













# WFDF Rules of Ultimate 2025-2028 – Championship Timings v1

<b>Start of game</b>		
-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”

<b>Start of a point</b>		
00:00	-	Goal is scored
00:45	 1	Offence stand on line
01:00	 2	Offence signal ready
01:15 Or +15s	 3	Pull should be released



<b>Time Out during point</b>		
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



<b>Time Out between points</b>		
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



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

<b>Change of possession</b>		
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 indicates start of timings, but defence must pre-stall to enforce a ‘disc in’ call		

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

<b>Time caps</b>		
55m	 1	“Half time cap”*
100m	 1	“Time cap”

\*Unless half time has already occurred

<b>Half Time</b>		
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”

<b>Stoppage of clock</b>		
Game clock must be stopped after the following:		
<ul style="list-style-type: none"> <li>- A Spirit Stoppage</li> <li>- Tournament Technical Stoppage</li> <li>- Injury/Technical stoppages that lasts more than 2 mins</li> <li>- Inclement weather stoppages</li> </ul>		
The game clock must restart once play restarts		

<b>Notes:</b>		
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 2025-2028 – APPENDIX” for specific details of timings		