



San Diego American Flag Football League

WAIVER, RELEASE OF LIABILITY & ASSUMPTION OF RISK

READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the San Diego American Flag Football League ("SDAFFL") athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. I am 19 years old or older at the time of signing this document;
2. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk does exist;
3. If however, I observe any unusual hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately;
4. I have read the SDAFFL Rules including the SDAFFL Official Rulebook and I willingly agree to comply with the stated terms and conditions for participation;
5. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both know and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES** or others, and assume full responsibility for my participation; and
6. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless the San Diego American Flag Football League their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, owners and leasers of premises used to conduct the event ("RELEASEES"), with respect to any and all injury, disability, death, or loss or damage to person or property whether arising from the negligence of the releasees or otherwise.

I HAVE READ THIS WAIVER, RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Printed Name

Signature

Date