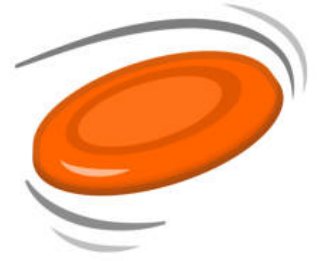




7v7 Ultimate Indoor Rules



Updated August 27, 2025

Ultimate Frisbee is a loose combination of football and basketball, often played on fields normally used for soccer. Per the Official Rules of Ultimate, 11th Edition provided by the Ultimate Players Association, "Ultimate is a non-contact disc sport played by two teams. The object of the game is to score goals. A goal is scored when a player catches any legal pass in the end zone that that player is attacking. A player may not run while holding the disc. The disc is advanced by passing it to other players. The disc may be passed in any direction. Any time a pass is incomplete, a turnover occurs, resulting in an immediate change of the team in possession of the disc."

1. Pre-Game – Equipment, Game Time, Fields

Spirit of the League: The primary focus of FCSSC is FUN! This league is a positive and encouraging environment that is welcoming to players of all backgrounds and playing abilities, with the goal of getting moving, meeting new people, and having fun while doing it! We look forward to an awesome season of welcoming and inclusive play.

Play that is competitive, overly aggressive, rough and/or unsportsmanlike such as pushing, shoving, elbowing, shouldering, tripping, hacking, slashing, sliding, tackling, ball blasting, chirping, name calling, threats and intimidation, is prohibited and will not be tolerated by FCSSC. FCSSC IS FIRST-AND-FOREMOST-FOR-FUN. ANY ROUGH OR PHYSICAL PLAY WILL RESULT IN IMMEDIATE EXPULSION FROM THE GAME, THE LEAGUE, THE CLUB AND/OR ALL OF THE ABOVE. All players should go out of their way to avoid contact with other players and/or eliminate actions or behaviours that could jeopardize player safety. If accidental contact occurs it is expected that players will apologize for that contact, ensure everyone is all right and stop the game to seek appropriate help as required. This rule supersedes all others!

Game Host: You will have an FCSSC Game Host on site to make sure everyone is having FUN during your game! They are responsible for a number of things like waivers, score reporting, rule clarifications etc. to help things run smoothly every week. FCSSC is a self-officated league, so players are responsible for making calls on the field/court. Your Game Host is NOT a referee, but can act as a mediator if there are any disputes, and has authority in the gym! Please ask your Game Host if you have any questions or concerns during your game!

Equipment/Set-Up: FCSSC Game Hosts will provide all game equipment, however, teams are encouraged to bring their own discs for warm-up and practice. In addition, FCSSC's Game Host will set up the field according to the following dimensions:

- Total field length - 70 paces
- Between the end zones - 50 paces
- End zones - each 10 paces
- Total field width - 35 paces
- A pace is approximately 3 heel-to-toe steps.

Each player should bring both light and dark coloured shirts to each and every game.

Mixed Gender Requirements: FCSSC is committed to providing inclusive access to for-fun sport for players of all gender identities.

In this open league, teams are comprised of seven (7) players of any gender on the field.

Game Time/Default:

- Please arrive 15 minutes early so that you can start your games on time. Games are 55 minutes in length, with a 2-5 minute break at halftime. Teams may call a one (1) minute time-out per half if needed except in the final 10 minutes of play.
- A default will occur if any team cannot field a squad by 10 minutes after the official start time. A team can play with a minimum of 5 people on the field. Captains may agree to waive the rules regarding team minimum but this should be decided before the game starts and the Game Host should be involved in the discussion. IF IT IS AGREED THAT THE GAME COUNTS, IT COUNTS!

Alcohol/Drugs: ALCOHOL AND DRUGS ARE NOT PERMITTED DURING LEAGUE PLAY! ANY OFFENDERS WILL BE ASKED TO LEAVE THE LEAGUE WITHOUT REFUND. No exceptions.

2. In Game – USAU Rules, FCSSC Variations, Starting the Game, After a Goal

FCSSC plays by official USA Ultimate (USAU) rules with some notable exceptions. The official rules are posted on the USAU website (<https://usaultimate.org/rules/>). The highlights are noted below, as well as FCSSC's exceptions. Please review the rules carefully.

USAU's Simple Rules of Ultimate:

- **Initiating Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defence throws ("pulls") the disc to the offense.
- **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
- **Movement of the Disc:** 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 to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defence immediately takes possession of the disc and becomes the offense.
- **Substitutions:** Players not in the game may replace players in the game after a score and during a timeout. No subs on the fly.
- **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.

FCSSC's Variations on the Official Rules:

- Field size is recreational, not official.
- You cannot score from behind your own half. If an offensive player catches a disc in the end zone that was thrown before half, the defensive team receives the disc on their own goal line.
- FCSSC plays games to 19 points or 55 minutes, whichever comes first.
- Foot blocks are not permitted and are considered fouls.
- Pulls going through an opponent's end zone will be brought back in to play from the front line of their end zone.
- Zone defence IS allowed, though one-on-one coverage is most common in our leagues.

Starting the Game

- Team captains toss a coin (or the disc) to determine which team will throw and receive the initial pull and which end zone each team will defend. The second half begins with a reversal of the initial choices.
- Play starts at the beginning of each half and after each goal with a pull. After signalling readiness, players on the pulling (throwing) team may move anywhere in their end zone, but their feet may not cross the vertical plane of the goal line until the disc is released.
After signalling readiness, players on the receiving team must be in contact with the goal line that they are defending without changing location relative to one another.

- After the disc is released, it is in play and any player may move in any direction. Should players move out of acceptable position before the disc is released, off-side is called and a re-pull ensues. The call must be made before any player on the receiving team touches the disc.
- Receiving team offsides: receiving team starts with the disc at the midpoint of the end zone they are defending, after players set up and a check is performed.
Pulling team offsides: the receiving team starts with the disc at midfield, after players set up and a check is performed.
- A player on the throwing team may not touch the pull in the air before a member of the receiving team touches it. If this violation occurs, the receiving team may request a re-pull immediately.

After a Goal:

- After a goal, the teams switch their direction of attack and the scoring team pulls.
- The team that scored becomes the puller (throws to the other team, who gain possession). The pull may be made only after the puller and a player on the receiving team both raise their hands to signal their team's readiness to begin play.

Ending the Game:

- FCSSC plays games to 19 points or 55 minutes, whichever comes first.

3. Post-Game – Departure & Score Reporting

Departure: Each week after your game, it is important to leave the field in a timely manner. Teams could be playing after you and will need to get their game started on time. It is also possible that the facility could be closing upon the completion of your game and all staff and members will need to depart the building at that time.

Score Reporting: FCSSC Game Hosts will report the score for each game. Please be sure to inform your Game Host of the game's score before leaving the facility! Scores and standings can be viewed through your account at www.forestcityssc.ca

4. Playoff Games

No Ringers: To play on playoff nights players must have played a minimum of 2 regular season games for that team.

Substitutes: A player is only allowed to play for one team in each playoff round. Players cannot sub in for another team during the same round, most particularly in a championship game. Exception: a player may sub for another team in the same league during the same play-off round IF the game is not a championship game (ie, title on the line) and the team needing a sub would default the game without the substitute player (resulting in both teams being unable to play).

Tiebreaker: During playoffs, the last point will be called 5 minutes before the end of scheduled game time. This is to allow for extra time to resolve a tie. If the last point results in a tie, teams will play one final point to determine the winner.

Playoff Matchups: For more information about playoffs (including details about how matchups are determined), please visit our policies page at www.forestcityssc.ca/page/policies