



**5 ON 5**  
**FOOTBALL**  
**LEAGUE**

# Registration for Winter 2010!

## 5 on 5 Flag Football

### Capistrano Beach

#### Parent/Legal Guardian

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Password: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Alternate Email: \_\_\_\_\_

How did you hear about 5 on 5 Football?:  PennySaver (Weekender)  Yard Signs  
 Email  OC Family  
 Banners  Friend (Word of Mouth) \_\_\_\_\_

Friend's Name \_\_\_\_\_  
(Your Friend will receive \$10.00)

#### Player #1 Registration

Same Address from Parent/Guardian

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Gender:  Male  Female

Height: \_\_\_\_\_ inches

Weight: \_\_\_\_\_

Age: \_\_\_\_\_

Birthday: \_\_\_\_\_

Jersey Size:  Youth Medium (under 60 lbs.)  
 Youth Large (61 lbs. - 90 lbs.)  
 Adult Medium (91 lbs. - 124 lbs.)  
 Adult Large (125+ lbs.)

#### Experience:

Tackle Football:  None  1 - 2 Seasons  3 - 4 Seasons  5+ Seasons

League: \_\_\_\_\_

Flag Football:  None  1 - 2 Seasons  3 - 4 Seasons  5+ Seasons

League: \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Start Date:** Sat, Jan 9, 2010  
**End Date:** Sat, March 20, 2010  
**Game Days:** Saturday  
**Start Times:** Varies from 9am to dusk  
**Length of Game:** Two 20 minute halves  
(about 50 mins total)  
**Ages:** 5yrs to 14yrs  
(age at time of start date)  
**Field:** Palisades Elementary School  
26462 Via Sacramento  
Capistrano Beach, CA 92624  
**Cost:** \$165.00  
**Fees Include:** League jersey, flags, awards  
throughout the season

**Volunteer Area**

Please consider spending a little extra time and volunteer to be a head coach, assistant coach or a team helper. We are committed to answer any questions you have throughout the season. In most cases, coaches ask to come back season after season in this type of league due to the minimal time commitment and the rewards of being involved in youth sports.

***We are here to help you!!***

Do you need coaching experience? Is it important that you played football in high school or college? Do you need to quit your day job and devote your energy into coaching flag football?

Certainly not. You do, however, need to enjoy spending time with kids and youth sports. It's that easy! Our coaching clinic will provide all the knowledge tools needed to coach Flag Football to the kids.

The success of the players, the team and the league are a direct result of the coaches. Realizing this, we have provided a library of information and technology to make the job simple and pleasurable.

**Coach's Clinic**

We will hold a couple of coach clinics to provide drills and suggestions to get you started. In addition, you will have email and telephone access to our group of experienced Flag Football coaches.

**Coach's Library**

You will have access to our library of pre-designed plays, simple effective drills and sample practice agendas, rotation rules and league rules.

**Limited Time Commitment**

This league is based on one weekday practice and one short practice prior to the game. You, as head coach, decide when and where to practice. Parents who have been unable to coach in the past, can now enjoy the coaching experience with a minimal time commitment.

**Volunteer Positions:**

- Head Coach (1 weekday practice and 1 weekend game)
- Assistant Coach
- Team Helper
- None

**Play Together System:**

You can name up to three friends and we will attempt to place everyone on the same team. We can not guarantee this, but we will do our best.

List up to 3 Friends or family you would like to play on your team. (Put them in Order of Priority as we may not be able to fulfill all friend requests)

Player #1: \_\_\_\_\_

Player #2: \_\_\_\_\_

Player #3: \_\_\_\_\_



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**Payment:**

Same Address from Parent/Guardian

*Name on Card*

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

CardType:  MasterCard  Visa

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Coupon Code: \_\_\_\_\_ Total Invoice: \_\_\_\_\_

**Refund Policy**

*We, at 5 on 5 Football League, want to offer the most flexibility with our refund policy. However, upon registration, we begin forming teams, ordering jerseys and closing registration for age groups that fill up.*

*Due to this our refund policy is as follows:*

- 30 days from close of registration is a 90% refund.
- 14 -30 days from close of registration is a 50% refund.
- There is NO refund within 2 weeks of close of registration.

# Release and Waiver of Liability and Indemnity Agreement

(Read Carefully Before Signing)

In consideration of being permitted to participate in any way in the 5 on 5 Football League indicated below and/or being permitted to enter for any purpose any restricted area (here in defined as any area where in admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below 5 on 5 Football League activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agreed that, if at any time, I feel anything to be UNSAFE, I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.
2. I/WE fully understand and acknowledge that:
  - (a) There are risks and dangers associated with participation in 5 on 5 Football League events and activities which could result in bodily injury partial and/or total disability, paralysis and death.
  - (b) The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.
  - (c) These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees named below.
  - (d) There may be other risks not known to us or are not reasonably foreseeable at his time.
3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the Releasees named below.
4. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the 5 on 5 Football League facility used by the participant, including its owners, managers, promoters, lessees of premises used to conduct the 5 on 5 Football League event or program, premises and event inspectors, underwriters, consultants and others who give recommendations, directions, or instructions to engage in risk evaluation or loss control activities regarding the 5 on 5 Football League facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purposes herein referred to as "Releasee"...FROM ALL LIABILITY TO THE UNDERSIGNED, my/our personal representatives, assigns, executors, heirs and next of kin FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES AND ANY CLAIMS OR DEMANDS THEREFORE ON ACCOUNT OF ANY INJURY, INCLUDING BUT NOT LIMITED TO THE DEATH OF THE PARTICIPANT OR DAMAGE TO PROPERTY, ARISING OUT OF OR RELATING TO THE EVENT(S) CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE.
5. I/WE HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.
7. On behalf of the participant and individually, the undersigned partner(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite this release, the participant makes a claim against any of the Releasees, the parent(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

## 5 on 5 Football League

Parent or Guardian Signature (if minor) \_\_\_\_\_

Parent or Guardian Signature (if minor) \_\_\_\_\_

Printed Name of Participant \_\_\_\_\_ Date \_\_\_\_\_

Address of Participant \_\_\_\_\_

- I agree to the above waiver.
- By checking this box, I agree that I am over 18 years old.