



Ultimate COVID Guidelines

- Roster: This will not be strictly enforced, but rosters are suggested to be 20 people or less per team.
- Sidelines: Teams will always set up on different sidelines.
- No high fives, spirit circles, etc. at the end of games.
- Players will be encouraged to mark from 5-6 feet away and physical contact between offense/defense, is also discouraged.
- Social distance as much as possible.
- There will be no water stations, but instead, each team will bring their own and we will provide a few cases of water bottles per team.
- Masks are encouraged.
- Players will be provided with a sanitized disc each game.
- Players will be ask to sanitize/wash hands between games.