

## **Waiver**

I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue Capital Rebirth, its Board of Directors, officers, employees, members, and agents, from liability from any and all claims including the negligence of Capital Rebirth its Board of Directors, officers, employees, members and agents, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation Capital Rebirth Sports.

**Assumption of Risks:** Participation in Capital Rebirth Sports, including the 2026 Flag Football League carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks include: 1) minor injuries such as scratches, bruises, and sprains; 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions; 3) catastrophic injuries including paralysis and death, and 4) exposure to infectious diseases, such as COVID-19.

By signing this agreement, I specifically acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by my participation in Capital Rebirth Sports, including the 2026 Flag Football League, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 by my participation in Capital Rebirth Sports, including the 2026 Flag Football League, may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Capital Rebirth, its Board of Directors, officers, employees, members, and agents.

In addition, you represent and warrant that you are not currently: 1) experiencing any symptoms of COVID-19, including, without limitation, fever, cough, difficulty breathing/shortness of breath, chills, fatigue, headache, muscle pain/body aches, sore throat, congestion/runny nose, nausea or vomiting, diarrhea, or new loss of taste or smell, 2) none of your household members have tested positive for COVID-19 or are experiencing symptoms of COVID-19; and 3) within the past 14 days, you have not had any close contact with anyone who is known to be COVID-19 positive or who has been advised to isolate due to symptoms of COVID-19.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in Capital Rebirth Sports, including the 2026 Flag Football League. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

**Indemnification and Hold Harmless:** I also agree to INDEMNIFY AND HOLD Capital Rebirth HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees, brought as a result of my involvement in the activity and to reimburse them for any such expenses incurred.

**Severability:** The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the Commonwealth of Pennsylvania and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**Acknowledgment of Understanding:** I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

#### **MEDIA RELEASE:**

I, for myself, my heirs, personal representatives or assigns, grant permission to Capital Rebirth to use my image (photography and/or video) for use in media publications including videos, email blasts, brochures, newsletters, magazines, general publications, website and/or affiliates. I waive any right to inspect or approve the finished photographs or electronic matter that may be used in conjunction with them now or in the future, whether the use is known or unknown to me, and I waive any right to royalties or other compensation arising from or related to the use of the image.

#### **PLAYER BEHAVIOR**

1. Any inappropriate verbal or suggestive communication to the officials will not be tolerated. Cursing, name calling or general disruption that is not courteous will be considered violations.
2. First offense = warning
3. Second offense = penalty of ejection
4. ANYONE EJECTED FROM A GAME MUST LEAVE THE FACILITY IMMEDIATELY.

5. Fighting WILL NOT be tolerated and will result in your permanent removal from the league and is subject to charges filed to local police. No exceptions to this ruling.