



OTTAWA CARLETON ULTIMATE ASSOCIATION
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5x5 switch on the fly: 10 survival tips

1. **ALWAYS switch on offense** (if the player you are covering is switching when you are on defense, then it's ok to switch, but communicate this loudly to your teammate)
2. **ONLY play one O and one D, than switch!** It is important to switch often to always give your best on the field. Each of your shift should last a maximum of 1m30sec.
3. **DON'T do "hockey switch":** on a turn or on a point, don't change all 5 players at the same time. Change 3 while 2 move the disc, than those two can change: it will keep the disc (and the game) moving, and won't give time to the defense to set.
4. Because of the switch on the fly, **EVERYONE is a cutter AND a handler.** Don't predefine positions, look around and do what's best for your team
5. **Place both team sidelines on the same side of the field:** it creates only one changing zone, and much time saving opportunities.
6. **Make it clear to your team who is next to switch:** create a line with your sub players: switch at the front of the line and wait for your turn at the end.
7. **DON'T CHEAT! Make sure you switch BEHIND or ON the perimeters line,** not 5 yards into the field. And tag your replacement visibly, so your opponent knows who they are now covering.
8. **After a point, DON'T move the disc back to the line:** play it from where the last point was scored. It is important to move the disc quickly since you are stuck in your endzone!
9. **Don't exceed 20 seconds** (pre-stall) to put the disc back into play after a point – 10 sec. after a turnover on the field proper. You don't have to wait for your defense to check the disc: it is still LIVE and ready to be played! Pick it up from the ground (ground check) and play it from there. Keep the disc moving!
10. **Look at your dump at 3.** Ten stall is going down FAST!

More questions on 5x5 rules and strategy? Emails us at info@ocua.ca

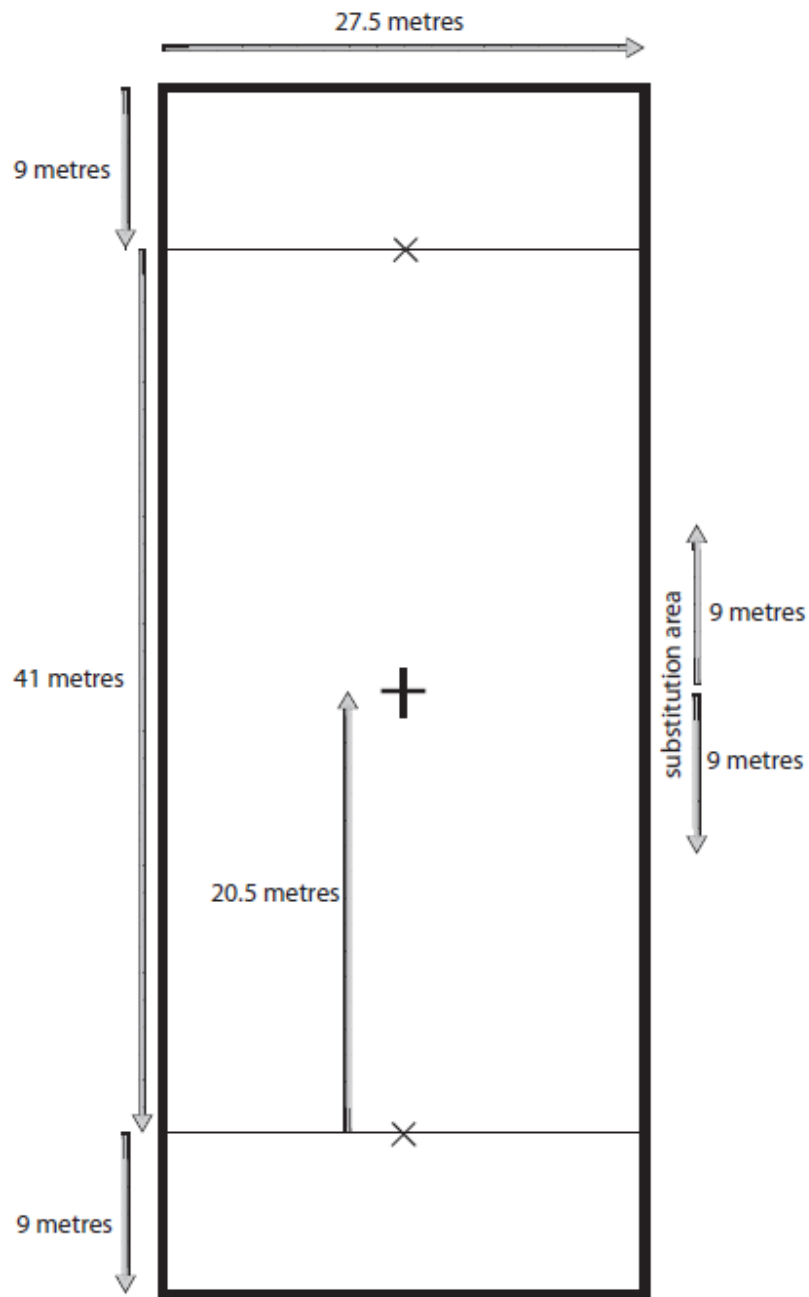


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5x5 switch on the fly: some additional rules and precisions

1. **Teams only switch ends at half.** A half time is based on time and not points. Half should be taken at half the allotted game time. Play resumes after half with the second pull of the game.
2. **Sub zone:** see the field diagram below. There is no need for cones: simply sub in the middle of the field, on your team side.
3. **Substitution violation:** if one team has too many player on the field, play stops as soon as a player from the other team realise it and say: “violation”. If the team with too many players was on offense, it’s a turnover. If the team was on defense, they only need to correct the situation, and play restart with a check.
4. As in the 11th edition, **pre stall is always in effect** and any player on the defense team can count it if they want to. When the disc is in the end zone (hence after a point has been scored), pre stall is 20. If the disc is on the field (hence after a turnover), pre stall is of 10 seconds.
5. Each team is allowed to **1 timeout per half**.
6. OCUA 5x5 specific rules have been updated on the website: <http://www.ocua.ca/sub-on-fly-rules>

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5x5 Field Diagram

- Perimeter
- Goal line

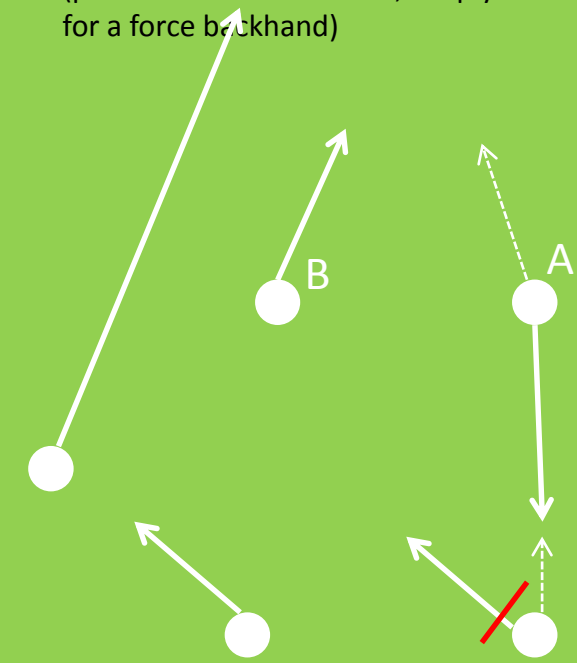
- Field Marks
- Brick - 0 m
 - Midfield - 20.5 m

- Metric to English
Approximations
- 59 metres = 65 yards
 - 41 metres = 45 yards
 - 27.5 metres = 30 yards
 - 20.5 metres = 22.5 yards
 - 9 metres = 10 yards

This is a classic 5x5 horizontal (or should we call it pentagonal) starting play: disc on one side, 2 cutters ready to share directions, one dump not too far, and one last player “in-between” waiting to react to the first pass.

Option 1: disc goes up to cutter A. Handler becomes dump, dump becomes swing, in-between player becomes striker, cutter B becomes continuation.

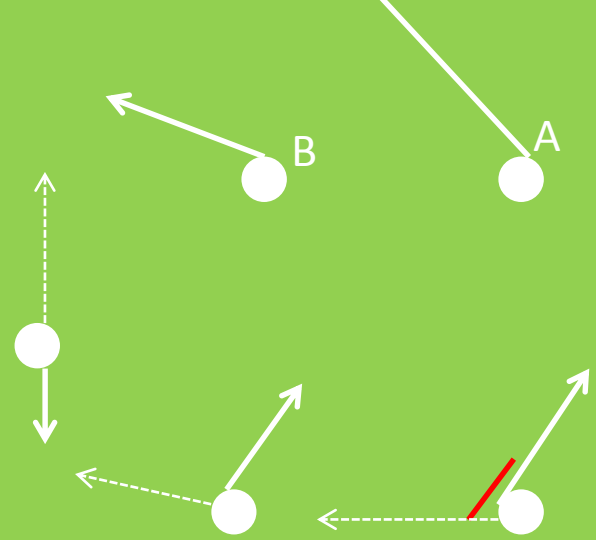
(pattern is for a force flick, simply reverse pattern for a force backhand)



→ Player trajectory when disc is in movement
 - - - - -> Ideal trajectory of the disc

Option 2: disc is dumped. Player in-between needs to come down for an immediate swing. Cutter B offers a break side cut while cutter A get ready to strike. The handler takes over the A cutter position, the dump remains in position and the player in-between becomes the handler.

(pattern is for a force flick, simply reverse pattern for a force backhand)

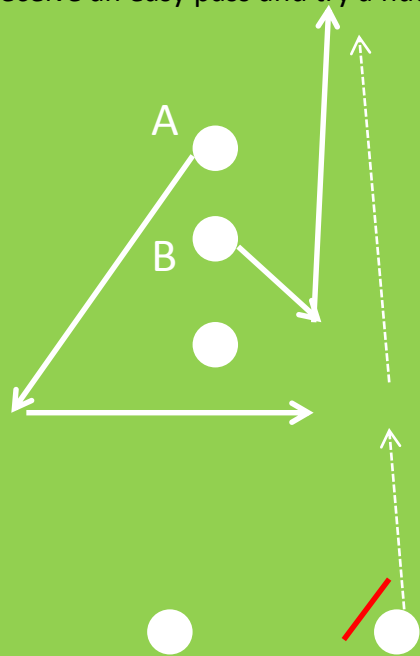


→ Player trajectory when disc is in movement
 - - - - -> Ideal trajectory of the disc

In this play, no one is set as a handler or a cutter, everyone rotates. In general, you should always have the same player on your right and on your left, unless a up-the-line cut is made by the dump, in which case he would take the cutter A’s spot.

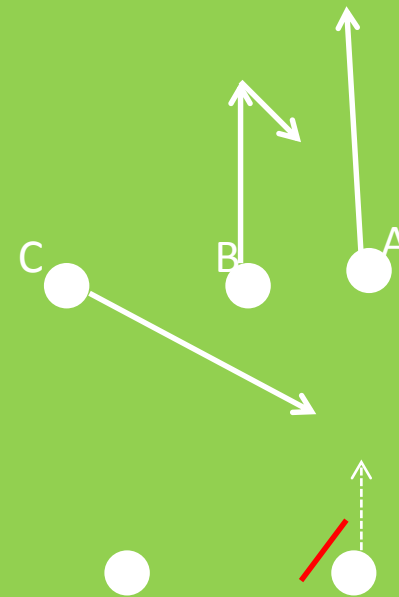
5x5 is not much more different than any other style of play regarding strategy: you can still have set plays to work with. The big difference remains in the flow: players should move as a “circle” unit and handlers should become cutters, and vice-versa. Don’t stay stuck in one position.

Here is an example of a vertical play that works magic! Player A (last in the stack) cuts to the break side and come back to the open side. In the meantime, player B cuts in, than strike. Player A should receive an easy pass and try a huck to B.



→ Player trajectory when disc is in movement
- - - - -> Ideal trajectory of the disc

Here is an example of a really effective horizontal play. Player A and B clear long, while player C cuts right into the open space. Player B cuts back as soon as player C gets the disc. Player C now have two options: short pass at B, long pass at A.



→ Player trajectory when disc is in movement
- - - - -> Ideal trajectory of the disc

Zone defense doesn't really work in 5x5: there is no wind, field is smaller, less players on the field, but MOSTLY, the switch on the fly makes it hard to keep the position while switching players on offense.
Classic force away or home is a good start. Forcing middle or forcing line is also a good defense strategy. Hardest works perfectly on 5x5!

The hardest defense consists of having a flat mark that prevents huck, up pass, and up-the-line options, giving only the dump option. The defense player on the dump prevents any cuts behind the handler. The only space left for the offense is a hard IO in the "grey" zone.

