



Rules of Ultimate Hand Signals



1. Foul

Foul

Hold one arm straight out and chop the other forearm across the straight arm



2. Violation

Violation

Hands above head forming a V, closed fists



3. Goal

Goal

Raise both arms, fully extended, straight up, palms facing inwards



4. Contest

Contest

Two fists bumped together in front of chest, back of hands facing outward



5. Uncontested

Uncontested

Forearms extended in front of body, elbows tight against torso with palms facing upwards



6. Retracted / Play On

Retracted, Play On

Sweeping crossover motion with both arms extended down in front of body



7. In / Out-of-bounds – Out of end zone

In, Out

Point with one arm extended, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out)



8. Disc down

Down

Index finger straight arm pointing down at 45 degree

The Ultimate Hand

M Carnoy



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