



## SSC ULTIMATE (7-ON-7) 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 - 30 paces
- A pace is approximately 3 feet.

