

FLAG

FOOTBALL



pleasanthillrec.com | (925) 682-0896



ADULT FLAG FOOTBALL — 2023 FALL SEASON

The season will consist of a six (6) game schedule followed by playoffs. **The season will begin play Monday, October 2** and will run through October.

- Teams must have a minimum of 5/maximum fourteen (14) players on their roster.
- No roster additions after week 4.
- Late registrations will only be accepted if space is available.

MANDATORY TEAM REP MEETING: Rules, regulations and league information will be discussed:

TBD

Via ZOOM

All Team Representatives are required to attend the 2023 FALL Meeting BEFORE teams begin play.

FEES:

Team	Registration
Fee: _____	Deadline _____
\$525+ NR Fees	Monday, September 11, 2023

- NR= Non-PH Resident. \$8 each NR. Max charge p/team: 4 NR's/\$32.
- Team Representatives are responsible for full team fees.

REGISTRATION:

email team roster to Victoria D & call district office with card payment:

- Email roster: vdavis@pleasanthillrec.com
- Phone: (925) 682-0896

Or, Mail/bring roster & payment:

Attn: Adult Flag Football League
Pleasant Hill Recreation & Park District/Administration Office
147 Gregory Lane
Pleasant Hill, CA 94523

ABRIDGED RULES:

Each team has five (5) players on the field at all times, alternating between playing an offensive and playing a defensive role. The length of the game consists of two (2) twenty-five minute halves, with 5 minutes between the halves.

OTHER LEAGUE INFORMATION:

The league is scheduled to play on Monday nights.

Game times can start as early as 6:30 pm and late as 9:30 pm.

NOTE: Teams may play on other nights not designated as above due to field availability, play-offs, makeup games, and/or size of the league.

League fees cover: The specified number of games, referees (2), scorekeeper (1), footballs, league awards, field maintenance and lighting.

A percentage of your league and non-resident fees will be designated for improvements to comply with the American Disability Act, and to pay for the increased electrical rates for the field lights & more.

Thank you for choosing
Pleasant Hill Recreation & Park District!



**PLEASANT HILL RECREATION & PARK DISTRICT
2023 FLAG FOOTBALL LEAGUE
ROSTER, AGREEMENT, WAIVER & RELEASE FORM**

Team Name: _____ Team Rep: _____

Primary Ph: _____ e-mail: _____

Asst. Team Rep: _____ Primary Ph: _____

email: _____

Other leagues played in – City & level: _____

Returning Teams—Previous Team Name & Season: _____

NOTE: Any player information left blank, invalidates that person as a legitimate player on this roster.

In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity. I understand that no medical insurance is provided. I am eighteen years of age or older.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY FREE WILL. I FURTHER UNDERSTAND THAT PHOTOGRAPHS AND VIDEO MAY BE TAKEN OF ME DURING THE COURSE OF THE SAID ACTIVITY AND THAT THESE PHOTOGRAPHS AND VIDEO MAY BE USED FOR PLEASANT HILL RECREATION & PARK DISTRICT PUBLICITY PURPOSES. I HAVE READ AND UNDERSTAND THIS RELEASE.

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