



## Flag Football Waiver & Release Form

Team Name: \_\_\_\_\_

Coach Name \_\_\_\_\_ Phone # \_\_\_\_\_

Email \_\_\_\_\_

### Participant Information

- Player Name: \_\_\_\_\_
- Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_
- Address: \_\_\_\_\_
- Parent/Guardian Name: \_\_\_\_\_
- Phone: \_\_\_\_\_ Email: \_\_\_\_\_
- SHIRT SIZE Please select one youth size:  
Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

---

### Assumption of Risk

I, the undersigned parent/guardian, acknowledge that participation in flag football involves physical activity and the potential for injury, including but not limited to sprains, strains, concussions, and other injuries. I voluntarily assume all risks associated with my child's participation.

---

## Medical Authorization

In the event of injury or illness, I authorize the coaches, officials, or representatives of the league to obtain emergency medical treatment for my child if I cannot be reached. I accept full responsibility for any medical expenses incurred.

- Allergies/Medical Conditions: \_\_\_\_\_
  - Emergency Contact (if parent cannot be reached):  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_
- 

## Waiver of Liability

I hereby release and hold harmless Fitness Lifestyles, its officers, coaches, volunteers, referees, and facilities from any and all claims, demands, or causes of action arising out of my child's participation in flag football, whether resulting from negligence or otherwise, to the fullest extent permitted by law.

---

## Code of Conduct

I agree that my child and I will follow the league's rules of sportsmanship and conduct, and understand that inappropriate behavior may result in removal from the program.

---

## Photo/Video Release (Optional)

I DO  I DO NOT

authorize the use of my child's image in team/league photos, videos, or promotional materials.

---

## Acknowledgment & Signature

I have read and understand this waiver and release, and I consent to my child's participation in youth flag football under the conditions described above.

Parent/Guardian Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Player Signature (if age 12+): \_\_\_\_\_