



ULTIMATE FRISBEE (INDOOR)

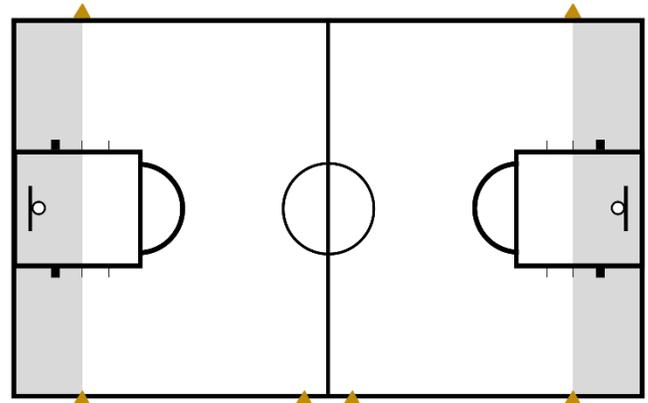
Getting Started

Players & Ratios:

- 4 players will be on the court at a time for each team.
- The minimum gender ratio is 3:1.
- If a team only has one player of the minority gender, that player must stay on the court at all times and if for any reason the player in question cannot continue - their team will forfeit.

Boundaries:

- Boundaries will be the basketball lines of the gymnasium.
- Cones will signify the endzone and the substitution area.
- Endzones will be placed 10' from each baseline (at the second hash mark on the basketball key)
- Player substitution area will be 3' on either side of the centre line on one side of the court



Playing Regulations

- During play if the disc hits any obstruction (e.g. the ceiling, curtain, wall ...), the result is a turnover and the disc is to be put back into play at the spot closest to where the disc hit the obstruction.
- Once a point is scored the disc is left in the end zone and the play begins from where the point was scored. There are two options:
 - The scored on team can take the disc to the front of the end zone, in line with where the point was scored, tap it in, and begin play; or
 - The scored on team can take the disc to the center front of the end zone, tap it in, and begin play.
- A disc is considered dead as soon as the game ends, regardless of the state of the disc.

Timing:

- Games are 40 minutes in length.
- Play will use the gymnasium score clock as a timer. Once the time hits the 50 minute mark the time cap has been reached and the game ends.
- Half time occurs after a point is scored immediately following the halfway time mark (20 minutes)

Substitutions:

- Substitutions are on the fly.
- Players must sub at the half court line and tag in the subbing player. **A physical tag must be made for a player substitution.**

- Two cones approximately 2.5 meters apart will be used to highlight the appropriate substitution area that both teams will use.

Winning

- Teams with the most points at the end of the time cap will be declared the winner.
- Ties are allowed during regular season play. In the event of the tie during playoffs, rather than stopping at the 50 minute mark, teams will play out the point to determine the winner.