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.