

## Competition Rules

### Common Rules

Rule	WFDF Rules of Ultimate 2025-2028 WFDF Rules of Ultimate 2025-2028 - APPENDIX v1.0 -
Playing field dimensions	100m long by 37m wide (18m,64m,18m)
Mixed Division	Ratio Rule A ("prescribed ratio" rule)

#### ①

Target	A team wins having reached the target of fifteen (15) goals.
Time cap (TC)	The time cap occurs after one hundred (100) minutes of game time, if the target has not been reached. At time cap the game continues until completion of the current point. If at the completion of the current point neither team has reached fifteen (15) goals, one (1) goal is added to the highest score to determine a time cap target (up to a maximum of 15 goals).
Half Time	Half time occurs after the first team reaches the half time target of eight (8) goals. Half time lasts seven (7) minutes. The game clock does not stop for half time.
Half Time Cap (HTC)	The half time cap occurs after fifty-five (55) minutes of game time, if the half time target has not been reached. At half time cap the game continues until completion of the current point. If at the completion of the current point neither team has reached eight (8) goals, one (1) goal is added to the highest score to determine a new half time target (up to a maximum of 8 goals).
Time-outs	Each team may take two (2) time-outs per game. A time-out lasts seventy-five (75) seconds.

#### ②

Target	A team wins having reached the target of thirteen (13) goals.
Time cap (TC)	The time cap occurs after one seventy (70) minutes of game time, if the target has not been reached. At time cap the game continues until completion of the current point. If at the completion of the current point neither team has reached thirteen (13) goals, one (1) goal is added to the highest score to determine a time cap target (up to a maximum of 13 goals).
Half Time	Half time occurs after the first team reaches the half time target of seven (7) goals. Half time lasts five (5) minutes. The game clock does not stop for half time.
Half Time Cap (HTC)	The half time cap occurs after thirty-five (35) minutes of game time, if the half time target has not been reached. At half time cap the game continues until completion of the current point. If at the completion of the current point neither team has reached seven (7) goals, one (1) goal is added to the highest score to determine a new half time target (up to a maximum of 7 goals).
Time-outs	Each team may take two (2) time-outs per game. A time-out lasts seventy-five (75) seconds.

#### ③

Target	A team wins having reached the target of eleven (11) goals.
Time cap (TC)	The time cap occurs after one fifty (50) minutes of game time, if the target has not been reached. At time cap the game continues until completion of the current point. If at the completion of the current point neither team has reached eleven (11) goals, one (1) goal is added to the highest score to determine a time cap target (up to a maximum of 11 goals).
Half Time	Half time occurs after the first team reaches the half time target of six (6) goals. Half time lasts three (3) minutes. The game clock does not stop for half time.
Half Time Cap (HTC)	The half time cap occurs after twenty-five (25) minutes of game time, if the half time target has not been reached. At half time cap the game continues until completion of the current point. If at the completion of the current point neither team has reached six (6) goals, one (1) goal is added to the highest score to determine a new half time target (up to a maximum of 6 goals).
Time-outs	Each team may take one (1) time-outs per game. A time-out lasts seventy-five (75) seconds.

#### ④

Target	A team wins having reached the target of nine (9) goals.
Time cap (TC)	The time cap occurs after one forty (40) minutes of game time, if the target has not been reached. At time cap the game continues until completion of the current point. If at the completion of the current point neither team has reached nine (9) goals, one (1) goal is added to the highest score to determine a time cap target (up to a maximum of 9 goals).
Time-outs	Each team may take one (1) time-outs per game. A time-out lasts seventy-five (75) seconds.