
















WFDF Rules of Ultimate 2021-2024 – Championship Timings v1

Start of game		
-05:00	-	Captains toss
-01:00	 1	"1 minute"
00:00	 1	"Game on"
At 00:00, start timing as per "Start of a point"		



Start of a point		
00:00	-	Goal is scored
00:15	 1	Gender ratio (Mixed Only)
00:45	 1	Offence stand on line
01:00	 2	Offence signal ready
01:15 Or +15s	 3	Pull should be released



Time Out during point		
00:00	-	Time out called
00:45	-	"30 seconds for O"
01:00	 1	"15 seconds for O"
01:15	 2	"Offence ready"
01:30 Or +15s	 3	Play should restart



Time Out between points		
00:00	-	Goal is scored
01:15	 1	"End of Time out"
02:00	 1	Offence stand on line
02:15	 2	Offence signal ready
02:30 Or +15s	 3	Pull should be released
The time out ends at 1:15 after the start of the point, regardless of when the time out was actually called		

On field discussion		
00:00	-	Start Timer
00:15	-	Captains should step in
00:45	 3	Play is contested
01:00	 3	Repeat if play not restarted

Change of possession		
A pivot must be established within the following time limits:		
00:10	-	Turnover in the central zone
00:20	-	Turnover in end zone or out of bounds
00:20	-	After any pull
GAs use signals & verbally indicate timings, but defence must pre-stall to enforce a 'disc in' call		

Re-pull after a violation		
00:00	-	Violation called
00:15	 2	Offence signal ready
00:30 Or +15s	 3	Pull should be released

Time caps		
55m	 1	"Half time cap"*
100m	 1	"Time cap"
*Unless half time has already occurred		

Half Time		
00:00	-	Half time starts
06:00	 1	"1 minute"
07:00	 1	"End of half time"
After 07:00 start timing as per "Start of a point"		

Stoppage of clock	
Game clock must be stopped after the following:	
- Injury stoppage that lasts more than 2 mins	
- Technical stoppage that lasts more than 2 mins	
- A Spirit of the Game Stoppage	
The game clock must restart once play restarts	

Notes:	
A time limit is not considered to have been reached until the first sound of the last whistle	
"Or +15s" means that if the Offence is not legally ready, the three whistles should not occur until 15 seconds after the Offence is legally ready	
If play has already started, whistles should not be blown	
If an injury stoppage is called whilst a time limit is in place, the time limit shall be paused while the injury is addressed, or until the injured player is removed from the playing field	
Refer to relevant sections of the "WFDF Rules of Ultimate 2021-2024 – APPENDIX" for specific details of timings	