WFDF Rules of Ultimate 2008

Official Version effective 2008-05-31
Produced by the WFDF Ultimate Rules Committee

Contents

Introduction

Ultimate is a seven-a-side team sport played with a flying disc. It is played on a rectangular field, about half the width of a football field, with an end zone at each end. The object of each team is to score a goal by having a player catch a pass in the end zone that they are attacking. A thrower may not run with the disc, but may pass the disc in any direction to any team-mate. Any time a pass is incomplete, a turnover occurs, and the other team may take the disc to score in the opposite end zone. Games are typically played to 17 goals and last around 100 minutes. Ultimate is self-refereed and non-contact. The Spirit of the Game guides how players referee the game and conduct themselves on the field.

1. Spirit of the Game

1.1. Ultimate is a non-contact, self-refereed sport. All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.

1.2. It is trusted that no player will intentionally violate the rules; thus there are no harsh penalties for infractions, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no infraction.

1.3. Players should be mindful of the fact that they are acting as referees in any arbitration between teams. In such situations, players must:
1.3.1. know the rules;
1.3.2. be fair-minded and objective;
1.3.3. be truthful;
1.3.4. explain their viewpoint clearly and briefly;
1.3.5. allow opponents a reasonable chance to speak;
1.3.6. resolve disputes as quickly as possible; and
1.3.7. use respectful language.

1.4. Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play.

1.5. The following actions are considered good spirit:
1.5.1. informing a team-mate if they have made a wrong or unnecessary call or caused a foul or violation.
1.5.2. complimenting an opponent for good play or spirit;
1.5.3. introducing yourself to your opponent;
1.5.4. reacting calmly towards disagreement or provocation;

1.6. The following actions are clear violations of the spirit of the game and must be avoided by all participants:
1.6.1. dangerous play and aggressive behaviour;
1.6.2. intentional fouling or other intentional rule violations;
1.6.3. taunting or intimidating opposing players;
1.6.4. making calls in retaliation to an opponent's call; and
1.6.5. calling for a pass from an opposition player.

1.7. Teams are guardians of the Spirit of the Game, and must:
1.7.1. take responsibility for teaching their players the rules and good spirit;
1.7.2. discipline players who display poor spirit; and
1.7.3. provide positive feedback to other teams about how to improve their adherence to the Spirit of the Game.

1.8. In the case where a novice player commits an infraction out of ignorance of rules, experienced players are obliged to explain the infraction.

1.9. An experienced player, who offers advice on rules and guides on-field arbitration, may supervise games involving beginners or younger players.

1.10. Rules should be interpreted by the players directly involved in the play, or by players who had the best perspective on the play. Players not actively playing the current point, apart from the captain, should refrain from getting involved. If no agreement as to what occurred can be reached, the disc should be returned to the last non-disputed thrower.

2. Playing Field

2.1.   The playing field is a rectangle one hundred (100) metres long and thirty-seven (37) metres wide. (See Figure 1)

2.2.   The perimeter of the playing field is the perimeter line and consists of two (2) sidelines along the length and two (2) end lines along the width.

2.3.   The perimeter lines are not part of the playing field.

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

2.5.   The goal lines are the lines that separate the playing field proper from the end zones and are part of the playing field proper.

2.6.   The brick mark is the intersection of two (2) crossed one (1) metre lines in the playing field proper set twenty (20) metres from each goal line, midway between the sidelines.

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

2.8.   Eight brightly-coloured, flexible objects (such as plastic cones) mark the corners of the playing field proper and the end zones.
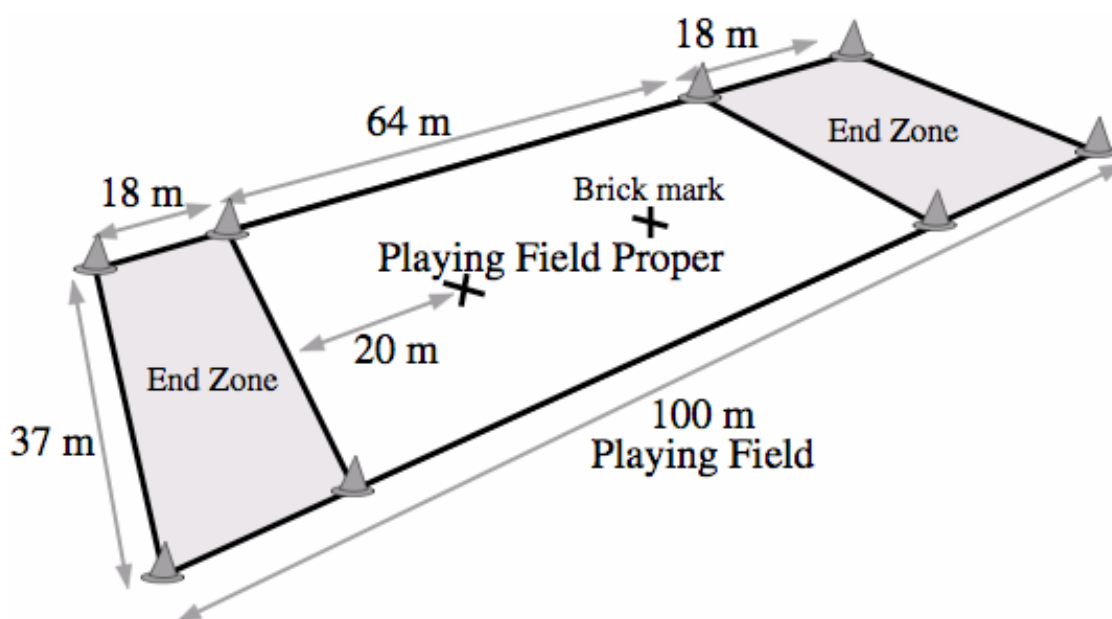

Figure 1

3. Equipment

3.1.   Any flying disc approved by WFDF may be used.

3.2.   Each player must wear a uniform that distinguishes their team.

3.3.   No player may wear items of clothing or equipment that reasonably could harm the wearer or other players (e.g. wristwatches, buckles, sharp edges or long studs on footwear, protruding jewellery).

4. Point, Goal and Game

4.1.　A game consists of a number of points. Each point ends with the scoring of a goal.

4.2.　A game is finished and won by the first team to score seventeen (17) goals.

4.3.　A game is separated into two (2) periods of play, called halves. Half time occurs when a team first scores nine (9) goals.

4.4.　The first point of each half starts when the half starts.

4.5.　After a goal is scored, and the game has not been won or half time has not been reached:
4.5.1.　the next point starts immediately; and
4.5.2.　the teams switch the end zone that they are defending; and
4.5.3.　the team that scored becomes defence and pulls next.

4.6.　A variation of the basic structure may be used to accommodate special competitions, number of players, age of players, available space.

5. Teams

5.1.　Each team will put a maximum of seven (7) players and a minimum of five (5) players on the field during each point.

5.2.　A team may make (unlimited) substitutions only after a goal is scored and before the next pull, except for injury (Section 18).

5.3.　Each team will nominate a captain to represent the team.

6. Starting a Game

6.1.　The captains of the two teams fairly determine which team first chooses either:
6.1.1.　whether to receive or throw the initial pull; or
6.1.2.　which end zone they will defend.

6.2.　The other team is given the remaining choice.

6.3.　At the start of the second half, these initial selections are switched.

7. The Pull

7.1.　At the start of the game, after half-time or after a score, play commences with a throw-off, called a pull.

7.2.　The pull consists of a defensive player throwing the disc to begin play.

7.3.　The offensive team signals their readiness by having at least one player raise a hand above their head.

7.4.　After signalling their readiness, and until the pull is released, all offensive players must stand with one foot on their defending goal line without changing position relative to one another.

7.5.　All defensive players must be entirely inside their defending end zone when the pull is released.

7.6.　If a violation of 7.4 or 7.5 is called by the opposing team, the pull will be repeated.

7.7.　As soon as the disc is released, all players may move in any direction.

7.8. No player on the defensive team may touch the disc after a pull until a member of the offensive team contacts the disc or the disc contacts the ground.

7.9. If an offensive player, in-bounds or out-of-bounds, touches the disc before it hits the ground, and the offensive team fails to catch it, that is a turnover (a "dropped pull").

7.10. If the disc initially contacts the playing field and never becomes out-of-bounds, or is caught in-bounds, the thrower establishes the pivot where the disc stops.

7.11. If the disc initially contacts the playing field and then becomes out-of-bounds without contacting an offensive player, the thrower establishes the pivot at the point on the playing field proper nearest to where the disc first went out-of-bounds.

7.12. If the disc becomes out of bounds after touching an offensive player, or an offensive player catches the pull out-of-bounds, the thrower establishes the pivot at the point on the playing field closest to where the disc became out of bounds.

7.13. If the disc becomes out-of-bounds without first touching the playing field or an offensive player, the thrower may establish the pivot either at the brick point or at the spot where the disc was last partly over the playing field. The brick option must be signalled by the intended thrower before picking up the disc by fully extending one arm above their head.

8. Status of the Disc

8.1. The disc is dead and no turnover is possible, specifically:
8.1.1. After the start of a point, until the pull is released,
8.1.2. After the pull or after a turnover when the disc must be carried to the location of the correct pivot point, until a pivot is established,
8.1.3. After a call which stops the play or any other stoppage, until the disc is checked in.

8.2. A disc which is not dead is live.

8.3. The thrower may not transfer possession of a dead disc to another player.

8.4. Any player may attempt to stop a disc from rolling or sliding after it has hit the ground.

8.5. If, in attempting to stop such a disc, a player significantly advances the disc, the opposition may call "Violation" and play restarts with a check at the location where the disc was contacted.

8.6. After a turnover, the team that has gained possession of the disc must continue play without delay. The intended thrower must move towards the disc and then towards the pivot point at walking pace or faster.

9. Stall Count

9.1. The marker administers a stall count on the thrower by announcing "Stalling" and then counting from one (1) to ten (10). The interval between the first utterances of each word in the stall count must be at least one (1) second.

9.2. The stall count must be clearly audible to the thrower.

9.3. The marker may only start a stall count when the disc is live.

9.4. The marker may only start and continue a stall count when they are within three (3) metres of the thrower and all defenders are legitimately positioned (Section 16.3).

9.5. If the marker moves more than three (3) metres from the thrower, or a different player becomes the marker, the stall count must be re-started at one (1).

9.6. To restart a stall count "at maximum n", where "n" is a number between one (1) and nine (9), means to announce "stalling" followed by the count at one more than the last number uttered prior to the stoppage, or by "n" if that value is greater than "n".

10. The Check

10.1. Whenever play stops during a point for a time-out, foul, disputed possession, violation, safety stoppage or injury stoppage, play is restarted with a check.

10.2. All players should return to the positions they held when the event that caused the stoppage occurred, and remain there until play is restarted, except in the case of a time-out.

10.3. If the disc was in the air when the event that caused the stoppage occurred, and the disc is returned to the thrower to restart play, players should return to the positions they held when the disc was released by the thrower.

10.4. Any player may briefly extend a stoppage of play to correct faulty equipment (e.g. to tie shoelaces or straighten a disc), but active play may not be stopped for this purpose.

10.5. With the permission of the offence, the defender nearest to the thrower restarts play by touching the disc and calling "Disc In".

10.6. If the nearest defender is not within reach of the thrower, the thrower shall, with permission of the closest defender, restart play by touching the disc to the ground and calling "Disc In".

10.7. If no offensive player is in possession of the disc, the nearest defender to the disc shall, with permission of the closest offensive player, restart play by calling "Disc In".

10.8. If the thrower attempts a pass before the check, or a violation of 10.2 is called, the pass does not count regardless of whether it is complete or incomplete, and possession reverts back to the thrower.

11. Out-of-Bounds

11.1. The entire playing field is in-bounds. The perimeter lines are not part of the playing field and are out-of-bounds. All non-players are considered part of the out-of-bounds area.

11.2. The out-of-bounds area consists of the area which is not in-bounds and everything in contact with it, except for defensive players, who are always considered "in-bounds" for purposes of making a play on the disc.

11.3. An offensive player who is not out-of-bounds is in-bounds. An airborne player retains their in-bounds/out-of-bounds status until that player contacts the playing field or the out-of-bounds area. The following exceptions apply:
11.3.1. If momentum causes a player to touch an out-of-bounds area after catching the disc in-bounds, the player is considered in-bounds. The player establishes the pivot at the spot on the playing field where they crossed the perimeter line (unless 14.2 is in effect).
11.3.2. A thrower may contact an out-of-bounds area once a pivot point has been established in-bounds.
11.3.3. Contact between players does not confer the state of being in- or out-of-bounds from one to another.

11.4. A disc is in-bounds once it is live, or when play starts or restarts.

11.5. A disc becomes out-of-bounds when it first contacts the out-of-bounds area or contacts an out-of-bounds offensive player. A disc in the possession of an offensive player has the

same in/out-of-bounds status as that player. If the disc is simultaneously in the possession of more than one offensive player, one of them being out-of-bounds, the disc is out-of-bounds.

11.6. The disc may fly outside a perimeter line and return to the playing field, and players may go out-of-bounds to make a play on the disc.

11.7. To continue play after the disc becomes out-of-bounds, the new thrower establishes the pivot at the spot on the playing field proper nearest to where the most recent of the following events occurred:
11.7.1. the last part of the disc ceased to be over the playing field, or
11.7.2. the disc contacted an in-bounds player.

12. Receivers and Positioning

12.1. A player "catches" the disc by demonstrating sustained control of a non-spinning disc.

12.2. If the player loses control of the disc due to subsequent contact with the ground or a team-mate or a legitimately positioned opposition player, the catch is deemed to have not occurred.

12.3. The following are turnovers, and no catch is deemed to have occurred:
12.3.1. an offensive receiver is out-of-bounds when they contact the disc; or
12.3.2. after catching the disc, an offensive receiver's first contact is out-of-bounds while still in possession of the disc.

12.4. After a catch, that player becomes the thrower.

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

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

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

12.8. When the disc is in the air, all players must attempt to avoid contact with other players, and there is no situation where a player may justify initiating contact. "Making a play for the disc" is not a valid excuse for initiating contact with other players.

12.9. Some incidental contact, not affecting the outcome of the play or safety of players, may occur as two or more players move towards a single point simultaneously. Incidental contact should be minimized but is not considered a foul.

12.10. The Principle of Verticality:
12.10.1. All players have the right to the space immediately above them. An opponent may not obstruct a player from occupying this space.
12.10.2. A player who jumped is entitled to land without hindrance by opponents, assuming that no opposing player occupied any space between and including the point of take off and the receiver's eventual landing spot at the initiation of the jump.

12.11. No player may physically assist the movement of another player.

13. Turnovers

13.1. A turnover transfers possession of the disc from one team to the other and occurs when, during play:

13.1.1. the disc contacts the ground while it is not in the possession of an offensive player (a "down");

13.1.2. the disc is handed over from one offensive player to another without ever being completely untouched by both players (a "hand-over");

13.1.3. the thrower intentionally deflects a pass to themselves off another player (a "deflection");

13.1.4. in attempting a pass, the thrower contacts the disc after release prior to the disc being contacted by another player (a "double touch");

13.1.5. a pass is caught by a defensive player (an "interception");

13.1.6. the disc becomes out-of bounds (an "out-of-bounds");

13.1.7. the thrower has not released the disc before the marker first utters the word "ten" in the stall count (a "stall-out");

13.1.8. the thrower calls a time-out when their team has no remaining time-outs (a "time-out violation");

13.1.9. there is an uncontested offensive receiving foul or

13.1.10. during the pull, the receiving team touches the disc before it contacts the ground, and fails to catch the disc (a "dropped pull").

13.2. If it is unclear whether a turnover occurred, the player(s) with the best perspective quickly makes the call. If either team disagrees they may call "contest" and:

13.2.1. the disc is returned to the previous thrower; and

13.2.2. any stall count restarts at maximum nine (9).

13.3. If a fast count occurs in such a manner that the offence does not have a reasonable opportunity to call fast count before a stall-out, the play is treated as a contested stall-out (13.2).

13.4. If the thrower contests a stall-out but also attempts a pass, and the pass is incomplete, the continuation rule applies and "play-on" should be called.

13.5. After a turnover, the turnover location is where:

13.5.1. the disc has come to a stop or is picked up by an offensive player; or

13.5.2. the intercepting player stops; or

13.5.3. the thrower was located, in the case of 13.1.2, 13.1.3, 13.1.4, 13.1.7, 13.1.8; or

13.5.4. the uncontested offensive receiving foul occurred.

13.6. If the turnover location is in the playing field proper, the thrower must establish the pivot at that point.

13.7. If the turnover location is in the offence's attacking end zone, the thrower must establish the pivot at the nearest point on the goal line.

13.8. If the turnover location is in the offence's defending end zone, the thrower may choose where to establish the pivot:

13.8.1. at the turnover location, by staying at the turnover location or faking a pass; or

13.8.2. at the nearest point on the goal line to the turnover location, by moving from the turnover location.

13.8.3. immediate movement or failure to move determines where to establish the pivot and cannot be reversed.

13.9. If the turnover location is out-of-bounds, play continues according to Section 11.7.

13.10. If, after a turnover, play has continued unknowingly, play stops and the disc is returned to the turnover location, players resume their positions at the time the turnover occurred and play restarts with a check.

14. Scoring

14.1. A goal is scored if an in-bounds player catches a legal pass and all of their first simultaneous points of contact after catching the disc are entirely within their attacking end zone (note 12.1, 12.2).

14.2. If a player in possession of the disc ends up completely behind the attacking goal line without scoring a goal according to 14.1, the player establishes the pivot at the nearest point of the goal line.

14.3. The time at which a goal is scored is when, after the disc is caught, contact is first made with the end zone.

15. Fouls

15.1. Overview
  15.1.1. A foul results from a breach of the rules where non-incidental contact has occurred between two or more opposing players.
  15.1.2. The disc that is in possession of a player is considered part of that player's body.
  15.1.3. Only the player fouled may claim a foul, by calling "Foul".
  15.1.4. If the team against whom the foul is called disagrees that it occurred, they may call "Contest".

15.2. Reckless disregard for the safety of fellow players regardless of whether or when contact occurs is considered dangerous play and is treated as a foul. This rule is not superseded by any other rule.

15.3. Defensive Receiving (Defender) Fouls:
  15.3.1. A defender initiates contact with a receiver before or during an attempt to catch the disc.
  15.3.2. If an airborne receiver catches the disc, and is fouled by a defensive player before landing, it is a "force-out foul" if the contact caused the receiver to:
    15.3.2.1. land out-of-bounds instead of in-bounds, or:
    15.3.2.2. land in the playing field proper instead of their attacking end zone.
  15.3.3. Resolution of a force-out foul:
    15.3.3.1. If the player would have landed in their attacking end zone, it is a goal.
    15.3.3.2. If the force-out foul is contested, the disc is returned to the thrower if the receiver landed out-of-bounds, otherwise the disc stays with the receiver.
  15.3.4. A defensive foul that causes the receiver or thrower to drop the disc after they have gained possession is a "Strip" foul.
    15.3.4.1. If such a foul occurs and the reception would have otherwise been a goal, and the foul is uncontested, a goal is awarded.
  15.3.5. After a defensive receiving foul:
    15.3.5.1. if in the playing field proper or defending end zone, the receiver gains possession at the point of the infraction.
    15.3.5.2. if in the attacking end zone, the receiver gains possession at the nearest point on the goal line, and the fouling player must mark them there.
    15.3.5.3. if the foul is contested, the disc is returned to the thrower.

15.4. Offensive Receiving Fouls
    15.4.1. Contact initiated by the receiver with a defensive player in a legal position (Section 12) is a foul.
    15.4.2. If the foul is uncontested, the result is a turnover, with the disc at the location where the foul occurred.
    15.4.3. If the pass is complete and the foul is contested, the disc returns to the thrower.

15.5. Defensive Throwing (Marker) Fouls:
    15.5.1. The marker is illegally positioned (Section 16.2), and there is contact with the thrower; or
    15.5.2. The marker initiates contact with the thrower, or a part of the marker's body was moving and contacted the thrower, prior to the release.

15.6. Offensive Throwing (Thrower) Fouls:
    15.6.1. The thrower initiates contact with a marker who is in a legal position.
    15.6.2. Incidental contact occurring during the thrower's follow through is not sufficient grounds for a foul, but should be avoided.

15.7. A player causes a blocking foul by taking a position that a moving opponent will be unable to avoid and contact results.

15.8. Offsetting Fouls
    15.8.1. If fouls are called by offensive and defensive players on the same play, the disc shall be returned to the thrower at their point of possession.

15.9. Stall Counts
    15.9.1. After a foul by the defence where play has stopped:
        15.9.1.1. if there is no contest the count is reset to one (1);
        15.9.1.2. if the foul is contested any stall count restarts at maximum six (6).
    15.9.2. After a foul by the offence where play has stopped, whether contested or not, any stall count restarts at maximum nine (9).
    15.9.3. After offsetting fouls, any stall count restarts at maximum nine (9).

16. Violations

16.1. Overview
    16.1.1. A violation results from a breach of the rules where no player contact has necessarily occurred.
    16.1.2. Any opposing player may claim a violation, by calling the specific name of the violation or "Violation", unless specified otherwise by the particular rule.
    16.1.3. If the team against whom the violation is called disagrees that it occurred, they may call "Contest".

16.2. Marker Violations
    16.2.1. Marking violations include the following:
        16.2.1.1. "Fast Count" – the marker
            16.2.1.1.1. starts the stall count before the disc is live,
            16.2.1.1.2. does not start the stall count with the word "Stalling",
            16.2.1.1.3. counts in less than one second intervals, or
            16.2.1.1.4. does not subtract two (2) seconds from the stall count after the first call of any marking violation.
        16.2.1.2. "Straddle" – a line between the marker's feet contains the thrower's pivot point.
        16.2.1.3. "Disc Space" – any part of the marker is less than one disc diameter away from the torso or pivot of the thrower. However, if this situation is caused solely by movement of the thrower, it is not a violation.

16.2.1.4. "Wrapping" – the marker uses their arms to prevent the thrower from pivoting in any direction.

16.2.1.5. "Double Team" - two defensive players are within three (3) metres of the thrower's pivot point when no other offensive player is within three (3) metres of either defensive player.

16.2.1.6. "Vision" - the marker uses any part of their body to intentionally obstruct the thrower's vision.

16.2.2. A marking violation may be contested by the defence, in which case play stops.

16.2.3. On the first call of a marking violation that is not contested, play does not stop. The marker must subtract two (2) from the stall count and continue. A marker who is executing a stall count may, when a marking violation is first called, continue the stall count by reducing the count by one (1) and then continuing the count. The effect of this technique is to subtract two (2) seconds from the stall count. (e.g., "Stalling, 1, 2, 3, 4, 3, 4, 5, 6…" if a marking violation was called at the fourth (4th) stall count).

16.2.4. The marker may not restart counting until any illegal positioning has been corrected. To do otherwise is a subsequent marking violation.

16.2.5. For any subsequent marking violation call during the same stall count, play stops, and, if uncontested, the count is reset to one (1) and play is continued with a check.

16.2.6. If any marking violations are contested, the stall count restarts at maximum six (6).

16.3. Travel violation.

16.3.1. After catching the disc, the thrower must come to a stop as quickly as possible, without changing direction.

16.3.2. After stopping their forward momentum, the player may pivot in any direction as long as one part of their body remains in constant contact with a certain spot on the playing field, called the "pivot point".

16.3.3. A thrower who is lying down or kneeling does not need to establish a pivot.

16.3.3.1. Once stopped, their centre of mass determines their pivot point, and they should not move away from that point while lying down or kneeling.

16.3.3.2. If they stand up, they must establish their pivot at that point.

16.3.4. The thrower may attempt a pass at any time as long as they are entirely in-bounds or have established an in-bounds pivot.

16.3.5. A travel violation occurs if:

16.3.5.1. the thrower establishes the pivot at an incorrect point on the playing field;

16.3.5.2. the thrower changes direction before coming to a stop;

16.3.5.3. the thrower fails to stop their forward momentum as quickly as possible;

16.3.5.4. the thrower fails to keep the established pivot until releasing the disc; or

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

16.3.6. After an uncontested travel violation the disc is returned to the thrower and the stall count restarts at maximum nine (9).

16.3.7. After a contested travel violation by the thrower the disc is returned to the thrower and the stall count restarts at maximum six (6).

16.3.8. After a travel violation, play is restarted at the pivot point or the place where the pivot point would have been had no travel occurred.

16.4. Pick Violation

    16.4.1. If a defensive player is within five (5) metres of an offensive player they are actively covering and they are prevented from moving towards/with that player by another player, that defensive player may call "Pick".

    16.4.2. Once play has stopped, the obstructed player may move to the position they determine they would have otherwise occupied if the obstruction had not occurred. The disc is returned to the thrower (if the disc was thrown) and any stall count restarts at maximum nine (9).

17. Continuation after a Call

17.1. Whenever a call is made other than the first call of a marking violation, play stops immediately unless 17.2 or 17.3 applies. Once play has stopped, no turn over is possible.

17.2. If a marking violation is called during the throwing motion or when the disc is in the air, the call has no consequences.

17.3. If a foul or violation is called

    17.3.1. against the thrower and the thrower subsequently attempts a pass, or

    17.3.2. when the thrower is in the act of throwing, or

    17.3.3. when the disc is in the air,

    then play continues until possession has been established.

17.4. If the team that called the foul or violation gains or retains possession as a result of the pass, play shall continue unhalted. Players recognizing this should call "Play on" immediately to indicate that this rule has been invoked.

17.5. If the team that called the foul or violation does not gain or retain possession as a result of the pass, play shall be stopped and the disc will be returned to the thrower for a check.

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

18. Stoppages

18.1. Injury Stoppage

    18.1.1. An injury stoppage, "Injury", may be called by the injured player, or a team-mate if the injured player is unable to call it immediately in which case the call is said to have occurred at the time of the injury.

    18.1.2. If any player has an open or bleeding wound, an injury stoppage must be called and that player shall take an immediate injury substitution and may not rejoin the game until the wound is treated and sealed.

    18.1.3. If the injury is not the result of a foul (contested or not), the player must be substituted, otherwise the player may choose to stay.

    18.1.4. If the injured player leaves the field, the opposing team may choose to make a substitution for one player.

    18.1.5. If the injured player had caught the disc, and the player has dropped the disc due to the injury, that player retains possession of the disc.

    18.1.6. Substitute players due to an injury stoppage take on the full state (position, possession, stall count etc) of the player they are substituting.

18.2. Technical Stoppage
18.2.1. A technical stoppage, may be called by any player recognizing a condition that endangers other players. The terms "technical" or "freeze" may be used.
18.2.2. The thrower may call a technical stoppage during play to replace a cracked, torn, deeply gouged, creased or punctured disc; a warped, wet or dirty disc does not qualify.

18.3. If the disc was in the air at when the stoppage was called, play continues until possession of the disc is determined:
18.3.1. If the injury or safety issue did not affect play, the completion or turnover stands, and play restarts there;
18.3.2. If the injury or safety issue did affect the play, the disc goes back to the thrower and the count restarts at maximum nine (9).

18.4. In timed games, the game clock stops for a stoppage.

19. Time-Outs

19.1. The player calling a time-out must form a "T" with their hands, or with one hand and the disc, and call "time-out" audibly to opposition players.

19.2. Each team shall have two (2) time-outs per half.

19.3. A time-out may be taken at any moment within a half.

19.4. A time-out lasts two (2) minutes.

19.5. After the start of a point and prior to the ensuing pull, either team captain may call a time-out. The time-out extends the time between the start of the point and subsequent pull by two (2) minutes.

19.6. During play only the thrower with an established pivot point may call a time-out. After such a time-out:
19.6.1. Substitutions are not allowed, except for injury.
19.6.2. Play is restarted at the same pivot point.
19.6.3. The thrower remains the same.
19.6.4. All other offensive players may then set up at any point on the playing field.
19.6.5. Once the offensive players have selected positions, defensive players may set up at any point on the playing field.
19.6.6. The stall count remains the same, unless the marker has been switched.

– The End –

Definitions

Act of throwing	The forward motion of the arm prior to release of the disc.
Attacking end zone	The end zone in which the team in question is currently attempting to score.
Best perspective	The most complete viewpoint available by a player that includes the relative position of the disc, ground, players and line markers involved in the play.
Brick	Any pull that initially lands out-of-bounds, untouched by the receiving team.
Call	A clearly audible statement that a foul, violation or injury has occurred or that play needs to stop immediately due to a danger or unpredicted event. The following terms may be used: Foul, Violation (or specific name of Violation), Stall, Technical, Freeze, Injury.
Check	Action of a defensive player touching the disc to restart play.
Defending end zone	The end zone in which the team in question is currently attempting to prevent the opposition from scoring.
Defensive player	Any player whose team is not in possession of the disc.
End zone	One of the two areas at the end of the playing field where teams can score a goal by catching the disc there.
Establish a pivot	After a turnover, the pivot point is defined, and the thrower establishes a pivot by placing a part of their body (usually a foot) there. After receiving a pass, a thrower must establish a pivot after they have come to a stop if they wish to then move. They establish the pivot by keeping a part of their body in constant contact with a particular point on the playing field.
Female	Any person who is determined to be female according to the current International Olympic Committee regulations.
Goal line	The line separating the playing field proper from each end zone.
Ground	The ground consists of all substantial solid objects, including grass, marker cones, equipment, water and non-players, but excluding all players and their worn clothing, airborne particles and precipitation.
Ground contact	Refers to all player contact with the ground directly related to a specific event or manoeuvre, including landing or recovery after being off-balance (e.g., jumping, diving, leaning, or falling).
Incidental contact	Any contact which is not dangerous in nature and does not affect the outcome of play.
Interception	When a player on the defensive team catches a throw by a player on the offensive team.
Legitimate position	The stationary position established by a player's body excluding extended arms and legs that can be avoided by all opposing players when time and distance are taken into account.
Line	A boundary defining the playing areas. On an unlined field, the boundary is defined as an imaginary line between two field markers with the thickness of said markers. Line segments are not extrapolated beyond the defining markers.
Male	Any person who is not female.
Marker	The defensive player who is calling the stall count on the thrower.
Non-player	Any person, including a team member, who is not currently a player.
Offensive player	A player whose team is in possession of the disc.
Out-of-bounds (OB)	Everything that is not part of the playing field, including the perimeter lines.
Perimeter lines	Lines separating playing field proper or end zone from out-of-bounds area. They are not part of the playing field.

Pivot	To move in any direction while keeping a part of the body in contact with a single point on the playing field, called the pivot point.
Pivot point	The point on the playing field where the thrower is required to establish a pivot after a turnover, or where a pivot has already been established. A thrower may not have established a pivot point if they have not come to a stop and have not pivoted.
Play	The time after the Pull has commenced and prior to the scoring of a goal. Play may further stop due to a call, in which case play is restarted with a check.
Player	One of the up to fourteen (14) persons who are actually participating in the current point of play.

Possession of the disc	Sustained contact with, and control of, a non-spinning disc.
	  To catch a pass is equivalent to establishing possession of that pass.
	  Loss of possession due to ground contact related to a pass reception negates that player's possession up to that point.
	  A disc in the possession of a player is considered part of that player.
	  The team whose player is in possession or whose players may pick up the disc is considered the team in possession.

Playing field	The area including the playing field proper and the end zones, but excluding the perimeter lines.
Playing field proper	The area of the playing field, including the end zone lines, but excluding the end zones and the perimeter lines.
Pull	The throw from one team to the other that starts play at the beginning of a half or after a goal.
Receivers	All offensive players other than the thrower.
Self check	Action of the thrower touching the disc to the ground to restart play, taken when no defensive player is within reach of the thrower.

Stoppage of play	Any halting of play due to a foul, violation, discussion or time-out that requires a check or self-check to restart play.
	  Play is considered to have stopped when the player in possession acknowledges the call. If that player gained possession after the call was made, play is considered stopped at the time possession is gained.
	  The disc is not subject to a turnover unless the continuation rule applies.

Throw	A disc in flight following any throwing motion, including after a fake attempt and an intentionally dropped disc, that results in loss of contact between the thrower and the disc.
	  A pass is the equivalent of a throw
	  The act of throwing is the motion of the thrower that transfers momentum from the player to the disc and results in a throw. Pivots and wind-ups are not considered part of the act of throwing.

Thrower	The offensive player in possession of the disc, or the player who has just thrown the disc prior to when the result of the throw has been determined.
Time cap	A Time Cap is a set amount of time from the start of the game which, when reached and after the current goal has been scored, will adjust the Goal Cap to an amount of goals that is equal to two (2) more than the score of the leading team, or of both teams if the game is tied.
Turnover	Any event resulting in a change of the team in possession.
Where the disc stops	Refers to the location where a disc is caught, comes to rest naturally, or where it is stopped from rolling or sliding.

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