

# ADULT FLAG FOOTBALL



Spring 2012



**Pleasant Hill  
Recreation & Park District**  
People, Parks & Programs Since 1951  
147 Gregory Lane, Pleasant Hill, CA 94523  
[www.pleasanthillrec.com](http://www.pleasanthillrec.com) 682-0896



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Recreation & Park District**

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**ADULT FLAG FOOTBALL — 2012 SPRING SEASON**

The spring season will consist of a six (6) game schedule followed by playoffs. All games will be officiated by two referees. The season will begin play on March 20 and will run through mid May.

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<u>League Fee</u>	<u>Registration Begins</u>	<u>Registration Closes</u>
<b>\$500+ NR's*</b>	<b>January 16, 2012</b>	<b>March 9, 2012</b>

\*NR= non-resident. Each player not living in the PH District must pay an additional fee of \$8. **A maximum of 4 non-residents will be charged.**

*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.*

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**REGISTRATION:**

Registration packets can be dropped off or mailed to:

**(DO NOT MAIL CASH)**

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

***There are no refunds once a team is placed in a league. If league(s) are cancelled money will be refunded.***

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**ROSTERS/ROSTER ADDITIONS:**

Be sure ALL information is completed on your roster. If information is left out or your check bounces, the packet will be declared incomplete.

Roster additions must be made before 5:00 pm, Monday through Friday, at the Administrative Office prior to your game (referees and scorekeepers do not handle any additions or deletions). An added player may not use a dropped player's non-resident fee after **March 20.** Teams may carry a maximum of fourteen (14) players on their roster.

### **ABRIDGED RULES:**

Rules, regulations, schedules and other information will be discussed and handed out at the Annual Team Representatives Meeting to be held **Tuesday, March 13, 8:15 pm, at the Veterans of Foreign Wars Building, 1919 Wendell Lane, Pleasant Hill, next to the Old School House. All Team Representatives are required to attend this annual meeting. (SEE ATTACHED FLYER)**

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### **LEAGUE INFORMATION:**

The league is TENTATIVELY scheduled to play on Tuesday nights. (Possibly Wednesday or Saturday nights if needed)

NOTE: Teams may play on other nights not designated as above due to field availability, play-offs, makeup games, and/or size of a particular league. Remember, Pleasant Hill Recreation & Park District reserves the right to make FINAL JUDGMENT on TEAM PLACEMENT and does not guarantee placement of any team.

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

# Adult Flag Football TEAM REPRESENTATIVE MEETING

Tuesday • March 13 • 2012

8:15 pm

Veteran's of Foreign Wars Building

1919 Wendell Lane

(near the Old School House)

Schedules & League Information  
will be handed out at this meeting.

Those teams who do not attend will be charged  
\$20 to attend a special meeting at the office.



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# PLEASANT HILL RECREATION & PARK DISTRICT

## 2012 SPRING FLAG FOOTBALL LEAGUE

### ROSTER, AGREEMENT, WAIVER & RELEASE FORM

MEN'S: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_ e-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Asst. Team Rep: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Other leagues played in – City & level: \_\_\_\_\_

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

Please check here if you want your name & phone number given out to prospective players: [  ]

NOTE: Any player information left blank, invalidates that person as a legitimate player on this roster.  
 Please be sure an assistant representative has been specified, including their home and work phone number.

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.**

Last Name, First (Print):		Signature:	
Street:		City:	Zip:
Phone:	Driver's License:	Birth Date: /	

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**PLEASANT HILL RECREATION & PARK DISTRICT  
2012 SPRING FLAG FOOTBALL LEAGUE  
ROSTER, AGREEMENT, WAIVER & RELEASE FORM**

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

Team Rep: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_

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