***Ultimate Invitation***

Sir Winston Churchill Secondary School will be hosting an Ultimate Frisbee Tournament

**Attention:** Physical Education Heads and Ultimate Frisbee coaches

**When:** Friday April. 28, 2023

**Time:** Game 1 starts 8:30am (finish time will depend on the number of teams registered)

**Where:** Sir Winston Churchill School

**Cost:** $60.00 Space is limited. Cheques payable to Sir Winston Churchill School

**Teams:** Co-ed 7 on 7 (4 / 3 split on field - alternates gender ratio see NRHSAA regulations)

**Spirit of the Game:** Teams are encouraged to come with ready to play hard but with an attitude to have fun.

After the game, each team should be prepared to have a little “Spirit” fun

It is important that players are familiar with the rules as ultimate is a self-officiated sport.

Rules: 11th edition rules: <http://www3.upa.org/ultimate/rules/11th_links>

10 Simple Rules: <http://www3.upa.org/ultimate/rules/10simplerules>



**Contact:** Tammy Short at tammy.short@dsbn.org to take a spot.

