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It is WFDF's intention to introduce revisions to the Rules of Ultimate each year on January 1<sup>st</sup>. During the year the Rules Sub-Committee will collect and consider any and all suggestions for rule changes. If you have any comments on these rules, or suggestions for future changes, please email [brian.Gisel@wfd.org](mailto:brian.Gisel@wfd.org).

Brian Gisel

WFDF Rules of Ultimate  
Version 2006.12.01  
(Changes since Version 2006.11.01 in Red)  
Produced by the WFDF Rules Sub-Committee

1.	Introduction.....	3
2.	Spirit of the Game.....	3
3.	Variations.....	3
4.	Playing Field.....	4
5.	Equipment.....	5
6.	Length of Game.....	5
7.	Teams.....	5
8.	Starting a Game.....	5
9.	The Pull.....	6
10.	Putting the Disc into Play.....	7
11.	The Check.....	7
12.	Stall Count.....	7
13.	Out of Bounds.....	8
14.	Scoring.....	8
15.	Turnovers.....	9
16.	Continuation Rule.....	10
17.	Possession and Positioning.....	10
18.	Violations.....	11
19.	Fouls.....	12
20.	Time-Outs.....	14

WFDF Additional Championship Rules

A1.	Introduction.....	16
A2.	Spirit of the Game.....	16
A3.	Variations.....	16
A4.	Field of Play.....	16
A5.	Equipment.....	16
A6.	Length of Game.....	16
A7.	Teams.....	17
A8.	Starting a Game.....	19
A9.	The Pull.....	19
A10.	Putting the Disc into Play.....	19
A11.	The Check.....	19
A12.	Stall Count.....	19
A13.	Out of Bounds.....	19
A14.	Scoring.....	19
A15.	Turnovers.....	19
A16.	Continuation Rule.....	19
A17.	Positioning and Possession.....	19
A18.	Violations.....	19
A19.	Fouls.....	19
A20.	Time Outs.....	19
A21.	Definitions.....	21

## 1. Introduction

- 1.1. Ultimate has traditionally relied upon a spirit of sportsmanship that places the responsibility for fair play on the individual player. Highly competitive play is encouraged but never at the expense of mutual respect between players, adherence to the agreed-upon rules of the game or the basic joy of play. The purpose of the rules of ultimate is to provide a guideline which describes the way the game is played. It is assumed that no ultimate player will intentionally violate the rules; there are no harsh penalties for inadvertent infractions but, rather, a method for resuming play in a manner which simulates what would most likely have occurred had there been no infraction.

## 2. Spirit of the Game

- 2.1. Ultimate is a non-contact, self-refereed sport. All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.
- 2.2. Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play.
- 2.3. The following actions are clear violations of the spirit of the game and should be avoided by all participants:
  - 2.3.1. dangerous aggression;
  - 2.3.2. intentional fouling or other intentional rules violations;
  - 2.3.3. taunting or intimidating opposing players; and
  - 2.3.4. calling for a pass from an opposition player.
- 2.4. It is trusted that no player will intentionally violate the rules; thus there are no harsh penalties for infractions, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no infraction.
- 2.5. Players should be mindful of the fact that they are acting as referees in any arbitration between teams. In such situations, players must:
  - 2.5.1. learn the rules;
  - 2.5.2. be fair-minded and objective;
  - 2.5.3. be truthful; and
  - 2.5.4. use respectful language.
- 2.6. In the case where a novice player commits an infraction out of ignorance of rules, experienced players are obliged to explain the infraction.
- 2.7. Teams are guardians of the Spirit of the Game, and must:
  - 2.7.1. take responsibility for teaching their players the rules and good spirit;
  - 2.7.2. discipline players who display poor spirit; and
  - 2.7.3. provide positive feedback to other teams about how to improve their adherence to the Spirit of the Game.
- 2.8. An experienced player, who offers advice on rules and guides on-field arbitration, may supervise games involving beginners or younger players.
- 2.9. Rules should be interpreted by the players directly involved in the play, or by players who had the best perspective on the play. If no agreement as to what occurred can be reached, the disc should be returned to the last non-disputed thrower.

## 3. Variations

- 3.1. A variation of the basic structure may be used to accommodate special competitions, number of players, age of players and available space.
- 3.2. Lined fields are not necessary for the purposes of practice or other non-formal games of Ultimate.

## 4. Playing Field

- 4.1. The Field of Play is a rectangle one hundred (100) metres long and thirty-seven (37) metres wide. (See Figure 4.1)
- 4.2. The perimeter of the Field of Play is the Perimeter Line and consists of two (2) Sidelines along the length and two (2) End lines along the width.
  - 4.2.1. All lines are between seventy-five (75) and one hundred twenty (120) millimetres wide, and are marked with a non-caustic material
- 4.3. The Field of Play is broken up into a central Playing Field Proper that is sixty-four (64) metres long by thirty-seven (37) metres wide, and two End zones that are eighteen (18) metres deep by thirty-seven (37) metres wide at each end of the Playing Field Proper.
- 4.4. The Goal Lines are the lines that separate the Playing Field Proper from the End zones and are part of the Playing Field Proper.
- 4.5. The Brick Mark is the intersection of two (2) crossed one (1) meter lines in the playing field proper set twenty (20) metres from each Goal Line, midway between the Sidelines.
- 4.6. Eight brightly-coloured, flexible objects (such as plastic cones) mark the corners of the Playing Field Proper and the End zones.

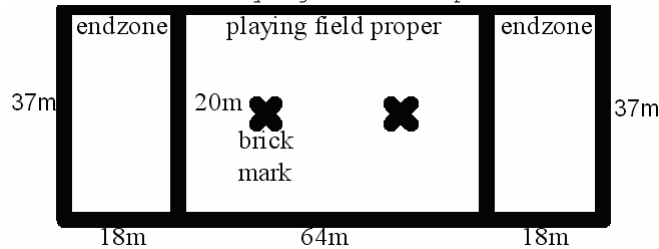


Figure 4.1

## 5. Equipment

- 5.1. Any flying disc that appears on the WFDF "Approved Discs" list may be used.
- 5.2. Each player must wear a uniform that recognizes them as part of their team.
- 5.3. No player may wear items of clothing or equipment that could reasonably be harmful to other players (e.g., footwear that has any exposed metal, protruding jewellery [including but not limited to: rings, ear-rings, studs, bracelets], wristwatches).

## 6. Length of Game

- 6.1. A WFDF Regional Tournament or Championship Game is played to 17 points.
- 6.2. The game is separated into two (2) halves. Half-time occurs when the first team reaches nine (9) points.

## 7. Teams

- 7.1. Each team will put a **maximum of seven (7) players and a minimum of five (5) players** on the field during each point.
- 7.2. A team may make unlimited substitutions only after a point is scored and before the next Pull, except for injury. (See Section 20)

## 8. Starting a Game

- 8.1. The Captains of the two teams fairly determine which team first chooses to either:
  - Receive or throw the initial pull; or
  - Start defending a particular end zone.

The other team is given the remaining choice.

## 9. The Pull

- 9.1. At the start of the game, after half-time or after a score, play commences with a throw-off, called a Pull.
- 9.2. The Pull consists of one player on the Defensive team throwing the disc to begin play.
- 9.3. The **players on the** Defensive team must be entirely inside their End zone when the Pull is released.
- 9.4. The players on the Offensive team must stand with one foot on their defending goal line without changing position relative to one another.
- 9.5. The Offensive team signals their readiness by having at least one player raise a hand above their head.
- 9.6. As soon as the disc is released, all players may move in any direction.
- 9.7. No player on the Defensive team may touch the disc after a pull unless until a member of the Offensive team first contacts the disc.
- 9.8. After the Pull, the Offensive team gains possession of the disc and puts it into play according to the following:
  - 9.8.1. If a member of the Offensive team catches the Pull on the Field of Play, that player must put the disc into play from the spot of the catch.
  - 9.8.2. If a member of the Offensive team catches the Pull out-of-bounds, that player must put the disc into play at the point of the Field of Play nearest to where contact with the disc was first made.
  - 9.8.3. If the disc initially contacts the Field of Play and never becomes out-of-bounds, an Offensive team player puts the disc into play where it stops.
    - 9.8.3.1. A member of the Offensive team may stop a disc that has first contacted the ground without establishing possession. In doing so, the player must attempt to stop the disc at its current point, and may not advance the disc in any direction.
    - 9.8.3.2. If the disc is advanced as a result of contact with an Offensive player, the disc should be returned to the point where that player first contacted it.
  - 9.8.4. If the disc initially contacts the Field of Play and then becomes out-of-bounds **without contacting an Offensive player**, an Offensive team player puts the disc into play at the point on the Playing Field Proper nearest to where the disc first went out-of-bounds.
  - 9.8.5. If the disc becomes out-of-bounds without first touching the Field of Play or an Offensive Player, the Offensive team, before touching the disc, makes a choice of:
    - 9.8.5.1. Putting the disc into play at the nearest point on the Playing Field Proper to where the disc crossed the perimeter line.
    - 9.8.5.2. Putting the disc into play at the Brick Mark, or on a point of the mid-line of the field closest to where the disc last crossed the Perimeter Line, whichever is closer to the end zone the Offensive Team is attacking. This option is indicated when any member of the Offensive team fully extends one arm above their head and/or calls either "Brick" or "Middle" prior to the disc being touched. Once this indication is made, the disc must be moved to the "Brick" or "Middle" point to be put into play. Failing to indicate this intention will result in the disc being put into play according to 9.8.5.1.
  - 9.8.6. If the disc becomes out of bounds after touching an Offensive player, or an offensive player catches the pull out of bounds, the disc is put into play at the point on the Field of Play closest to where the disc became out of bounds. (in the case of a pull caught

out of bounds, this would be the point on the Field of Play closest to where the disc was first contacted by an offensive player)

## 10. Putting the Disc into Play

- 10.1. Putting the disc into play means that the offensive player in possession of the disc establishes a pivot point (typically their foot) at the point on the Field of Play as indicated by the rules. This can occur at any time as long as a Check of the Disc is not indicated (Section 11).
- 10.2. After a change in possession, the offensive player who first establishes possession of the disc must put the disc into play, unless that player is subsequently replaced due to an injury.
- 10.3. After a turnover, the team that has gained possession of the disc must put the disc into play under the following time conditions:
  - 10.3.1. If the disc is located in the Playing Field Proper after a turnover, the disc must be put into play within fifteen (15) seconds of when the disc came to a stop. A defensive player may, if they are within three (3) meters of the disc, call out "Delay" and start counting to fifteen (15) at 1-second intervals. Once the defensive player has reached fifteen (15), that player may check the disc in and initiate the stall count.
  - 10.3.2. If the disc is located outside the Playing Field Proper after a turnover, the disc must be put into play within twenty-five (25) seconds of when the disc came to a stop. A defensive player may, if they are within three (3) meters of the location where the disc will be put into play, call out "Delay" and start counting to twenty-five (25) at 1-second intervals. Once the defensive player has reached twenty-five (25), that player may check the disc in and initiate the stall count.

## 11. The Check

- 11.1. Whenever play stops during a point for a time-out, foul (when play does not continue as a result of the continuation rule), disputed possession call (e.g., whether the disc contacted the ground prior to the catch, whether the receiver was out of bounds during a catch, if it is unclear who between two players on opposing teams caught the disc first), violation (when play does not continue as a result of the continuation rule), safety stoppage of play (e.g., recognition of hazard on or near the field) or injury, play is restarted with a Check.
  - 11.1.1. With the permission of the offence, the defender nearest to the thrower restarts play by touching the disc and calls "Disc In".
  - 11.1.2. If the nearest defender is not within reach of the thrower, the thrower may, with permission of the closest defender, restart play by touching the disc to the ground and calling "Disc In".
  - 11.1.3. If no offensive player is in possession of the disc, the nearest defender to the disc may, with permission of the closest offensive player, restart play by calling "Disc In".
  - 11.1.4. If the thrower attempts a pass before the Check, the pass does not count regardless of whether it is complete or incomplete, and possession reverts back to the thrower.

## 12. Stall Count

- 12.1. The marker may administer a stall count on the thrower by calling "Stalling" and counting at one second intervals starting at one (1).
- 12.2. The Stall count must be verbalized at a reasonable volume so that the thrower can hear the count.

- 12.3. The Stall count may not be started until the Marker is within three (3) meters of the thrower and a double-teaming violation (Section 18.4.1.5) is not in effect.
- 12.4. If the Marker calling the stall count moves more than three (3) meters from the thrower, the stall count is stopped and must be re-started at one (1).
- 12.5. A Stall Count must always start with the word "stalling", followed by the number indicated by the rules.

## 13. Out of Bounds

- 13.1. The entire Field of Play is in-bounds. The Perimeter Lines are not part of the Field of Play and are out-of-bounds. All non-players are considered part of the out-of-bounds area.
- 13.2. The out-of-bounds area consists of the area which is not in-bounds and everything in contact with it, except for defensive players, who are always considered "in-bounds" for purposes of making a play on the disc.
- 13.3. An offensive player who is not out-of-bounds is in-bounds. An airborne player retains their in-bounds/out-of-bounds status until that player contacts the Field of Play or the out-of-bounds area. The following exceptions apply:
  - 13.3.1. If momentum causes a player to touch an out-of-bounds area after landing in-bounds with possession of an in-bounds disc, the player is considered in-bounds. The disc is put into play at the spot on the Field of Play closest to where the player first crossed the Perimeter or End Line.
  - 13.3.2. A thrower may contact an out-of-bounds area once a pivot point has been established in-bounds.
  - 13.3.3. Contact between players does not confer the state of being in- or out-of-bounds from one to another.
- 13.4. A disc is in-bounds when it is put into play, or when play starts or restarts.
- 13.5. A disc becomes out-of-bounds when it first contacts the out-of-bounds area or contacts an out-of-bounds offensive player. A disc in the possession of an offensive player has the same in/out-of-bounds status as that player. If the disc is simultaneously in the possession of more than one offensive player, one of them being out-of-bounds, the disc is out-of-bounds.
- 13.6. The disc may fly outside a Perimeter Line and return to the playing field, and players may go out-of-bounds to make a play on the disc.
- 13.7. To continue play after the disc becomes out-of-bounds, a member of the team gaining possession of the disc must carry it to, and put it into play at, the spot on the Playing Field Proper nearest to where the most recent of the following events occurred:
  - 13.7.1. the disc completely crossed the Perimeter Line;
  - 13.7.2. the disc contacted an in-bounds player; or
  - 13.7.3. the disc became out-of-bounds due to contact with the out-of-bounds area or a player while any part of the disc was inside the Perimeter Line.

## 14. Scoring

- 14.1. A single point is scored when an in-bounds player catches and demonstrates control of an in-bounds disc at the time of their first point of contact, which is entirely within the End zone that their team is currently attacking, and they acknowledge the score.
  - 14.1.1. Should an airborne player catch the disc and land with two (2) points of contact with the ground simultaneously, one in the end

zone and one in the playing field proper, a point has not been scored. The player must establish a pivot on the end zone line or in the Playing Field Proper, closest to their current position.

- 14.2. Should momentum carry a player **completely** into the End zone that their team is currently attacking after catching the disc in the Playing Field Proper a point has not been scored. The player puts the disc into play at the point of the Playing Field Proper where the player entered the End zone.
- 14.3. Once a score has been acknowledged, the current point is deemed to have been over when the reception was made. The next point starts when the previous point ends. Play will re-start with the team who just scored initiating a Pull.
- 14.4. Direction of attack for each team will switch after every point.

## 15. Turnovers

- 15.1. A turnover transfers possession of the disc from one team to the other and occurs when, during play:
  - 15.1.1. the disc contacts the ground while it is not in the possession of an offensive player;
  - 15.1.2. the disc is in possession of more than one offensive player, except during a reception of a pass;
  - 15.1.3. the thrower intentionally deflects a pass to themselves off another player;
  - 15.1.4. the thrower contacts their own pass prior to the pass being contacted by another player;
  - 15.1.5. a pass is caught (Intercepted) by a defensive player;
  - 15.1.6. the disc becomes out-of bounds;
  - 15.1.7. a Stall Violation occurs (See Section 18.6);
  - 15.1.8. the thrower calls a Team Time Out when their team has no remaining Team Time Outs;
  - 15.1.9. there is an uncontested Offensive Receiving Foul (See Section 19.7); or
  - 15.1.10. during the pull, the receiving team touches the disc before it contacts the ground, and fails to catch the disc.
- 15.2. If it is unclear whether the disc contacted the ground, or a receiver was out-of-bounds, the player(s) with the best perspective makes the call. If either team disagrees they may call "Contest" and:
  - 15.2.1. the disc is returned to the previous thrower; and
  - 15.2.2. the stall count is resumed at the same point it was when the throw occurred or at eight (8) if the stall count was over eight (8).
- 15.3. After a turnover, there is a change in possession. The team gaining possession puts the disc into play (Except if a goal has been scored under Section 14.1) as indicated by the following:
  - 15.3.1. If the disc or player intercepting the disc is located in the Field of Play:
    - 15.3.1.1. At the current location of the disc or player.
  - 15.3.2. If the disc or player intercepting the disc is located in the end zone that the team gaining possession is currently defending, the team gaining possession may choose to put the disc into play either:
    - 15.3.2.1. At the current location of the disc **or player** by establishing a pivot point with the intention to make a pass; or
    - 15.3.2.2. At the spot on the Playing Field Proper closest to the current location of the disc **or player** by moving towards that point once gaining possession of the disc. In this case, once the player in possession of the disc has started towards this

spot on the Playing Field Proper, that is where the disc must be put into play.

15.3.3. If the disc or player intercepting the disc initially contacted the Field of Play, and then crossed a perimeter or end line to become out-of-bounds:

15.3.3.1. At the point of the Playing Field Proper closest to where the disc/player first became out-of-bounds.

15.3.4. If the disc's first contact was out-of-bounds or with an out-of-bounds player. See Section 13.7.

15.4. After a turnover and prior to possession being established by an offensive player, the disc may not be intentionally advanced in any direction as a result of contact with any player.

15.4.1. If the disc is advanced by contact with a player, the disc should be returned to the point where that player first contacted it.

## 16. Continuation Rule

16.1. If a foul or violation occurs when the disc is in the air or while the thrower was in the act of throwing, play continues until possession has been established.

16.2. If the team that called the foul or violation gains or retains possession as a result of the pass, play shall continue un-halted. It is the responsibility of the player who made the call to say, "Play on," to indicate that this rule has been invoked.

16.3. If the team that called the foul or violation does not gain or retain possession as a result of the pass, play shall be stopped, and the rule of the foul or violation will be enacted.

16.4. If the team that called the foul or violation believes that play has not been affected by the foul or violation, they should decline the foul or violation, make up any positional disadvantage caused by the foul or violation, and restart play.

## 17. Possession and Positioning

17.1. A receiver gains possession of the disc and becomes the thrower by demonstrating sustained contact and control of a non-spinning disc while they are in-bounds, and when their first point of contact while still in possession of the disc is not out-of-bounds.

17.2. A defensive player may gain possession of a disc and become the thrower by demonstrating sustained contact and control of a non-spinning disc.

17.2.1. If after catching the disc a defensive player loses control of the disc due to ground contact, that player is considered to have blocked the disc and their team retains possession.

17.3. If offensive and defensive players catch the disc simultaneously, the offence retains possession.

17.4. A player in an established position, who has not moved to that position to intentionally block another player while not making a play on the disc, is entitled to remain in that position and should not be contacted by an opposing player.

17.5. Every player is entitled to occupy any position on the field not occupied by any opposing player, provided that they do not cause contact in taking such a position.

17.6. When the disc is in the air, all players must attempt to avoid contact with other players, and there is no situation where a player may

justify initiating contact. "Making a play for the disc" is not a valid excuse for initiating contact with other players.

17.7. Some amount of incidental contact may occur as two or more players move towards a single point simultaneously. This type of contact should be minimized but should not be considered a foul.

17.8. The Principle of Verticality:

17.8.1. All players have the right to the space immediately above them. An opponent may not obstruct a player from occupying this space.

17.8.2. A player who jumped is entitled to land without hindrance by opponents, assuming that no opposing player occupied any space between and including the point of take off and the receiver's eventual landing spot at the initiation of the jump.

## 18. Violations

18.1. Overview

18.1.1. A violation results from a breach of the rules where no player contact has occurred. Any player may claim a violation, by calling the specific name of the violation or "Violation".

18.1.2. If the continuation rule is not in effect, play stops when a Violation is called. All players on the field must return to the location they were in when the violation was called and remain there until the disc is checked into play.

18.1.3. If the team against whom the violation is called disagrees that it occurred, they may call "Contest". Whenever there is a failure to come to an agreement over any call, the violation is considered to be "Contested".

18.2. The Stall Count and Violations

18.2.1. After a violation where play has stopped the count is reset as specified for that violation.

18.3. Traveling Violations

18.3.1. A Traveling violation occurs in the following situations:

18.3.1.1. the thrower fails to put the disc into play at the correct point on the Field of Play;

18.3.1.2. the thrower fails to keep all or part of a pivot point (usually a foot) in contact with a single spot on the field;

18.3.1.3. a player does not come to a stop as quickly as possible after they become the thrower, or changes direction after they become the thrower as they are attempting to stop;

18.3.1.4. a player releases a pass after the third ground contact and before coming to a complete stop and establishing a pivot point (in general this indicates a player must release the disc after one (1) step as the point of contact when the disc is received counts as the first ground contact); or

18.3.1.5. a player purposefully bobbles, fumbles or delays the disc to themselves in order to move in any direction.

18.3.2. After an uncontested traveling violation by the thrower, if the continuation rule does not apply, the disc is returned to the thrower and the stall count resumes at the point where the violation occurred or at stall count eight (8) if the stall count was over eight.

18.3.3. After a contested traveling violation by the thrower, if the continuation rule does not apply, the disc is returned to the thrower and the stall count resumes at the point where the violation occurred or at stall count **six (6)** whichever is lower.

18.3.4. After a traveling violation by the receiver, the player with the disc must return to the point on the Field of Play where the reception was made. The stall count **is one (1)**.

18.4. Marking Violations

18.4.1. Marking violations include the following:

- 18.4.1.1. "Straddle" - the marker straddles the thrower's pivot point.
- 18.4.1.2. "Disc Width" - the marker encroaches the disc width gap between the marker and thrower's upper bodies.
- 18.4.1.3. "Fast Count" - the marker counts in less than one second intervals, does not subtract two (2) seconds from the stall count after the first call of any marking violation by the thrower, starts the stall count before the Offensive establishes both possession of the disc and a pivot point or does not start the stall count with the word "Stalling". If a "Fast Count" is called after the marker has reached ten (10), then the play is stopped and the disc is checked in at stall count nine (9).
- 18.4.1.4. "Double Team" - more than one defensive player is within three (3) meters of the thrower's pivot point when no other offensive player is within three (3) meters of either defensive player.
- 18.4.2. A marking violation may be contested by the defense, in which case play stops.
- 18.4.3. On the first call of a marking violation that is not contested, play does not stop. The marker must subtract two (2) from the stall count and continue. A marker who is executing a stall count may, when a marking violation is first called, continue the stall count by reducing the count by one (1) and then continuing the count. The effect of this technique is to subtract two (2) seconds from the stall count. (e.g., "Stalling 1, 2, 3, 4, 3, 4, 5, 6..." if a marking violation was called at the fourth (4<sup>th</sup>) stall count).
- 18.4.4. The marker may not restart counting until any illegal positioning has been corrected. To do otherwise is a subsequent marking violation.
- 18.4.5. For any subsequent marking violation during the same stall count, play stops, the count is reset to one (1) and play is continued with a check.
- 18.4.6. If any subsequent marking violations are contested, the stall count remains where it was when the marking violation occurred, or at stall count six (6) if it was over six.
- 18.5. Pick Violation
  - 18.5.1. If a defensive player is within five(5) meters of an offensive player they are actively covering and they are prevented from moving towards/with that player by another player, a defensive player may call "Pick". If the Continuation Rule (Section 16) is not in effect, play is stopped.
  - 18.5.2. Once play has stopped, the obstructed player may move to the position they determine they would have otherwise occupied if the obstruction had not occurred. The disc is returned to the thrower (if the disc was thrown) and the stall count resumes at the point it was at when the violation occurred, or to stall count nine (9) if the count was greater than stall count nine (9).
- 18.6. Stall Violation
  - 18.6.1. If the thrower has not released the disc by the first utterance of the word "Ten" of the stall count, there is a Stall Violation.
    - 18.6.1.1. If the violation is not contested, there is a change in possession. The disc is placed on the ground at the pivot point of the player who incurred the Stall Violation.
    - 18.6.1.2. If the thrower contests the Stall Count Violation after the throw was made, the continuation rule is in effect. If the disc is returned to the thrower the count is reset to stall count nine (9).

## 19. Fouls

- 19.1. Overview

- 19.1.1. A foul results from a breach of the rules where illegal contact has occurred between two or more opposing players. The disc that is in possession of a player is considered part of that player's body. Any player may claim a foul, by calling "Foul".
  - 19.1.2. If the continuation rule is not in effect, play stops when a Foul is called. All players on the field must return to the location they were in when the foul was called and remain there until play re-starts.
  - 19.1.3. If the team against whom the foul is called disagrees that it occurred, they may call "Contest".
- 19.2. Stall Counts
- 19.2.1. After a foul by the defense where play has stopped, if there is no Contest the count is reset to stall count **one (1)**. If the foul is contested, the count resets to where it was at the time the foul was called, or to stall **count six (6)** if the count was greater than stall **count six (6)**.
  - 19.2.2. After a foul by the offence where play has stopped, if there is no Contest the count is reset to where it was at the time the foul was called. If the foul is contested, the count resets to where it was at the time the foul was called, or to stall count eight (8) if the count was greater than stall count eight (8).
- 19.3. Marking Fouls:
- 19.3.1. Contact results from illegal positioning by the marker, as described in section 18.4.1.
  - 19.3.2. The marker touches the disc while it is in the thrower's hands.
  - 19.3.3. The marker uses any part of their body to intentionally obstruct the throwers vision.
- 19.4. Defensive Throwing Foul:
- 19.4.1. Contact between the thrower and the marker, prior to the release of the disc by the thrower, where such contact was initiated by the marker, or involved a part of the markers body that was moving at the time of the contact.
  - 19.4.2. Contact occurring during the thrower's follow through is not sufficient grounds for a foul, but should be avoided.
- 19.5. Offensive Throwing Fouls:
- 19.5.1. If the thrower initiates contact with a marker who is in a legal position, a foul may be called on the thrower.
  - 19.5.2. Contact occurring during the thrower's follow through is not sufficient grounds for a foul, but should be avoided.
- 19.6. Defensive Receiving Fouls:
- 19.6.1. Contact due to illegal positioning, as described in section 17, or if contact with the receiver is initiated by a defensive player before or during an attempt to catch a thrown disc.
  - 19.6.2. If an airborne receiver catches the disc, and is contacted by a defensive player before landing, causing the receiver to land out-of-bounds when they would have otherwise landed in-bounds, the receiver may call "Force-out Foul".
    - 19.6.2.1. In the case where a receiver would have landed in the Field of Play (with the exception of 19.6.2.2), but due to the "Force-out Foul" lands out-of-bounds, the receiver may call "Foul". If uncontested possession stays with the receiver. **The disc is checked into play where the receiver crossed the perimeter line.** If contested, the disc returns to the thrower.
    - 19.6.2.2. In the case where a receiver would have landed in the End zone they are attacking, but due to the "Force-out Foul" land in the Playing Field Proper or out-of-bounds, the receiver may call "Foul". If uncontested, a goal is awarded. **If contested, possession stays with the receiver. The disc is checked into play at the point of the receiver's first point of contact after the catch.**

- 19.6.3. Contact with the disc or receiver that causes the receiver to drop the disc after they have gained possession.
  - 19.6.3.1. If such contact occurs in the End zone the fouled player is attacking, and the foul is uncontested, a goal is awarded.
- 19.6.4. If a defensive receiving foul causes the receiver to lose possession of the disc when the receiver is in the Playing Field Proper, and the foul is uncontested, the player fouled gains possession of the disc at the point of the infraction.
- 19.6.5. If a defensive receiving foul causes the receiver to lose possession of the disc when the receiver is in the Playing Field Proper, and is contested, the disc returns to the thrower and the count is re-set according to section 19.2.1
- 19.7. Offensive Receiving Fouls
  - 19.7.1. Contact initiated by the receiver with a defensive player in a legal position, as described in Section 17.
  - 19.7.2. If the foul is contested, the disc returns to the thrower. The count reset according to section 19.2.2.
  - 19.7.3. If the foul is uncontested, the result is a turnover.
- 19.8. Offsetting Fouls
  - 19.8.1. If offsetting receiving fouls are called by offensive and defensive players on the same play, the disc shall be returned to the thrower at their point of possession. The count resets according to section 19.2.2.

## 20. Time-Outs

- 20.1. Team Time-Out
  - 20.1.1. A team time-out may be called by either team, after a goal and prior to the ensuing throw-off. Once the team time-out has expired the disc is put into play with the Pull.
  - 20.1.2. During play only the player who is in possession of the disc and has established a pivot point may call a team time-out.
    - 20.1.2.1. The player calling a team time-out must form a "T" with his or her hands, or with one hand and the disc, and call, "Time-out," loudly enough to permit the other players to hear the request.
    - 20.1.2.2. When play resumes after a team time-out, the player who was the thrower prior to the team time-out must remain the thrower unless they have been replaced on the field by a injury substitution. All other offensive players may then set up at any point on the field of play. Once the offensive players have selected positions, defensive players may set up at any point on the field of play.
    - 20.1.2.3. If the player who was counting the stall at the time of the team time-out call remains the same, the stall count will resume from where it was when the team time-out was called. If the player who was counting the stall changes, except in the case where the original player was replaced due to injury, the stall count resets to stall one (1).
- 20.2. Injury Time-Out
  - 20.2.1. An injury time-out may be called by any player who recognizes an injury, and shall not count as a team time-out. An injury time out stops the play, with the stoppage being effective from the time of the injury, not the time of the call. An injury time-out results in a team time-out if the injured player does not leave the game unless the injury is the result of contact with a player from the opposing team. If the player does leave the field, the opposing team may choose to make a substitution for one player.
    - 20.2.1.1. If the disc was in the air at the time an injury occurred and the injury does not affect the play, play continues until possession of the disc is determined. If the

injury does affect the play, the disc goes back to the thrower. The count resets to where it was at the time of the injury, or to stall count eight (8) if the count was greater than stall count eight (8).

- 20.2.1.2. If a player is injured after catching the disc and the disc is dropped due to the injury, but before the injury time-out call, the player retains possession of the disc.
- 20.2.1.3. The replacement player coming onto the field must occupy the same field location as the player they are replacing. If the player being replaced had possession of the disc, the replacement player puts the disc into play. If the player being replaced was marking the disc, the replacement player may start the stall count where it was at the time of the injury.
- 20.2.1.4. All other players must assume their respective positions on the field when play was stopped. Players may not set up when restarting play after an injury time-out, unless it is also a team time-out.
- 20.2.1.5. If any player has an open or bleeding wound, an injury time-out must be called and that player shall take an immediate injury substitution and may not rejoin the game until the wound is treated and sealed.

## **A1. Introduction**

A1.1. The following rules will be applied during play at the following events:

A1.1.1. World Ultimate and Guts Championships.

A1.1.2. World Ultimate Club Championships.

A1.1.3. Regional Championships. (e.g. Pan-American Ultimate Championships, Asian Pacific Ultimate Championships)

A1.1.4. World Games (along with other changes as mandated by WFDF and/or IWA event hosts)

A1.1.5. World Junior Ultimate Championships

## **A2. Spirit of the Game**

## **A3. Variations**

## **A4. Field of Play**

A4.1. The Reverse Brick Mark is the intersection of two (2) crossed one (1) meter lines inside each end zone set ten (10) meters from the Goal Line, midway between the Sidelines.

A4.2. A restraining line shall be established three (3) meters from the playing field. All persons must remain outside this line during game play.

## **A5. Equipment**

A5.1. Disc

A5.1.1. Disc: Only disc types that appear on the WFDF "Approved for Championship Level Play" list may be used for the events noted in section A1. If the captains cannot agree on a single type of disc, a disc designated by the WFDF Ultimate Committee as an official disc for the event shall be used.

A5.1.2. Additional spare discs (approved in accordance with this section) may be held by any officials to be used by the offence to replace an out-of-bounds or damaged disc at the offence's discretion. This rule is limited to the following situations: when a disc is irretrievable within a reasonable amount of time, immediately after a pull that has impacted the shape of the disc, between points or during time-outs or at any time during a game if a disc has been ripped, deformed or punctured due to the normal course of play.

## **A6. Length of Game**

A6.1. WFDF Championship Format

A6.1.1. Game Length: Seventeen (17) Points.

A6.1.2. Point Cap: Nineteen (19) Points.

A6.1.3. Time Cap: One-Hundred (100) Minutes.

A6.1.4. Half Time: Occurs after first team reaches nine (9) points. Ten (10) Minutes in length.

A6.2. When a timekeeper is available the time between the scoring of a Goal and the ensuing Pull shall be enforced in the following manner:

A6.2.1. Forty-five (45) seconds after a point is scored (in the event of a discussion, after the point is acknowledged by the defending team), the timekeeper signals the receiving team that it has fifteen (15) seconds to signal their readiness to receive the pull.

A6.2.2. After sixty (60) seconds the receiving team must acknowledge that it is ready to receive the pull (as per section 9), the

timekeeper signals the throwing team that it has fifteen (15) seconds before they must pull.

6.2.2.1. If the receiving team does not acknowledge that it is ready before sixty (60) seconds, the timekeeper signals that a team time-out has been assessed to the receiving team, and a team time-out takes place. If the receiving team has no team time-outs remaining then a time-out does not occur, there is no pull, and the receiving team takes possession of the disc at the reverse Brick mark. **Play is started with a check.**

A6.2.3. After seventy-five (75) seconds the throwing team must have released the pull.

6.2.3.1. If the throwing team does not throw before seventy-five (75) seconds, the timekeeper signals that a team time-out has been assessed to the throwing team, and a team time-out takes place. If the throwing team has no team time-outs remaining then a team time-out does not occur, there is no pull, and the receiving team takes possession of the disc at the brick mark nearest the goal it is attacking. **Play is started with a check.**

A6.2.4. The rules in this section (A6.2) shall also apply at the beginning of each half of play, except that the timekeeper shall give warning signals at thirty (30) seconds before the receiving team must acknowledge readiness, fifteen (15) seconds before the receiving team must acknowledge readiness, and fifteen (15) seconds before the throwing team must throw.

A6.2.5. The preferred method of signaling by a timekeeper shall be the use of a whistle, following procedures outlined in the WFDF Tournament Director's Guide.

## **A7. Teams**

A7.1. All teams must have 12 players available for each game, and 7 players must be on the field for every point. If a team does not meet these requirements at any time prior to or during a game, they shall default the current game.

A7.2. A team may have a maximum of thirty-two (32) and a minimum of twelve (12) players on its roster.

A7.3. Each team designates one (1) Captain to represent the team.

A7.4. Open Division

A7.4.1. Any person may participate in the Open Division.

A7.5. Womens Division

A7.5.1. Any person who is Female may participate in the Womens Division.

A7.6. Mixed Division

A7.6.1. Any person may participate in the Mixed Division.

A7.6.2. All teams must have at least five (5) Male players and five (5) Female players available for each game, and 7 players must be on the field for every point. If a team does not meet these requirements at any time prior to or during a game, they shall default the current game.

A7.6.3. **Prior to each pull**, the team starting on offence (receiving the pull) choose to start three (3) male players and four (4) female players, or three (3) female players and four (4) male players. The pulling team must match this selection. **This choice should be communicated to the throwing team prior to the forty-five (45) second warning between points. (See Section A6.2.1)**

A7.7. Masters Open Division

- A7.7.1. Any person who meets the age requirements may participate in the Masters Open Division.
- A7.7.2. The Minimum age of a player participating in the Masters Open division is 32 years (determined as age on 31<sup>st</sup> of December of the year of performance).
- A7.8. Masters Womens Division
- A7.8.1. Any person who is Female and meets the age requirements may participate in the Masters Womens Division.
- A7.8.2. The Minimum age of a player participating in the Masters Womens division is 32 years (determined as age on 31<sup>st</sup> of December of the year of performance).
- A7.9. Masters Mixed Division
- A7.9.1. Any person meeting the age requirements may participate in the Masters Mixed Division.
- A7.9.2. The Minimum age of a player participating in the Masters Mixed division is 32 years (determined as age on 31<sup>st</sup> of December of the year of performance).
- A7.9.3. All teams must have at least five (5) Male players and five (5) Female players available for each game, and 7 players must be on the field for every point. If a team does not meet these requirements at any time prior to or during a game, they shall default the current game.
- A7.9.4. **Prior to each pull**, the team starting on offence (receiving the pull) choose to start three (3) male players and four (4) female players, or three (3) female players and four (4) male players. The pulling team must match this selection. **This choice should be communicated to the throwing team prior to the forty-five (45) second warning between points. (See Section A6.2.1).**
- A7.10. Junior Open Division
- A7.10.1. Any person who meets the age requirements may participate in the Junior Open Division.
- A7.10.2. The Maximum age of a player participating in the Junior Open division is 19 years (determined as age on 31<sup>st</sup> of December of the year of performance).
- A7.11. Junior Womens Division
- A7.11.1. Any person who is Female and meets the age requirements may participate in the Junior Womens Division.
- A7.11.2. The Maximum age of a player participating in the Junior Womens division is 19 years (determined as age on 31<sup>st</sup> of December of the year of performance).
- A7.12. Junior Mixed Division
- A7.12.1. Any person meeting the age requirements may participate in the Junior Mixed Division.
- A7.12.2. The Maximum age of a player participating in the Junior Mixed division is 19 years (determined as age on 31<sup>st</sup> of December of the year of performance).
- A7.12.3. All teams must have at least five (5) Male players and five (5) Female players available for each game, and 7 players must be on the field for every point. If a team does not meet these requirements at any time prior to or during a game, they shall default the current game.
- A7.12.4. **Prior to each pull**, the team starting on offence (receiving the pull) choose to start three (3) male players and four (4) female players, or three (3) female players and four (4) male players. The pulling team must match this selection. **This choice should be communicated to the throwing team prior to the forty-five (45) second warning between points. (See Section A6.2.1).**

## **A8. Starting a Game**

A8.1. The second half begins with a reversal of the initial choices made by the teams at the start of the game (Section 8.1).

## **A9. The Pull**

## **A10. Putting the Disc into Play**

## **A11. The Check**

## **A12. Stall Count**

A12.1. The Stall count must be verbalized in English.

## **A13. Out of Bounds**

## **A14. Scoring**

## **A15. Turnovers**

## **A16. Continuation Rule**

## **A17. Positioning and Possession**

## **A18. Violations**

A18.1. After a dispute has gone on for thirty seconds, the official (if available) shall instruct the players involved to resolve the issue as rapidly as possible or return the disc to the last thrower.

A18.2. Team Captains should actively get involved if they think that their player has made an incorrect call.

## **A19. Fouls**

A19.1. After a dispute has gone on for thirty seconds, the official (if available) shall instruct the players involved to resolve the issue as rapidly as possible or return the disc to the last thrower.

A19.2. Team Captains should actively get involved if they think that their player has made an incorrect call.

A19.3. A Game that involves numerous flagrant fouls should be brought to the attention of the Tournament Director, WFDF Representatives and Tournament Rule Group. The TRG shall determine if further action should be taken against teams or individuals.

## **A20. Time Outs**

A20.1. Each team shall have two (2) team time outs per half.

A20.2. The Time Cap does not affect the number of team time outs a team may use.

A20.3. When a game goes to Extra Play, each team shall have one (1) team time out.

A20.4. Team time-outs shall not exceed two (2) minutes in length. When a timekeeper is available, the 2-minute time limit for time-outs shall be enforced by the timekeeper (if available) in the following manner:

A20.4.1. Between points: Each team time-out between points extends the time between goals by two (2) minutes. Play is restarted as described in A6.2, with the exception that the timekeeper gives an

additional warning signal thirty (30) seconds before the offence must be ready to receive the throw-off.

A20.4.2. During points: The timekeeper shall signal when thirty (30) seconds and then again when fifteen (15) seconds are remaining in the team time-out. At the end of the team time-out, all offensive players must have established stationary positions and the thrower must signal readiness. If the offence is not ready at the end of the team time-out then the timekeeper shall signal that the time-out has expired and the marker may initiate or resume the stall count. Otherwise, the defense has an additional fifteen (15) seconds to establish positions, during which time the offence must remain stationary. The timekeeper shall give a final signal when these fifteen (15) seconds have elapsed at which time the offence may begin play immediately. If both teams are ready at any time before the final signal is given then play is restarted with a check.

## A21. Definitions

Attacking End zone	The End zone in which the team in question is currently attempting to score.
Best Perspective	The most complete viewpoint available by a player that includes the relative position of the disc, ground, players and line markers involved in the play.
Brick	Any pull that initially lands out-of-bounds, untouched by the receiving team.
Check	Action of a defensive player touching the disc to restart play.
Contact	The touching of players on opposite teams with a degree of force.
Defending End zone	The End zone in which the team in question is currently attempting to prevent the opposition from scoring.
Defensive Player	Any player whose team is not in possession of the disc. A Defensive player may not pickup a disc in play. A Defensive player may no call for a pass from the thrower.
End zone	The area of the field of play that is not part of the Playing Field Proper.
Extra Play	Occurs when the score is tied at one point less than the number of points for which the game was originally scheduled. (E.g., Game to 17 points is tied 16-16).
Field of Play	The entire area of the field that is in-bounds, including the area of the End zones.
Goal Line	Part of the Playing Field Proper, this is the line separating the playing field proper from the end zones.
Ground	The Ground consists of all substantial solid objects, including grass, but excluding all players and their worn clothing.
Ground Contact	Refers to all player contact with the ground directly related to a specific event or maneuver, including landing or recovery after being off-balance (e.g., jumping, diving, leaning, or falling).
Interception	When a player on the defensive team catches a throw by a player on the offensive team.
Legitimate Position	The stationary position established by a player's body excluding extended arms and legs that can be avoided by all opposing players when time and distance are taken into account.
Line	A boundary defining the playing areas. On an unlined field, the boundary is defined as an imaginary line between two field markers with the thickness of said markers. Line segments are not extrapolated beyond the defining markers.
Marker	Defensive player who is calling the stall count on the thrower.
Offensive Player	Player whose team is in possession of the disc.
Out-of-bounds or OB	Everything that is not part of the Field of Play, including the perimeter lines.
Perimeter Lines	Lines separating playing field proper or end zone from out-of-bounds area. They are not part of the playing field.

Pivot	The particular part of the body in continuous contact with a single spot on the field during a thrower's possession. When there is a definitive spot for putting the disc in play, the part of the body in contact with that spot is the pivot.
Play	The time after the Pull has commenced and prior to the scoring of a goal.
Player	One of the fourteen (14) persons who are actually participating in the game at any one time.
Possession of the Disc	Sustained contact with, and control of, a non-spinning disc. To catch a pass is equivalent to establishing possession of that pass. Loss of possession due to ground contact related to a pass reception negates that player's possession up to that point. A disc in the possession of a player is considered part of that player. The team whose player is in possession or whose players may pick up the disc is considered the team in possession.
Playing Field Proper	The area of the playing field, including the end zone lines, but excluding the End zones and the Perimeter lines.
Pull	The throw from one team to the other that starts play at the beginning of a half or after a goal.
Putting the Disc in Play	Occurs when the thrower establishes a pivot at the pivot point.
Receivers	All offensive players other than the thrower.
Self Check	Action of the thrower touching the disc to the ground to restart play, taken when no defensive player is within reach of the thrower.
Stoppage of Play	Any halting of play due to a foul, violation, discussion or time-out that requires a check or self-check to restart play. Play is considered to have stopped when the player in possession acknowledges the call. If that player gained possession after the call was made, play is considered stopped at the time possession is gained. The disc is not subject to a turnover unless the continuation rule applies.
Throw	A disc in flight following any throwing motion, including after a fake attempt <b>and an intentionally dropped disc</b> , that results in loss of contact between the thrower and the disc. A pass is the equivalent of a throw The act of throwing is the motion of the thrower that transfers momentum from the player to the disc and results in a throw. Pivots and wind-ups are not considered part of the act of throwing.
Thrower	The offensive player in possession of the disc, or the player who has just thrown the disc prior to when the result of the throw has been determined.
Time Cap	A Time Cap is a set amount of time from the start of the game which, when reached and after the current point has been scored, will adjust the Point Cap to an amount of goals that is equal to two (2) more than the score of the leading team, or of both teams if the game is tied.
Turnover	Any event resulting in a change of the team in possession.

Where the Disc Stops	Refers to the location where a disc is caught, comes to rest naturally, or where it is stopped from rolling or sliding.
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## **C1. Acknowledgements**

Brian  
John  
Frank