



NFL Flag Football - Fall 2026

Official NFL 5-on-5 Flag Football Program!



Divisions:

COED: K-1st, 2nd-3rd, 4th-5th and 6th-8th

Regular Registration: Jun. 1 – Jul. 13

Fee: \$98.00 / first child - \$93.00 / each additional child in the same family

Late Registration: Jul. 14-20

Fee: \$108.00 / first child - \$103.00 / each additional child in the same family

Information:

- Six-game season begins August 17th.
- Games will be held on Mondays, Tuesdays, or Thursdays evenings.
- Practice Times: Determined by the coaching staff, starting the day after the coaches' meeting.
- Games will be played at Densmore Ballfields (6701 South 14th St, Lincoln, NE 68512)
- Game Times are 6:15pm, 7:10pm and 8:05pm
- Players are assigned to teams 1) coach request 2) friend request (not guaranteed)
3) geographic area

Contact: Team Sports Office 402-441-7892 teamsideline.com/lincolnne or wnoll@lincoln.ne.gov

Detach here. Keep above for your records.

Flag Football Registration Form

Child's Name: Gender: Birthdate: Grade:

Address: City & Zip:

Parent/Guardian: Phone:

E-mail: School Attending:

Coach Request: Friend Request(s):

This is NOT guaranteed!

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 / Adult Small
 Adult Medium Adult Large

<input type="checkbox"/> YES! Is the parent/guardian willing to be a HEAD coach?	Name: <input type="text"/>
<input type="checkbox"/> YES! Is the parent/guardian willing to be an ASSISTANT coach?	E-mail: <input type="text"/>
Coaching manuals and help available from the NFL	Phone: <input type="text"/>

Make checks payable to "**Lincoln Parks and Recreation**"

Bring or mail form and fee to Parks & Rec Team Sports, 3131 "O" St., Suite 300 Lincoln, NE 68510

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

► **Complete Player Waiver on Back** ►

Lincoln Parks and Recreation

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: Date:

Printed Name of Parent/Guardian: Age of Participant: