

SOCCER



pleasanthillrec.com | (925) 682-0896



ADULT 5v5 SOCCER LEAGUE— 2022 SPRING SEASON

The season consists of a ten (10) game schedule, followed by single elimination playoffs for teams who qualify. The season will **begin play on Tuesday, March 15** and may run through June.

- Teams must have a minimum of five (5), maximum fourteen (14) players on their roster.
- No roster additions after week 8.

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

Wednesday, March 9, 7:00 pm
Via ZOOM – Details TBD

All Team Representatives are required to attend the 2022 Spring Meeting.

FEES:

Team
Fee: _____
\$500 + NR Fees

Registration
Deadline:
March 4, 2022

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

REGISTRATION:

email/fax team roster to Sheila G & call her with credit/debit payment:

- Email roster: sgeorge@pleasanthillrec.com
- Fax roster: (925) 682-1633
- Phone: (925) 771-7612

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.

AVAILABLE LEAGUES:

Game times can start as early as 6:10 and as late as 9:30 pm. Leagues are scheduled to play on the following nights:

League	Night of Play
Coed B/C/D	Thursday
Men's A/B	Tuesday
Women's	Thursday

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 cleats are recommended.

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



PLEASANT HILL RECREATION & PARK DISTRICT

2022 SOCCER LEAGUE

ROSTER, AGREEMENT, WAIVER & RELEASE FORM

Team Name: _____ Team Rep: _____

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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