

Winter League Rules

OCUA INDOOR LEAGUE

Your guide to a fun and fair indoor season

LOGISTICS

Field

- 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.

Game Length

- 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.
- Playoff games that end in a tie go to the higher seeded team.

Half Time

- Half time will be called at the half time mark, in between points.
- Half time will run for 3 minutes.

Time Outs

- Each time out will last 60 seconds.
- Each team can call one time out per half.
- Timeouts cannot be called in the last 5 minutes of a game. 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.

PLAYERS

Substitutes

- All subs must be of similar skill level of the player they are replacing.
- Sub approval is not required during the regular season, but subs should be presented to opposing captains. For playoff games approval is required and captains should not disprove a reasonable sub.
- All substitutes must have a current OCUA Annual Membership.

Injuries

- Let OCUA Staff know as soon as possible if you can no longer play, replacements are found on the waitlist.
- Cash refunds will be available to those that request the refund 2 weeks prior to the start date of the league (\$25 admin fee applies).
- From this deadline until the half way point of the session, prorated league credit refunds will be provided once a replacement player from the waitlist has paid for the spot. No refunds will be provided during the second half of any session.

GAME TIME RULES

Rules Variant

- As a foundation, all leagues follow the USA Ultimate 11th Edition Rules.
- 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.
- Review your league's specific indoor rules here.

Stall Count

- All indoor leagues through OCUA use a stall count of 10.

Before the game, captains can include or exclude any rule variant using the Captains' Clause.

Questions or concerns?

We'd love to hear from you! E-mail us at info@ocua.ca