutes to warm up and stretch in between each game.

Games will be held at Total Fitness Connection on Russellville Rd every Tuesday starting at 6 p.m. The season games will begin on June 18th and will run every week until the tournament begins on July 23rd. Each team will designate a captain to be able to communicate with TFC management about upcoming games or sched ule changes. Dunkball will be included with a TFC membership and guests are encouraged to play as well, the guest fee will be \$30.00 to cover up to a total of 8 games. Each team can have a maximum of 7 players and must have at least 5 to be entered. All players must provide proof of insurance to TFC as well as signing a waiver form.

Rules and Regulations:

- 8 ½ foot goals
- Goaltending is legal other than three point shots and you cannot go through the net to block.
- No shot clock
- Two 20 minute halves with a running clock and with a 5 minute halftime
- 15 minute warm up time between each game
- Minimum of 5 players with a maximum of 7 players on each team
- Dunk is worth 3 points
- Call your own fouls, during tournament referees will be provided
- Rain-outs and games that have to be cancelled will be rescheduled as soon as possible

Name _____ Phone (____) _____

Address _____ Zip _____

Any Physical Disabilities? No ___ Yes ___ Please Describe: _____

Any Recent Injuries? No ___ Yes ___ Please Describe: _____

Are you a member of Total Fitness Connection? Yes ___ No ___ If No, Amount Due \$30.00

Are you currently a member of another fitness facility? No ___ Yes ___ If Yes, Where _____

Signature _____ Date _____

Amount Due: _____

You (the guest) are aware that you are engaging in physical exercise and that the use of exercise equipment, club facilities, training and instruction, could cause injury to you. You are voluntarily participating in these activities and assume all risks of injury that might result. You agree to waive any claims or rights you might otherwise have to sue the facility's owners, officers, employees, or agents for injury to you as a result of these activities. It is always advisable and recommended to consult your physician before undertaking a physical exercise program.