

SACRAMENTO YOUTH FOOTBALL

AMATEUR ATHLETIC HELMET WAIVER AND RELEASE OF LIABILITY – 2026 (READ BEFORE SIGNING)

In consideration for being allowed to participate in any way in the **SACRAMENTO YOUTH FOOTBALL (“SYF”)** league (football and cheer programs) and [Team] related events and activities, the undersigned acknowledges, appreciates, agrees, and covenants as follows. This waiver and release is in addition to the SYF waiver and release for [YEAR] and is made a part of that legal document.

The risk of injury from the activities involved in this program **INCLUDING THOSE ASSOCIATED WITH THE USE OF A HELMET** are significant, including the potential for, but not limited to those from falls, slips, sprains, pot-holes, broken bones, contact with other players, concussions, paralysis, sudden death, standing water and field conditions, humidity, heat, cold, and other weather conditions inherent to a game played outdoors; we understand that while particular rules and equipment may reduce these risks, the risk of serious injuries still does exist **REGARDLESS OF THE TYPE OF HELMET**. I **ALSO UNDERSTAND THAT EVEN THOUGH I AM PROVIDING A HELMET FOR MY CHILD, WHICH MAY BE APART FOR ANY HELMET USED OR PROVIDED BY THE TEAM ASSOCIATION, THESE SERIOUS RISKS STILL APPLY.**

I KNOWINGLY AND FREELY ASSUME AND ACCEPT ALL SUCH RISKS IN ANY WAY ASSOCIATED WITH THE HELMET, both known and unknown, and assume full responsibility for my child’s participation.

I, for myself, and on behalf of all the minor child’s legally required persons, my spouse, executors, heirs, representations, and next of kin, **HEREBY RELEASE, AND SHALL HOLD HARMLESS & INDEMNIFY SYF, TEAM NAME**, its president and officers, game site host, their agents, assistants, officials, volunteers, medical personnel, officers, employees, sponsoring agencies, sponsors, advertisers, owners or lessors of any premise 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 RELEASEES OR OTHERWISE, and FURTHER AGREE & PROMISE TO INDEMNIFY and HOLD HARMLESS THE RELEASEES** from any and all claims, liabilities, damages, and expenses (including attorneys’ fees and costs incurred) in any proceeding to enforce or defend this Helmet Waiver and Release [Venue to be Sacramento, California].

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 OR INFLUENCE.

Print Participant’s Name Here _____ Print Team’s Name _____

Parent or Guardian’s Signature _____ Date Signed _____

Print Name of Parent/Guardian Here _____

Parent or Guardian’s Signature _____ Date Signed _____

Print Name of Parent/Guardian Here _____

[Eff.2/2026]