



# NFL FLAG Football – Fall 2025

Play flag football the NFL way!    5 on 5 coed format!    No blocking!    Official flag league of the NFL!

**Divisions:** *Leagues are divided into grades*

Leagues will be    K & 1<sup>st</sup>    2<sup>nd</sup> & 3<sup>rd</sup>    4<sup>th</sup> & 5<sup>th</sup>    middle school – 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>

**Regular Registration:** thru July 14 – **Space is limited.**

**Regular Registration Fee:** \$98.00 / first child - \$93.00 / each additional child in same family

**Late Registration:** July 15-21 – or until leagues are full.

**Late Registration Fee:** \$108.00 / first child - \$103.00 / each additional child in same family

- Register online at [teamsideline.com/lincolne](https://teamsideline.com/lincolne). Click the “Register Player/Team” link and follow the prompts ~OR~
- Bring registration form and fee to Team Sports Office located at 3131 “O” St., Suite 300 Lincoln, NE 68510.
- Fee includes an **official reversible NFL jersey and flags** you get to keep.
- NEED BASED SCHOLARSHIPS AVAILABLE** – call (402) 441-7892 for more information.



**Dates & Times:** *Games are played on Monday, Tuesday, or Thursday Evenings*

- 6 games beginning August 18    Games will be played at Densmore Ball Fields.

## General Information:

- Coaches are an asset – We’re always looking for upstanding adults to coach in our leagues. NFL manuals and help available.
- Players are assigned by 1) coach request, 2) friend request, 3) geographic area.
- Coaches should submit a **Team Request Form** if there are multiple players who wish to play together.
- All requests for game days, team name, or team requests are considered but nothing is guaranteed.
- A protective mouthpiece is **MANDATORY** for all players.
- Questions? Please contact Wade Noll at (402) 441-7892 or at [wnoll@lincoln.ne.gov](mailto:wnoll@lincoln.ne.gov).

## Fall 2025 Youth NFL FLAG Football Registration Form Lincoln Parks and Recreation

Child’s Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_ City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

E-mail: \_\_\_\_\_ School Attending: \_\_\_\_\_

Coach Request: \_\_\_\_\_ Friend Request(s): \_\_\_\_\_

Child’s jersey size (Choose carefully as jerseys cannot be returned)    ☐ Youth SM (6-8)    ☐ Youth MD (10-12)    ☐ Youth LG (14-16)    ☐ Youth XL (18-20)  
☐ Adult Medium    ☐ Adult Large    ☐ Adult X-Large    ☐ Adult XX-Large

☐ YES! Is the parent/guardian willing to be a **HEAD** coach?    Name: \_\_\_\_\_  
☐ YES! Is the parent/guardian willing to be an **ASSISTANT** coach?    E-mail: \_\_\_\_\_  
\*\*Coaching manuals and help available from the NFL\*\*    Phone: \_\_\_\_\_

Make checks payable to “**Lincoln Parks and Recreation**” Bring or mail form and fee to  
Team Sports, 3131 “O” St., Suite 300 Lincoln, NE 68510

## WAIVER AND RELEASE OF ALL CLAIMS

Please turn form over to sign waiver and release of all claims

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### WARNING OF RISK, WAIVER, AND RELEASE OF ALL CLAIMS

**Participant Obligations.** Participant (player, coach, or other participant) agrees to comply with all federal, state, and municipal laws, rules and regulations, health and safety guidelines, Directed Health Measures, and protocols. The likelihood of injury or illness may be reduced by adherence to safety rules or procedures. Participant agrees to conduct the activity in a safe and professional manner at all times.

**Assumption of Risk and Release of Claims.** Participant is fully aware and understand the specific risks associated with this activity, including physical injury, sickness and disease **including COVID-19 or novel coronavirus**, and death, and that this activity may be hazardous to the Participant. The COVID-19 coronavirus has been declared a worldwide pandemic by the World Health Organization, is extremely contagious and is believed to spread mainly from person-to-person contact. Participant agrees to assume and accept the full risks associated with this activity without limitation, or in the alternative waives all rights to notice of risks associated with this activity and any activities connected or associated with this activity, including any loss or damage to clothing and/or personal equipment; any mental and/or physical injuries, including illness, permanent and/or partial disability; severe social and/or economic loss; attorney's fees; and/or any other damages or loss which may result not only from actions, inactions or negligence of Participant, or of others, or in the condition of the premises or of any equipment used. Participant agrees to waive and relinquish all claims Participant may have as a result of or related to the activity against the City of Lincoln and their officials, officers, agents, and employees. Participant further assumes all the foregoing risks and accepts personal responsibility for all costs associated with the risks or injuries that Participant incurs or causes.

**Indemnification.** To the fullest extent permitted by law, Participant shall indemnify, covenant not to sue, defend, release, and hold forever harmless City of Lincoln or their officers, agents, and employees from and against claims, damages, losses, and expenses, including but not limited to attorney's fees, arising out of or resulting from this activity, that results in any claim for damage whatsoever, including without limitation, any bodily injury, sickness and disease **including COVID-19 or novel coronavirus**, death, or any injury to or destruction of tangible or intangible property, including any loss of use resulting therefrom that is caused in whole or in part by the intentional or negligent act or omission associated therewith. This shall not require Participant to indemnify or hold harmless City for any losses, claims, damages, and expenses arising out of or resulting from the sole negligence of the City. City does not waive its governmental immunity and defenses. This obligation shall not be terminated at the conclusion of the activity.

**Effect of Waiver and Release.** This Warning of Risk, Waiver, and Release of All Claims shall be construed and enforced in accordance with the laws of the State of Nebraska; contains the entire understanding of the parties superseding any prior negotiations; shall be read as broadly and inclusively as permitted by law; and in the event any provision is rendered invalid, the remainder shall still remain valid and enforceable to the fullest extent of the law.

**Acknowledgment and Capacity.** In consideration for participation in the activity, the undersigned hereby acknowledges and represents unqualified authority to execute the same on their own behalf. Parent/Guardian of the Participant who sign (if applicable) agree that by signing below they are in addition to binding themselves **and** binding any minor Participant on whose behalf they have signed, to the maximum extent permitted by applicable law as provided herein. The undersigned has read, fully understood, and freely agrees to this Warning of Risk, Waiver, and Release of All Claims.

**Participant Name** (Player, Coach, or Other Participant): \_\_\_\_\_

Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent/Guardian Signature (if Participant is minor): \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of Parent/Guardian: \_\_\_\_\_ Age of Participant: \_\_\_\_\_