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

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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

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