



RELEASE AND INDEMNIFICATION AGREEMENT

Name of adult player: _____

The above-named adult player understands and acknowledges that the sport of rugby entails both known and unknown risks, including, but not limited to, physical and emotional injury from falling, tackling, and colliding.

Knowing these risks, the undersigned assumes full responsibility and voluntarily participates in the sport of rugby. The above-named adult player, hereby voluntarily and expressly releases, indemnifies, forever discharges and holds harmless the Alliance Rugby Football Club (including its coaches, administrators and referees), and the United States Rugby Football Union (the "Released Parties) from any and all liability, claims, demands, causes or rights of action, to the above named adult player, or to a third party which are in any way connected with the above-named adult player's participation in the sport of rugby, including those claims allegedly caused by the sole negligence, recklessness, or gross negligence of the Released Parties.

In consideration of the above-named adult player being permitted to participate in the sport of rugby, the adult player further agrees to indemnify the Released Parties from any and all claims which are brought by, on behalf of, or through the above-named adult player, including those claims allegedly caused by the sole negligence, recklessness, or gross negligence of the Released Parties.

The undersigned adult player further agrees to abide by any safety-related instructions given by the coaches and administrators of the Alliance Rugby Football Club with respect to participation in the practicing and playing of the sport of rugby.

Signature of adult player

Date