

ULTIMATE (18.17)

The USAU rules with Ultimate Canada modifications will be used unless special playing rules are put forth by SSNB, in this case the SSNB rules will take precedence over any other rules.

SSNB Modifications:

1. Ultimate Frisbee is played during rain. If lightning, thunder or other major weather event occurs, Operating Regulation 8 – Weather Policy will be in effect
2. Games will last precisely 65 minutes with the organizer starting the timer on the first whistle and will stop play 65 minutes later. Half-time will occur after a team scores after the 25-minute mark, and the half-time will be 5 minutes. The chronometer will not stop during halftime. A 5-minute warning (at 60 min.) and another 'final whistle' to signal the end of the match (at 65 min.) will be sounded. When the final whistle blows the game is over (even if the disc is in the air). If teams are tied at the final whistle, the play will continue to determine a winner.
3. Play will consist of 5 on 5, with a minimum recommended game roster of 8 players (4 female, 4 male) and a maximum of 20 players dressed (10 female, 10 male), and certified coach(es). During play, the ratio will be 3-2 or 2-3, which means 2 male – 3 female or 3 male – 2 female.
4. At the start of the game after the first disc flip, an additional disc flip happens with the winner selecting gender ratio for the first point. For the second and third points, the ratio must be the reverse of the first point. For the fourth and fifth points, the ratio will be the same as the first point. The pattern of alternating the ratio every two points repeats itself until the end of the game (half-time has no impact on the pattern).
5. The official disc will be the 175g in weight and shall be Discraft or Daredevil. The disc must be white in colour.
6. Each team is permitted 1 timeout per half for 1 minute, but no timeouts can be called in the final 5 minutes.
7. Players can defend with their foot.
8. Regulation size field is 25m wide and 45m long with 15m deep end zones in each end.
9. Cleats that could endanger participants (metal spikes – baseball or track) are not permitted. Soccer cleats are permitted.
10. Ultimate Frisbee is a sport that relies on self-officiating in the spirit of the game. An observer will be assigned to assist with rule clarifications.
11. When a player is bleeding, they must remove themselves from the field of play to attend to their injury.
12. Scoresheets must have the complete roster filled out by each Head Coach and signed. Scores must be entered on the SSNB website at the completion of the event.
13. Teams must have matching jerseys/shirts in colour and design. Numbered jerseys are permitted but not required. Numbered jerseys would be worn on the back and no two players shall share the same number. Matching shorts are recommended, but not required.
14. Officials/Observers: If available, trained observers will be used as officials in Finals.

Regional/Provincials: Ultimate Frisbee has been added as an exhibition sport for the 2025-2026 season as a spring sport. Ultimate Frisbee will be eligible for inclusion as a championship league in 2028-2029.

Season of Play: League play can commence on March 28th and must be complete by the first Saturday of June.

Coaching Certification: All coaches/bench staff must complete the SSNB required coaching courses, “A Coaches Guide to the NBIAA (revised 2024)” and “Making Headway” offered Free from Coach Canada.

Number of games permitted: Ultimate Frisbee teams are permitted a total of 24 games for the season, not including any tournament playoff games that aren’t guaranteed. Violations of this rule will be applicable by operating regulation 15.3.