

WFDF Rules of Ultimate 2025-2028

-Official Annotations-

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Produced by the WFDF Ultimate Rules Sub-Committee

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Introduction

These Official Annotations complement the WFDF Rules of Ultimate 2025-2028. The WFDF Rules of Ultimate is the primary document outlining how to play the game of Ultimate. However players may refer to these annotations to help determine the correct way to apply the rules and resolve issues on the field.

The rules are written to be as comprehensive, clear, simple and accurate as possible. However, it is not always easy for the average player to understand how to apply the rules to every situation, so these annotations provide some common examples of how to apply the rules.

In a refereed sport, referees or umpires have discretion on whether a breach makes a material difference to the outcomes of the game. As ultimate is self-officiated, these annotations also aim to establish common ground on what breaches would be considered material.

Although the Official Annotations do not constitute part of the rules of the game, they are conventions that should be followed in order to establish a common way of playing the game, and if an example from this document is encountered on the field, the guidance of the Official Annotations should be followed.

Where there is a discrepancy between an Appendix to the Rules of Ultimate and these Official Annotations, the Appendix takes precedence.

Principles

The Rules of Ultimate are based on principles that outline how the game should be played and how to resolve issues. When encountering a scenario that is not expressly described by the rules, these principles are a good guide to help resolve the issue:

- It is trusted that no player will intentionally violate the rules; thus there are no harsh penalties for inadvertent breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach.
- A team should not be disadvantaged because the opposition has made an error or caused a breach.
- Calls should only be made where a breach has occurred that has a meaningful impact on the game. Players should allow for a reasonable degree of tolerance for minor breaches involving small discrepancies in distance and time.
- Not everybody sees a situation in the same light. Two players with a very good view of a situation can still see very different things happening. Human perception is not perfect. Players should be aware of this when trying to resolve calls.
- If a call cannot be resolved then the disc shall be returned to where possession was last undisputed and play shall resume as it was prior to the call.

Note: Some of these annotations have been reprinted from the '2026-27 USA Ultimate Official Rules of Ultimate' with the permission of USA Ultimate. These are indicated by a † symbol.

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Official Annotations

I. Spirit of the Game

I.1 Deliberate or egregious breach of the rules (1.2.1)

Note	For a breach to be considered egregious it should be considered a type of breach that you would not normally expect within a standard game of Ultimate, or one for which there is no reasonable justification within the rules.
Example	A defender commits an egregious dangerous play that results in a foul against a receiver who was attempting to gain possession of the disc in their attacking endzone.
Result	Captains may choose to allow the receiver to claim a goal, instead of the receiver gaining possession and moving to the goal line.
Example	A thrower deliberately travels to enable them to move past the marker and gain yardage upwind on a turnover.
Result	Captains may choose to treat the turnover location as the spot where the disc was thrown.
Example	A defender intentionally double teams the thrower, with no regard for any other offensive players, and gets a block.
Result	Captains may choose to return the disc to the thrower.
Note	Deliberate or intentional breaches of the rules are considered cheating. Cheating includes any behaviour or playing pattern that indicates a blatant disregard of the rules and Spirit of the Game. This behaviour is considered intentional when players are expected to know the rules and act contrary to them to gain an advantage. The advantage can stem from knowingly committing rule breaches or calling them when there are none. Intent is indicated especially when captains or Game officials had previously explained the rule disregarded by the players.
Example	Egregious double teaming in the majority of zone setups, for example setting up within 1.5 meters of the thrower with no regard for any other offensive players, can be considered intentional especially after being called for double team in this game.
Example	Repeatedly fouling throwers in power position to stop the opponent's flow indicates intent if it occurs over multiple incidents or is committed by multiple players on the team.
Example	Repeatedly calling minor infractions that do not impact play solely to stop the opponent's flow can be considered a deliberate breach of the rule 1.3.10. This can become egregious especially when the frequency of the calls increases throughout a game without the frequency of the incidents increasing and/or without having asked the opponents to rectify the minor infractions. An example for a minor infraction that doesn't impact play is a minor toe-drag during the release of the disc without gaining additional power for the throw.

I.2 Providing evidence to support a call (1.3.4)

What	It is an essential component of good spirit that a player must be prepared, if asked, to explain concisely the objective evidence that led to making a call, or contesting a call.
Example	After making a travel call, if asked, the defender might explain "I saw you lift your pivot foot while the disc was still in your hand."
Why	The objective evidence is evidence that can be tested for validity. It makes it clear that the call was not based on emotion or what the player wanted or expected to happen, but what they actually observed. If a player is not reasonably certain of the objective evidence, they should not make a call.
Extra	Players should be aware and understanding of the language limitations accompanying international play, however opponents should still be able to communicate, even

through gestures, what they saw. Team captains and team mates should get involved if they think their team's player is wrong or does not behave correctly.

1.3 Making calls in a consistent manner throughout the game (1.3.9)

What Players should make calls without taking into account the context of the game. This means that players should not start making more calls just because the game is nearly over and the scores are quite close.

Example If at the start of the game minor travel infractions were not called, then they should not be called later in the game.

1.4 Only calling significant breaches (1.3.10)

What Players should allow for a reasonable degree of tolerance for minor breaches involving small discrepancies in distance and time.

Example If the thrower established a pivot one centimetre away from the correct pivot location then a travel infraction should not be called.

1.5 Intimidation (1.6.3)

What A player could be deemed to be engaging in intimidating behaviour if, for example, they yell loudly at an opponent with the intention of distracting the opponent as they are about to make a catch. Simply undertaking a normal action within the game, such as making a bid in front of someone, should not be seen as intimidation.

1.6 Disrespectful celebration after scoring (1.6.4)

What This includes spiking directed at an opponent and taunting the opponent by "showing" them the disc. These actions must be avoided.

Result Opposing team captains and spirit captains should discuss all matters relating to violations of spirit and try to resolve them.

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1.7 Seeking perspective from non-players (1.10)

Note It is still up to the players involved to make the final call. Non-players must not provide advice regarding a call unless they are requested to by a player involved. [Non-players must not make any calls, or use any term or hand signal that indicates a call when communicating to players on the field. They may repeat hand signals or calls when they have been clearly made by a player on the field.](#)

If play has stopped, and a player is unable to make a call, for example due to injury or language barriers, then a teammate may make a call on their behalf.

Teams may use a non-player as a translator to assist in communication during a stoppage.

1.8 Use of Technology (1.10)

Note Players may view photographic or video footage of a call if it is available. However play may not be unreasonably delayed for this purpose. See the Appendix for more detail.

Extra For example, live instant replay in a stadium setting may be used by players to resolve a contested foul call. Players may not, however, request that a particular play be replayed on the screen. If, after reviewing the video, players still cannot agree, they should not delay the game to rewatch the play multiple times; instead, the play should be treated as a regular contested foul. [†]

1.9 Calls by captains (1.11)

Note A captain should not make a call that stops play if they were not directly involved in the play. However a captain can be involved in resolving any call once play has already stopped. [A captain also refers to a Spirit captain.](#)

1.10 Discussion of what occurred in a play (1.12)

Note Before the disc is returned to the thrower when players cannot agree, players should discuss what happened in the play. Both players involved should attempt to clearly explain what they think happened and listen to the view of their opponent, or other players with good perspective on the play.

If discussion is difficult due to a language barrier, then gestures or recreations of the incident can be used to indicate what was experienced during the incident (eg striking yourself across the back of the hand to show that your hand was hit as you were trying to catch the disc). Teams may also use a non-player as a translator to assist in communication during a stoppage.

There are times where an event happens where it is not possible to be reasonably certain of exactly what happened (eg no one had a good view, or it happened too quickly). There are also times where it can be difficult to determine whether something 'affected the play'. In those circumstance the disc should be returned to the last non-disputed thrower.

Discussions should be as brief as possible with the preferred outcome being either a retracted call, or an accepted call. However once it becomes clear that no resolution will be reached, the disc should be returned to the last non-disputed thrower. The suggested maximum length of a stoppage due to a discussion is forty-five (45) seconds). See the Appendix for additional timing rules.

2. Playing Field

2.1 Playing Field size (2.1)

Note The playing field is one hundred (100) metres long by thirty-seven (37) metres wide. The playing field is broken up into a central zone that is sixty-four (64) metres long, and two end zones that are eighteen (18) metres deep at each end of the central zone.

All lines are between seventy-five (75) and one hundred and twenty (120) millimetres wide, and are marked with a non-caustic material.

If space is not available to fit a full sized field, the end zones should be made shorter before the central zone is reduced. Refer to the Appendix for more detail.

If there are no field markings, and the cones used to mark a sideline are not in a straight line, the sideline line is deemed to be the line between the two cones of the relevant zone the player is currently within. For example, if a player is close to the sideline in the central zone, it is the cones on each goal line along that sideline that are relevant. If a player is close to the sideline within an endzone, it is the cones at the front and rear of that end zone along that sideline that are relevant.

3. Equipment

3.1 Harmful equipment should not be worn (3.4)

Note This could include, for example, wristwatches, bracelets, buckles and protruding jewellery. Fully metallic studs, long studs and studs with sharp edges are not allowed on footwear.

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3.2 Equipment that impedes ability to play (3.4)

Note This includes oversized items, long pieces of fabric etc. The types of gloves commonly worn by Ultimate players are allowed, but they must not in any way damage the disc or leave any residue on the disc

4. Point, Goal and Game

4.1 Timing of games (4.2)

Note Games can also be played with a Time Cap. Refer to the Appendix for more details.

4.2 Half time (4.3)

Note Half time usually lasts 7 minutes in games with a Time Cap of 100 minutes. Refer to the Appendix for more details about Half time

5. Teams

5.1 Mixed games (5.4)

Note Events should use one of the options in the WFDF Rules of Ultimate Appendix to determine the gender ratio for each point.

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5.2 Role of captain and spirit captain (5.2)

Note The team captain is a team member, who is eligible to participate in the game, and has been designated to represent the team in decision-making on behalf of the team before, during, and after a game.

The spirit captain is a team member, who is eligible to participate in the game, and has been designated to address, discuss, and resolve spirit issues at any point throughout the competition with opponents, teammates, coaches, and game or event officials. The spirit captain has also been designated to represent the team in decision-making on behalf of the team before, during, and after a game concerning spirit issues, for example calling a Spirit Stoppage.

6. Starting a Game

6.1 Team representatives (6.1)

Note Team representatives should ensure they have the authority from their team to make the decisions listed in this section.

6.2 Fairly determining choices (6.1)

Note It is recommended that team representatives use the process described in the WFDF Rules of Ultimate Appendix to fairly determine the choices.

6.3 Personnel match-ups (6.4)

Note Teams should refer to the WFDF Rules of Ultimate Appendix for a method to make personnel match-ups easier to identify.

7. The Pull

7.1 Reasonable delay before the pull (7.1.1)

Note The following activities are considered reasonable prior to a pull:

- Celebrating a goal
- Determining who will play the next point,
- Determining team tactics for that point, e.g.:
 - who is marking whom
 - offensive positions
 - what type of defence and/or offence will be used

As a guide, the pull should be released within 75 seconds of the start of the point (which starts at the start of a half, or when the previous goal was scored). Refer to the Appendix for more details that can apply at some events.

7.2 The puller (7.2)

Note The puller is the defender who undertakes the pull.

The pulling team may designate a new puller at any time before the pull. [†]

7.3 Signalling readiness (7.3, 7.4)

Note The offence should be legally positioned and all non-players from the offensive team should be off the playing field before the offence can legally signal readiness.

All non-players from the defensive team should be off the playing field before the pull is released.

7.4 Calling Offside/False start (7.5)

Note It is recommended that the opposing team provide a warning to the captain of the team committing this violation before it is enforced. Team should also take into account that calls should only be made where a breach is significant enough to make a difference to the outcome of the action.

Offside/false start can only be called by the players on the field, and any call made by a non-player has no consequences. However non-players may assist in monitoring offside/false start and may provide active advice based on their perspective. This is an exception from the rule that prohibits non-players to use hand signals associated with calls unprompted (they should not use verbal cues).

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A contested offside/false start call results in a stoppage of play and a re-pull.

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To contest an offside/false start call, a player on the contesting team must have perspective at least as good as the person making the call. If the call is made with the assistance of a non-player, only a similarly-positioned person would be deemed to have equal or better perspective.

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7.5 Resuming play after a pulling violation(7.5)

Note There is no difference to whether a team has been called for their first pulling violation (offside or false start), or they have been called multiple times, the outcome is the same.

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If either team has called a pulling violation, it is still a “dropped pull” turnover if the offence touches the disc before it hits the ground, and the offensive team fails to subsequently establish possession.

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If both teams are called for a pulling violation on the same pull, both outcomes described in rules 7.5.1 and 7.5.2 would apply

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What	The defence is offside and the offence calls offside after they catch the disc
Result	The offside call has no bearing and play continues as if no offside has been called
What	The defence is offside and the offence calls offside and then the disc is caught by the offence
Result	The offside call has no bearing and play continues as if no offside has been called
What	The defence is offside and the offence calls offside and then the disc hits the ground and stops in the offences defending endzone
Result	The offence can pick up the disc and resume play from the brick mark closest to their defending endzone. No check is required.
What	The offence false starts and the defence calls false start after the offence have caught the disc
Result	The false start call has no bearing and play continues as if no false start has been called
What	The offence false starts and the defence calls false start while the disc is in the air and the pull lands out-of-bounds
Result	The offence can still make a "brick" call. The thrower establishes a pivot at the brick mark closest to their defending endzone. All other offence players establish a stationary position. The defence then establish a stationary position. The disc is checked in and play resumes.
Extra	If a player makes an incorrect pulling violation call (ie by calling it after it has been touched, or the offence calls offside and also catches the pull) and play had stopped to discuss the call, players should return to where they were when the call was made and resume play with a check.

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7.6 Defence stops a pull from rolling (7.7)

What	A pull hits the ground and starts rolling towards the defending end zone, so a defender stops the disc, even before an offence player has touched it.
Result	This is allowed (Rule 8.4). If the defensive player kicked the disc towards the offensive end zone, the disc may be put into play by the offence at the point where it was kicked (Rule 8.4.1).
Extra	If the pull is still in the air without the offence having touched it, no defensive player may touch it, even if it flies back towards the defensive end zone (e.g. because of the wind). If a player does touch it, the offence may request a re-pull. If the pull lands in the offence's attacking end zone (i.e. a really short pull), the offence should take it on the goal line. Any offence player can also stop the pull from rolling. That player is not required to pick up the disc after stopping it.

7.7 Brick call (7.12)

Note	If an offensive player signals and calls "brick", a different offensive player may pick up the disc.
Extra	If players cannot agree on if the pull landed out-of-bounds or in-bounds, the midpoint on the sideline between the two proposed pivot locations should be used.

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8. State of Play

8.1 Indicating "live" play with a ground touch (8.1.2)

Note	<u>When a disc is to be put into play, the thrower may touch the disc to the ground to indicate that they have established a pivot at the appropriate spot on the field.</u>
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8.2 Using the wrong call (8.1.3)

What	A player signals a foul or violation and yells “stop” or uses the incorrect name for a call.
Result	The call should be dealt with as if the player has used the correct call.
Why	It is clear that the player has seen a breach of the rules. This takes precedence over the technicality of knowing the correct term.
Extra	The player who used the wrong term should make it a point to learn the correct term (rule 1.3.1) and more experienced players should tell them the correct call (rule 1.8).

8.3 Disc hits the ground (8.1.4)

Note	A disc is deemed to have hit the ground when it contacts the ground and no player had caught the disc prior to the disc contacting the ground, or after the catch, the player loses control and the disc subsequently contacts the ground.
Extra	After a pull or a turnover where the disc hits the ground in-bounds, if the offence attempts to pick up the disc in-bounds, but fails to pick it up and the disc drops to the ground, that is not a new turnover, unless the offence had full control of the disc prior to accidentally dropping the disc.

8.4 Moving during dead play (8.1.5)

Note	If, after an out-of-bounds turnover, the thrower is walking the disc to the playing field, all other players are allowed to move.
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8.5 Significantly altering the disc's position (8.4)

What	In attempting to stop a rolling disc a player knocks the disc towards their attacking endzone.
Result	The opposition may request that the pivot be established at the location where the disc was contacted, by verbal request or by pointing to the correct location. Play does not stop and a check is not required to restart play (similar to an accepted travel infraction (Rule 18.2.6)). If the offensive team is the team that significantly altered the disc's position they should not move to establish the pivot at the location where the disc was contacted unless requested to by the opposition.

8.6 Standing over the disc after a turnover (8.5)

What	A turnover has occurred and the new intended thrower is standing over the disc, waiting for their team to set up
Result	The defence should remind the player they need to put the disc into play. Intentional delay of game is against spirit of the game and should be discussed by the captains as soon as possible.
Why	Rule 8.5 says that the new thrower must not delay when picking up the disc.
Extra	If other players are still moving towards the disc (a common situation after a turnover), the closest player can decide not to pick up the disc – this is not in itself a breach of the rules. If no player on offense has been walking towards the disc since the turnover occurred, this is a breach of the rules. It is recommended that the opposing team provide a warning to the opposition and make sure they are aware of the rule before enforcing any time limits.

8.7 Changing speed moving to the pivot point (8.5)

Note	<u>The offensive player may change speed, from walking to running, or vice versa, at any time while retrieving the disc and establishing a pivot point.</u>
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8.8 Time limits after a turnover (8.5.1)

- Note** To enforce the 10 and 20 second time limits the defence should use a Pre-stall, by loudly counting down the time limit in 5-second intervals. The Pre-stall should be noticeable by the offence player closest to the disc. The player who calls the time limits does not need to be the same player who becomes the marker.
If the disc lands out-of-bounds and then rolls back and stops in the playing field, the time limits in 8.5.1 do not apply (unless games are using the WFDF Rules of Ultimate Appendix)
- Extra** For events where the WFDF Rules of Ultimate Appendix are in use, the time limits also apply to discs that are out-of-bounds, and for the pull.
It is recommended that the opposing team provide a warning to the opposition and make sure they are aware of the rule before enforcing any time limits.
If the offence believes that the time limits are being counted too quickly, they can call a fast count.

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The defence must allow an unobstructed path by the offence to the disc and to the pivot location.

8.9 Starting a stall count after a delay of game (8.5.2.1)

- Note** After the “delay of game” call the offence should be given two (2) seconds to remedy the breach before the stall count is commenced

9. Stall Count

9.1 Clearly communicating the stall count (9.2)

- Note** The stall count will usually be communicated verbally for stall count. Teams can agree on other methods to suit particular circumstances.

9.2 When to start the stall count (9.3)

- What** The marker can start the stall count as soon as the thrower has caught the disc (excluding after an interception).
- Result** Even if the thrower still has to stop, get up after a dive, or even come back into the field because they ran out of the field, the marker may start the count.
- Extra** If the offensive player needs some time to recover because they had to avoid an object outside the field (for safety, there shouldn't be any, but in practice this may be the case) the marker should not count until the player has had that time.
If the thrower regains possession of an accidentally dropped disc before it contacts the ground without another player touching the disc, that possession is considered continuous. If the thrower regains possession of an accidentally dropped disc before it contacts the ground and after another player touches it, it is considered a new possession.
If the thrower catches a pass in the central zone, but momentum takes them out-of-bounds, the marker can start/continue the stall count if they are within 3 metres of the pivot location, even if they are not within 3 metres of the thrower.
- Note** After an interception by Team A, the marker from Team B cannot start the stall count until the thrower from Team A establishes a pivot, regardless of whether the thrower is in-bounds or out-of-bounds after the interception.
If the intercepting player catches the disc while running, the marker must wait until they stop and establish a pivot before starting the stall count.

9.3 Other calls (9.5.4)

- Note All other calls includes:
- Contested foul
 - [Offsetting foul](#)
 - Contested goal
 - Contested turnover (excluding stall-out)
 - Violation for sideline obstruction (2.7)
 - Injury
 - Technical

9.4 Call involving the thrower and receiving breach (9.5.4.1)

- What A contested stall out is called against the thrower after the disc has been thrown. A contested receiving foul is called on the resulting pass.
- Result The disc is returned to the thrower and, as per Rule 9.5.4.1, the stall count restarts at “Stalling 8”.
- What An accepted marking foul is called by the thrower as the disc is released. A contested receiving foul is called on the resulting pass.
- Result The disc is returned to the thrower and, as per Rule 9.5.4.1, the stall count restarts at “Stalling 1”.

9.5 Stall count after check violation (9.5.4.2)

- What Play has stopped due to an accepted foul by the thrower. The stall count is going to restart at “Stalling 8”. The defence moves before the check and a violation is called by the offence.
- Result Even though this is a breach by the defence, Rule 9.5.4.2 means that the stall count will still restart at “Stalling 8”.

9.6 Stall counts (9.6)

- What If, after a call, a stall count is to be restarted at maximum 6 and:
1. the stall count was stopped at 4, the stall count restarts on “Stalling 5”
 2. the stall count was stopped at 8, the stall count restarts on “Stalling 6”
- Extra There does not need to be a gap between “stalling” and the number of the count.
- Note If there is a disagreement that cannot be resolved about what number the stall count should restart on, the midpoint between the two proposed stall counts should be used, rounded down.

[“The last agreed number fully uttered” should be the last agreed legitimate number – if the stall count was started on 6 instead of 1, then even though 6 was the last number uttered, it should not be used as “x”.](#)

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10. The Check

10.1 When a check is not required (10.1)

- Note A check is not required after the pull or after a turnover, even when the thrower must walk to the location of the correct pivot point. The thrower can make a pass, and the marker can start the stall count, as soon as the pivot is established at the correct position.
- If the pivot is not established at the correct position, this is a travel infraction.
- If the marker starts the stall count before the pivot is established, this is a fast count infraction.
- To ensure play is not interrupted, it is recommended that either the thrower or marker point to the spot where they think the pivot should be established, prior to it being established.
- The thrower may not begin a wind-up or other part of the throwing motion until they have established a pivot point (see rule 18.2.5.3).

Extra “Specified turnover” refers to those listed in 13.2

10.2 Positioning after a call (10.2.2.1)

Note If a long pass is thrown and there is a contested receiving foul, the players will return to where they were at the time of the throw (rather than remaining downfield after chasing down the disc).[†]

10.3 Faulty Equipment (10.3)

Note Faulty equipment includes, for example, untied shoelaces, a bent disc or a shoe that has come off. However, it is players’ responsibility to minimise such disruptions by ensuring their personal equipment is secure.

10.4 “Delay of Game” for a check (10.5)

What An unnecessary delay includes discussing team tactics (who is guarding whom, who should attempt to catch the next pass).
An unnecessary delay includes standing back from the disc, wandering around to gain more time, etc. Pretending not to delay while delaying is still delaying.[†]
A discussion to resolve the outcome of a call is not an unnecessary delay.

Result After a “Delay of Game” called against the defence where the unnecessary delay continues, the thrower may call “Disc In” and then immediately make a pass.

Extra The person checking the disc in must still ensure that all players are stationary and in the correct position before checking the disc in.

Note It is recommended that the opposing team provide a warning to the opposition, and make sure they are aware of the rule, before enforcing this rule.
[Players can discuss team tactics during a delay caused by another factor, such as waiting for the disc to be returned to the thrower.](#)

10.5 Preferred process for checking the disc in (10.6)

Note It is recommended that the following steps be undertaken before checking the disc in:

- “Is the offence ready?”
- “Is the defence ready?”
- “The stall count is starting on ‘stalling x’”
- “Disc In, in 3...2...1”
- Touch the disc, touch the disc to the ground, or say “Disc In”, as appropriate

Extra If the defender is required to touch the disc to check the disc in, the defence must actively choose to touch the disc – the thrower cannot initiate the check by tapping the disc against the defender.

10.6 Losing possession on ground touch (10.6.1.2)

Note If the thrower loses possession as a result of touching the disc to the ground, they can re-establish possession.

10.7 Calling a violation for moving prior to the check or incorrect positioning (10.7)

Note A player cannot call a violation as per rule 10.7 because a player on their own team (including themselves) is in the wrong position, or is moving before the check.

11. Out-of-Bounds

11.1 The “Greatest Play in the World” (11.3.1.)

What An offensive player realises that they cannot catch the disc in-bounds and jumps from an in-bounds position, catches the disc and throws it before they land out-of-bounds.

Result This is a valid pass.

- Why** Rule 11.3.1. states that an airborne player who jumped from in-bounds is still in-bounds. This lasts until the player lands out-of-bounds and by that time the player has already released the disc. Therefore, the disc is not out.
- Extra** A player is allowed to throw the disc while in the air, according to rule 18.2.1.1. A player may not catch their own “greatest” throw, unless it is touched by another player before the thrower catches it, as per rule 13.2.5. If there is a contested call regarding the catch after a “greatest”, the player who threw the “greatest” should be treated as the last thrower. They should establish a pivot at the point in the central zone closest to where they released the disc.

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11.2 What to call when in or out (11.4)

- Note** If an opponent believes an offensive player has caught the disc out-of-bounds they should make a call immediately by saying “Out-of-bounds” or “Out” for short. “Check feet” is a not a call and this call does not stop play. The player making the “Out” call should be reasonably certain that the player was out otherwise they should not make the call. If it is unclear if the player was out-of-bounds then play should stop as the players with best perspective discuss the call. Players may ask for perspective from people on the side-line, however it is still up to the players involved to make the final call. If the call is contested the disc shall be returned to the previous thrower.
- Extra** For games played on unlined fields the receiver should be given the benefit of the doubt for close “Out-of-bounds” calls.

11.3 Catch close to the sideline (11.4)

- What** A player catches a pass very close to the sideline and then goes out of bounds and establishes possession
- Result** As long as the player catches the pass (by having a non-spinning disc trapped between at least two body parts) while also being in contact with the in-bounds area (and not being in contact with the out-of-bounds area) this is an in-bounds reception.
- Why** Rules 11.3.2 means that once the player has caught the disc, they can go out of bounds, as long as they maintain the catch until they establish possession.
- Extra** If the player who caught the disc in-bounds does contact out-of-bounds, and then fumbles the disc before they establish possession, that is an out-of-bounds turnover, regardless of whether or not they regain possession before the disc hits the ground.

11.4 Receiving contacting out-of-bounds (11.4.1)

- Note** If the receiver’s feet are in-bounds, but their hair or clothing is touching the ground out-of-bounds, they are considered out-of-bounds.

11.5 Leaving the playing field (11.7)

- Note** Players are allowed to leave the playing field to make a play on the disc and may re-enter the field at any point. However it is a turnover if an offensive player jumps from out-of-bounds and contacts the disc before they contact the playing field (Rule 11.3.1/ 11.6/ 13.1.3).
- Extra** It is bad spirit to intentionally leave the playing field and use players/objects on the sideline to disguise your location.

11.6 Disc goes out of bounds (11.8)

- What** A long throw from the sideline doesn’t come back in field. Where do you set your pivot correctly and continue to play?
- Result** A defender is always in bounds when making a play on the disc (11.2). This means that if a defender touches the disc whilst out of bounds – the disc is then played from nearest point on the central zone (11.8.2). Note: if a defender hits the disc but the wind takes the disc back in field - the play is still live.

Offensive players can become out of bounds (11.6). This means in the same situation if offence touches the disc first then it is a turnover and the disc goes back to where it crossed the perimeter line (i.e. was last in-bounds). (11.8.1).

If an offensive player jumps from in-bounds and touches the disc before landing, then that establishes a point where the disc was in-bounds. If this results in a turnover, without the receiver ever establishing possession, the disc will come into play at the point nearest to where the offensive player touched the disc. If the receiver catches the pass and throws it while in the air, and the disc lands in-bounds, then that establishes the disc as being back in-bounds.

Note If players cannot agree on where the disc went out-of-bounds, the midpoint between the two proposed locations should be used.

Extra If a defender jumps, intercepts a pass, and then lands out-of-bounds, this is not a "double turnover" - the defender still retains possession.

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11.7 Non-player retrieving an out-of-bounds disc (11.9)

What A non-player retrieves an out-of-bounds disc and returns it to the thrower who is standing on the perimeter line.

Result Rule 11.9 allows non-players to retrieve the disc, however the thrower must carry the disc the last 3 metres. Therefore the thrower should walk 3 metres away from the field and then return. They may then establish a pivot at the correct spot and continue play.

Extra If the thrower commences play without going 3 metres away the opposition may call violation and play will restart with a check.

However if the opposition does not feel they have been disadvantaged by the disc being returned to the thrower, they can allow play to continue.

Non-players may also stop an out-of-bounds rolling disc that is more than 3 metres from the pivot point.

The team in possession may choose to substitute a disc if the disc is out-of-bounds, and it will save time to substitute it. The thrower must still carry the disc the last 3 metres to the field. The thrower should notify the nearest defender if they are substituting the disc.

Note Non-players should not intentionally touch a disc until it has become out-of-bounds.

12. Receivers and Positioning

12.1 Catching the disc (12.1)

Note The rules have been updated since 2017 to mean that "catch" and "possession" no longer mean the same thing. A "catch" is when the disc is first controlled by the receiver. Once a player has caught the disc, they can go out-of-bounds, or have the disc touch the ground, and this is not a turnover, as long as they maintain the catch while out-of-bounds or while the disc is touching the ground, and they subsequently establish possession of the pass.

A player establishes possession of a pass when:

- they catch a pass and then they maintain that catch for more than one noticeable instant, and
- they maintain the catch throughout all ground contact related to the catch, or until they throw the disc

Extra For a disc to be considered "trapped" the disc must be held firmly between at least two body parts and must not move relative to those two body parts.

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If a player initially catches a pass and then, prior to establishing possession, they do not maintain the catch ('maintain the catch' means to continue to have a non-spinning disc trapped between at least two body parts), that initial catch is deemed to have ended

A player may change the body parts that are being used to trap the disc, and as long as the disc continues to be trapped by at least two of the body parts during that change, it is considered the same catch (for example if a player traps the disc to their chest with their right hand, they can grab the disc by the rim with their left hand and take the disc away from their chest, and as long as they only remove their right hand once the left hand has grabbed the disc, it is considered the same catch).

12.2 Related to the catch (12.1.1)

Note Ground contact or contact with another player can be deemed to be 'related to the catch' if it occurs directly after the catch has been made, is a result of landing after diving to catch the disc, or occurs while the player is off-balance after catching the disc. If, for example, a player takes a running catch in the end zone, subsequently establishes possession through the first few steps after the catch, and then continues to run as part of a celebration and trips over, any loss of possession that occurs as a result of the celebration would not be deemed to be 'related to the catch'. One way to distinguish if the contact is related to the catch is that once the player could have chosen to stop moving and be stationary and in control of their movement, any further actions are not related to the catch, even if they do not choose to come to a stop.

12.3 Moving in a reckless manner (12.5)

Note This could include running without looking where you are going for an extended period of time, or diving in a way that does not allow you to adjust to any legal changes of movement that an opponent might make.

12.4 Player positioning (12.5)

What Player A, who is making a play on the disc, is allowed to slow down and to impede an opponent's movement to make a play on the disc. However Player A must not move in a way that the opponent could not reasonably avoid them – this is a Blocking foul (17.4).

Some minor contact may occur in these circumstances but minor contact is not a foul.

Extra If Player A is not making a play at the disc, but is instead allowing a teammate to make a play at the disc, Player A may not move to impede an opponent. However if Player A is stationary, or does not intend to impede, this is not a violation, even if their actions do in fact impede an opponent.

Note The key word in this rule is 'solely'. The intent of the player's movement can be partly motivated to prevent an opponent from taking an unoccupied path to the disc, so long as it is part of a general effort to make a play on the disc.

If a trailing player (Player A) runs into a player in front of them (Player B), it is nearly always a foul by the trailing player (Player A).

After a turnover, and/or whenever a thrower is not at the pivot location, the defence must not move in a manner that obstructs the offence's path to the disc and/or to the pivot location

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12.5 Making a play on the disc (12.6)

Note A player can be deemed to be "making a play on the disc" (Rule 12.6) when the disc is in the air and they are attempting to make contact with the disc in any way e.g. to catch it or block it.

When making a play at a disc, players need to ensure that they will not cause non-minor contact with another player (neither their stationary position, nor their expected position based on their established speed and direction), before, during or after the attempt at the disc.

Minor contact is contact that involves minimal physical force and does not alter the movements or position of another player.

If non-minor contact does occur, the result of the play will likely not stand if the breach affected the play.

A breach affects the play if it is reasonable to assume that the outcome of the specific play may have been meaningfully different had the breach not occurred – eg if the player would not have been able to intercept the pass without causing significant contact with their opponent, or the opponent would have been able to make a play at the disc had the player not caused contact with them.

The relative skill, height and/or athletic ability, of the players involved should not typically be taken into account when considering if something affected the play or not.

12.6 Resting a hand on an opponent (12.6)

- What** A defender is resting a hand in their opponents back to enable them to know where their opponent is, even if they are not looking at them
- Result** This is a violation.
- Why** It is not necessarily a foul, but it is a violation as per rule 15.1.1 which says “a player intentionally initiating minor contact is still a breach of the rules, but is to be treated as a violation, and not a foul.”

12.7 Player positioning when the disc is in the air (12.6 – 12.9)

- What** Player A is chasing after the disc and slows down to ensure they can remain between Player B and the disc. Player B runs into the back of Player A and they both trip over.
- Result** Player B has fouled Player A.
- Why** Player A is allowed to slow down to make a play on the disc. Player B could have reasonably avoided Player A and is therefore initiating contact.
- What** Player A is chasing after the disc and stops suddenly and runs immediately backwards into their approaching defender. Player B runs into the back of Player A.
- Result** Player A has fouled Player B.
- Why** Player B could not reasonably have avoided Player A, therefore Player A has initiated contact.
- What** Player A is chasing after the disc and slows down and moves from side to side to prevent Player B from getting around them and making a play at the disc (eg 'Boxing out'). Player B runs into the back of Player A. Player A catches the disc.
- Result** Player B has fouled Player A. Player A has possession so does not need to make a call, or must call “play on” if they had made a call.
- Why** Player A is allowed to slow down and to impede a player’s movement to make a play on the disc. Player B could have reasonably avoided Player A and is therefore initiating contact.
- Extra** Impeding a player’s movement is different from initiating contact. Some minor contact may occur in these circumstances but minor contact is not a foul.
- What** Player A and Player B are teammates and are chasing after the disc. Player B slows down and moves from side to side to prevent an opponent, Player C, from getting around them and making a play at the disc. Player A catches the disc.
- Result** Player C can call a violation against Player B.
- Why** Player B is not making a play for the disc. Player C is making a play on the disc and therefore Player B is not allowed to intentionally impede their movement.

Extra	If Player B is stationary they are allowed to remain there, even if that impedes Player C's attempt to make a play at the disc. However if Player B sticks out their arms to impede Player C – that is still considered a movement to impede Player C's movements and is a violation.
What	Player A is stationary and waiting to catch the disc. Player B is running towards Player A, then jumps, intercepts the pass, and then collides with Player A.
Result	Player B has fouled Player A.
Why	Rule 12.6 expressly says that making a play for the disc is not a valid excuse for initiating contact with other players.
Extra	When making a play at a disc, players need to insure that they will not cause an unavoidable collision with another player's position, if stationary, or their established speed and direction, before, during or after the attempt at the disc.
What	Player A is stationary and waiting to catch the disc. Player B is running and then jumps in a way that would avoid player A and intercepts the pass. Player A moves into Player B's path while Player B is in the air. There is contact between Player A and Player B.
Result	Player A has fouled Player B.
Why	Player A has initiated contact by moving to a position that a moving opponent will be unable to avoid. This is a blocking foul.

12.8 Moving towards a single point simultaneously (12.8)

What	Two opposing players are moving towards the same point in order to make a play on the disc. They are both aware of each other and are aware that minor body contact may occur. Minor body contact does occur.
Result	Even though contact has occurred, this is not necessarily a foul.
Why	In circumstances where one player clearly initiates contact with another, the person who initiates the contact is the person who caused the foul (ie one player is stationary and another runs into them, or one player clearly has a right to a space and an opponent changes direction and impedes that space in an unavoidable way). However there are times when both players have a right to a space and neither player can be deemed to have initiated contact. In these circumstances, if minor body contact occurs (ie players lightly bump shoulders or hips) this is not necessarily deemed a foul, as both players were responsible for causing the contact and both players were aware that contact may occur.

Scenario 1:

Both players caused the contact and only minor body contact occurs.

Result:

The result of the play should stand.

Scenario 2:

Both players cause contact but the body contact is not minor (ie causes a player to fall over).

Result:

This is a foul by both players and it to be treated as an Offsetting Foul (17.9.2). The disc shall be returned to the thrower.

Scenario 3:

Both players cause body contact and only minor body contact occurs. However one player hits the arms of the other as they make a play for the disc

Result:

Even though both players caused body contact, the player who initiated contact with the arms has caused a foul as this is not minor contact.

Extra These scenarios should only be taken into account when both players have caused contact simultaneously. If one player clearly initiated the contact, that player has caused the foul.

If one player is not aware that contact is going to occur, the player who is aware that contact will occur should avoid the contact and call a Dangerous Play foul if appropriate.

As per rule 17.9.2.1 if this contact occurs after the disc has been caught, or after the relevant player/s involved can no longer make a play on the disc, this must be treated as an Indirect Foul (excluding contact related to Section 17.1).

Players involved in these incidents should be mindful that they often do not have the best perspective on who initiated the contact and should ask nearby players for their perspective.

12.9 Extended arms or legs (12.19)

Note [A player's arms and legs are not considered "extended" during normal running and jumping.](#)[†]

12.10 Assisting a players movement or using equipment (12.10)

Note If an offense player physically assists the movement of another, or uses an item of equipment to assist in contacting the disc, this is a turnover – see rules 13.2.6, and 13.2.7.

If a defender physically assists the movement of a team-mate, or uses an item of equipment to assist in contacting the disc (e.g. throwing a hat in the direction of the disc), this is a violation. The intended receiver should be awarded possession.

13. Turnovers

13.1 Disc down while not in possession of an offensive player (13.1.1)

Note It is not a turnover if a player fumbles the disc prior to fully establishing possession when attempting to gain possession of the disc after a turnover, or after a pull that has already contacted the ground (see rule 8.1.4).

13.2 Disc contacting the ground while in control of an offensive player (13.1.1.1)

Note If a receiver dives to receive a pass and catches the disc before it hits the ground, the disc can contact the ground after that, and still be "up", as long as the player maintains the catch while the disc is touching the ground. The receiver can change the body parts that are being used to trap the disc, and as long as the disc continues to be trapped by at least one of those sets of body parts during that change, it is considered the same catch. If the receiver has pinched the disc between their fingers, and when the disc hits the ground it caused the disc to move and to no longer be pinched in the same spot, that is not a 'maintained catch' and therefore a turnover.

If, after catching a disc that then contacts the ground, the receiver subsequently loses control while the disc is no longer touching the ground, the earlier catch is not negated - the disc can still be caught by any player.

13.3 Interception turnover (13.1.2)

Note [A defender that intercepts a pass while in the air may attempt a pass prior to contacting the ground \(18.2.1.1\). If so, they do not need to establish a pivot point before throwing, despite 13.8–13.11. However if a defender from Team A intercepts a pass while airborne and throws the disc before they contact the ground, and the](#)

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pass is incomplete, that is a turnover by Team A and Team B would become the team is possession.

- Extra A defender can intentionally hit a [disc](#) towards their endzone, but if they subsequently contact the disc before it hits the ground, this is a travel as per rule 18.2.4.5 (Note: if the defender's first contact with the disc is for the purpose of blocking the disc, they may still then intentionally hit the disc towards their endzone)

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13.4 Contested dropped pull (13.1.4)

- Note If a "dropped pull" is contested the pulling team may choose to repeat the pull or retract the call.

13.5 Self-catch turnovers (13.2.5)

- What The thrower accidentally releases the disc while pivoting, and then catches it again, without any other player touching the disc.
- Result This is not a self-catch turnover. The marker can continue the stall count. If the thrower has moved their pivot foot a travel infraction can be called.
- Why A self-catch turnover can only occur after the thrower has attempted a pass. A pass is defined (under Throw) as "A disc in flight following any throwing motion, including after a fake attempt and an intentionally dropped disc, that results in loss of contact between the thrower and the disc". As the disc was not in flight after a throwing motion or fake attempt, no pass has occurred and therefore 13.2.5 does not apply.
- Extra If the disc is accidentally released during the throwing motion as part of a fake attempt, the thrower cannot catch the disc unless it has been touched by another player.
The thrower may touch a disc they have thrown, for example to prevent an opponent from catching it, or to tap it to a teammate.
If the thrower does catch their own pass, the turnover location is where the thrower is when they caught the pass.

13.6 Assisting a team-mate's movement (13.2.6)

- Note A player is prohibited from intentionally pushing off of a teammate to jump higher. [†]

13.7 Contesting a "stall-out" turnover (13.4)

- Note A "stall out" turnover should typically only be contested by the thrower
- If the stall count was fast from 1-5, but then the correct speed for the remainder of the count, the thrower cannot contest the stall-out on the grounds that is was a fast count.

13.8 Continuing play after an accepted "stall out" (13.4)

- Note The marker from Team A calling the stall out gets the disc where the stall occurred and then may either:
(1) place the disc on the ground. After acknowledgment by Team A, the former thrower from Team B loudly announces "Disc in", or
(2) retain the disc and have the former thrower from Team B restart play with a check
- Extra A marker should not automatically call "stall-out" because they got to the count of ten. They should be certain that the disc was not yet released and that their count wasn't fast. [†]

13.9 Ground stripped interception (13.5.1)

Note If, in attempting to intercept a pass, a defender from Team A loses control of the disc due to ground contact, or accidentally drops the disc, then possession is deemed to have not been established and any player on Team A may take possession of the disc.

13.10 Intentionally dropped disc (13.6)

What Player A intercepts a pass and then intentionally drops the disc, or places the disc on the ground to allow their teammate to become the thrower.

Result Player A retrieves an out-of-bounds disc and then intentionally drops the disc at the location of the intended pivot to allow their teammate to become the thrower.

This is not a “double turnover”. The opposition can call a Violation in which case play stops and Player A must take possession of the disc. Play must restart with a check.

Extra However if Player A attempts a pass directly after the interception, and this pass is incomplete, this is a turnover.

Note If there is any uncertainty as to whether the players' loss of possession was due to attempting to allow a teammate to become the thrower, or that they were in fact attempting a pass that was incomplete, the player should be given the benefit of the doubt.

13.11 Turnover location (13.7.1)

Note [The location where a disc has come to a stop includes the location where an out-of-bounds offensive player catches the disc.](#)

13.12 Where to establish a pivot foot – disc out-of-bounds (13.8)

Note The official spot is just next to the line (since the line is not part of the playing field), but a pivot [point](#) on the line is also acceptable. Given the fact that perimeter lines are only a few centimetres wide, the “error” is too small to be significant. While the rules state that the pivot point should be established in-bounds, rule 11.3.3 also indicates that it is not a problem that the pivot foot contacts an out-of-bounds area.

Extra If the disc flew out the side of the end zone, there is a cone on the spot where the pivot point should be established. Rule 2.6 states that the edge of the central zone must be marked by that cone, so the player should not move it. Therefore the pivot point should be established on the end zone line next to the cone. Players should not move the cone. Note that the player is allowed to have enough room to turn on their pivot foot (otherwise unsafe situations might occur during pivoting).

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13.13 Where to establish a pivot foot after a turnover – disc in-bounds (13.9)

What A disc is turned over and the pivot is to be established in the Central Zone.

Result The thrower should pick up the disc and place the pivot at the spot of the disc. †

Why Rule 13.9 tells the thrower to establish a pivot at the turnover location.

Extra The pivot should be as close to the disc's location as possible. Players should not place their right foot at the turnover location and then use their left foot as their pivot. This is a travel infraction (18.2.5.1)

13.14 Hand signal after a turnover in defending end zone (13.11.2.1)

- Note** The goal line signal can be useful to communicate to all players that the goal line option will be taken. If the signal is made, the thrower must move to the goal line. However it is a voluntary signal. The intended thrower may still establish the pivot at the goal line even if they do not signal the goal line option. The defence may ask the intended thrower if they intend to choose the goal line option and it is good spirit to provide a response (via hand signal), however it is not required.
- Extra** If the player is establishing a pivot point at the goal line the player may carry the disc at a constant or variable speed, and must move at walking pace or faster. [†] The player must put the disc into play either at the spot of the disc or on the goal line, not in between. [†]

13.15 Establishing a pivot foot after a turnover in defending end zone (13.11.3)

- Note** If the thrower breaches rule 13.11.3, this should be treated as a travel infraction. Play does not stop, but the thrower must return to the correct pivot. The thrower cannot pick up the disc, look and see if there are any players to pass to, and then move to the goal line.

14. Scoring

14.1 “Callahan” Goals (14.1)

- What** The offence throws the disc, but a defender intercepts the pass in the Offence’s defending end zone (which is the Defence’s attacking end zone).
- Result** The defence scores a goal.
- Why** Rule 14.1 states that the goal is scored when a player catches a legal pass and the first contact with the ground is inside their attacking endzone. It does not state that the pass has to be from a teammate.
- Extra** The term Callahan Goal is an unofficial term for this type of goal.

14.2 Throwing the disc after a score (14.1)

- What** A player catches the disc in the attacking end zone, but does not know this and throws the disc.
- Result** It is a goal, no matter the result of the additional pass.
- Why** Rule 14.1 does not say that the player scoring the goal must be aware of it. So if somebody has a clear perspective on it and declares it a goal, it is a goal. The disc cannot be thrown away after a goal is scored, so that action can be disregarded.
- Note** If it is unclear if the player scored (ie there is no agreement on the player who had best perspective, and there are opposing view points on the play) the result of the additional play stands.
- Extra** Players may ask for perspective from people on the side-line to determine if the pass was caught in the endzone, however it is still up to the players involved to make the final call.
- If the player throws an incomplete pass after catching the disc in the endzone, but before they survived all ground contact related to the catch, this is a turnover.
- Everyone else can move as the thrower moves to the goal line after not scoring but being in the endzone

14.3 Catching a goal (14.1)

- Note** If a player in the endzone claps the disc between their hands, gains control of the disc for just one moment, and then loses control and the disc hits the ground this is known as a “clap spike”. A “clap spike” is not a goal as the player has not maintained the catch for more than one noticeable instant and therefore, according to the definitions, has not established possession of a pass.
- Extra** If a player catches a pass in the end zone while running and maintains the catch for more than one noticeable incident, and they survive any ground contact directly related to the catch, they may deliberately release the disc as they continue to run.

14.4 Catching a goal close to the sideline (14.1)

- What** A player catches a pass in the end zone and very close to the sideline and then goes out of bounds and establishes possession
- Result** As long as the player catches the pass (by having a non-spinning disc trapped between at least two body parts) while also being in contact with the end zone (and not being in contact with the out-of-bounds area) this is a goal.
- Extra** If the player who caught the disc in the end-zone does contact out-of-bounds, and then fumbles the disc before they establish possession, that is an out-of-bounds turnover, regardless of whether or not they regain possession before the disc hits the ground

14.5 Contacting the end zone (14.1.1)

- Note** If a player clearly lands on their toes first and then continues down onto their heels, their toes are the first point of ground contact. If a player lands fairly flat-footed and it is not possible to determine which part of the foot contacted the ground first, the entire foot is the first point of ground contact. [†]
Remember, the end zone line is not part of the end zone. [†]

14.6 Contested Goal (14.2)

- Note** After a contested or retracted goal call where the receiver maintains possession, all players should return to where they were when the player established possession of the pass.
- Extra** If a player could reasonably assume that they have scored a goal, and behaves as if they have scored a goal (for example, by celebrating a goal) this should be treated as a “goal” call. This “goal” call is a stoppage of play and the result of any additional play does not stand.

14.7 Goal call and time cap (14.4)

- Note** If there is discussion about a goal, and after discussion the goal is confirmed, for the purposes of time cap rules, the point is deemed to have ended when the player established possession and the player in possession was in contact with the endzone. However the time limits between points will not commence until the discussion is resolved.

15. Calling Fouls, Infractions and Violations

15.1 Calling a breach or turnover (15)

- Note** A player that makes a foul, violation, infraction, or turnover call must have reasonable grounds to think that a breach or turnover might have occurred, but they do not have to be certain that it has occurred.
If a player believes that they have reasonable grounds to think that a breach or turnover might have occurred, they may call a stoppage (without making a specific call) to enable players to discuss the situation and determine what did occur and the appropriate outcome.

15.2 Accidental Contact (15.1)

Note Non-minor contact that occurs accidentally is still a foul – it does not need to be intentional. In fact there should be no intentional contact in Ultimate.

15.3 Infractions stopping play (15.2)

Note Play does not stop for an infraction call. However travel and marking infractions can lead to a stoppage if, for example, after a travel infraction a completed pass is thrown, after an egregious marking infraction, or after a contested infraction call.

15.4 Informing opponent of a breach (15.4)

Note If a breach is committed and not called, the player committing the breach should inform the opponent or their team. However play must not be stopped to do so.

15.5 Making Infraction Calls (15.5)

Note Only the thrower may call marking infractions, except in the case of a double team. For marking infractions excluding double team, if other players notice a marking infraction they may alert the thrower of this, however this call will have no effect. The thrower may subsequently make the call themselves, in which case the opposition should respond accordingly.

Any offensive player may make a double team call, however if the call is not made by the thrower, the call should be made loud enough for the thrower and marker to hear. If the thrower echoes a double team call made by a teammate, this should be treated as the same double team call (eg the stall count needs only to be reduced one time.)

Any opposing player may make a travel infraction call, however if the call is not made by the marker, the call should be made loud enough for the thrower and marker to hear.

15.6 Calling a breach immediately (15.8)

Note If a player who is unable to make the call recognises it, such as a receiver in the case of a straddle, the breach can still be called once the player who can make the call recognises it (ie the thrower in this example). However if, for example, the marker recognises that the thrower has established a pivot at the incorrect spot, they cannot wait until the stall count gets to 6 before they call a travel.

In addition, if a player had a reasonable opportunity to recognise that a breach had occurred, but continued play as if no breach had occurred, they should not make the call later on. For example if the thrower establishes a pivot at the incorrect spot, and the marker starts the stall count, then once the stall count reaches 6, the marker should not call travel for the pivot having been established at the incorrect spot, even if they do not notice until the stall count reaches 6.

If play has stopped for a discussion, a player can still make a call as part of the discussion.

15.7 Initiating a stoppage incorrectly (15.9)

Note For example, if a defender tells a receiver to stop play, but play was not supposed to have stopped and a pass to the receiver results in a turnover, the disc is returned to the thrower and the stall count would resume at "Stalling 1" as per rule 9.5.1.

Extra If there is disagreement over who initiated the stoppage incorrectly, then the disc should be returned to the last non-disputed thrower.

15.8 Contesting a call (15.10)

Note If, for example, the player against whom the breach was called thinks that the breach was not significant enough to make a difference to the outcome of the action, or the player disagrees when the event or the call occurred, they can contest the call.

15.9 Retracting a call (15.11)

Note If, for example, the marker calls a foul against the thrower, and after discussion the marker retracts their call, the stall count would resume at "Stalling 1" as per rule 9.5.1.

Player positioning should also be resumed as if an accepted breach has been caused by that player.

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15.10 Resolving multiple breaches (15.12)

Note For example, the marker calls an offensive foul on the thrower during the throw, then later a receiver calls a defensive foul on a defender during the reception on an incomplete pass. The fouls are resolved in reverse sequence. First, the receiving foul is resolved (here, assumed accepted), granting possession to the offensive receiver, then the throwing foul is resolved (here, assumed accepted), returning the disc to the thrower. The earlier infraction (offensive foul on the thrower) takes precedence over the later infraction (defensive foul on the receiver), resulting in the disc returning to the original thrower. †
If the disc is returned to the thrower, the stall count must be resolved as per rule 9.5.4.1.

16. Continuation after a Call

16.1 What occurs after play continues in these scenarios (16.2)

What	The marker calls a foul against the thrower and then the thrower attempts a pass. The pass is incomplete.
Result	The turn over stands. Play does not need to stop.
Why	Rule 16.2.4.1. – the team that called the foul gained possession so play continues.
What	The thrower calls a foul against the marker during the act of throwing. The throw comes out fine and heads straight for its intended target - an unguarded offensive player. The offensive player drops an easy catch.
Result	The turnover stands. Play restarts with a check.
Why	Rule 16.3. – the team that called the foul has lost possession, however the foul did not actually affect the turnover – that was caused by the player dropping an easy catch.
Extra	If the foul actually caused the throw to change direction or come out 'wobbly' then it is reasonable that the foul affected play. Therefore the disc should go back to the thrower, as per rule 16.2.4.2.1.
What	A Pick occurs in the stack on the left of the field at the same time the disc is thrown down the right side of the field - the disc is in the air at the time of the call. An offensive player catches the disc.
Result	The completion stands and the player who called Pick gets to move where they think they should have been.
Why	Rule 16.3. - The Pick did not affect the possession.
Extra	If the offensive player had dropped the disc, this would be a turnover (16.2.4.1.) If the pick was called before the throw and neither the pick nor the pick call affected the play - the turnover stands (16.3).

16.2 Call affecting the play (16.2, 16.3)

Result An event (including a foul, violation, injury) or call affects the outcome if the outcome would have been meaningfully different had it not occurred. For example, a call affected the play if a receiver is aware that the call has been made before the throw and therefore slows down and fails to complete the pass.

During a stoppage to discuss these situations it is reasonable for a player to ask the opposition if they think the event or call affected the outcome. If the opposition thinks that it was affected, they should be able to provide some form of valid justification.

16.3 Foul by the marker before a throw (16.2)

Note If the thrower calls a foul before they are in the act of throwing, play must stop. If the thrower does incorrectly continue play, the disc must come back to the thrower unless 16.3 applies - this applies to both a completed pass, and a turnover.

Extra If the thrower is fouled before the throw, but the foul continues to occur during the throw, then 16.2 applies.
If the foul occurs before the throw, but the thrower waits to call the foul during the act of throwing, 15.9 applies.

16.4 Pick/Foul not involving the thrower called during the act of throwing (16.2)

Note Unlike in previous version of the rules, continuation does not apply to calls made (not involving the thrower) during the act of throwing.
So if a foul is called by the dump receiver while the thrower is in the act of throwing, play should stop immediately. If the thrower continues the throw, with no impact from the foul call, the result of the pass can stand as per 16.3.
However if the thrower heard the foul call while they were throwing, and this impacted their throw and the pass was incomplete, 16.3 would not apply and therefore the disc would be returned to the thrower.
Additionally if a pick is called while the thrower is in the act of throwing, and the thrower attempted to stop the throw as a result of the pick call, and the pass is incomplete, the disc would be returned to the thrower.

16.5 Play on called before possession established (16.2.4.1)

Note If "play-on" is called before possession is established, and then the team that called the breach does not gain/retain possession, the "play on" call should be ignored and play should stop. The players involved must still determine if the breach actually affected the outcome, before determining whether the play should stand.

16.6 Play on not called (16.2.4.1)

Note Any player recognizing that play should continue without a stoppage should announce "play on".[†]
If the player who called the breach does not announce "play on" and the opposing team is uncertain whether play should continue, the opposing team has the option to stop play by calling "violation".[†]

16.7 Team that gains/retains possession can choose to stop play (16.2.4.1)

Note If the team that called the foul gains or retains possession, but the foul has impacted on their ability to continue play, they can call an indirect foul once possession has been established. This will stop play and enable them to make up any positional disadvantage caused by the foul.

16.8 Foul called before possession is established (16.3)

Note If an offensive receiver calls foul on contact that occurs before possession is established, they can continue to make a play for the disc. If the defender stops to discuss the foul call or to contest the foul call, play still does not stop until possession is established. After possession is established play should stop, but as per 16.2.4.1 if the receiver catches the pass, the catch will stand.

16.9 More than one pass (16.3)

Note There is no specific limit on how many passes can occur before 16.3 no longer applies. However once more than one pass has been completed, it becomes increasingly unlikely that the event, or call, will not affect the outcome.

17. Fouls

17.1 Minor Contact involving hands/arms (17)

Note Contact with an opponent's extended arms or hands that are about to, or already are, contacting the disc is not considered to be minor contact. Contact to the throwers hand during the throwing motion is not considered to be minor contact.

17.2 Dangerous play (17.1)

Note Dangerous Play fouls can be called before an event to avoid a potential collision e.g. a defender runs/layouts in a [reckless](#) way that an accident would occur if the offence were to continue. When this occurs it is correct to not make a play on the disc & to call a 'dangerous play' foul.

Players calling a Dangerous Play foul before a potential incident need to have reasonable grounds for doing so. They should actually be able to see the oncoming player and have some reason to believe that player will not avoid contact – this could include a previous history of that player to not avoid contact.

[Note](#) A “reckless disregard for the safety of fellow players” is especially indicated when a player makes a play that could lead to injury without having any chance of making a legal play on the disc. If the chance of making a legal play on the disc is minimal or non-existent, initiating any body contact shows more disregard for player safety than if the player could actually legally reach the disc. If that body contact has any potential to cause an injury, that should be considered a dangerous play.

[If a player can make a legal play on the disc and initiates or could initiate body contact that poses significant risk of \(serious\) injury to a fellow player, then that is a dangerous play.](#)

Extra You cannot call dangerous play if you feel you could have made a play on the disc, but that would have resulted in you initiating contact. In that instance, you should just refrain from making the play.

Extra The following are non-exhaustive examples of dangerous play: [†]

- significantly colliding with a mostly stationary opponent,
- jumping into a group of mostly stationary players,
- diving around or through a player that results in contact with a player's back or legs,
- running without looking when there is a likelihood of other players occupying the space into which the player is traveling,
- jumping or otherwise leaving the ground where it is likely that a significant collision will result,
- wild or uncontrolled throwing motions,
- initiating contact with a player's head,
- initiating contact with an airborne player's lower body that prevents them from landing on their feet, and

- jumping right in front of a sprinting player in a manner where contact is unavoidable

17.3 Teammate causes a foul (17.2)

Note If Player A initiates contact with an opponent (Player B) that is the cause for Player B contacting Player A's teammate (Player C), then Player C cannot call a foul on Player B as they did not initiate the contact.

17.4 Receiving fouls when it is unclear the disc was catchable (17.2)

What A player on offence is chasing after a long throw and is tripped over, while running, by the defence. It is unclear if the offence player would have been able to get to the disc had there been no foul.

Result If the offence player believes the defence initiated the non-minor contact they can call a foul.
If the defence player accepts that they fouled the offence player, but they do not believe the offence player had a reasonable chance at catching the disc, they may invoke rule 16.3 and try to seek agreement that the result of the play should stand.
If the players cannot agree what would most likely have occurred in the play, the disc must be returned to the thrower and the players return to where they were when the disc was released (rule 1.12 and 10.2.2).

Extra If it is clear to other players that the offence player did not have any chance at making the catch had there been no foul, they should encourage the offence player to let the turnover stand.
If the foul is accepted and it is agreed that it did affect the play, the offence player gains possession where the foul occurred, not where they would have caught the pass.

17.5 Receiving fouls (17.2)

Note A receiving foul can be deemed to have occurred if any player involved in the foul is attempting to make contact with the disc in anyway i.e. to catch it or block it.

Non minor contact that occurs directly after the attempt at the disc (i.e. a defender catches the disc and then collides with an offence player) is considered to be a receiving foul. However contact with the opponent's arms after the block occurs is not a sufficient basis for a foul as per rule 17.2.1.1.
If the disc is in the air but the players involved in the foul were running to receive or defend the next pass after possession has been established, this should be treated as an Indirect foul (rule 17.8).
An accepted offensive receiving foul is a turnover (rule 17.2.2); however an accepted indirect foul by the offence is not (rule 17.8.2).

Extra If players have dived to make a play at the disc, the disc is contacted, but not caught, and then one of the players attempts to make a second attempt but they are obstructed by the player who had dived on the ground, this is not a foul by the obstructing player, unless they deliberately move to obstruct the second attempt (in which case, this could be a violation of rule 12.5.1 even if no contact occurs)

17.6 End zone possession after an accepted defensive receiving foul (17.2.2)

Note After an accepted defensive receiving foul in the offense's attacking end zone, the receiver gets possession of the disc in the end zone. The disc is checked in there, and they must then walk to the nearest spot on the goal line, as per 14.2. All players may move once the disc is checked in, and the marker may only start the stall count once the pivot is established at the goal line.

Extra If the receiver drops the disc to the ground as they walk to the goal line, this is a turnover as the play is live.

17.7 Strip Fouls (17.3)

Note [A strip foul that does not relate to a goal being scored is to be treated as a receiving foul.](#)

Note A player may not call a strip if they had only momentary contact with or lacked control of the disc prior to an opponent contacting the disc.

Extra If a defender hits the disc in flight before it is caught by the receiver, and that contact with the disc causes the receiver to drop the pass, that is not a strip. The defender is allowed to hit a disc in flight, when they hit a disc that has been caught by a receiver, that is when it can be treated as a strip foul.

17.8 Strip foul on Callahan attempt (17.3.2)

Note If an accepted strip foul occurs where the offence causes the defence to drop a pass they have intercepted in the defences attacking end zone, this should be treated as a goal for the defence.

17.9 Blocking Fouls (17.4)

Note Every player has space reserved in the direction of their movement. The size of this space depends on a lot of things (speed, direction of view, playing surface, etc) and is as large as the answer to the question "if a tree suddenly materialized in this space, could the player avoid contact (without a manoeuvre risking the health of their joints)?"

Moving in a way that this space becomes unreasonably large (running full speed with your eyes closed without checking frequently where you are going would be an extreme example) is considered reckless.

If two players have the same space reserved at the same time and contact occurs, whoever initiated the contact is guilty of the foul.

Players are free to move any way they like as long as this does not cause an unavoidable collision.

A collision is avoidable for a player if the player could have reacted in time and avoided it, given the circumstances involving their speed and line of sight.

17.10 Force-out fouls (17.5)

Note Force-out fouls do not only apply to an airborne player. If, for example, a receiver catches a pass in the end zone, but before they are able to establish possession they are fouled, and the foul means they lose control, but they are able to establish possession in the central zone, that is a force-out foul and would result in a goal.

17.11 Contact on releasing the disc (Defensive or Offensive foul) (17.6, 17.7)

Note If the thrower moves into a non-moving marker who is legally positioned, this is a foul by the thrower. i.e. if the thrower moves into a space the marker has already occupied when the thrower started the throwing motion, and the marker is not in breach of; straddle, disc space, wrapping.

Extra If a thrower intentionally makes contact with a legally positioned marker this is an offensive foul and also a breach of the most important rule – Spirit of the Game. If the marker is legally positioned and is moving their arm directly away from the thrower, and the thrower initiates contact with the marker's arm, this is a foul by the offence.

[In general, any contact between the thrower and the extended arms or legs of a marker is a foul on the marker, unless the contacted area of the marker is completely stationary and in a legal position.[†]](#)

17.12 Thrower initiated contact (17.6.1.1)

Note If the thrower initiates contact with an illegally positioned defensive player, 17.6.1.1 only applies if this contact is part of an ultimate-related manoeuvre (throwing, pivoting, etc.) and must occur with a part of the marker that is illegally positioned. For example, shoving the marker does not result in contact due to the marker setting up an illegal position. Similarly, if a marker is providing disc space, except for illegally wrapping the thrower with their arms, only contact with the illegally positioned arms is due to the marker setting up an illegal position.[†]

17.13 Marking foul and double team (17.6.1.1)

Note If a defender is legally marking the thrower and then a second defender commits a double team, the second defender is deemed to be the illegally positioned defensive player. Therefore it would only be non-minor contact between the thrower and the second defender that would automatically result in a defensive throwing foul.

17.14 Making a 'contact' call (17.6.1.3)

What A defensive player initiates non-minor contact with the thrower prior to the act of throwing, but the thrower does not wish to stop play.

Result The thrower can call a contact infraction as per rule 17.6.1.3. If accepted, play does not stop, but the stall count must be resumed at 1.

Extra The thrower may also choose to call a foul (rule 17.6) on this contact, in which case play stops.

If the thrower accidentally calls "Contact" when the contact occurred during the throwing motion this should be treated as foul as per rule 17.6.

Contact should only be called when the contact is non minor – e.g. it affects the ability of the thrower to freely pivot, fake, or prepare to throw.

For minor contact, the thrower may choose to call a disc space infraction.

17.15 Indirect Fouls (17.8)

What An offensive player accidentally runs into a defensive player and knocks them over. The thrower has not released the disc. The defensive player calls a foul.

Result Play stops. The defensive player makes up any positional disadvantage caused by the foul (Rule 17.8).

Why The foul did not occur before, during, or directly after, an attempt to catch the disc and is therefore not a receiving foul.

Extra If the disc had been in the air when the foul occurred, but the foul did not occur before, during, or directly after, an attempt by those players to catch the disc, then play would continue until possession was established. If the offensive team retained possession, the defensive player should then make up any positional disadvantage caused by the foul and play would restart with a check (16.3.2).

If the offense commits a foul after establishing possession in the air, but the foul was caused by actions not related to the process of making the catch (eg while attempting to intentionally land in the end zone), this should be treated as an indirect foul.

17.16 Offsetting receiving fouls (17.9.2)

Note There are times when both players have a right to a space and neither player can be deemed to have initiated contact. In these circumstances, if body contact occurs that affects the outcome of the play, this is to be treated as an Offsetting Foul (17.9.2). The disc shall be returned to the thrower (unless 17.9.2.1 applies).

Extra Minor contact may occur as two or more players move towards a single point simultaneously but this should not be considered a foul.

Players involved in these incidents should be mindful that they often do not have the best perspective on who initiated the contact and should ask nearby players for their perspective.

If two opposing players both cause non-dangerous contact by jumping to the same point simultaneously to catch a pass, but one player catches the pass before the contact occurs, the result of the play will stand. However if an offsetting foul is called, any players that had fallen over as a result of the contact will be able to stand up before play resumes.

18. Infractions and Violations

18.1 Starting from the incorrect number (18.1.1.5)

Note If a fast count infraction is called because the marker started the stall count from the incorrect number (e.g. when they are not within 3 metres of the thrower, or after moving more than 3 metres from the thrower) the marker should automatically reset the stall count at the correct number, even if that means reducing the count by more than 2 seconds.

If a marking infraction is called before the stall count reaches 2, the marker must reduce the stall count to 1 (it should not result in a “negative stall count”).

18.2 Straddle (18.1.1.2)

Note [The pivot point for purposes of a straddle is the body part used as a pivot point, not the single point on the ground](#)

18.3 Disc Space (18.1.1.3)

Note The thrower may choose to call “disc space” for both straddle and wrapping violations as appropriate. However, the thrower may also choose to call the more specific violation for clearer communication to the marker about what needs to be corrected.[†]

18.4 Wrapping (18.1.1.4)

Note The marker is allowed to stand with arms stretched out to attempt to ‘force’ the thrower to throw in a particular direction, as long as they are legally positioned.

18.5 Double team (18.1.1.5)

What Two or more defensive players are within 3 metres of the thrower and are not guarding any other players.

Result The offence may call “double team” unless all “extra” defenders can claim they are guarding (within three meters of an offensive player and are reacting to that offensive player) another offensive player, or if they are merely running across the area ([‘the area’ refers to the area within 3 metres of the thrower’s pivot point](#)).

Note In zone defence it is common for a defender to come within 3 metres of the thrower when another offensive player enters into that same area. To avoid a double team the defender must be guarding that offensive player, which can include attempting to [prevent](#) a pass to that offensive player.

If the defence does not believe they have committed a double team infraction they may call contest and play shall stop – they cannot just ignore the call.

Extra Any number of defensive players are allowed to guard the same offensive receiver. When a double team is called and is accepted, the marker must first wait for the illegal positioning to be corrected (18.1.4) and then resume the stall count with the number last fully uttered before the call, minus one (1) (18.1.3).

Any offensive player may make a double team call, however if the call is not made by the thrower, the call should be made loud enough for the thrower and marker to

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hear. If the thrower echoes a double team call made by a teammate, this should be treated as the same double team call (eg the stall count needs only to be reduced one time.)

If a defender intentionally double teams the thrower, with no regard for any other offensive players, and gets a block, this can be addressed by rule 1.2.1.

18.6 Contested Marking Infractions (18.1.2.1)

Note After a contested marking infraction where a pass has been completed, it is the marker's responsibility to announce if play was affected for the purpose of rule 16.3. In limited situations for contested marking infraction calls, when the marker diverts their attention away from marking while reasonably and quickly assessing the conditions to the thrower's marking infraction call, the marker could determine that play was affected. For example, the thrower calls straddle, and while the marker is looking at their feet to assess their marking position, the thrower completes a throw around the marker. If the marker subsequently contests the straddle because they assessed that they weren't committing a marking infraction, they could claim that play was affected and the disc should be returned to the thrower.[†]

18.7 Resuming the stall count after Marking Infractions (18.1.3)

Note When a marking infraction is called, the marker should immediately stop counting. The defence should then correct the infraction and the marker can then resume the count at the appropriate number.[†]

To resume the stall count with the number last uttered before the call minus one, is the same as subtracting two seconds from the stall count eg. Stalling One, Two, Three, Fast Count, Two, Three etc.

Extra If more than one marking infraction is called during the same thrower possession it does not impact how the stall count is adjusted – the marker must still resume the stall count with the number last fully uttered before the call, minus one (1).

Extra [If play has stopped to discuss a Marking Infraction, then the stall count should be restarted in accordance with rule 9.5.](#)

18.8 Marker does not adjust the stall count after a marking infraction (18.1.5)

Extra If the marker does not adjust the stall count the thrower should call a fast count infraction (18.1.1.1). If the marker still fails to adjust the stall count the thrower may call a Violation. Play stops and the breach should be explained to the marker.

18.9 Egregious marking infractions (18.1.5.3)

Note This includes flagrant breaches such as four defenders being around the thrower, the marker completely surrounding the thrower with their arms, and the marker only taking two seconds to reach "stalling 6".

18.10 Passing while slowing down after catching the disc (18.2.2.1)

What An offensive player catches the disc while running and passes the disc while still in the process of slowing down, and after two additional points of contact with the ground.

Result This is allowed, provided that the player was attempting to slow down as quickly as possible and they maintain contact with the playing field throughout the throwing motion.

Extra Once the thrower has released the disc they do not need to come to a stop.

18.11 Making a Travel call (18.2.5)

Note The defence should not call travel under section 18.2 for failing to slow down unless they have evidence that the player was not trying to stop while in possession of the disc. In particular:

- a player who catches and throws the disc while entirely in the air does not need to slow down
- the length of a player's strides should decrease as they slow down
- a player is not allowed to maintain a constant speed while catching and throwing the disc, unless they catch and throw in the air, or a maximum of two additional points of contact with the ground are made after the catch and before they release the pass
- it should never take a player more than 5 steps to come to a stop

Unless the defence has evidence along those lines, they should not call travel.

Players should also take into consideration that a player may change direction after they have established a pivot – any change of direction after a pivot has been established should not be called a travel.

In some situations, a receiver may need to maintain speed briefly or change direction slightly to avoid contact with a diving defender or to jump over a player on the ground. This is expected in such situations and should not be considered a travel.

If the travel is caused solely by contact that is initiated by an opponent, this should not be considered a travel.

For travels calls related to the release of the throw, if the throwers toe drags a small amount, the defender needs to take into account when the throw occurred relative to the toe-drag, and also whether the breach is significant enough to make a difference to the outcome of the action.

Extra If play has stopped, the thrower should not change the part of their body that they have in contact with the pivot spot.

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If a player aims to release a pass without attempting to stop in accordance with 18.2.2.1 but then change their mind and stop without releasing the pass after more than two additional points of contact, this is a travel infraction and the travel is deemed to have occurred when they failed to reduce their speed.

A player is deemed to be changing direction after catching the disc if there is sideways movement of their centre of mass before a pivot is established, or their pivot point is not established where their foot would naturally have stopped based on their previous motion.

A player who catches the disc while stationary must not take additional steps after catching the disc.

18.12 Run up for a throw (18.2.5.3)

Note After a pull, a turnover not in the central zone, or after momentum causes a player to leave the playing field, the thrower cannot take a run up to make a pass whereby they start their wind up or throwing action before they have established a pivot point.

18.13 Tipping (18.2.5.5)

Note Any contact with the disc that is not a clean catch can be considered tipping (the rules also use the terms bobbling, fumbling, and delaying).
If a player intentionally tips the disc to themselves into the endzone so that they can score, this is a travel infraction.
If a player tips the disc so a team-mate can catch it in the end zone, this is a goal.

If a player fumbles with a disc while catching it and finally manages to get control over it in the end zone, this is a goal, unless the fumbling was intentional.
If they tip the disc solely in order to assist themselves to catch a disc that they otherwise would not have been able to gain possession of, that is not a travel.

18.14 Continuing play after a Travel call (18.2.6)

- What** An accepted Travel infraction is called and the thrower has not released the disc.
- Result** Play does not stop. The thrower must establish the pivot at the correct spot as per rule 18.2.6.
- Extra** If accepted, all players, except the thrower, are free to move anywhere on the field. Play does not stop, but the disc is live, so it is still subject to a turnover (for example if the thrower drops it).[†]
If the defense does not indicate to the thrower where the travel occurred, or the thrower wishes to contest the location of an indicated spot, the thrower should announce "violation", stopping play, and explain that the spot was incorrectly/not indicated.[†]
If the travel call is contested players should return to where they were when the travel was called.
If the pass is completed, play stops and the disc is returned to the thrower.

18.15 Resuming play after a travel violation (18.2.7)

- Note** After a travel violation the thrower must return to the location occupied at the time of the infraction, not to the spot they should have been at.
- Extra** After a turnover out-of-bounds, if the thrower is called for a travel because they established the pivot on the side line, instead of on the goal line, and they have thrown a completed pass, play must stop. The disc must be returned to the thrower and the disc must be checked in where the infraction occurred, ie on the side line. Once the disc is checked in, they must move to the goal line to establish a pivot at the correct spot. All other players may move once the disc is checked in. The disc is considered to be dead until the pivot is established.

18.16 Calling a Pick (18.3.1)

- Note** A pick should only be called if the obstructed player is within 3 metres of the player they were guarding at the time they were obstructed. However they do not need to be less than 3 metres away at the time of the call because the obstruction may cause this distance to quickly grow before the call can be made.
Obstruction may result from contact with, or the need to avoid, the obstructing player.
A pick cannot be called by the offense.
A pick should not be called by a defender who was obstructed while attempting to make a play on the disc, that is not related to their ability to move towards/with the player they are guarding (however a defender may call a violation under Rule 12.7 if applicable).
After an accepted pick call the picked defender catches up the relative position lost because of the pick. If they were trailing by 2.5 metres, then they get to catch back up to 2.5 metres away, but they do not get to set up right next to the offensive player.[†]
- Extra** If the offence retains possession after an accepted pick, the picked defender may go to the agreed place where they would have been without the obstruction. All other players, including the offensive player that the defender was guarding, should be located according to Rule 10.2.
If the offence retains possession after a contested pick, all players, including the player who made the pick call, should be located according to Rule 10.2

If the defender does delay the pick call according to 18.3.1.1, the pick is still deemed to have been called when it was actually called, and not when it occurred. If the defender waits longer than two seconds, 15.9 applies.

19. Safety Stoppages

19.1 Injury substitution (19.1.2)

Notes The injured player must choose one of the two options provided; however if their team has no time-outs remaining, they must be substituted.
To 'charge their own team with a time-out' means that a time-out is deducted from those allowed for that half, however the team does not get the opportunity to discuss tactics or have a break as per a standard 75 second time-out.
If there is a dispute over who caused the injury, then the 19.1.3 is deemed to apply.
If Player A is substituted for an injury, and then an additional injury substitution is required during the same point, Player A can return to play.
If an injury stoppage is called during a team time-out, the opposing team must be notified as soon as the injury is discovered.

19.2 Injury stoppage and continued play (19.1.6)

Note If an injury is called while the disc is in the air, as a result of a serious injury, and players stop to care for the severely injured player, it is reasonable to treat this as a technical stoppage and allow the disc to be returned to the thrower.

19.3 Condition that endangers players (19.2.1)

Note A player can call a Technical Stoppage to remove or adjust a potentially dangerous object (i.e. rock, metal, wood piece, glass) found in the playing field.
Extra A receiver is not required to continue playing through a dangerous situation, such as a child wandering onto the field. In that case, the receiver should stop making a play on the disc in order to prioritize the safety of themselves and others, and the disc will be returned to the thrower once the dangerous situation is rectified. [†]

19.4 Open or bleeding wounds (19.2.1)

Note A bleeding or exposed open wound is "effectively addressed" if it is covered with a dressing sturdy enough to withstand the demands of activity and able to prevent bodily fluids from coming in contact with other players. Any player whose clothing has blood on it must have the affected areas disinfected or must change the clothing before returning to play. Whether a player may return to play is determined by appropriate medical staff. If medical staff is not available, captains and coaches may agree that a wound has been effectively covered and any clothing issues have been addressed. [†]
The stoppage should only be used to address the blood issue.

19.5 Technical Stoppage for a severely damaged disc (19.2.2)

Note A severely damaged disc is one that is cracked, torn, deeply gouged, creased, punctured or badly warped ("tacoed"); a slightly warped, wet or dirty disc does not qualify.
However an existing stoppage may be extended to correct a warped disc (rule 10.3).

20. Time-outs

20.1 Calling a time-out during play (20.3)

Note If the thrower must/can move to establish a pivot at a different spot to where they established possession, they can call a time-out before they establish the pivot at that spot. This means that if the thrower picks up the disc after a turnover, and the

turnover location is not in the central zone, they can call a time-out straight away. If they do so, they must place the disc at the spot where they will establish a pivot after the time-out.

20.2 Delay of play after a time-out (20.3)

Note The delay of game rules from section 10.5 also apply to the restart of play after a time-out

Extra For games played using the Appendix, refer to the relevant section for specific timings that apply

20.3 Time-out between points or during a stoppage (20.4)

Note If a team calls “time-out” between points, or during a stoppage, but their team has none remaining, then the time-out call has no affect.