

# Winter League Rules

*Your guide to a fun and fair indoor season*

- [USA Ultimate 11th Edition Rules](#)
  - Games are played to time and not to score. Games are played to time cap – meaning when your timeslot ends the game is over, even if teams are in the middle of a point.
  - Captains need to ensure there are no items on the playing field or sideline.
  - All pulls are made from the back of the end zone.
  - The brick mark is 8 meters from the front of the end zone.
  - A timeout lasts 60 seconds; if a player calls a time out in the last 5 minutes, the marker resumes the stall count with the number last uttered before the call plus 3. If this results in a stall count of 10 or above, this is a turnover. All leagues use a stall count of 10.
  - All substitute players must have a current [OCUA Annual Membership](#) and should be of similar skill to the players they are replacing. As a courtesy, captains should have their subs approved by the other team captain, and no captain should limit reasonable subs.
  - OCUA has adopted the WFDF rules covering fouls and dangerous play. Dangerous play calls no longer require any contact in order to be called and fouls can now be called on any contact prior, during, or after either player is making a play on the disc.
  - All coed teams will be required to assign a captain or assistant captain of both genders.
- Before the game, captains can include or exclude any rule variant using the Captains Clause, outside of extending the length of your game's timeslot.**

	Monday Parity League	Wednesday Carleton League	Wednesday Sort-Of Hat League	Wednesday Mini-League	Thursday SuperLadder League	Friday Late Night League	Sunday Grand Masters
<b>LOGISTICS</b>							
Game Length	80 minutes	60 minutes	75 minutes	60 minutes	60 minutes	90 minutes	90 minutes
Roster Size	12	Minimum 10	12	12	Minimum 10	12	12
Roster Lock	8 <sup>th</sup> Week	2 Weeks Prior to Playoffs	After 3 <sup>rd</sup> Week	None	2 Weeks Prior to Playoffs	None	After 3 <sup>rd</sup> Week
<b>PLAYERS</b>							
Gender Ratio (Male:Female)	4:2	3:2	4:2 / 3:3	3:2	3:2	4:2	4:2
Subs of same skill	Approved by opposing captain during Playoffs	Listed on roster before deadline	Approved by opposing captain during Playoffs	Best effort	Listed on roster before deadline	Best effort	Best effort
Trades	Any Week until 8 <sup>th</sup> Week	None	Reshuffle as necessary for balance	Teams reshuffle after Round Robin	None	Teams reshuffle after Round Robin	Reshuffle as necessary for balance
<b>RULES</b>							
Rules Variant	<a href="#">Quebec City Variant</a>	<a href="#">5v5 Sub-on-the-Fly</a>	<a href="#">Quebec City Variant</a>	<a href="#">5v5 Sub-on-the-Fly</a>	<a href="#">5v5 Sub-on-the-Fly</a>	<a href="#">6v6 Indoor</a>	<a href="#">Quebec City Variant</a>
Scoring Restrictions	No score on 1 <sup>st</sup> throw of a point	No score on 1 <sup>st</sup> throw of a point	No score on 1 <sup>st</sup> throw of a point	No score on 1 <sup>st</sup> throw of a point	No score on 1 <sup>st</sup> throw of a point	None	No score on 1 <sup>st</sup> throw of a point