

PUL EAST Championship

Event Details

Veterans Stadium, Bayonne, NJ
August 14 & 15



Working together to uphold the PUL Equity Core Committee's vision to center humanity, empower and support athletes' physical and mental wellness, and strive to be anti-racist in all we do.

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Welcome to the PUL East Championship

Thank you for attending the PUL East Championship tournament! We are working together to uphold the PUL Equity Core Committee's vision to center humanity, empower and support athletes' physical and mental wellness, and strive to be anti-racist in all we do. We are here to collectively envision the future of professional ultimate and set the stage for the PUL 2022!! Be safe! Wear your masks, and have fun!!

PUL Mission

To achieve equity in the sport of ultimate by increasing accessibility to the sport for, and visibility of women, transgender, intersex, non-binary, genderqueer, and genderfluid people through high-quality competition, leadership experiences, and community partnerships. Our league strives for gender, racial, and economic diversity in the sport of ultimate.

Land Acknowledgement

NYGL contacted the Nanticoke Lenni-Lenape Tribal Nation who granted us permission to use the land acknowledgement on their website. They informed us that Lenapehoking includes all of Jersey, parts of DE, PA, and NY. The Nanticoke Lenni-Lenape Tribal Nation was unable to join us. During the next 2 days we invite everyone to join us in making a donation to Nanticoke Lenni-Lenape Tribal Nation. Here is the website ([LINK](#)) for those who want to learn more and donate to their efforts across NJ and in parts of NY, PA and DE. Wanishi! (Thank you)



"The land upon which we gather is part of the traditional territory of the Lenni-Lenape, called "Lenapehoking." The Lenape People lived in harmony with one another upon this territory for thousands of years. During the colonial era and early federal period, many were removed west and north, but some also remain among the continuing historical tribal communities of the region: The Nanticoke Lenni-Lenape Tribal Nation; the Ramapough Lenape Nation; and the Powhatan Renape Nation, The Nanticoke of Millsboro Delaware, and the Lenape of Cheswold Delaware. We acknowledge the Lenni-Lenape as the original people of this land and their continuing relationship with their territory. In our acknowledgment of the continued presence of Lenape people in their homeland, we affirm the aspiration of the great Lenape Chief Tamanend, that there be harmony between the indigenous people of this land and the descendants of the immigrants to this land, "as long as the rivers and creeks flow, and the sun, moon, and stars shine."

Schedule

Saturday 8/14

- 9:00am Stadium open for team warm up
- 9:45am Gates Open
- 10:30am Pre Game Ceremony
- 11:00am First Pull of Game 1
- 2:00pm First Pull of Game 2
- 5:00pm First Pull of Game 3

Sunday 8/15

- 11:00am Stadium opens for team warm up
- 11:45am Gates Open
- 12:30pm Pre Game Ceremony
- 1:00pm First Pull of Championship Game
- 3:00pm Closing Ceremony

Rules

The Premier Ultimate League (PUL) rules document provides exceptions, adjustments, and clarifications. 12th Edition USAU 2020-2021 rules will be followed unless specified in our document. For a complete set of the PUL rules for 2021, see [LINK](#).

Players and observers will be using the WFDF hand signals. ([LINK](#) to image below.)



Activities (subject to change)

Half time

- The Greatest Bag race - Games 1 and 2
 - 2 contestants compete to retrieve items from inside the Greatest Bag which will be in the center of the field. They each have 1 minute to grab what they can get. They can only grab 1 item at a time. We will hide items throughout the bag. Winners keep what they retrieve!
- match fit Agility race - Game 3
 - Our first match fit performance challenge will test agility and accuracy in throws.
 - We have 2 teams of 2 who will race through the speed ladder while doing the icky shuffle, sprint to the cone, and turn around to receive a disc.
 - They will then run the disc back to the line while the next person takes off.
 - The first team to cross back over the starting line will win!
 - Winners will get 4 passes to FLGX NJ
- Frisbee hot potato - Finals
 - Two people stand 10 feet apart and see how many consecutive passes they can complete in 1 minute. If they drop the disc they must start over. The team with the most passes wins!
 - Winner will get a PUL special edition Team Patch Sweatshirt (size M)

Post-game

- The teams will high five and do a spirit circle.
- Fans will be invited down to the field to listen in and get pictures and autographs. Before interacting with the fans, please make sure you mask up! (NOTE: If a fan is not wearing a mask, players/coaches do not need to interact with them or get within 6 feet.)

Fan Zone

We will have a Fan Zone during the day on Saturday. There will be games and activities for people led by local teams. (See Event Map below.)

Event Map

Veterans Park is managed by the City of Bayonne and is the home field of Bayonne High School Sports. It has a 5 year old artificial turf football field, a soccer field, a baseball/softball field and 2 all-gender bathrooms under the bleacher seating.



A - Playing field B - Warm up field C - Ticketing/entrance
 D - Fan Zone E - Merchandise F - Splash Park
 G - Bleacher seating H - FREE Parking lot (additional parking along Park Rd.)

COVID-19 Protocols

All spectators and event staff/volunteers are required to wear a mask and socially distance throughout the event. Players and game officials can be without masks on the field of play by following additional safety protocols. Thank you for helping to keep our communities safe!