

## 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 2022 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 2022 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 2022 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 2022 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.

#### **COVID GUIDELINES:**

- Vaccinated players, officials, and spectators will not be required to wear masks.
  - If a vaccinated player would like to continue to wear a mask, they're more than welcome to.
- Unvaccinated players are encouraged to wear masks if unable to social distance six feet or more from others.
- Players should adhere to the "No Touch Rule" – meaning no handshakes or high-fives before or after games with the opposing team or officials.
- If any participant is having COVID-like symptoms or was exposed to someone with COVID in the last 14 days, please stay home.
  - Please refer to the [CDC website](#) for clarification on COVID symptoms.

## **GAME FORMATS AND GUIDELINES:**

1. Prior to start of the game. Home team has the choice to call coin flip.  
DEFER TO THE SECOND HALF, TAKE THE BALL, OR DEFENSE
2. The ball will be placed on the 5-yard line to start the game, half or after a score.
3. FIRST DOWNS: One first down can be achieved by passing mid field, the ball and a flag must cross the mid field line,  
Once you pass mid field and have been awarded a first down, you cannot pass that same line again for another during that drive
4. Duration of games is two – 20-minute halves. First half is a running clock. One time out per half per team, if timeout is not used in the first half it will carry over to the second half for a total of two-time outs per game.
5. Within the last 2 minutes (2-minute warning) of regulation in the second half ONLY of the game. Time will stop on any change of possession. Time will resume and continue to run after the snap of the first down preceding any change of possession. Time stops on incompleteness and out of bounds during last two minutes of the second half.
6. When the schedule is completed and posted prior to the start of the first weekend of the season. It is the responsibility of that team to check and review any conflicts they may have with those dates and times they are scheduled for, as the given schedule is final.
7. Each team member on the field must wear uniform provided by league.
8. Number of players on the field for any team is 7 players
9. 2 offensive players are ineligible receivers and can't wear flags (Competitive League Only)
10. OVERTIME- Game rules apply
  1. Each team gets 4 downs starting at 10-yard line
  2. Each team must go for 2 points from 5-yard line

## SCORING

### Recreational League Rules:

Ball and flags must both cross the plain of the goal line.

Touchdown is worth 7 points.

### Competitive League Rules:

Touchdown is worth 6 points.

Extra point throwing is 2 points, running is 1 point.

Safety is worth 2 points.

## OFFENSIVE

1. Delay of game- 5 yards
2. Illegal motion- 5 yards
3. Block in the back- 5 yard
4. Offsides offense- 5 yards
5. Holding- 5 yards from line of scrimmage
6. Flag guard/stiff arm- 5 yards loss of down
7. Offensive interference- 5 yards
8. Illegal forward pass- 5 yards loss of down

## DEFENSIVE

1. INT is live (Competitive League Only)
2. Holding- 5 yards
3. Tackling- 5 yards
4. Defensive interference- spot foul automatic first
5. Push out of bounds- 10 yards automatic first offense, 2<sup>nd</sup> offense is EJECTION
6. Roughing the passer- 5 yards automatic first Personal Foul
7. Offensive and defensive unnecessary roughness/personal foul- 5 yards
8. Aggressive running- 5 yards
9. Stripping of the ball (Competitive League Only)
10. Three (3) Yard bump will be permitted ( **at the line of scrimmage only** ) but no forcing out of bounds and no hands to the face, result for such penalty will follow

## **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.