

Rules of Play

[USA Ultimate 2024-25 Rules](#)

Open Elite Division:

- Halftime is 10 minutes; no halftime cap
- Hard cap is at 90 min and games to 13
- One timeout per half and one floater

Girls Division:

- Halftime is 10 minutes; no halftime cap
- Hard cap is at 90 min and games to 13
- One timeout per half and one floater

Open Developmental Division:

- Halftime is 8 minutes; no halftime cap
- Hard cap is at 75 minutes and games to 13
- One timeout per half and one floater

****Note about timeouts:** A timeout is 70 seconds in length +20 seconds for the defense to set max. Please do your best to abide by these time frames.