

WFDF Rules of Ultimate 2025-2028

Summary of Changes

The WFDF Ultimate Rules Sub-Committee has introduced a number of changes to the rules for 2025, aimed at producing better flow of play, fairer outcomes, closer alignment with USAU, and enabling self-officiating to work as effectively as possible.

This overview of changes is necessarily brief and incomplete. For full information on the rules changes and conditions, please refer to the WFDF Rules of Ultimate 2025-2028 and the track changes version of the Rules.

Substantial changes

Players will need to learn these substantial changes before playing under the new rules. This section could constitute a quick briefing to players or captains prior to adopting the new rules.

Change	Section	Reason for change
Added a specific rule about the responsibilities of a player who dives, leaps or jumps away from their position	12.6.2 and 12.7.3	Player safety
Changed to enable a player to delay an “Indirect Foul” call by 2 seconds.	17.8.1.1	Better flow of play
Clarified what a defender can do within 3 metres of the thrower without it being a double team	18.1.1.5.1	Clarification
Added suggestion for teams to discuss strategies to make personnel match-ups easier in Mixed games (see the Appendix for additional detail)	6.4	Enable self-officiating to work as effectively as possible
Changed the definition of “Guarding” to refer to “primarily focused on and reacting to”	Definitions	Clarification

Minor changes

These are other changes that are unlikely to have an impact on your ability to immediately play under the new rules, but should be learnt in time.

Change	Section	Reason for change
Adjusted the wording about how to best self-officiate	1.3	Enable self-officiating to work as effectively as possible
Clarified that a 4:3 personnel ratio is preferred for Mixed games	5.4	Clarification
Changed the terminology for a breach by offence on the pull to “false start”	7.5	Converge with USAU
Changed so that signalling brick is mandatory and calling “brick” is optional	7.12	Enable self-officiating to work as effectively as possible
Clarified that the defence cannot obstruct the thrower after a turnover	8.5.3	Clarification
Clarified that if players cannot agree on the correct pivot location, the relevant midpoint between the two proposed pivot locations must be used	8.5.4	Clarification
Clarified the stall count after continuation of play	9.5.4	Clarification
Changed so that a non-thrower can call a marking violation and stop play for a double team	18.1.4	Fairer outcomes