

RULES OF PLAY

USA ULTIMATE ELITE-SELECT CHALLENGE 2022

	Half Cap	Soft Cap	Hard Cap	Time-Outs
Pool Play	:45	1:15	1:30	2 / half
Bracket Play	:45	1:15	1:30	2 / half
Finals	:45	1:15	-	2 / half

*Caps do not affect time outs.

*7 minute halves

For Mixed:

For all other sanctioned games, including games at Elite-Select Challenge and Select Flight Invites, at the start of each game after the first disc flip, an additional disc flip happens with the winner selecting which end zone is the "genzone." At the start of each point, the team that is at the genzone must choose the gender ratio. This process applies for the entire game (the "Genzone Decides Rule").

For all Mixed games, if a team cannot match the on-field personnel ratio of all seven players on the team determining the personnel ratio for the point, then it must play with fewer than seven players, matching the personnel ratio with as many players as possible.