



## SSC Official Turf Ultimate Outdoor Rules – Coed 5-on-5

<b>OBJECTIVE</b>	<ul style="list-style-type: none"> <li>Ultimate, often called Ultimate Frisbee, is a non-contact team sport played with a flying disc. The objective of the game is to score points by passing the disc into the opposing end zone.</li> </ul>
<b>GAME LENGTH &amp; FOUL WEATHER GUIDELINES</b>	<ul style="list-style-type: none"> <li>Games are 90 minutes in length including a 5 minute stop for halftime (unless otherwise indicated in your schedule).</li> <li>Games start and end according to your online SSC schedule.</li> <li>If games start late, games must finish at the scheduled time (e.g. 6:15pm-7:30pm).</li> <li>Games are played rain or shine.</li> <li>If a game is stopped due to lightning, games played until half time will constitute a complete game.</li> <li>If one team shows up during foul weather to play and the other team is missing, or if one team leaves mid-game and there is an opportunity to continue play - it is an automatic win for the present team.</li> </ul>
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>Teams are required to bring one official Ultimate disc and 6 pylons to every game. A \$25 refundable deposit is required, payable through online registration, cash or cheque.</li> <li>Teams should bring both light &amp; dark coloured t-shirts to help distinguish opponents.</li> <li>Metal cleats are not allowed.</li> </ul>
<b>PLAYERS ON FIELD AND GENDER RATIO</b>	<ul style="list-style-type: none"> <li>Teams are comprised of five (5) players on the field. Teams must play with a minimum of 2 males and 2 females on the field at all times.</li> <li>A team can play with a minimum of 4 people, as long as the gender requirements are met.</li> <li>Captains may agree to waive the rules regarding minimum players and gender ratio before the game starts.</li> <li>For Individual teams – SSC will make every attempt to roster 3+ females.</li> </ul>
<b>SCORING &amp; MERCY RULE</b>	<ul style="list-style-type: none"> <li>There is no point cap.</li> <li>Mercy Rule: If a team is up by 15 points after 1 hour of play, the losing team has the option of calling the game or choosing to continue.</li> </ul>
<b>GAME &amp; FIELD SET-UP</b>	<ul style="list-style-type: none"> <li>Team captains should meet before the start of the game to set-up the field with the required pylons</li> <li>To view a diagram of an Ultimate field set-up, click on the pdf document in the rules section.</li> <li>Please check the online SSC schedule for a specific map of the facility and field orientation (when available).</li> <li>The field set-up includes:             <ul style="list-style-type: none"> <li>Total field length (60 paces)</li> <li>Between the end zones (50 paces)</li> <li>End zones (each 5 paces)</li> <li>Total field width (35 paces)</li> <li>A pace is approximately 3 heel-to-toe steps.</li> </ul> </li> <li>To start the game, teams decide who gets first possession by flipping the disc.</li> <li>Teams switch sides at half time.</li> <li>Teams are responsible for keeping score &amp; time.</li> <li>When the game time runs out the game is considered over and the current point is not finished.</li> </ul>
<b>GENERAL GAME RULES</b>	<p>In general, SSC plays by official <a href="#">USA Ultimate 11th edition rules</a> , for example:</p> <ul style="list-style-type: none"> <li>Each point begins with both teams lining up behind each of their goal lines. The defense throws ("pulls") the disc to the offense.             <ul style="list-style-type: none"> <li>Players on the pulling team may not cross the goal line until the disc is released by the "puller".</li> <li>Players on the receiving team must have a foot on the goal line and can only move once the disc is released by the pulling team.</li> <li>If either team fails to maintain proper positioning before the pull, the other team may audibly announce "off-side" and a re-pull ensues.</li> </ul> </li> <li>The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc "thrower" has ten seconds "stalls" to throw the disc. The defender guarding the thrower "marker" counts out the stall count.</li> <li>When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.</li> <li>The disc may travel out of bounds and return in bounds and still be played, as long as it has not contacted anything in the out of bounds areas.</li> </ul>

	<ul style="list-style-type: none"> <li>• Zone defense is permitted, though person-to-person defense is most common with SSC Ultimate leagues.</li> <li>• Teams may call a one (1) minute time-out if needed, except in the final 10 minutes of play.</li> <li>• A game can end in a tie during the regular season (ties are not allowed in playoffs, see below).</li> </ul>
<b>SPIRIT OF THE GAME</b>	<ul style="list-style-type: none"> <li>• <i>Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other 'win-at-all-costs' behaviour are contrary to the Spirit of the Game and must be avoided by all players.</i></li> <li>• It is our hope that more experienced teams will assist in the promotion and clarification of the spirit of the game and the rules. If a team or person is unclear on something, explain it to them to enhance the Ultimate experience and not to put them at a disadvantage. This will ensure that all games that are played are heading to a higher and more enjoyable level.</li> </ul>
<b>VIOLATIONS &amp; MAKING CALLS</b>	<ul style="list-style-type: none"> <li>• The offending player should call their own infractions, however any players involved with the infraction can also make a call. When a foul is called, play must stop immediately.</li> <li>• Foot blocks, pick and screens are not permitted and are considered fouls.</li> <li>• Players not on the field at the time of the incident cannot make a call.</li> </ul>
<b>PLAYOFFS</b>	<ul style="list-style-type: none"> <li>• Playoff games should only be 80 minutes in length in anticipation of needing the extra time to settle a tie.</li> <li>• In the playoffs when regulation time has expired, the current point should be played out until a team scores. If this point results in the score being tied, one more point is to be played in order to break the tie.</li> <li>• Team playoff position: Ties in the standings will be broken first by head-to-head play. If there are more than 2 teams that are tied, all the teams must have played each other in order for the results to go to head-to-head. Otherwise, least points against, then +/-, then most points for will determine the placement in that order.</li> <li>• The SSC office will update the playoff schedule once all scores have been submitted and after the last regular season game. Please do not assume the time/location of your playoff game until team names have been posted into the schedule.</li> </ul>

Remember... Always have fun!