

## **Consent, Assumption of Risks & Indemnity Form**

### **Part A: Parties to the Agreement**

Name of Contract Holder: *Osgoode Recreational 3 Pitch League*

Participant's name: \_\_\_\_\_

Participant's address: \_\_\_\_\_

Participant's telephone #: \_\_\_\_\_

Participant's age: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
MM DD YYYY

### **Part B: Program/Activity Information**

Describe the program/activity: *3 Pitch Softball League*

Date/term of the program/activity: *2026*

Location where the program/activity will be held: *Osgoode Community Center*

### **Part C: Release of Liability, Waiver of Claims and Assumption of Risks and Indemnity Agreement**

**Please read carefully before signing**

**By signing this document, you will be assuming injury and certain legal risks. You must acknowledge having read, understood and agree to the conditions contained in this Agreement.**

Physical Fitness Programs are designed predominantly for healthy individuals. If you have been inactive, have health or medical concerns, or if you answered **YES** to any questions on a Physical Activity Readiness Questionnaire (PAR-Q) form, you are advised to consult with your physician prior to becoming involved. Participation in sport, general fitness and physical activity programs involves a risk of normal injuries. An individual's participation will be deemed to indicate acceptance of such risks. Therefore, the Contract Holder identified in Part A accepts no responsibility for such normal activity related risks. The Contract Holder representatives do not have medical training. If you answered **YES** to any questions on a PAR-Q form, talk to your doctor.

I, \_\_\_\_\_ agree to abide by the rules and regulations of the Contract Holder identified above in Part A and agree to use the facility and equipment in a manner consistent with its intended use and application.

I understand and agree that my participation in any physical fitness program is not a requirement of the Contract Holder identified in Part A and is strictly voluntary. I further agree that in the event of personal injury or property loss, as a result of my participation in a physical fitness program, I hereby release, waive and discharge the Contract Holder identified in Part A and the City of Ottawa from all liability to my heirs, executors and administrators. I accept full responsibility for my actions and obligations and I will not hold the Contract Holder identified in Part A and the City of Ottawa, its employees, volunteers, contractors, agents and instructors liable.

I am aware of the nature and effect of the Release of Liability, Waiver of Claims and Assumption of Risks and Indemnity Agreement that I am signing. I am executing this release and waiver of liability agreement freely and without any compulsion on the part of the Contract Holder identified in Part A, I acknowledge to having read this entire agreement prior to having signed it.

\_\_\_\_\_  
Participant print your name                      Signature of participant                      \_\_\_\_\_  
MM DD YYYY

\_\_\_\_\_  
Witness, print your name                      Signature of Witness                      \_\_\_\_\_  
MM DD YYYY

### **Part D: Contact Information for Medical Emergency**

**In case of an emergency, please provide the following contact information:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone #: \_\_\_\_\_ (H) \_\_\_\_\_ (Cell)

### **Part E: Freedom of Information**

I, \_\_\_\_\_ authorize the Contract Holder identified in Part A to collect and disclose personal information on this form and to provide such personal information to third parties, as required, including legal and insurance companies. The Contract Holder may also be required or permitted to disclose such personal information pursuant to relevant privacy laws or other laws.

\_\_\_\_\_  
Signature of Participant/Parent/Legal Guardian                      \_\_\_\_\_  
MM DD YYYY

## 2026 League Rules:

1. The pitcher cannot participate in a defensive play or interfere otherwise the batter/runner is automatically out.
2. If the ball hits the pitcher or the net, it is considered a dead ball, the pitch does not count.
3. Each player must be up to bat once before you start the line-up again. You must keep the same batting line-up for the entire game.
4. All team members must bat. You may have a runner if needed (starting from home or first base). The runner will be the last player out.
5. Commitment line is between 3rd and home plate. Once past the line, you must continue running home.
6. There is no stealing or sliding allowed.
7. There is no leading allowed (a couple of steps off the bag, or making a move towards the next base).
8. Play at home plate is always a force play.
9. Position Rules:
  - a) All players are to rotate all positions each inning.
  - b) Other than pitcher, no player should play any position more than 3 times per game.
  - c) Male players may only play on the infield a maximum of 4 innings per game.
  - d) There must be at least two female player in the infield and one female player in the outfield every inning.
  - e) There must be a minimum of 3 women on the field per inning.
10. There is a two-base system at 1st base. The first base player is on the white base and the runner touches the orange base.
11. Over the fence home run rule: Match plus one – Each team will go into the game with one home run allowed, after each team has hit a home run, the other team may do so. After the home run is hit each home run (over the fence) is then a strike.
12. Games will be 7 innings or an hour and a half.
13. Mercy rule: 5 runs in one inning. The last inning is unlimited.
14. Tagging on fly balls allowed, with one exception (see following rule)
15. A base runner on third base must stay there on a caught fly ball (not allowed to tag and run).
16. Batting rule: Outfielders, including rovers, may not cross the line of the light post when a batter is batting. Once the ball is hit, the outfielder is free to get the ball. If the outfielder breaks this rule, the batter is awarded a hit.
17. League will provide bats, teams can provide their own bats that must be approved by the executive committee, assessed at registration night and made available to both teams during the game.
18. Pitching nets are provided by the league for the protection of the pitcher. These must be used in all games.
19. Alcohol is not permitted anywhere on the park premises.
20. Infield fly rule is in effect.

Please remember that this league was designed as a recreational league. The purpose of this league is for all players to have fun.

**I have read the rules of the Osgoode Recreational 3 Pitch League and agree to follow said rules. Failure to do so may result in expulsion from the game or league without compensation.**

**Signature** \_\_\_\_\_

**Date:** \_\_\_\_\_