

SOCCER



pleasanthillrec.com | (925) 682-0896



Soccer COVID-19 Specific Rules

- All participants must maintain 6 feet of distance while on the sidelines and should utilize spacing on the sideline to maintain distance.
- No spectators
- Face Coverings are required when not actively engaged in play/on the Field of Play, e.g. face coverings are required on sidelines and coming to and from the fields. Face coverings are encouraged at all times, however.
- Bring your own hand sanitizer.
- No post game handshake.
- If a player or family member is currently exhibiting COVID-19 symptoms (ex: fever 100.4 or above or doesn't feel well), they should not come to the field. For a listing of COVID-19 symptoms visit [CDC.gov](https://www.cdc.gov).
- Pre-game warm up's are to be done away from any games in progress and with proper social distancing at all times. Gathering of any kind before or after games is prohibited by the Contra Costa County health order.



ADULT 5v5 SOCCER LEAGUE— 2021 SPRING SEASON

The season consists of a ten (10) game schedule, followed by single elimination playoffs for teams who qualify. The season will **begin play on Tuesday, May 11** and will run through July.

- Teams must have a minimum of five (5), maximum fourteen (14) players on their roster.
- No roster additions after week 8.
- **NEW – \$40 Late fee** added to registrations after 4/30 deadline. No registrations will be accepted after Friday, April 30.

MANDATORY TEAM REP MEETING: Rules, regulations and league information will be discussed.

Wednesday, May 5th, 6:15 pm
ZOOM - TBD

All Team Representatives are required to attend the 2021 Spring Meeting.

FEES:

Team
Fee: _____
\$480 + NR Fees

Registration
Deadline:
April 30, 2021

- NR=Non-PH Resident. Max 5 NR's charged p/team, \$8 ea.)
- Team Representatives are responsible for full team fees.

REGISTRATION:

Mail/bring roster & payment:

Attn: Adult Soccer League
Pleasant Hill Recreation & Park District/Administration Office
147 Gregory Lane
Pleasant Hill, CA 94523

Or email/fax team roster to Sheila G & call her with credit/debit payment:

- Email roster: sgeorge@pleasanthillrec.com
- Fax roster: (925) 682-1633
- Phone: (925) 682-0896

League Fees cover: Officials, equipment, field maintenance, field lights, and league awards. A percentage of your league and non-resident fees will be designated for improvements to comply with the American Disability Act.

AVAILABLE LEAGUES:

Game times can start as early as 6:10 and as late as 9:30 pm. Leagues are scheduled to play on the following nights:

| League Category | Night of Play |
|-----------------|---------------|
| Coed B/C/D | Thursday |
| Men's A/B | Tuesday |
| Women's | Thursday |

ABRIDGED LIST OF RULES:

The Pleasant Hill Recreation & Park District Adult Soccer League will follow the International Federation of Football (F.I.F.A.) rules with some of the following exceptions:

1. Five (5) players per side (minimum of three (3) to start and continue).
2. No goalkeepers.
3. Unlimited substitutions.
4. All games are sixty minutes long (two thirty (30) minute halves).
5. No tackling from behind.
6. No sliding tackles or slides in an attempt to play the ball, whether touching an opponent or not. Players must remain on their feet at all times.
7. No players are allowed to stand within eighteen (18) foot goal arc.
8. No throw-ins (kick-in from sideline, ball must be touching the line).
9. No off-side rule.
10. A goal can only be scored from inside the attacking half of the field.
11. A penalty shot will be awarded for any penalty foul committed inside the attacking half of the field (kick will be taken from the center line into an empty goal).
12. Referee will have the authority to suspend or eject a player from the game for any reason.
13. Suspended and or ejected players may be substituted.
14. Metal or screw in spikes are NOT permitted. SHORT rubber soccer "turf shoes" are highly recommended.

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



**PLEASANT HILL RECREATION & PARK DISTRICT
2021 SPRING SOCCER LEAGUE
ROSTER AGREEMENT, WAIVER & RELEASE FORM**

MEN'S: A ____, B ____

WOMEN'S: ____

CO-ED: B ____, C ____, D ____

Team Name: _____ Team Rep: _____

Primary Phone: _____ email: _____

Asst. Team Rep: _____ Primary Ph: _____ email: _____

Returning Teams—Previous Team Name & Season: _____

NOTE: Team Representatives are responsible for team fees.

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.

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| Phone: | email: | Birth Date: / / | |

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STAFF COMMUNICATIONS RECORD

Mail — Email — Hand Delivered

| | |
|---------------------|-------------|
| Team Fees: \$ | 480.00 |
| #NR: / NR Fees: \$ | (\$8/5 max) |
| TOTAL TEAM FEES: \$ | |

| DATE | STAFF NOTES |
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PLEASANT HILL RECREATION & PARK DISTRICT

2021 SPRING SOCCER LEAGUE

ROSTER, AGREEMENT, WAIVER & RELEASE FORM

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PLEASANT HILL RECREATION & PARK DISTRICT

2021 SPRING SOCCER LEAGUE

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