
WFDF Ultimate Rules for play beginning April 1, 2000

ARTICLE IV - ULTIMATE

Comment: Ultimate is a team sport in which the team with the higher point total at the end of the game wins. It is played with two teams of seven players on a rectangular field with an endzone at each end. A goal, worth 1 point, is scored when a player/thrower passes the disc to a teammate and it is successfully caught within the confines of the endzone his or her team is attacking. The disc may be advanced solely by passing the disc from one player to another. A player may not run while in possession of the disc. While the team in possession of the disc seeks to advance the disc toward the endzone it is attacking, the opposing team seeks to thwart advancement and obtain possession by forcing a turnover. A turnover results whenever a pass is incomplete, caught or knocked down by an opposing player, touches the ground at any point or is caught by a player out-of-bounds. No overt contact or tackling is allowed. The sport is played on a self-officiated basis, with no referees. All line violation, possession and foul calls are made by the players on the playing field.

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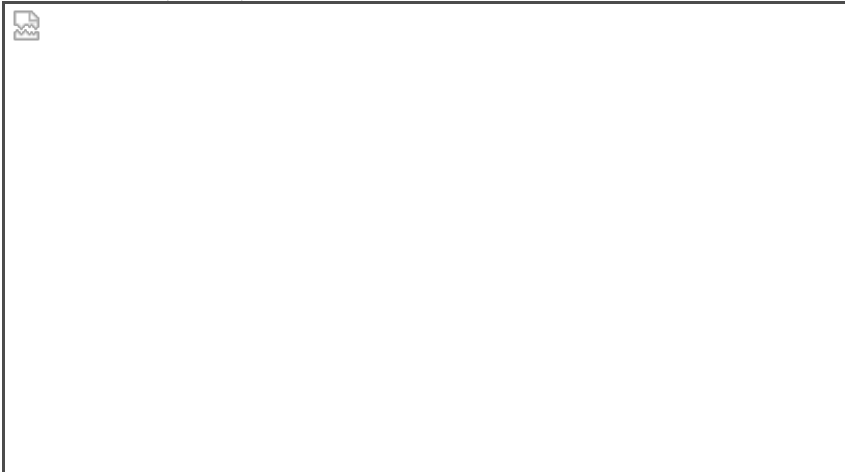
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- 401 Spirit of the Game: Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the individual player himself. Highly competitive play is encouraged but never at the expense of mutual respect 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.
- 402 Field of Play

- 402.01 Dimensions: The field of play consists of a 70 yd by 40 yd rectangle (approximately 64 m x 37 m) called the playing field, with a 25 yd by 40 yd rectangle (approximately 23 m x 37 m) called an endzone aligned along each of the 40 yd (37 m) sides. See figure 4.1.



- 402.02 Surface: The playing field may have any surface, although well trimmed grass is suggested, which is essentially flat, free of obstructions and holes, and affords reasonable player safety.
- 402.03 Goal Lines: Goal lines are lines which separate the playing field proper from the endzones and are part of the playing field proper.
- 402.04 Perimeter Lines: Perimeter lines (sidelines and endlines) are lines separating the playing field from the out-of-bounds area and are not part of the playing field.
- 402.05 Markers: The corners of the playing field proper and the endzones are marked by cones made of a brightly colored, flexible material.
- 402.06 Restraining Line: A restraining line shall be established 5 m from the playing field to ensure that the sidelines remain clear during play.
- 402.07 Line Markings: All lines shall be marked with a non-caustic material and shall be between 2 in and 4 in (approximately 5 cm and 10 cm) wide.
- 403 Equipment
 - 403.01 Disc: Any flying disc may be used as long as it is acceptable to both team captains and meets the requirements set forth in Article I of the WFDF rules. If the captains cannot agree, a disc designated by the WFDF Ultimate Committee as an official disc for the event shall be used. If no such disc has been designated, any disc designated by the WFDF Ultimate Committee as an approved disc for ultimate play shall be used. If the teams cannot agree upon a specific approved disc for play, two options are available:
 1. each team shall supply the approved disc(s) for one half of the game

using the disc flipping method (104.03) to determine the order of use;
or;

2. if that solution is not acceptable to both teams they shall resolve the disagreement through the disc flipping method. The team winning the flip shall then supply the approved disc(s) for the entire game.
3. Additional spare discs (approved in accordance with this section) may be held by any officials to be used by the offense to replace an out-of-bounds or damaged disc at the offense's discretion. This rule is limited to the following situations: out-of-bounds pull receptions, between points, during time-outs, or during stoppages of play due to fouls or violations.

- 403.02 Protective Clothing: Players may wear any soft protective clothing so long as it does not endanger the safety of any other player.
- 403.03 Uniform: The players of each team shall wear a uniform or other clothing that distinguishes them from the players of the other team.
- 403.04 Cleats: Cleats are permitted; however, players may not use any cleats which have any metal exposed.

• 404 Rules of Play

- 404.01 Rule Variations: Any of these rules may be changed by mutual agreement of the captains of the two teams, subject to the approval of the tournament director.
- 404.02 Length of Game: A full-length game lasts until one team reaches a score of at least 19 goals with a lead of at least two goals, or until a team scores 21 goals. There is to be a 10-minute halftime when one team reaches 10 goals. When tournament schedules or other circumstances make it necessary, games can be shorter. Guidelines on shorter game formats and how to cap games constricted by time can be found in the Tournament Directors' Manual published by the WFDF Ultimate Committee.

○ 404.03 Time Outs:

- A. Non-Injury: Each team is permitted two non-injury time-outs per half in games to 17 or less, and three non-injury time outs per half in games to 18 or more. Each team is permitted exactly one time-out in overtime. Overtime occurs when the score is tied at one point less than the number of points for which the game was originally scheduled.
 1. Time to Call: A time-out may be called by either team, after a goal and prior to the ensuing throw-off, or may be called by the player in possession of the disc during play.
 2. Duration: Time-outs shall not exceed 2 minutes in length.
 3. Signal: A player or captain calling time-out must form a "T" with his or her hands and call, "Time-out," loudly enough to permit the other players to hear the request.
 4. Resumption of Play: When play resumes after a time-out, the player who had possession prior to the time-out puts the disc into play. If the player who had possession is no longer on the field, the player replacing him puts the disc into play. If the disc was out-of-bounds when the time-out was called, the disc is put into play at the point on the playing field proper nearest to where the disc went out-of-bounds. Play shall be resumed through the use of a check and all other players may set up in any position on the field.
 5. When a timekeeper is available, the 2-minute time limit for time-outs shall be enforced in the following manner:
 - (a) Between points: Each time-out between points extends the time between goals by 2 minutes. Play is restarted as described in 404.05.D. However, when a time-out between points has occurred, the timekeeper gives an additional warning signal 30 seconds before the offense must be ready to receive the throw-off.
 - (b) During points: The timekeeper shall signal when thirty (30) seconds are remaining and when fifteen (15) seconds are remaining. At the end of 2 minutes all offensive players must have established stationary positions and the thrower must signal readiness. If the offense is not ready at the end of 2

minutes then the timekeeper shall signal that the time-out has expired and the marker may initiate or resume the stall count immediately. Otherwise, the defense has an additional fifteen (15) seconds to establish positions, during which time the offense must remain stationary. The timekeeper shall give a final signal when these 15 seconds have elapsed at which time the offense 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 as in 404.03.A.4 and all remaining timekeeper signals are dispensed with.

- ○ B. Injury Time-out: An injury time-out may be called by any player, and shall not count as one of the time outs allotted in section 404.03(A). 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 a foul.
 1. Disc in Play: If the disc was in the air at the time an injury occurred and a time-out is called, play continues until possession of the disc is gained by a player.
 2. Resumption of Play: When play resumes after an injury time-out, the player who had possession when the time-out came into effect puts the disc into play through the use of a check at the same location the disc was when play stopped. 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.
 3. Bleeding wounds: If any player has an open or bleeding wound, that player shall take an immediate injury substitution and may not rejoin the game until the wound is treated and sealed.
- 404.04 Substitution of Players:
 - A. Goals: Substitution of players may be made only after a goal and before the ensuing throw-off, before the beginning of a period of play, or to replace an injured player.
 - B. Time-Outs: Substitutions may not be made during a time-out taken during play other than for an injury.
 - C. Injury: If a team substitutes a player or players for an injured player or players, the opposing team may also make an equal or lesser number of substitutions at that time.
- 404.05 Starting and Restarting Play:
 - A. Captain: Before a game starts, each team designates one captain to represent that team in disagreements and arbitration.
 - B. Determining Possession: To determine possession at the start, the disc-flipping method shall be used. The captains of the two teams each flip a disc. The captain of the team so designated calls "Same," or "Different," while the discs are in the air. The winner of the flip shall choose to throw or receive the initial throw-off or select a goal to defend. The loser shall be given the remaining choice.
 - C. Start of Second Half: The first point of the second half shall begin with a reversal of the first point of the first half. Each team shall defend the goal they attacked, and the team that received should pull and vice versa.
 - D. Throw-off: Play starts at the beginning of each half or overtime period and after each goal with a throw-off.
 1. Each time a goal is scored, the team switches the direction of their attack and the team which scored throws-off.
 2. Positioning Prior to the Throw-off:
 - (a) Throwing Team - The players on the throwing team shall remain inside the endzone they are defending prior to the disc being released on the throw-off, but may move anywhere within said endzone.
 - (b) Receiving Team - The players on the receiving team must, prior to the release of the disc, stand with one foot on the goal line adjoining the endzone they are defending, and may not change

position relative to one another.

3. **Signal:** The throw-off shall be made only after the thrower and a player on the receiving team raise a hand to signal their team's readiness to begin play.
 4. **Commencement of Play:** As soon as the disc is released by the thrower, all players may move in any direction.
 5. **Interference:** No player on the throwing team may touch the throw-off in the air before it is touched by a member of the receiving team.
 6. **Reception Within the Playing Field:** Whenever a member of the receiving team gains possession of the throw-off within the playing field (including the endzone), that player must put the disc into play from the point at which he or she gained possession.
 7. **Failure to Catch After Touching:** Whenever a member of the receiving team touches the disc during its flight (whether in or out-of bounds) and the receiving team subsequently fails to catch the disc prior to its touching the ground, the team throwing-off regains possession of the disc where it stops.
 8. **Landing Untouched:** Whenever the receiving team permits the disc to fall untouched to the ground and the disc lands and remains in-bounds, the receiving team gains possession of the disc where it stops. If the disc lands in-bounds and subsequently touches an out-of-bounds area, the receiving team gains possession in the playing field proper nearest where the disc first went out-of-bounds.
 9. **Out-of-Bounds:** If the throw-off is caught out-of-bounds, the receiver must carry the disc to the point on the playing field proper nearest where the disc last crossed the perimeter line and put the disc into play at that point. Whenever an untouched throw-off lands out-of-bounds, the receiving team may make the choice of putting the disc into play at the at the nearest point on the playing field proper to where the disc crossed the perimeter line, requesting a rethrow, invoking the "middle rule", or invoking the "brick rule".
 - (a) **Rethrow:** To request a rethrow, any member of the receiving team shall fully extend one hand above his or her head and call, "Over." Once the rethrow signal is given, the original throw-off can no longer be put into play.
 - (b) **Middle Rule:** The receiving team may choose to put the disc in play halfway between the two side lines perpendicular to the point on the perimeter line where the disc went out-of-bounds. The receiver of the pull must indicate this by extending one hand over his or her head and calling "Middle," before picking the disc up. The player may then carry the disc to the appropriate place, touch it to the ground, call "Disc in play," and put the disc in play. If the disc crossed the perimeter line of the endzone that the receiving team is defending, the player invoking the "middle rule" must put the disc into play on the goal line.
 - (c) **Brick Rule:** The receiving team may choose to put the disc in play halfway between the two side lines at a point 20 yd (approximately 18 m) upfield from the goal line which they are defending. The receiver of the pull must indicate this by extending one hand over his or her head and calling "Brick," before picking the disc up. The player may then carry the disc to the appropriate place, touch it to the ground, call, "Disc in play," and put the disc in play.
- ○ 1. The time limit between the scoring of a goal and the ensuing throw-off is sixty (60) seconds for the receiving team, and seventy-five (75) seconds for the throwing team. When a timekeeper is available, the following rules for enforcing these limits shall also apply:
 - (a) As soon as a goal is scored (in the event of a discussion, as soon as the goal is acknowledged by the defending team), the timekeeper starts a clock. After forty-five (45) seconds, the timekeeper signals the receiving team that it has fifteen seconds before the minute runs out.

after making an in-bounds reception, the player is considered in-bounds. The player shall resume play at the point he or she went out-of-bounds.

- F. Resumption of Play When Disc Goes Out-of-Bounds: To restart play after the disc has gone out-of-bounds, a player of the team gaining possession of the disc shall carry the disc to the point on the playing field proper closest to the point where the disc went over the perimeter line, and establish a pivot foot at that point, not within the perimeter line, before putting the disc into play. The opposing team gains possession of the disc where it left the field of play only if the defense did not subsequently contact the disc. If the defense contacted the disc, the disc must be put into play at the point on the playing field proper closest to where the contact occurred.
- G. Thrower Out-of-Bounds: The thrower may pivot in and out-of bounds without being declared out-of-bounds, providing that some point of his or her pivot foot is in contact with the playing field.
- 404.07 Endzone Possession:
 - A. Defending Endzone: If a team obtains possession in the endzone which it is defending, the player taking possession must make the immediate decision to either put the disc into play from the point he or she took possession or carry it directly to the closest point on the goal line from the point he or she took possession and put it into play from there. If the latter option is chosen, the player taking possession may not throw a pass until he or she is at the proper point at the goal line.
 1. Faking or Pausing: If a player fakes or pauses after gaining possession within his or her endzone, said fake or pause shall be a commitment by the player that he or she will be putting the disc into play at the point he or she initially received possession.
 2. Pass From Teammate: If, as a result of a pass from a teammate, a player receives a disc in the endzone which his or her team is defending, that player may not carry the disc to the goal line, but shall put the disc into play from the point of possession.
 - B. Endzone of Attack: If a team gains possession by interception in the endzone which it is attacking, the player taking possession shall carry the disc directly to the closest point on the goal line, from the point of possession, and put the disc into play from there.
- 404.08 Scoring:
 - A. Requirement: A goal is scored when a thrower completes a pass to a receiver while the receiver is within the endzone which his or her team is attacking.
 - B. In order for the receiver to be considered in the endzone at the time he or she gains possession, his or her first point of contact with the ground after the catch must be completely in the endzone.
 - C. In the event a receiver's momentum carries him into the endzone after establishing possession in the playing field proper, he or she shall carry the disc back to the closest point on the goal line from the initial point of possession, and put the disc into play from that point.
 - D. A player must be completely in the endzone and acknowledge that he or she has scored a goal. If that player plays the disc unknowingly into a turnover, then no goal is awarded.
- 404.09 Turnovers:
 - A. A change of possession shall result whenever a turnover occurs.
 - B. A change of possession with a check shall occur; whenever the marker's stalling count reaches the maximum number, as set forth in section 404.11(B) herein, the disc is handed from player to player, a thrower intentionally deflects a pass to himself off another player, a thrower catches his or her own throw, or a player calls time out when his or her team has no time outs left. However, the thrower catching his or her own throw shall not result in a turnover if the disc is touched by another player during its flight.
- 404.10 The Thrower:
 - A. A player may become "the thrower" by fielding a pull, receiving the disc from a teammate, intercepting a pass from an opponent, or by picking up the disc after a turnover. Whenever the disc is on the ground following a turnover, whether in or out-of-bounds, any player becoming offense may take possession of the disc and become the thrower. A defensive player who establishes possession of the disc becomes the thrower, but may not throw the

disc before he or she establishes a legal pivot foot. To do so is a travelling violation.

- B. Prior to releasing a throw, the thrower must establish a pivot foot and may not change that pivot foot until the throw is released except in the case of an offensive player who has just received a pass and is throwing before the third ground contact in accordance with 404.12(C). The thrower has the right to pivot off the pivot foot in any direction. However, once the marker has established a legal position, the thrower may not pivot into him. The thrower may throw the disc in any manner and in any direction he or she chooses.
- C. In the event the disc is dropped by the thrower without defensive interference, it is considered an incomplete pass.
- 404.11 The Marker:
 - A. Guarding: At any time, only one defensive player may guard the thrower. A player is said to be guarding the thrower if he or she is within 3 m of the thrower's pivot foot and is not within 3 m of any other member of the offensive team. A thrower guarded by more than one defender shall call, "Double team." The first time this occurs during any one count, the marker should immediately subtract 2 seconds from the count and continue without interruption. The second time this occurs is a foul and the count shall be reset to zero with a check.
 1. When guarding the thrower, the marker may not straddle the pivot foot of the thrower.
 2. When guarding the thrower, the upper body of the marker must be at least one disc's diameter from the upper body of the thrower at all times. It is the mutual responsibility of both players to respect each other's position and not encroach into the other's area once it is established.
 3. When guarding the thrower, the marker cannot position his or her arms in such a manner as to restrict the thrower from pivoting.
 - B. Stalling: Once a marker is within 3 m of the thrower, he or she may initiate a count. This consists of the marker calling, "Stalling," and then counting at one second intervals to ten. If the thrower has not released the disc by the first sound of the word "ten," then a change of possession with a check shall result. If during the stall count, the defense switches markers, the new marker must begin a new count at zero. In the event of a stall, the once-marker, now offensive player, does not have to take the disc after the check. The once-thrower, now marker, checks the disc to the new thrower. If he or she does not want the disc, the marker "checks" the disc by placing it on the ground and calling "In play."
 - C. Resumption of Count After Foul: If a marker's stalling count is interrupted by a call being made, after the call is resolved the stalling count shall be resumed in the following manner:
 1. If the call was against the defense, the count shall be reset to zero, unless contested and over five, in which case it resumes at five ("Stalling, six...").
 2. If the call was against the offense, the count continues from the point of interruption.
 - D. Resumption of Count After Time-out: When play resumes after a time-out, the stall count shall continue from the point of interruption
 - E. Fast Count: If the marker counts too fast, the thrower may call, "Fast count." The first time this occurs during any one count, the marker should immediately subtract two seconds from the count and continue without interruption. The second time this occurs is a foul and the count shall reset to zero with a check.
 - F. Contested Stall: The thrower may contest a stall call if he or she believes that he or she had released the disc before the first utterance of the word "ten."
 1. In the event of a contested stall, if the pass is completed, play stops and possession reverts back to the thrower. After a check, the marker starts the stall count at eight.
 2. In the event of a contested stall, if the pass is incomplete, it is a

turnover and play continues without interruption.

- 404.12 The Receiver:
 - A. Possession: A receiver gains possession by demonstrating sustained contact and control of a non-spinning disc while the receiver is on the ground and in-bounds. Loss of control due to ground contact related to a pass reception negates that receiver's possession up to that point.
 - B. Bobbling: Bobbling to gain control of the disc is permitted, but purposeful, controlled bobbling to oneself in order to advance the disc is considered traveling and is not allowed. For purposes of this section, bobbling shall include tipping, delaying, guiding or brushing the disc.
 - C. Traveling: If the receiver is moving when he or she catches a pass, he or she shall be permitted the fewest number of steps required to come to a stop and establish a pivot foot. Further, a receiver who catches the disc while running or jumping may continue to run and throw a pass so long as the throw is released prior to the receiver making three contacts with the ground and that he or she makes no change in direction or increase in speed during his or her tenure of possession. Violation of this section shall constitute traveling (see 404.16(C)).
 - D. Simultaneous Catch: If the disc is caught simultaneously by offensive and defensive players, the offense retains possession.
 - E. Interception: A pass is considered intercepted if a defensive player catches a pass. If a defensive player catches a pass and accidentally loses possession of it before or during ground contact related to that catch, the defender is considered to have blocked rather than intercepted the pass.
 - F. Judging: If a pass arrives in such a manner that it is unclear whether a catch was made before the disc made contact with the ground (grass is considered part of the ground), the player with the best perspective shall decide whether a good catch was made. Further, if it is unclear whether a receiver was in or out-of-bounds at the point of making a catch, the player or players with the best perspective makes the call.
 - G. Force-Out Foul: If a receiver is airborne at the time he or she takes possession of the disc, and prior to landing is contacted by a defensive player, and said contact causes the receiver to land out-of-bounds, the receiver shall either call himself out-of-bounds or call a force-out foul on the defensive player. If this foul occurs in the end zone and it is uncontested, a goal is awarded.

- 404.13 Fouls:
 - A. Definition: Fouls are the result of physical contact between opposing players. A foul may be called by the player who has been fouled and must be announced by calling out the word, "foul" loudly and immediately after the foul has occurred.
 - B. Responsibility: The player initiating contact shall be the player guilty of the foul.
 - C. Throwing Fouls: A throwing foul may be called when there is contact between the thrower and the marker, prior to the release of the disc by the thrower. Contact occurring during the thrower's follow through is not sufficient grounds for a foul, but should still be avoided whenever possible.
 1. When a foul is committed by the thrower or the marker, play stops and possession reverts back to the thrower, after a check.
 2. If the thrower is fouled in the act of throwing and the pass is completed, the foul is automatically declined and play continues without interruption.
 3. If the marker is fouled during the thrower's act of throwing and the pass is not completed, play continues without interruption. If the pass is completed, the disc is returned to the thrower after a check and the stall count is resumed from the point of interruption.
 4. Should a foul or violation result in possession reverting to a thrower who was airborne while releasing the disc, play shall be restarted at the point on the playing field proper closest to the

location from which the throw was made.

- D. Catching Fouls: A catching foul may be called when there is contact between opposing players in the process of attempting a catch, interception or knock down. A certain amount of incidental contact during or immediately after the catching attempt is often unavoidable and shall not constitute a foul.
 1. Interference: If a player makes contact with an opponent before the disc arrives and therefore interferes with that opponent's attempt to make a play on the disc, that player has committed a foul.
 2. If a player's attempt to make a play on the disc causes contact with a legitimately-positioned, stationary opponent, either before or after the disc arrives, that player has committed a foul.
 3. If a catching foul occurs and is uncontested, the player fouled gains possession at the point of the infraction. If the call is disputed, possession of the disc reverts back to the thrower. If an uncontested foul, with the exception of a force-out foul (see 404.12 (F)), occurs in the end zone the offensive team is attacking, the player fouled gains possession at the closest point on the goal line to the infraction.
 - E. Aggressive Behavior: Dangerously aggressive behavior or reckless disregard for the safety of fellow players shall constitute a foul.
 - F. Player Positioning: After a foul is called, all players shall remain in the position they held at the time of the foul until play is resumed.
- 404.14 Positioning:
- A. Right to Position: Every player, with the exception of the thrower as set forth in section 404.10(B), is entitled to occupy any position on the field not occupied by any opposing player, provided that he or she does not cause personal contact in taking such a position.
 - B. Avoiding Contact: It is always the responsibility of all players to avoid contact in any way possible. Violent impact with legitimately-positioned opponents constitutes harmful endangerment, is a foul and must be strictly avoided.
 - C. Picks: No player may establish a position, or move in such a manner, so as to obstruct the movement of any player on the opposing team. In the event of a pick, the obstructed player shall immediately call "Pick," loudly. Play shall then be stopped and be resumed only after a check, with the stall count resuming from the point of interruption or to five if the count is over five.
 - D. Principal of Verticality: All players shall have the right to the space immediately above them. Accordingly, a player cannot prevent an opponent from attempting to catch a pass by placing his or her arms above an opponent. If a player so places his or her arms, and contact occurs, a foul may be called.
 - E. Playing the Disc: Whenever the disc is in the air, all players shall play the disc in lieu of the opponent.
 - F. Rights of Players Off the Ground: A player who has jumped is entitled to land at the same point without hindrance by opponents. He or she may also land at another point provided the landing point was not already occupied at the time of his or her takeoff and if the direct path between the takeoff and landing point was not already occupied at the time of takeoff.
- 404.15 Officials
- (A) Definition: A number of non-playing officials may be involved in a game of ultimate. Such officials include time-keepers, score-keepers and observers. Their role is to assist the teams, not to enforce the rules. A single person may perform multiple official duties.
 - (B) Time-keeper. A single time-keeper may be appointed to signal time elapsed between points, during time-outs and to signal the start or end of a playing period.
 - (C) Score-keeper. A single score-keeper may be appointed to keep score

and indicate to the captains the completion of a half, the game, the number of time-outs used or remaining, or the fact that the game has gone into overtime.

- (D) Observers.
 1. At their discretion, the captains may agree upon up to six experienced individuals, who are not participating in the game, to act as observers. The duty of the observer is to carefully watch the action of the game for the sole purpose of rendering a decision in the event of a dispute that cannot be resolved. Observers shall remain passive and shall not make any calls on their own initiative.
 2. When a dispute arises which cannot be resolved by the players involved or their captains, the observers may be called upon by the captains to make the call. The observer with the best view of the play makes the call. If the observers so choose, they may discuss the play among themselves before rendering a decision.
 3. By calling in the observers, the teams agree to abide by the observers' decision.
- (E) Sanctioned Events: Score-keepers and time-keepers shall be mandatory at all WFDF-sanctioned events.
- 404.16 Violations:
 - A. General: A violation occurs when a player violates any of the rules in this article, other than the rules relating to physical contact, in any manner.
 - B. Calling the Violation: A violation may be called by any player who recognizes that a violation has occurred. The player should immediately call, "Violation," or the name of the specific violation, loudly.
 - C. Traveling: Any journey by a player while in possession of the disc which is in violation of these rules constitutes a travel and is not permitted.
 1. At all times a thrower must keep all or part of the pivot foot in contact with the single point on the field established as the pivot point. Whenever the thrower loses contact with that point, he or she has traveled.
 2. Whenever a receiver takes more steps than he or she requires to stop after catching a pass, that receiver has traveled.
 3. If a receiver, after receiving a pass on the run, releases a pass after making three ground contacts and before coming to a complete stop, that receiver has traveled.
 4. If a stall count is in progress and traveling is called, the stall count shall resume from the point of interruption or at "five" ("Stall, six..."), whichever is lower.
 5. If the thrower releases a pass after being called for traveling and the pass is incomplete, the pass counts and results in a turnover.
 - D. Strip: No defensive player may touch the disc while it is in the possession of the thrower or receiver. If a defensive player does so, causing the thrower or receiver to drop the disc, the player who was in possession of the disc calls, "Strip."
 1. The player formerly in possession of the disc regains possession at the point where the strip occurred and play shall resume via a check.
 2. If a stall count was in progress as the disc was stripped, the count is reset to zero.
 3. A contested strip of the receiver is treated the same as a contested catching foul; an uncontested strip in the end zone is a goal.
- 404.17 Stoppage of Play:
 - A. General: Whenever an infringement of the rules or a time-out occurs, play is halted and the disc is put back into play with a check at the

point of the last possession before play was stopped, except as otherwise provided by these rules.

- B. Play Continuation Rule:
 1. If a foul, violation or pick is called while the disc is in the air, play continues until possession of the disc is gained.
 2. If the team who would receive the benefit of the call gains possession as a result of a pass committed prior or during the time the call was made, play shall continue unaltered. It is the responsibility of the player who made the call to call out, "Play on," to indicate that this rule has been invoked.
 3. If the pass is completed and the foul, violation or pick was called against the offense, the pass does not count and possession reverts back to the thrower, except as provided in 404.13 D (3). However, if the violation did not affect the defensive effort on the pass (e.g. a pick unrelated to the play), the defense should acknowledge this and play is resumed with a check where the pass was caught.
- C. Disputes:
 - 1. Principle: Whenever there is a failure to come to an agreement over any call, the disc shall be returned to the last thrower prior to the dispute via a check.
 - 2. Time-limit: 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, according to 404.17 C (1).
- D. Offsetting Fouls: If offsetting catching fouls are called by offensive and defensive players on the same play, the disc shall be returned to the last thrower at his or her point of possession via a check.
- 404.18 Etiquette:
 - A. Uncalled Foul: If a foul is committed and not called, the player who commits the foul should inform the infractioned player of the foul.
 - B. Time Between Goals and Pulls: It is the responsibility of both teams to minimize the time used between each goal and the ensuing throw off.
 - C. Rethrow Signal: If the receiving team wishes to have a throw off which traveled out-of-bounds rethrown, said team should give the rethrow signal as soon as possible.
 - D. Disputes: In the event a dispute or confusion arises on the field, play should be stopped and subsequently resumed via a check after the matter is resolved.
 - E. Novice Consideration: In non-tournament play, where a novice player commits a violation due to ignorance of the rules, it shall be common practice to stop play and explain the violation and the rule to the player.
- 405 Glossary
 - Check: Temporary possession of the disc by the marker, immediately prior to resumption of play to insure proper positioning and readiness of the players.
 - Contact: The touching of players on opposite teams with a degree of force.
 - Defensive Team: Team without possession.
 - Endzone: Area of the playing field where scores are made.
 - Goal Line: The line separating the playing field proper from the endzone and not part of the endzone.
 - Marker: Defensive player guarding the thrower.
 - Offensive Team: Team with possession.
 - Out-of-Bounds: Any area not on the playing field, including the perimeter lines.
 - Perimeter Lines: Lines separating playing field proper or endzone from out-of-bounds area and not part of the playing field.

- **Pick:** A player using his or her body or movements in such a manner so as to obstruct the movement of a player on the opposing team.
- **Pivot Foot:** The foot used by a player to establish position on the field after gaining possession of the disc.
- **Player:** One of the 14 persons who are actually participating in the game at any one time.
- **Playing Field Proper:** Playing field exclusive of the endzones.
- **Point of Contact:** Location on playing field where player contact was made.
- **Put the Disc in Play:** Occurs when the thrower establishes a pivot foot and is ready to throw, or in throw-off situations has given the legal signal to throw-off.
- **Receivers:** All offensive players other than the thrower.
- **Thrower:** An offensive player in possession of the disc or who has just released the disc.
- **Throw-off:** Procedure used to start play or resume play after a goal is scored. The throw-off is accomplished by a player on the team relinquishing possession by throwing the disc from the goal line his or her team shall be defending to a player on the receiving team.
- **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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