



ALASKA FOOTBALL LEAGUE (FLAG FOOTBALL) RELEASE OF LIABILITY -WAIVER OF CLAIM

READ CAREFULLY AND SIGN BELOW

In consideration of the below-named participant being allowed to participate in events or activities of Alaska Football League participant with legal responsibility, acknowledges, appreciates, and agrees that:

1. Understanding and Assumption of Risks.

Participation in flag football involves physical exercise and there are risks inherent in any physical activity and participation in flag football games. Your participation in AFL sponsored games may result in injury or death. You assume all risks, which risks can range from muscle pulls, bone breaks, to serious internal injuries not all of which will manifest during participation. It is ultimately up to you to understand the risks BEFORE engaging in any physical activity and in particular the physical activity of flag football. Understand your own physical limits. If you have not been involved in a regular course of exercise, it is always a good idea to check with your doctor before beginning. Finally, the AFL sanctioned games are played in a public place. Please safeguard your personal property. The AFL cannot be liable for any loss or damage to personal property or possessions.

2. Certification, Agreement, and Release of Liability.

By signing on team roster, you certify and agree that:

- you have read and understand the terms set out in this release of liability - waiver of claims;
- there is no medical reason why you cannot or should not participate in AFL sanctioned flag football game;
- you have had full opportunity to assess the tests and activities involved with flag football, and you understand the activities that are carried out here;
- you release AFL, its owners, operators, employees, sponsors, or insurers from any liability arising from or related to the use of AFL sanctioned flag football games by you or your guests, including any physical or mental injury, death or property loss. This release means you waive any right to make a claim against or sue the AFL or the other listed parties for any injury or loss of any kind (including but not limited to physical injuries and death, and property loss), regardless of whether the injury was allegedly caused by the negligence of AFL or its staff, other participants in the flag football games, a defect in equipment, structures, building or parking lot, or weather, or any other cause.
- I understand that the participant is expected to comply with all posted and customary terms, conditions and rules for participation for the sport of flag football, and is to conduct himself in a sportsmanlike manner at all times with AFL and its facilities, both on and off the playing field.

THE RELEASE OF LIABILITY-WAIVER OF CLAIM IS GIVEN IN PARTIAL CONSIDERATION FOR PERMISSION TO PARTICIPATE IN THE ALASKA FOOTBALL LEAGUE AND IT WILL CONTINUE TO APPLY DURING ENTIRE SEASON OR UNTIL YOU REVOKE IT IN WRITING.

I HAVE READ THIS RELEASE OF LIABILITY-WAIVER OF CLAIM. I UNDERSTAND ITS CONTENT. I AGREE TO ITS TERMS.