

**TO REPORT EMERGENCIES TEXT/CALL  
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**RULES OF PLAY**

- ***Spirit of the game is paramount!***
- [USA Ultimate 2024-25 Rules.](#)
- **TIME OUTS:** 2 timeouts per half for all games (NO floaters) - - NOTE: A time out is 70 seconds in length +20 seconds for the defense to set MAX. Please HONOR this.
- **GAME LENGTH:**
  - Games to **11**
  - Round Start: 1 siren
  - Hard Cap = 70 min. 1 siren
  - Round Length = 85 min.
- **HALF TIME:** 7 minutes
- **NO HALF OR SOFT CAP**
- **HARD CAP:** The hard cap is the end of the game once regulation time of play has elapsed. At the hard cap, play continues until the current scoring attempt is completed. If, after the current scoring attempt is completed, the score is tied, play continues until one additional goal is scored. Otherwise, the game ends. The team with the most goals at the end of the game is the winner.
- **SPIRIT TIMEOUT:** A spirit timeout may be called by one or both teams' spirit captain(s) if they believe that either or both teams have failed to follow the Spirit of the Game, and (1) game play has become dangerous; or (2) repeated Spirit of the Game violations are causing conflict between the teams. Spirit timeouts are subject to the following provisions:
  1. A spirit timeout can be called only if all of the following conditions have been met:
    1. Both spirit captains have discussed the perceived Spirit of the Game violation(s) and adjustments to address those violations, and one or more members of either or both teams have not adjusted their conduct.
    2. Both spirit captains have discussed the need to call a spirit timeout before calling the spirit timeout. It is not required that both spirit captains agree that a spirit timeout is necessary.
    3. Play is stopped.
    4. In games with observers, spirit timeouts initiated by the spirit captains must be communicated to the observers before being called. Observers may call a spirit timeout if the observer believes it is needed and at least one of the spirit captains agrees.
  2. During the spirit timeout:
    1. Both teams will aim to complete all discussions within 5 minutes, with a goal of resuming play as quickly as possible. If teams require more time to resolve spirit discussions, the timeout can be extended with the consent of both spirit captains.
    2. Team members may not engage in tactical discussions. Team member may not extend the spirit timeout to try to gain a tactical advantage.

3. Spirit timeouts may follow one of two formats, as determined by the spirit captains. Where the spirit captains disagree as to the format of the spirit timeout, the default format is for teams to form one spirit circle.
  1. All team members of both teams will form one spirit circle, alternating players from each team, if possible. The spirit captains will lead a conversation addressing and proposing solutions to resolve spirit issues; or
  2. Two circles will be formed, one for each team to internally resolve spirit issues that have already been discussed between the spirit captains of the opposing team.
3. After the spirit timeout:
  1. The game resumes in the same manner as it does after a team timeout.
  2. Spirit timeouts do not affect timeouts available.
  3. For spirit timeouts lasting five minutes or less, the time taken for a spirit timeout will automatically be added to the length of the game time to determine time caps for the game. After the initial five minutes, although spirit captains may always agree to extend a spirit timeout, event organizers may limit the time that can be added to the length of games. The spirit captain(s) initiating the spirit timeout will convey the start and end of the stoppage to event support staff or the event organizer for time-keeping purposes.