



Ultimate 4's Rules Modifications - Proposed Appendix to 2020-21 Rules

Overview - Ultimate 4's is an exciting and accessible variation of ultimate adapted for smaller teams and smaller fields. Like other variations that use smaller numbers, such as Beach Ultimate, 4's helps create an opportunity for more involvement from everyone on the field. With shorter stall counts, play moves at a faster pace, and the smaller field creates a space where more throwers can reach all areas of the field. The need for fewer people and less field space makes the sport more accessible in multiple ways. While played with most of the same rules as regulation ultimate, including field surface, matches consist of multiple short games rather than one long one. The first team to win two of the three games wins the match, a format which lends itself to exciting comebacks and thrilling tie-breakers.

The following adaptations to the rules are to be used in Ultimate 4's competition. These adaptations may be additions to the current official rules or may supersede existing rules. Other than these additions and changes, the current official rules apply to Ultimate 4's competition.

Field size (yards) Length: Central Zone (goal line to goal line)	Central Zone Length: 37 Width: 25 End Zone: 8 Total Length: 53 Note: Total length is the approximate width of an American football field.
Matches and Games	Matches are best of 3 games. The third game is not required if one team wins the first two games.
Point Totals	The first two games are to 5. The third game, if necessary, is to 3.*
Start of the Game	The first game of the match (see "Point Totals") begins according to Section 9.A. and the usual choice of end zone or possession. The initial choices are reversed at the start of the second game. If there is a tie-breaker

	game, then the teams fairly re-determine (according to Section 9.A) which team has the choice of end zone or possession.**
Pull	<p>Each point starts with a pull, and teams switch ends of the field after each point, as normal, with the following exception.</p> <p>Any pull that touches the out-of-bounds area results in a brick. This includes all perimeter lines and includes any contact with those out-of-bounds areas even after the pull has hit the ground.</p> <p>The brick is at mid-field.</p>
Time Between Pulls	<p>Time limits are adjusted as follows:</p> <p>30 seconds: Offense must be lined up</p> <p>45 seconds: Offense must signal readiness</p> <p>60 seconds: Defense must pull</p>
Stall Count	<p>Stalls are 7 seconds (starting with 1 going to 7).</p> <p>Stall at the “S” in “seven.”</p> <p>Stall counts resume as in 15.a.5 with the following adaptations:</p> <ul style="list-style-type: none"> - “9 if over 8” becomes “6 if over 5” - “6 if over 5” becomes “4 if over 3” - Contested stall <ul style="list-style-type: none"> - First call “5” - Second and subsequent calls when due to a fast count “3”
Time Outs	1 timeout per team per game
Point Differential/Tie Breaks in Pools in Tournament Format	Add 3 bonus points for winning the first two games, in addition to actual point differential.***
Time of Game and Matches (caps)	<p>20 minutes each for first 2 games</p> <p>10 minutes for last game</p> <p>Hard cap for first game</p> <p>Hard cap for 2nd game (but can be started as soon as first game ends)</p> <p>Hard cap for 3rd game</p>
Mixed Personnel Ratios	Always 2 man-matching and 2 woman-matching mixed play

As with any new rules variation, there is an opportunity to experiment with a number of elements outlined above. The following are suggestions for potential areas for experimentation.

** The tie-break game could be extended from 3 to 5. This will impact the timing of the last game and the match as a whole, which would need to be extended.*

*** Rather than re-determining choice at the start of the tie-break, the pull and sides could be determined by continuing the ongoing alternating sequence, automatically giving the team that wins the first game first possession in the tie-break. Or give the previous losing team first choice of side/possession in second (and third) games.*

**** The sweep point differential bonus could be adjusted up or down. Tie-breaks could also be considered that track games won/lost differential and gives a +1 game bonus to a sweep before moving on to point differential.*