

ADULT 5-on-5  
**SOCCER**

Spring 2010



**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**

# Drop-In Sports

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Pleasant Hill Recreation & Park District Presents:

Adults Only!

## Drop-In Basketball

Saturday 7-9 am  
Sunday 8-10 am  
Monday, Wednesday & Friday 4-6 pm  
Cost: \$5 per person

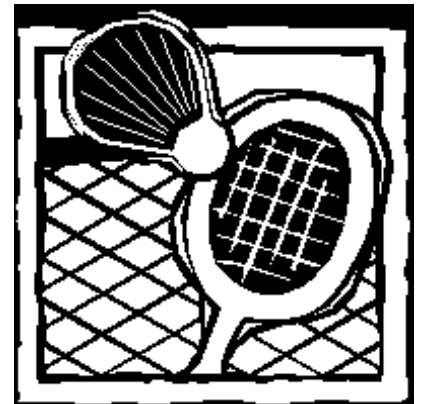


## Drop-In Volleyball

Tuesday & Saturday 7:30-10 pm  
Cost: \$5 per person

## Drop-In Badminton

Sunday 11:00 am-1:00 pm  
Cost: \$5 per person



**B.Y.O.R.**

Bring your own Racket  
and Birds

Program for Adults, 18 years and older. All Drop-In programs are held at the Pleasant Hill Education Center Gym, located at 1 Santa Barbara Road, Pleasant Hill

For more information call  
(925) 682-0896



**Pleasant Hill  
Recreation & Park District**

People, Parks and Programs Since 1951

DATE: January 18, 2010  
TO: Team Representatives  
FROM: Pleasant Hill Recreation & Park District  
RE: ADULT SOCCER PROGRAM — 2010 Spring Season

The Pleasant Hill Recreation & Park District is announcing its 2010 Spring season of our "5-on-5" Adult Soccer League. The games are played on smaller fields with smaller goals and no goalies. Smaller teams allow more games and players per hour to use the field, and make it easier to put together teams. It also allows all players to touch the ball more often.

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**PHILOSOPHY:**

One of the goals of the Pleasant Hill Recreation & Park District is to provide recreational opportunities for people of all ages. The Adult Soccer League provides the community with an opportunity to participate in an organized sports activity. The leagues are set-up for competitive play but the overall goal is enjoyable participation for all. The District is not offering professional leagues. **The main emphasis of the league is the recreational elements including the fun, enjoyment, good sportsmanship, and friendships that are developed.**

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**FEES:**

	Registration	Registration
<u>COST</u>	<u>Opens</u>	<u>Closes</u>
<b>\$465/Team + NR*</b>	<b>Jan. 18, 2010</b>	<b>Mar. 5, 2010</b>

\* *NR=Non-Resident. Each player not living in the PH District must pay an additional fee of \$8.00. There will be a maximum of 5 non-residents charged.*

**The season will begin on March 16 and will run through June.**

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:**

By mail or in person at:

**(DO NOT MAIL CASH)**

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

**Registration will not be accepted without payment.** Priority for filling the spots in the league will be on a first received, first placed basis. No registration packets will be accepted after **March 5**. ALL teams are encouraged to turn their packets in well before their registration

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

Returning teams are those that participated in one of our 2009 Fall, Summer or Spring Soccer Seasons with a minimum of 51% of the former team's roster. Teams that do not meet those requirements will be processed as new teams.

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## ROSTERS:

Be sure all information is completed on the roster including each players name, address, phone number, drivers license number and signature. **If information is left out or your check bounces, the packet will be declared incomplete.**

Roster additions and deletions must be made before 5:00 pm, Monday through Friday, prior to your game at the Administration Office. We DO NOT accept faxed Roster Addition forms. Roster changes must be turned in at the Administrative Office or by mail with the League's "Add/Drop Form" (field staff do not handle any additions or deletions). An added player may not use a dropped player's non-resident fee after **March 16**. Teams may carry a minimum of 5 and a maximum of fourteen (14) players on their roster.

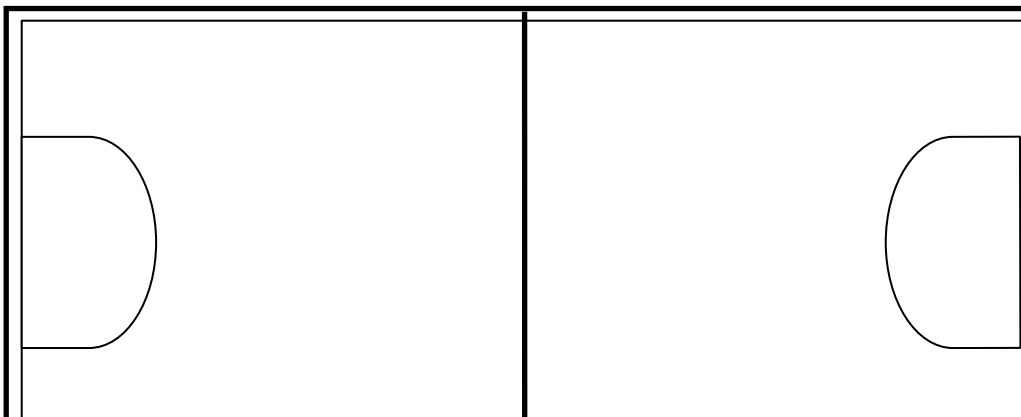
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## ABRIDGED LIST OF RULES:

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. 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.

**Field Diagram (Not to scale). Fields will be 50 yards long and 32 yards wide.**



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. The league will provide one official for each game this season.
13. Referee will have the authority to suspend or eject a player from the game for any reason.
14. Suspended and or ejected players may be substituted.
15. Metal spikes, screw in spikes and rubber cleats are NOT permitted. SHORT rubber soccer "turf shoes" are highly recommended.

Other pertinent rules, regulations and information will be discussed and handed out in a pamphlet at the Annual Team Representatives Meeting to be held **Tuesday, March 9, 7:15 pm, at the Pleasant Hill Community Center, 320 Civic Dr., Pleasant Hill, located next to the Pleasant Hill Police Department. All Team Reps are required to attend. (SEE ATTACHED FLYER)**

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**LEAGUE INFORMATION:**

The Spring Season will consist of a ten (10) game schedule, no playoffs. All games will be officiated by one official.

The TENTATIVE leagues are scheduled to play on the following night:

<u>League</u>	<u>Night</u>	<u>League</u>	<u>Night</u>
Men's "A" .....	Tuesday	Co-ed "B" .....	Thursday
Men's "B" .....	Tuesday	Co-ed "C" .....	Thursday
Women's .....	Tuesday	Co-ed "D" .....	Thursday

**Night depends upon field availability.**

**Game times are: 6:00, 7:10, 8:20 and 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 a particular league.

# Adult Soccer TEAM REPRESENTATIVE MEETING

Tuesday • March 9 • 2010

7:15 pm

Pleasant Hill Community Center

320 Civic Drive

(behind the PHPD)

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**  
**2010 SPRING SOCCER LEAGUE**  
**ROSTER, AGREEMENT, WAIVER & RELEASE FORM**

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

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

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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