



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. Accepted

Accepted

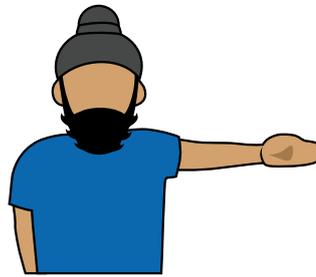
Forearms extended in front of body, elbows tight against torso with palms facing upwards



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 Stoppage

Spirit Stoppage

Upside down T formed by the hands



18. Stoppage

Injury, Technical

Hands clasped and raised above head, arms bent



19. Gender Ratio: Men

Gender Ratio: Men

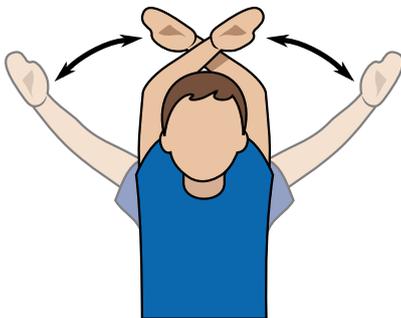
Hands cupped behind head, elbows out to side



20. Gender Ratio: Women

Gender Ratio: 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