



## Competition Requirements

### Rules and Eligibility

USA Ultimate division-specific rules and series guidelines; no experimental rules unless authorized through the USA Ultimate experimental rules process.

All events must use the current edition of [USA Ultimate rules](#) (including [Spirit of the Game](#))

All players and teams must meet specific division and series guidelines (gender, geographic, age restrictions)

- [Youth Guidelines](#)
- [College Guidelines](#)
- [Club Guidelines](#)

Applies to states, sectional, conference and regional championships.

### Schedule and Caps

- States
  - 1) Three games a day, max six on the weekend when using full-length games (2 hours, games to 15).
  - 2) Coordinators have the option to have more games within the 6 hour max game time (if number of teams/competition necessitates).
  - 3) Minimum of 30 minutes from hard cap to start of next round.
  - 4) If teams have more than two games in a day, a one-hour break between games is recommended.

Must follow [USAU cap regulations](#).

- Sectional, Conference and Regional Events
  - 1) No more than five games a day, no more than nine games over two days.
  - 2) Minimum game length of 60 minutes.
  - 3) Games must be at minimum to 11 points.
  - 4) Reference States information for youth requirements.

Must follow [USAU cap regulations](#).

### Format



Must use USAU approved format, or format must receive approval from the appropriate USAU coordinator. For youth events, see the schedule and caps information above.

## Results

All results should be posted by midnight on each day of play.

## Placement Games

Follow the [formats manual](#) and series guidelines for scheduling of games.

## Number of Games

For maximum number of games, see the scheduling requirements. For minimum number of games, follow the formats manual or approved format.

## Observers

- All observers must be USA Ultimate certified.
- Follow series and division-specific guidelines.

See the [Tournament Director's Guide to Observers](#) for more information.

## Spirit Ratings and Rankings

- States
  - Use [USA Ultimate spirit ratings](#) for each game.
  - Award team spirit award winners.
  - Publish team spirit ratings.
- Regionals
  - Use [USA Ultimate spirit ratings](#) for finals.

## Uniforms

At regionals, teams must wear matching color jerseys for finals.

## Statistics

At regionals, statistics must be kept by teams or event staff for the finals. Use a non-RUFUS recording method.