



Hold-Harmless Waiver and Release of All Claims

In consideration for the privilege to participate in the Cleveland Rockers / North Coast Athletics Flag Football League (hereafter "NCAFFL") and its associated events, I, for myself, my heirs, executors, administrators and assigns do hereby release, waive and/or forever discharge any and all rights, claims, and causes of action for damages that may be suffered by me as a result of my preparation for and/or participation in NCAFFL related activities.

I recognize and voluntarily accept all risks and hazards associated with my participation in flag football, no matter how remote or unlikely, including the possibility of serious bodily injury, catastrophic spinal injury, total or partial paralysis, disfigurement, permanent impairment, and even death. I realize that the causes of such injuries include, but are not limited to, running, falling, tripping or being pushed as well as by means of striking or being struck by another participant, a spectator, game equipment or a vehicle.

As an adult, I take full responsibility for my participation in the NCAFFL and for the level at which I choose to be involved. I understand and accept that I am solely responsible for limiting my level of participation, if necessary, with respect to any physical or mental impairment I may have. I affirm that I have the requisite skills, training, experience and abilities, and am physically fit to the extent necessary for my level of participation. I also understand that I can choose to remove myself from participating in the NCAFFL or its events at any time.

I do not expect the NCAFFL, its agents, volunteers or officers to coach, manage, instruct or train me for the activities. I also recognize that it is my personal responsibility to learn, understand and obey the rules of flag football and the NCAFFL.

I agree to abide by the sports code of conduct at all times when attending any NCAFFL sanctioned event. I acknowledge that league directors and referees reserve the right to punish any perceived infringement of unsportsmanlike conduct or violation of the code of conduct, which could result in punishment including but not limited to removal from all NCAFFL events and membership.

I am fully aware and agree that I cannot, in whole or in part, rescind, revoke or otherwise withdraw the foregoing Waiver and Release of All Claims. I also realize that it will not expire and that no activity by me shall cause it to be terminated, extinguished or canceled in any way.

I thoroughly understand that the foregoing Waiver and Release of All Claims is intended to be as broad and inclusive as is permitted by the laws of the State of Ohio and that if any segment or section thereof is ruled to be invalid, not withstanding that portion, I expressly agree that the balance shall continue in full legal force and effect.

I have carefully read the hold-harmless Waiver and Release of All Claims and fully understand its contents, meaning and effect as a complete waiver and release of all claims, liability and indemnity for the NCAFFL, its agents, volunteers and officers.

Signature

Date

Printed Name

Date