



THE METRO COMPETITOR FLAG FOOTBALL UNION

In consideration of being allowed to participate in any way in the METRO COMPETITOR FLAG FOOTBALL UNION (MCFFU) athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

The risk of injury from the activities involved in this program are significant, including the potential for, but not limited to, falls, slips, sprains, broken bones, contact with other players, outbursts of violent rage by other players, paralysis, sudden death, potholes, standing water and other conditions of the field, along with, humidity, heat, cold, and other weather conditions inherent to a game played outdoors. And while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASES or others, and assume full responsibility for my participation. I certify that I am MORE THAN 18 YEARS OF AGE; and that this waiver remains in full force and effect until specifically revoked in writing by me, *using certified mail, return receipt requested*, and

I willingly agree to comply with all of the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my participation, in or near my presence, I will remove myself from participation and/or proximity of the hazard and bring it to the attention of the nearest official immediately; I also consent to having my likeness, image, picture, or videos of myself used in any advertising or promotion by the AFA without further compensation.

I, for myself, and on behalf of my heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE AND HOLD HARMLESS, THE METRO COMPETITOR FLAG FOOTBALL UNION (MCFFU), game site host, their agents, assistants, volunteers, medical personnel, officers, employees, sponsoring agencies, sponsors, advertisers, owners or lessors of any premises used to conduct the event (known herein as RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss, or damage to person or property, WHETHER ARISING FROM NEGLIGENCE OF THE RELEASES OR OTHERWISE.

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

Participant's Signature _____ Date Signed _____

Print Your Name Here _____ Print Team's Name _____