

ADULT 5-on-5
SOCCER

Spring 2017





ADULT 5-5 SOCCER LEAGUE— 2017 SPRING SEASON

The spring season consists of a ten (10) game schedule, with single elimination playoffs. This is a 5-on-5 league, 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. **The season will begin play on Tuesday, March 14** and will run through June.

REGISTRATION:

LEAGUE FEE

\$470/Team + NR's*

Registration

Opens

January 17, 2017

Registration

Deadline

March 3, 2017

- NR=Non-PH Resident. \$8 each NR. Max charge p/team: 5 NR's/\$40.00.
- 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 @ 7:15pm.

Submit full team payment and roster by mail or in person at:

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

ROSTERS/ROSTER CHANGES:

Be sure all information is complete on your team roster. If information is left out or your check bounces, the packet will be declared incomplete. **Registration will not be accepted without full payment.** Priority for filling the spots in the league are on a first received basis.

Roster changes must be received at the District Office before 5:00 pm, Monday - Friday prior to your game using the League's "Addition 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 14**. Teams may carry a minimum of 5 and a maximum of fourteen (14) players on their roster.

Rosters cannot be carried over from year to year.

TEAM REP MEETING/RULES:

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

Wednesday, March 8, 7:15 pm
Pleasant Hill Recreation & Park District's Teen Center
147 Gregory Lane, Pleasant Hill

All 2017 Team Representatives are required to attend the Spring Meeting BEFORE the team begins play. (See Attached Flyer).

\$50 No Show Fee For Any Team Who Does Not Attend Team Rep Meeting.

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.

LEAGUE INFORMATION:

Game times are: 6:00, 7:10, 8:20 and 9:30 pm. The leagues are scheduled to play on the following nights:

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

League Fee covers: The specified number of games, field 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.

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.

Adult Soccer

TEAM
REPRESENTATIVE
MEETING

Wednesday • March 8 • 2017

7:15 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 SOCCER LEAGUE ROSTER AGREEMENT, WAIVER & RELEASE FORM

MEN'S: A ____, B ____

WOMEN'S: ____

CO-ED: B ____, C ____, D ____

Team Name: _____ Team Rep: _____

Primary Phone: _____ Msg Ph: _____ email: _____

Asst. Team Rep: _____ Primary Ph: _____ email: _____

Returning Teams—Previous Team Name & Season: _____

NOTE: Team Representatives are responsible for team fees. 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. 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—
 Fax—
 Hand Delivered

Team Fees: \$ 470.00
#NR: / NR Fees: \$ (\$8/5 max)
TOTAL TEAM FEES: \$

Date	Contact	Reply	Subject Problem or Request	Response/Delegated To

PLEASANT HILL RECREATION & PARK DISTRICT

2017 SPRING SOCCER LEAGUE

ROSTER, AGREEMENT, WAIVER & RELEASE FORM

Team Name: _____ Team Rep: _____

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2017 SPRING SOCCER LEAGUE

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