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

20. **3 men, 4 women**  
*4 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