Indoor Ultimate Frisbee Rules

Games will adhere to the 11ᵗʰ edition UPA rules with the following modifications.
At all times players should maintain the spirit of the game.

Game duration: 52 minutes (two 26 minute halves with a 3 minute halftime). It is the responsibility of the teams to monitor the clock and to start on time.
Games may end in a tie, if the disc is in the air when time expires it is still in play. Please do your best to start your game on time!

Field of play: The soccer field side lines and end line will serve as the perimeter of the field, and end zones will be marked off with dotted yellow lines. The end zone depth will be 3 yards. The penalty spot marked on the field will serve as the brick mark.

Games will be played 5 versus 5 and will be a mandatory 4:1 gender ratio. If a team does not have any females, they must play 4:0 unless the opposing captain allows them to play 5:0. The opposing captain holds the right to change his decision at any point during the game.

All rosters will become permanent after the conclusion of Week 3 of each session. If a player is not on the team's roster at this point, then they are ineligible to compete in the playoffs.

Substitutions may be made on the fly only when one player has reached their sideline bench completely, then the substituting player may take the field.

Pulls will be used only to start the game and the second half. If a pull goes out of play through the back, the brick mark will be used to start the point. During the course of normal play, if the disc goes out of play on a sideline or hits the netting or the ceiling it will be restarted at the position where the disc went out of bounds.

A self-check will be used on the front goal line after a point is scored. The team restarting play has 10 seconds to resume play. After 10 seconds, the defending team may start a stall count if play has not resumed. The stall count it to seven (7).

A forfeit will result in a 5-0 victory for the opposing team.

For league standings teams and playoff positioning: Win % will be used first, followed by head to head, and lastly point differential.