

**Vineland Blitz Junior Football League  
Tumbling Permission Form**

I, \_\_\_\_\_, grant permission for my daughter, \_\_\_\_\_, to perform the following tumbling skills without assistance.

I understand by granting permission my daughter may be asked to perform the stated skills on various surfaces including, but not limited to, outdoor football fields, (including artificial surfaces) and cheer/tumbling mats.

I understand that VBJFL does not provide trained spotters to assist the girls. I, and my daughter, understand that my daughter may ONLY perform the tumbling skills I have indicated below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

I understand I may update this permission form to allow more extensive tumbling.

I/WE ASSUME FULL RESPONSIBILITY FOR ALL INJURIES INCURRED AS A RESULT OF PARTICIPATION IN VINELAND BLITZ JUNIOR FOOTBALL LEAGUE SANCTIONED EVENTS.

Indemnification by parent or applicant, in consideration of signing this permission form, I, intend to be legally bound, hereby, for myself, my heirs and assigns, hereby agree to save, indemnify and keep harmless, any of the sponsoring individuals and the Vineland Blitz Junior Football League and Coaches, or other individuals involved, against any and all liability, claims, judgments or demands arising as result of injuries sustained by the registrant while traveling to and from games, during the course of instruction, and during games and other sanctioned events.

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's/Guardian's Signature

\_\_\_\_\_  
Date