

ADULT FLAG FOOTBALL



Spring 2017





ADULT FLAG FOOTBALL — 2017 SPRING SEASON

The 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 14** and will run through May.

REGISTRATION:

	Registration	Registration
<u>League Fee</u>	<u>Begins</u>	<u>Deadline</u>
\$500+ NR's*	January 17, 2017	March 1, 2017

- NR= Non-PH Resident. \$8 each NR. Max charge p/team: 4 NR's/\$32.
- No refunds once a team is placed in a league. If league(s) are cancelled money will be refunded.
- Team Representatives are responsible for full team fees.
- **\$50 No Show Fee** For Teams Who Do Not Attend Team Rep Meeting: **March 8 @ 7:45pm**

Submit full team payment and rosters in person or mailed to:

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

ROSTERS/ROSTER CHANGES:

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

Roster changes must be received at the District Office by 5:00 pm, Monday through Friday, prior to your game, using the League's "Roster Addition Form" (referees and scorekeepers do not handle any roster changes). An added player may not use a dropped player's non-resident fee after **March 14**. The last roster additions must be made prior to the fifth game. Teams may carry a minimum of 5 players and maximum of 14 players on their roster. Only players on the roster may participate.

Rosters cannot be carried over from year to year. Returning teams are those which participated in our 2016 Fall, Summer or Spring Flag Football seasons with a minimum of 51% of the former team's roster. Pleasant Hill Recreation & Park District reserves the right to make FINAL JUDGMENT ON TEAM PLACEMENT.

TEAM REP MEETING/RULES:

Rules, regulations, and other league information will be discussed at the Team Representatives Meeting:

Wednesday, March 8, 7:45 pm
Pleasant Hill Recreation & Park District's
Administration Office/Conference Room
147 Gregory Lane, Pleasant Hill

\$50 No Show Fee For Teams Who Do Not Attend Team Rep Meeting.

ABRIDGED RULES:

Each team has five (5) players on the field at all times. These players alternate 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.

SCHEDULES:

Schedules will be available on our sports website: www.pleasanthillrecsports.com. If you do not have internet access, you may contact Sheila at the District Office for a set of schedules to be picked up, (925) 682-0896 or sgeorge@pleasanthillrec.com.

OTHER LEAGUE INFORMATION:

The league is scheduled to play on Tuesday nights.

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.

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, 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.

Adult Flag Football TEAM REPRESENTATIVE MEETING

Wednesday • March 8 • 2017

7:45 pm

Pleasant Hill Teen Center

147 Gregory Lane

League information will
be handed out at this meeting.

Those teams who do not attend will be charged a
\$50 no show fee.



**PLEASANT HILL RECREATION & PARK DISTRICT
2017 SPRING FLAG FOOTBALL LEAGUE
ROSTER, AGREEMENT, WAIVER & RELEASE FORM**

Team Name: _____ Team Rep: _____

Primary Ph: _____ Msg 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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STAFF COMMUNICATION RECORD

Mail— Fax— Hand Delivered

Team Fees: \$ 500.00
#NR: NR Fees: \$ (\$8)
TOTAL TEAM FEES: \$

(5052)

Date			Subject	Other

PLEASANT HILL RECREATION & PARK DISTRICT

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