

*Rules for 5-on-5, Substitute on the Fly Ultimate, 2015 Edition.*

An appendix to the USA Ultimate 11<sup>th</sup> Edition Rules of Ultimate.

## **Rules of 5-on-5 Ultimate 2015 edition**

Follow the Rules of Ultimate 11th edition with the following modifications: red text has been removed, green text has been added.

### **I. Introduction**

Sub-section I.A.

~~“seven players”~~ is removed and replaced by  
“five players”

### **II. Definitions**

Sub-section II.P.

~~“or after a goal”~~ is removed. Thus there is no pull after a point.

### **III. Playing Field**

Sub-section III.A.

~~Section removed~~ and replaced by

“The standard field of play is a rectangular area with these dimensions: 27.5 meters (30 yards) wide, with a playing field proper of 41 meters (45 yards) long and two end zones 9 meters (10 yards) deep.”

### **IV. Equipment**

### **V. Length of Game**

~~The entire section V is removed~~ and replaced by

“Games are timed to 60 minutes (two halves of 30 minutes) with a 5-minute half time. The end of a game is determined by time, not by the score. Games may end tied. Each team is responsible for their own scorekeeping. There will be a timekeeper for each game. The timekeeper will blow the whistle to signal the beginning and the end of each half. A double whistle will indicate that there are 5 minutes remaining in the game. A whistle at the end of the game signals that the game is over regardless of what is taking place at the time of the whistle. The point in progress is not played out; an airborne disc becomes dead.”

### **VI. Time-outs**

Sub-section VI.B.2.

~~“two team time-outs per half”~~ is replaced by  
“one team time-out per half”

Sub-section VI.B.2.

~~“70 seconds”~~ is replaced by:  
“30 seconds”

Sub-section VI.B.3

Section removed

Sub-section VI.B.7. added

“Regardless of how many time-outs a team has, no team is allowed to call a time-out in the last 5 minutes of the game. The timekeeper will whistle twice when there are 5 minutes remaining. If the disc is ‘live’ or ‘in play’ and the thrower attempts to call a time-out after the timekeeper has signaled that the game is in the final 5 minutes, it is a turnover.”

## VII. Player Substitutions

Sub-section VII.A.1.

Section removed and replaced by

“Players substitute on the fly. Both teams set up on the same side of the field, with a ‘substitution area’ at the midline of the field. It will be the home team’s choice which side of the field to use. The ‘substitution area’ is defined by three cones: one cone at midfield and one cone on each side 9 meters (10 yards) from the midline cone. Teams are only permitted to make substitutions between the midline cone and the cone on their side of the ‘substitution area’. Each player exiting the field must ‘high five’ the replacing player before the replacing player can enter the field. If a substitution results in too many players on the field, it is a violation that may only be called by the infracted team by announcing loudly, ‘Too many players!’ or ‘Violation!’. The result is a stoppage of play, and the team called for this infraction must immediately remove a player (or players) from the field. If the team called for this infraction was in possession of the disc, the result is a turnover and the team formerly on defense takes possession at the spot of the disc at the time of the stoppage.”

## VIII. Starting and Restarting Play

Sub-section VIII.A.4.

“one goal for every five minutes” is removed and replaced by

“one goal for every two minutes”

Sub-section VIII.B.1.

“and after each goal” is removed.

Sub-section VIII.B.2.

Section removed and replaced by

“After a goal, the player in possession of the disc raises the disc overhead to indicate that a goal has been scored and then PLACES IT GENTLY on the ground at the point of contact where the goal was scored. Indicating that a goal has been scored is to assist with scorekeeping; the point scored is still valid even if the player does not raise the disc overhead. A member of the team becoming offense must put the disc into play within 10 seconds after the disc is placed on the ground at the point of contact where the goal was scored. THEY MAY NOT WALK IT UP TO THE LINE. After 10 seconds elapsed, a defensive player within three meters of the disc may announce ‘disc in,’ and then initiate and continue the stall count regardless of the actions of the offense, but only if a defensive player has counted down with audible warnings at ‘10 seconds’ and at ‘5 seconds’ remaining (the pre-stall). After a goal is scored, the team becoming offense always has 10 seconds to put the disc into play. ‘Delay of game’ rules XIII.5 and XIX.B may not be invoked.”

Sub-section VIII.B.3.

“seven players” is removed and replaced with

“five players”

Sub-section VIII.B.6.d.2.a.

“the brick mark closest to the end zone” is replaced by “the brick mark at the front middle of the end zone”

Sub-section VIII.C.

Section removed.

## **IX. In- and Out-of-bounds**

## **X. End Zone Possession**

## **XI. Scoring**

## **XII. Turnovers**

## **XIII. The Thrower**

## **XIV. The Marker**

## **XV. The Receiver**

## **XVI. Violations and Fouls**

## **XVII. Positioning**

## **XVIII. Observers**

## **XIX. Etiquette**