

World Flying Disc Federation

Ultimate 4's: Rules/Format Modifications

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, 4x4 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 traditional 7x7 ultimate, 4x4 ultimate uses a running clock. Matches consist of two 18-minute halves and are designed to be completed in under 45 minutes.

WFDF is proposing this version of the game of ultimate for showcase events and large multi-sports games, that face constraints of time, space, or athletes' quota, while preserving the essential qualities of the sport. The speed of this 4x4 version is also very exciting and accessible for new fans, with matches completing in well under an hour while preserving the athleticism, skill and excitement of the sport of ultimate.

Rules Adaptations

The following adaptations to the rules are to be used in 4x4 Ultimate. 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 4x4 competition.

Field size (meters*):	Central Zone (goal line to goal line): 45 Width: 25 End Zone: 15 Total Length: 5
Start of the Game	The match begins according to Section A3 (disc flip) and the usual choice of initial end zone or possession. The initial choices are reversed at the start of the second half.
Pull	Each point starts with a pull, and teams switch ends of the field after each point. 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.

	The brick is at mid-field.
Time Between Pulls	Time limits are adjusted as follows: 30 seconds: Offense must signal readiness 40 seconds: Defense must pull
Stall Count	Stalls are 7 seconds (starting with 1 going to 7). Stall at the "S" in "seven." Stall counts resume as in Section 9.5 with the following adaptations: <ul style="list-style-type: none"> • "maximum 9" becomes "maximum 6" • "maximum 6" becomes "maximum 4" • Contested stall - restarts at "Stalling 5"
Time Outs	No Time Outs
Time of Match	Eighteen (18) minutes running time for each of Two (2) halves Two (2) minute break (game clock remains running) between points after the first point scored when the clock is under Ten (10) minutes remaining in each half. Four (4) minutes between halves. The clock stops for injuries on the signal from the Game Adviser. The clock stops during foul/violation discussions in the final minute of play of the 2nd half.
Half & Game Ending	When the clock for a half expires, the current point concludes. When the clock for a match expires, the current point is concluded unless the teams are separated by more than 1 point, in which case the game is over. If the match ends with a tied score, teams will play one more point.