



Total Fitness Connection and Lift For 22 present a fun and fast pace Dunkball Tournament to benefit Local Veterans. Free to play, donations are welcome!

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. The Dunkball Tournament is June 12th – 14<sup>th</sup>, 2018. There is no charge to play but we do ask for a donation to the Lift for the 22 campaign to help provide a gym membership to local veterans.

#### **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

**REGISTRATION FORM**

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 \$50.00

Are you currently a member of another fitness facility? No \_\_\_ Yes \_\_\_ If Yes, Where \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Amount Due: \_\_\_\_\_ **FREE!** BUT PLEASE DONATE FOR A GREAT CAUSE!

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.