

# SOCCER



[pleasanthillrec.com](http://pleasanthillrec.com) | (925) 682-0896



## ADULT 5-5 SOCCER LEAGUE— 2023 FALL SEASON

The season consists of a seven (6) game schedule, with no playoffs. The season begins play **Tuesday, October 3** and will run through mid-November.

- Teams must have a minimum of five (5) / maximum fourteen (14) players on their roster.
- No registrations will be accepted after Wednesday, Sept 19. Late registration will only be accepted if space is available.

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### **TEAM FEES:**

Team  
Fee: \_\_\_\_\_  
**\$405 + NR fee's**

Registration  
Deadline:  
**September 19, 2022**

- NR=Non-PH Resident. Max 5 NR's charged p/team, \$8 ea.
- Team Representatives are responsible for full team fees.

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### **REGISTRATION:**

email/fax team roster to Victoria D & call the district office with credit/debit payment:

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

Or, mail/bring roster & payment:

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

League Fees cover: Officials, equipment, field maintenance, field lights, and league awards. A percentage of your league and non-resident fees will be designated for improvements to comply with the American Disability Act.

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### **AVAILABLE LEAGUES:**

Game times can start at: 6:10, 7:15 and 8:20 and 9:25 pm. Leagues are scheduled to play on the following nights:

<b>League Category</b>	<b>Night of Play</b>
Coed B/C/D	Tuesday/Thursday

Men's A/B	Tuesday
Women's	Tuesday

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**ABRIDGED LIST OF RULES:**

The Pleasant Hill Recreation & Park District Adult Soccer League will follow the International Federation of Football (F.I.F.A.) rules with some of the following exceptions:

1. Five (5) players per side (minimum of three (3) to start and continue).
2. No goalkeepers.
3. Unlimited substitutions.
4. All games are sixty minutes long (two thirty (30) minute halves).
5. No tackling from behind.
6. No sliding tackles or slides in an attempt to play the ball, whether touching an opponent or not. Players must remain on their feet at all times.
7. No players are allowed to stand within eighteen (18) foot goal arc.
8. No throw-ins (kick-in from sideline, ball must be touching the line).
9. No off-side rule.
10. A goal can only be scored from inside the attacking half of the field.
11. A penalty shot will be awarded for any penalty foul committed inside the attacking half of the field (kick will be taken from the center line into an empty goal).
12. Referee will have the authority to suspend or eject a player from the game for any reason.
13. Suspended and or ejected players may be substituted.
14. Metal or screw in spikes are NOT permitted. SHORT rubber soccer "turf shoes" are highly recommended.

*Thank you for choosing  
Pleasant Hill Recreation & Park District!*



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

MEN'S:       A \_\_\_\_, B \_\_\_\_

WOMEN'S:    \_\_

CO-ED:       B \_\_\_\_, C \_\_\_\_, D \_\_\_\_

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

Primary Phone: \_\_\_\_\_ email: \_\_\_\_\_

Asst. Team Rep: \_\_\_\_\_ Primary Ph: \_\_\_\_\_ email: \_\_\_\_\_

**Returning Teams**—Previous Team Name & Season: \_\_\_\_\_

**NOTE:** Team Representatives are responsible for team fees.

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.**

Last Name, First (Print):		Signature:	
Street:	City:	Zip:	
Phone:	email:	Birth Date:    /     /	

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### STAFF COMMUNICATIONS RECORD

Mail —     Email —     Hand Delivered

Team Fees: \$	405.00
#NR: / NR Fees: \$	(\$8/5 max)
1-2-3-4-5	
TOTAL TEAM FEES: \$	

DATE	STAFF NOTES

# PLEASANT HILL RECREATION & PARK DISTRICT

## 2023 SOCCER LEAGUE

### ROSTER, AGREEMENT, WAIVER & RELEASE FORM

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

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## PLEASANT HILL RECREATION & PARK DISTRICT 2023 SOCCER LEAGUE ROSTER, AGREEMENT, WAIVER & RELEASE FORM

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