



SSC ultimate (5-on-5) Field Set-Up

Each team is required to bring to each game:

Equipment:

- Official Ultimate disc.
- Six (6) field markers (cones/pylons).
- Metal cleats are not allowed.

Field Set-Up:

- Total field length - 70 paces
 - Between the end zones - 60 paces
 - End zones - 5 paces
- Total field width - 35 paces
- A pace is approximately 3 feet.

