***ELEMENTARY ULTIMATE 2023***

**A few notes:**

We'll be playing 5 on 5 (at least 2 players of each gender on the field at all times) and the games will last approx. 15 minutes.  Player substitutions after a point.

**Fields**

We are using a standard set of fields this year 25m-30m wide x 50m-60m long with 8m-10m end zones.

**Special Elementary Rules**

\* minimum of 3 passes to different players before trying for the end zone - this encourages shorter passes to as many players as possible and less reliance on the long bomb and/or the same players getting the disc all the time.  This isn't possible/practical when turnover happens deep in offensive zone.  To be applied with discretion and in keeping with the spirit of discouraging the "long bomb" and spreading the disc around.

\* a player defending the thrower will mark "straight on" at a distance of arms' length - we want to encourage throws / plays and not stymie handlers with a tight check.

Cumberland 1 team  
Airport 1 team  
Puntledge 2 teams  
Robb Road 1 team  
Brooklyn 2 teams  
Valley View 1 team  
Aspen 2 teams  
Royston 1 team

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| **June 7th** | **June 7th** | **June 7th** |
| @ Puntledge  2 fields  Royston  Puntledge 1  Puntledge 2  3:05  Puntledge 1 Bye  Royston vs. Puntledge 2  3:25  Puntledge 2 Bye  Puntledge 1 vs. Royston  3:45  Royston vs. Mix of Puntledge | @ Robb Road  2 fields  Robb 1  Brooklyn 1  Brooklyn 2  3:05  Brooklyn 1 vs. Robb 1  Brooklyn 2 Bye  3:25  Brooklyn 1 Bye Brooklyn 2 vs Robb 1  3:45 Brooklyn 1 vs Brooklyn 2  Robb Bye | @Aspen  2 fields  Aspen 1 Aspen 2  Airport Valley View  3:05  Aspen 1 vs. VV  Airport vs. Aspen 2  3:25  Aspen 1 vs. Airport  VV vs. Aspen 2  3:45  VV vs Airport Aspen 1 vs Aspen 2 |
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| **June 14th** |
| @ Valley View  4 fields  Valley View Puntledge 1  Cumberland Puntledge 2  Brooklyn 1 Royston  Airport Brooklyn 2  3:05  Puntledge 1 vs. VV  Brooklyn 1  Bye  Brooklyn 2 vs. Puntledge 2   Royston vs Airport  3:25  Puntledge 1 Bye  VV vs. airport  Puntledge 2 vs. Brooklyn 1  Brooklyn 2 vs Royston   3:45  Puntledge 1 vs. Brooklyn 2  Puntledge 2  BYE  Airport vs. Brooklyn 1  Royston vs Valley View |
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