



## Rules of Ultimate Hand Signals



### 1. Foul

*Foul*

Hold one arm straight out and chop the other forearm across the straight arm



### 2. Violation

*Violation*

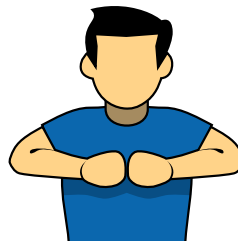
Hands above head forming a V, closed fists



### 3. Goal

*Goal*

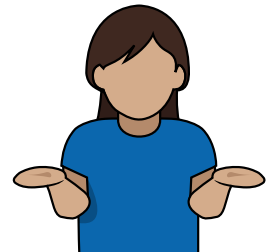
Raise both arms, fully extended, straight up, palms facing inwards



### 4. Contest

*Contest*

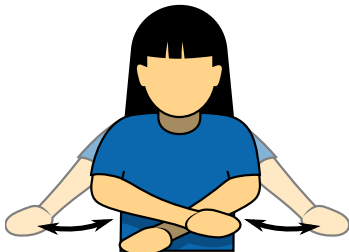
Two fists bumped together in front of chest, back of hands facing outward



### 5. Uncontested

*Uncontested*

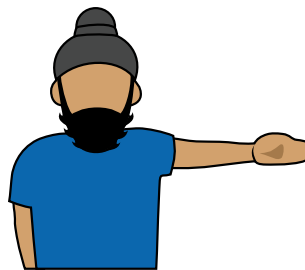
Forearms extended in front of body, elbows tight against torso with palms facing upwards



### 6. Retracted / Play On

*Retracted, Play On*

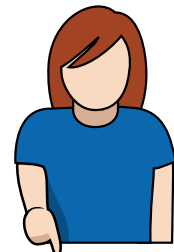
Sweeping crossover motion with both arms extended down in front of body



### 7. In / Out-of-bounds – Out of end zone

*In, Out*

Point with one arm extended, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out)



### 8. Disc down

*Down*

Index finger straight arm pointing down at 45 degree



### 9. Disc up

*Up*

Elbow down forearm vertical index finger pointing upward



### 10. Pick

*Pick*

Arms raised, elbows bent, fists facing head



### 11. Travel

*Travel*

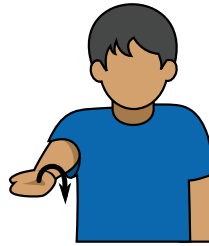
Closed fists, rotate wrists around in a vertical circle



**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*

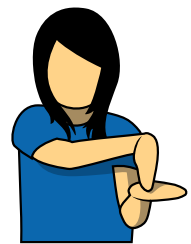
Arms crossed overhead in an X, hands closed in a fist



**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*

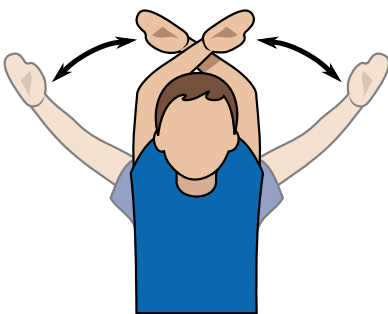
Hands cupped behind head, elbows out to side



**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