



ADULT 5v5 BASKETBALL LEAGUE - 2023

TEAM REGISTRATION:

Submit team roster and payment:

Email: sgeorge@pleasanthillrec.com, call with team payment: 925-771-7612

Mail/drop off: Adult 5v5 Basketball League Registration
Pleasant Hill Recreation & Park District
147 Gregory Lane, Pleasant Hill, CA 94523

- Bank card payments, contact Sheila G. with card info, 925-771-7612
- No refunds once a team is placed on a league schedule. If league(s) are cancelled money will be refunded.
- Team Representatives are responsible for full team fees.

2023 SEASONS	TEAM FEE
Winter (Jan-Mar) 8 weeks	\$700
Spring (Apr-Jun) 8 weeks	\$700
Summer (July-Sept) 6 weeks	\$525
Fall (Oct-Dec) 7 weeks	\$615

LEAGUE DETAILS:

Gym Location: Pleasant Hill Middle School Gym, One Santa Barbara Road, PH

Night of Play/Team Level/Game Times:

Sundays - A Level: 3:00 - 7:30 pm
Mondays – B/C Level: 6:30 - 10:00 pm
Tuesdays – C Level: 6:30 - 10:00 pm
Wednesday – B/C Level: 6:30 - 10:00 pm
Thursdays – B Level: 6:30 - 10:00 pm

Teams may play on other nights not designated as above due to gym availability, play-offs, make up games, and/or size of a particular league. Pleasant Hill Recreation & Park District reserves the right to make FINAL JUDGMENT ON TEAM PLACEMENT and does not guarantee placement of any team.

Uniforms: Reverse jerseys are best. Any colors; with number on either side.

Only REC league around with a 30 second Shot Clock!

League fees cover: The specified number of games, officials (2), staff/scorekeeper, equipment, championship t-shirts, gym maintenance and lighting. A percentage of league fees are designated for improvements to comply with the American Disability Act.

ROSTERS / ROSTER CHANGES:

All teams must complete a 2023 team roster to play for the calendar year. Rosters cannot be carried over from year to year. Only players on the roster may participate.

Roster changes must be made prior to your game using the League's "Add/Drop Form" (gym staff do not handle roster changes). Roster additions must be made two weeks prior end of season. Teams may carry a maximum of fourteen (14) players on their roster.

*Thank you for choosing
Pleasant Hill Recreation & Park District!*



PLEASANT HILL RECREATION & PARK DISTRICT 2023 5v5 ADULT BASKETBALL LEAGUE

ROSTER, AGREEMENT, WAIVER & RELEASE FORM

<input type="checkbox"/> Sundays - A Level <input type="checkbox"/> Mondays – B/C Level <input type="checkbox"/> Tuesdays – C Level <input type="checkbox"/> Wednesday – B/C Level <input type="checkbox"/> Thursdays – B Level	Winter _____ Spring _____ Summer _____ Fall _____
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Team Name: _____ Team Rep: _____

Primary Ph: _____ email: _____

Asst. Team Rep: _____ Primary Ph: _____

email: _____

NOTE: Team Representative is responsible for team fees. Be sure an assistance representative has been specified, including their contact information.

In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity. I understand that no medical insurance is provided. I am eighteen years of age or older.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY FREE WILL. I FURTHER UNDERSTAND THAT PHOTOGRAPHS AND VIDEO MAY BE TAKEN OF ME DURING THE COURSE OF THE SAID ACTIVITY AND THAT THESE PHOTOGRAPHS AND VIDEO MAY BE USED FOR PLEASANT HILL RECREATION & PARK DISTRICT PUBLICITY PURPOSES. I HAVE READ AND UNDERSTAND THIS RELEASE.

Last Name, First (Print):	Signature:
Street:	City:
Phone:	Zip: / /
	Birth Date: / /

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