Rules of Ultimate Hand Signals

1. **Foul**
   - **Hold one arm straight out and chop the other forearm across the straight arm**

2. **Violation**
   - **Hands above head forming a V, closed fists**

3. **Goal**
   - **Raise both arms, fully extended, straight up, palms facing inwards**

4. **Contest**
   - **Two fists bumped together in front of chest, back of hands facing outward**

5. **Uncontested**
   - **Forearms extended in front of body, elbows tight against torso with palms facing upwards**

6. **Retracted / Play On**
   - **Sweeping crossover motion with both arms extended down in front of body**

7. **In / Out-of-bounds – Out of end zone**
   - **Point with one arm extended, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out)**

8. **Disc down**
   - **Index finger straight arm pointing down at 45 degree**

9. **Disc up**
   - **Elbow down forearm vertical index finger pointing upward**

10. **Pick**
    - **Arms raised, elbows bent, fists facing head**

11. **Travel**
    - **Closed fists, rotate wrists around in a vertical circle**

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12. **Marking infraction**
   Fast Count, Straddle, Disc Space, Wrapping, Double Team, Vision
   Arms extended to side, palms facing front

13. **Turnover**
   Turnover
   Right arm extended in front of body, palm facing up and then rotate to palm facing down

14. **Timing Violation**
   Stall, Violation
   Tap head with open hand

15. **Off side**
   Off side
   Arms crossed overhead in an X, hands closed in a fist

16. **Time-out**
   Time-out
   Form a T with the hands, or a hand and the disc

17. **Spirit of the Game Stoppage**
   Spirit of the Game Stoppage
   Upside down T formed by the hands

18. **Stoppage**
   Injury, Technical
   Hands clasped and raised above head, arms bent

19. **3 men, 2 women**
   **3 men**
   Hands cupped behind head, elbows out to side

20. **2 men, 3 women**
   **3 women**
   Arms extended to side, hands closed in a fist

21. **Play has stopped**
   Wave both extended arms crosswise overhead

22. **Match Point**
   Match Point
   Both arms pointing straight up to the left, palms facing down

23. **Who made the call**
   Called by Offence / Defence
   Pointing with two arms straight out, towards the end zone being defended by the team

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