

WFDF Rules of Ultimate 2007

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Introduction.....	1	13. Receivers and Positioning	2
1. Spirit of the Game.....	2	14. Turnovers	2
2. Variations.....	1	15. Scoring.....	2
3. Playing Field.....	1	16. Fouls.....	2
4. Equipment.....	1	17. Violations.....	2
5. Length of Game	1	18. Continuation Rule	2
6. Teams.....	1	19. Time-Outs.....	2
7. Starting a Game	1	20. Stoppages.....	2
8. The Pull.....	1	Appendix A: WFDF C-ship Rules (online)	
9. Putting the Disc into Play	1	Appendix B: Definitions	2
10. Stall Count.....	1	Appendix C: Legal Code	2
11. The Check.....	1	Appendix D: Acknowledgements.....	2
12. Out of Bounds.....	2		

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 teammate. 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; and
 - 1.3.4. 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 teammate immediately if they have made a wrong or unnecessary call or caused a foul or violation.
 - 1.5.2. complimenting/congratulating/thanking the opponent for a good game/play;
 - 1.5.3. introducing yourself to your opponent;
 - 1.5.4. reacting calmly towards disagreement or seeming 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 rules violations;
 - 1.6.3. taunting or intimidating opposing players; and
 - 1.6.4. 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.

8. The Pull

- 8.1. At the start of the game, after half-time or after a score, play commences with a throw-off, called a Pull.
- 8.2. The Pull consists of one defensive player throwing the disc to begin play.
- 8.3. The defensive players must be entirely inside their defending End zone when the Pull is released.
- 8.4. The offensive players must stand with one foot on their defending goal line without changing position relative to one another.
- 8.5. The Offensive team signals their readiness by having at least one player raise a hand above their head.
- 8.6. As soon as the disc is released, all players may move in any direction.
- 8.7. 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.
- 8.8. 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.
- 8.9. If the disc initially contacts the Field of Play and never becomes out-of-bounds, or is caught in-bounds, the disc is put into play where it stops.
- 8.10. If the disc initially contacts the Field of Play and then becomes out-of-bounds without contacting an Offensive player, an Offensive player puts the disc into play at the point on the Playing Field Proper nearest to where the disc first went out-of-bounds.
- 8.11. If the disc becomes out of bounds after touching an Offensive player, or an offensive player catches the pull out-of-bounds, the disc is put into play at the point on the Field of Play closest to where the disc became out of bounds.
- 8.12. If the disc becomes out-of-bounds without first touching the Field of Play or an Offensive player, the Offensive team, before picking up the disc, makes a choice of where to start play:
 - 8.12.1. If a player signals "Middle", they put the disc into play at the defending Brick Mark, or on a point of the mid-line of the playing field proper closest to where the disc last crossed the Perimeter Line, whichever is closer to the attacking end zone. To signal this option, the intended thrower fully extends one arm above their head and/or calls either "Brick" or "Middle" prior to the disc being touched.
 - 8.12.2. If no player signals middle, the thrower puts the disc into play at the nearest point on the Playing Field Proper to where the disc last crossed the Perimeter Line.

9. Putting the Disc into Play

- 9.1. Putting the disc into play means that the offensive player in possession of the disc establishes a pivot point (typically their foot) at the point on the Field of Play as specified.
- 9.2. If no Check is required, the disc may be put into play immediately.
- 9.3. After the pull or after a turnover, the offensive player who caught the disc or first established possession of the disc must put the disc into play.
- 9.4. Any player may attempt to stop a disc from rolling or sliding after it has hit the ground.
- 9.5. If, in attempting to stop such a disc, a player significantly advances the disc, then the opposition may return the disc to the location where that player contacted the disc. If the thrower had already picked up the disc prior to it being relocated, play restarts with a check.
- 9.6. After a turnover, the team that has gained possession of the disc must put the disc into play without delay. The offensive player who will put the disc into play must move towards the disc and then towards the pivot point at walking pace or faster.

10. Stall Count

- 10.1. The Marker may administer a Stall Count on the thrower by announcing "Stalling" and then counting from one (1) to ten (10). The interval between the first utterance of each word in the stall count must be at least one second.
- 10.2. The Stall count must be clearly audible to the thrower.
- 10.3. The Stall count may not be started until the Marker is within three (3) meters of the thrower.
- 10.4. The Stall Count may only continue while the Marker is within three (3) meters of the thrower and all defenders are legitimately positioned (Section 16.3.).
- 10.5. If the Marker calling the stall count moves more than three (3) meters from the thrower, or a different player becomes the Marker, the Stall Count must be restarted at one (1).
- 10.6. 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".

11. The Check

- 11.1. 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.
- 11.2. All players should return to the positions they held when the event that caused the stoppage occurred, and

2. Variations

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

3. Playing Field

- 3.1. The Field of Play is a rectangle one hundred (100) metres long and thirty-seven (37) metres wide. (See Figure 3.1)
 - 3.2. The perimeter of the Field of Play is the Perimeter Line and consists of two (2) Sidelines along the length and two (2) End lines along the width.
 - 3.2.1. All lines are between seventy-five (75) and one hundred twenty (120) millimetres wide, and are marked with a non-caustic material
 - 3.3. The Field of Play is broken up into a central Playing Field Proper that is sixty-four (64) metres long by thirty-seven (37) metres wide, and two End zones that are eighteen (18) metres deep by thirty-seven (37) metres wide at each end of the Playing Field Proper.
 - 3.4. The Goal Lines are the lines that separate the Playing Field Proper from the End zones and are part of the Playing Field Proper.
 - 3.5. The Brick Mark is the intersection of two (2) crossed one (1) meter lines in the playing field
- proper set twenty (20) metres from each Goal Line, midway between the Sidelines.
- 3.6. Eight brightly-coloured, flexible objects (such as plastic cones) mark the corners of the Playing Field Proper and the End zones.
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- Figure 3.1

4. Equipment

- 4.1. Any flying disc approved by WFDF may be used.
- 4.2. Each player must wear a uniform that distinguishes their team.
- 4.3. 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).

5. Length of Game

- 5.1. A game is finished and won by the first team to score seventeen (17) goals.
- 5.2. A game is separated into two (2) periods of play, called Halves. Half-time occurs when a team first scores nine (9) goals.
- 5.3. Each Half consists of a number of points.
- 5.4. The first point of each Half starts when the Half starts.
- 5.5. Each point ends with the scoring of a goal.
- 5.6. After a goal is scored, and the game has not been won or Half time has not been reached:
 - 5.6.1. the next point starts immediately; and
 - 5.6.2. the teams switch the End Zone that they are defending; and
 - 5.6.3. the team that scored pulls next.

6. Teams

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

7. Starting a Game

- 7.1. The Captains of the two teams fairly determine which team first chooses either:
 - 7.1.1. whether to receive or throw the initial pull; or
 - 7.1.2. which End Zone they will defend.
- 7.2. The other team is given the remaining choice.
- 7.3. At the start of the second half, these initial selections are switched.

- 11.6. 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".
- 11.7. 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".
- 11.8. If the thrower attempts a pass before the Check, or a violation of 11.2 is called, the pass does not count regardless of whether it is complete or incomplete, and possession reverts back to the thrower.
- 11.3. 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.
- 11.4. 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.
- 11.5. With the permission of the offence, the defender nearest to the thrower restarts play by touching the disc and calls "Disc In".

12. Out of Bounds

- 12.1. The entire Field of Play is in-bounds. The Perimeter Lines are not part of the Field of Play and are out-of-bounds. All non-players are considered part of the out-of-bounds area.
- 12.2. 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.
- 12.3. An offensive player who is not out-of-bounds is in-bounds. An airborne player retains their in-bounds/out-of-bounds status until that player contacts the Field of Play or the out-of-bounds area. The following exceptions apply:
 - 12.3.1. If momentum causes a player to touch an out-of-bounds area after catching the disc in-bounds, the player is considered in-bounds. That player puts the disc into play at the spot on the Field of Play closest to where they first crossed the Perimeter Line.
 - 12.3.2. A thrower may contact an out-of-bounds area once a pivot point has been established in-bounds.
 - 12.3.3. Contact between players does not confer the state of being in- or out-of-bounds from one to another.
- 12.4. A disc is in-bounds when it is put into play, or when play starts or restarts.
- 12.5. 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.
- 12.6. 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.
- 12.7. To continue play after the disc becomes out-of-bounds, a member of the team gaining possession of the disc must carry it to, and put it into play at, the spot on the Playing Field Proper nearest to where the most recent of the following events occurred:
 - 12.7.1. the disc completely crossed the Perimeter Line;
 - 12.7.2. the disc contacted an in-bounds player; or
 - 12.7.3. the disc became out-of-bounds due to contact with the out-of-bounds area or a player while any part of the disc was inside the Perimeter Line.

13. Receivers and Positioning

- 13.1. A player "catches" the disc by demonstrating sustained control of a non-spinning disc.
- 13.2. If the player loses control of the disc due to subsequent contact with the ground or a teammate or a legitimately positioned opposition player, the catch is deemed to have not occurred.
- 13.3. The following are turnovers, and no catch is deemed to have occurred:
 - 13.3.1. an offensive receiver is out-of-bounds when they contact the disc; or
 - 13.3.2. after catching the disc, an offensive receiver's first contact is out-of-bounds while still in possession of the disc.
- 13.4. After a catch, that player becomes the thrower.
- 13.5. If offensive and defensive players catch the disc simultaneously, the offence retains possession.
- 13.6. 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.
- 13.7. 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.
- 13.8. 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.
- 13.9. 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.
- 13.10. The Principle of Verticality:

13.10.1.	All players have the right to the space immediately above them. An opponent may not obstruct a player from occupying this space.	and including the point of take off and the receiver's eventual landing spot at the initiation of the jump.
13.10.2.	A player who jumped is entitled to land without hindrance by opponents, assuming that no opposing player occupied any space between	
14. Turnovers		
14.1.	A turnover transfers possession of the disc from one team to the other and occurs when, during play:	
14.1.1.	the disc contacts the ground while it is not in the possession of an offensive player;	
14.1.2.	the disc is handed over from one offensive player to another (i.e. possession changes between the two players without the disc ever being completely in the air);	
14.1.3.	the thrower intentionally deflects a pass to themselves off another player;	
14.1.4.	in attempting a pass, the thrower contacts the disc after release prior to the disc being contacted by another player;	
14.1.5.	a pass is caught (intercepted) by a defensive player;	
14.1.6.	the disc becomes out-of-bounds;	
14.1.7.	the thrower has not released the disc before the marker first utters the word "ten" in the Stall Count (a Stall-out);	
14.1.8.	the thrower calls a Time Out when their team has no remaining Time Outs;	
14.1.9.	there is an uncontested Offensive Receiving Foul (Section 15.6) or	
14.1.10.	during the pull, the receiving team touches the disc before it contacts the ground, and fails to catch the disc.	
14.2.	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:	
14.2.1.	the disc is returned to the previous thrower;	
14.2.2.	any Stall Count restarts at maximum nine (9).	
14.3.	If the offense calls "fast count" after the marker claims a Stall-out, the turnover is contested, and play restarts according to 14.2	
14.4.	If the thrower throws the disc after a contested Stall-out, and the pass is incomplete, the continuation rule applies and "Play-on" should be called.	
14.5.	After a turnover, the turnover location is where:	
14.5.1.	the disc has come to a stop or is picked up by an offensive player; or	
14.5.2.	the intercepting player stops; or	
14.5.3.	the thrower was located, in the case of 14.1.2, 14.1.3, 14.1.4, 14.1.7, 14.1.8; or	
14.5.4.	the uncontested Offensive Receiving Foul occurred.	
14.6.	If the turnover location is in the Playing Field Proper, the disc will be put into play at that point.	
14.7.	If the turnover location is in the offense's attacking End Zone, the disc will be put into play at the nearest point on the Goal Line.	
14.8.	If the turnover location is in the offense's defending End Zone, the player gaining possession may choose where to put the disc into play:	
14.8.1.1.	At the turnover location, by staying at the turnover location or faking a pass; or	
14.8.1.2.	At the nearest point on the Goal Line to the turnover location, by moving from the turnover location.	
14.8.1.3.	Immediate movement or failure to move determines where the disc will be put into play and cannot be reversed.	
14.9.	If the turnover location is out-of-bounds, the disc will be put into play according to Section 12.7.	

15. Scoring		
15.1.	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 13.1, 13.2).	
15.2.	If a player in possession of the disc ends up completely behind the attacking Goal Line without scoring a goal according to 15.1, the player puts the disc into play at the nearest point of the Goal Line.	
15.3.	The time at which a goal is scored is when, after the disc is caught, contact is first made with the End zone.	

16. Fouls		
16.1. Overview	A foul results from a breach of the rules where illegal contact has occurred between two or more opposing players. The disc that is in possession of a player is considered part of that player's body. Only the player fouled may claim a foul, by calling "Foul".	
16.1.2.	If the continuation rule (Section 18) is not in effect, play stops after a Foul is called.	
16.1.3.	If the team against whom the foul is called disagrees that it occurred, they may call "Contest".	
16.2. Defensive Throwing (Marker) Fouls:	16.2.1. The marker is illegally positioned (Section 17.3), and there is contact with the thrower; or	
16.2.2.	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.	
16.3. Offensive Throwing (Thrower) Fouls:	16.3.1. The thrower initiates contact with a marker who is in a legal position.	

16.4.	Incidental contact occurring during the thrower's follow through is not sufficient grounds for a foul, but should be avoided.	16.5.5.1.	If in the playing field proper or defending end zone, the receiver gains possession at the point of the infraction.
16.5. Defensive Receiving (Defender) Fouls:	16.5.1. A defender is illegally positioned (Section 13), and there is contact with a receiver; or		
16.5.2.	A defender initiates contact with a receiver before or during an attempt to catch the disc.		
16.5.3.	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:		
16.5.3.1.	land out-of-bounds instead of in-bounds; or		
16.5.3.2.	land in the playing field proper instead of end zone.		
16.5.3.3.	Resolution of force-out-foul:		
16.5.3.4.	If the player would have landed in the end zone, it is a goal.		
16.5.3.5.	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 within the end zone.		
16.5.3.6.	If a foul also caused the receiver to fail to catch the disc, and the foul is contested, the disc is returned to the thrower.		
16.5.4.	A defensive foul that causes the receiver or thrower to drop the disc after they have gained possession is a "Strip" foul.		
16.5.4.1.	If such a foul occurs and the reception would have otherwise been a goal, and the foul is uncontested, a goal is awarded.		
16.5.5.	After a defensive receiving foul:		
16.5.5.1.	If the foul is contested, and there is no continuation, the disc returns to the thrower.		
16.5.5.2.	If the foul is uncontested, the result is a turnover, with the disc at the location where the foul occurred.		
16.6. Offensive Receiving Fouls	16.6.1. Contact initiated by the receiver with a defensive player in a legal position (Section 13) is a foul.		
16.6.2.	If the foul is contested, and there is no continuation, the disc returns to the thrower.		
16.6.3.	If the foul is uncontested, the result is a turnover, with the disc at the location where the foul occurred.		
16.7. Offsetting Fouls	16.7.1. 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.		
16.8. Stall Counts	16.8.1. After a foul by the defense where play has stopped:		
16.8.1.1.	if there is no Contest the count is reset to one (1);		
16.8.1.2.	if the foul is contested any stall count restarts at maximum six (6).		
16.8.2.	After a foul by the offense where play has stopped, whether contested or not, any stall count restarts at maximum nine (9).		
16.8.3.	After offsetting fouls, any stall count restarts at maximum nine (9).		

17. Violations			
17.1. Overview	A violation results from a breach of the rules where no player contact has occurred. Any opposing player may claim a violation, by calling the specific name of the violation or "Violation".		
17.1.2.	If the continuation rule is not in effect, and it is not the first marking violation for that Stall Count, play stops after a Violation is called.		
17.1.3.	If the team against whom the violation is called disagrees that it occurred, they may call "Contest". Whenever there is a failure to come to an agreement over any call, the violation is considered to be "Contested".		
17.2. Travel Violation	17.2.1. A travel violation occurs if:		
17.2.1.1.	the thrower fails to put the disc into play at the correct point on the Field of Play;		
17.2.1.2.	the thrower fails to keep in contact with the pivot point once established;		
17.2.1.3.	the receiver does not come to a stop as quickly as possible or changes direction after catching the disc;		
17.2.1.4.	a receiver releases a pass during or after the third ground contact and before coming to a complete stop (any ground contact during the catch is the first ground contact); or		
17.2.1.5.	a receiver purposefully bobbles, fumbles or delays the disc to themselves in order to move in any direction.		
17.2.2.	After an uncontested travel violation the disc is returned to the thrower and the Stall Count restarts at maximum nine (9).		
17.2.3.	After a contested travel violation by the thrower the disc is returned to the thrower and the Stall Count restarts at maximum six (6).		
17.2.4.	After a travel violation, the disc is put into play at the pivot point or the place where the pivot point would have been had no travel occurred.		
17.3. Marker Violations	17.3.1. Marking violations include the following:		
17.3.1.1.	"Straddle" – a line between the marker's feet contains the thrower's pivot point.		
17.3.1.2.	"Disc Space" – the marker encroaches into the disc width space around the thrower's upper body.		
17.3.1.3.	"Wrapping" – the marker uses their arms to prevent the thrower from pivoting in any direction.		
17.3.1.4.	"Fast Count" – the marker: counts in less than one second intervals,		
17.3.1.4.1.	does not subtract two (2) seconds from the stall count after the first call of any marking violation,		
17.3.1.4.2.	starts the stall count before the Offensive player establishes both possession of the disc and a pivot point, or		

17.3.1.4.4.	does not start the stall count with the word "Stalling".	17.3.4.	The marker may not restart counting until any illegal positioning has been corrected. To do otherwise is a subsequent marking violation.
17.3.1.5.	"Double Team" - more than one defensive player is within three (3) meters of the thrower's pivot point when no other offensive player is within three (3) meters of either defensive player	17.3.5.	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.
17.3.1.6.	"Vision" - the marker uses any part of their body to intentionally obstruct the thrower's vision.	17.3.6.	If any marking violations are contested, the stall count restarts at maximum six (6).
17.3.2.	A marking violation may be contested by the defense, in which case play stops.	17.4. Pick Violation	17.4.1. If a defensive player is within five (5) meters of an offensive player they are actively covering and they are prevented from moving towards/with that player by another player, a defensive player may call "Pick". If the Continuation Rule (Section 18) is not in effect, play is stopped.
17.3.3.	On the first call of a marking violation that is not contested, play does not stop. The marker must subtract two (2) from the stall count and continue. A marker who is executing a stall count may, when a marking violation is first called, continue the stall count by reducing the count by one (1) and then continuing the count. The effect of this technique is to subtract two (2) seconds from the stall count. (e.g., "Stalling, 1, 2, 3, 4, 3, 4, 5, 6...") If a marking violation was called at the fourth (4 th) stall count).	17.4.2.	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).

18. Continuation Rule			
18.1.	If a foul or violation occurs when the disc is in the air or while the thrower was in the act of throwing, play continues until possession has been established.	"Play on" immediately to indicate that this rule has been invoked.	
18.2.	If the foul or violation was called against the thrower (e.g. travel or offensive foul by the thrower), and the thrower attempts a pass after the call, play continues until possession has been established.	18.4.	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.
18.3.	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	18.5.	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.

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.	19.4.1.	Substitutions are not allowed, except for injury.
19.2.	A time-out lasts two (2) minutes.	19.4.2.	The disc is put into play at the same pivot point.
19.3.	After a goal and prior to the ensuing Pull, either team may call a time-out. After the time-out has expired, the disc is put into play with the Pull.	19.4.3.	The thrower remains the same.
19.4.	During play only the thrower with an established pivot point may call a time-out. After such a time-out:	19.4.4.	All other offensive players may then set up at any point on the field of play.
		19.4.5.	Once the offensive players have selected positions, defensive players may set up at any point on the field of play.
		19.4.6.	The stall count remains the same, unless the marker has been switched.

20. Stoppages			
20.1. Injury Stoppage	20.1.1. An injury stoppage, "Injury", may be called by the injured player, or a teammate 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.		
20.1.2.	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.		
20.1.3.	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.		
20.1.4.	If the injured player leaves the field, the opposing team may choose to make a substitution for one player.		
20.1.5.	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.		
20.1.6.	Substitute players due to an injury stoppage take on the full state (position, possession, stall count etc) of the player they are substituting.		
20.2. Technical Stoppage	20.2.1. A technical stoppage, "Technical", may be called by any player recognizing a condition that endangers other players.		

20.2.2.	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.	20.3.1.	If the injury or safety issue did not affect play, the completion or turnover stands, and play restarts there;
20.3.	If the disc was in the air at when the stoppage was called, play continues until possession of the disc is determined:	20.3.2.	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).
		20.4.	In timed games, the game clock stops for a stoppage.

Appendix B: 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 Check	Any pull that initially lands out-of-bounds, untouched by the receiving team.		
Contact	Action of a defensive player touching the disc to restart play.		
Defending End zone	The touching of players on opposite teams with a degree of force.		
Defensive Player	The End zone in which the team in question is currently attempting to prevent the opposition from scoring.		
End zone	A Defensive player may not pick up a disc in play.		
Extra Play	A Defensive player may not call for a pass from the thrower.		
Field of Play	The area of the field of play that is not part of the Playing Field Proper.		
Female Player	Occurs when the score is tied at one goal less than the number of goals for which the game was originally scheduled.		
Goal Line	The entire area of the field that is in-bounds, including the area of the End zones.		
Ground Contact	Any player who is determined to be female according to the current International Olympic Committee regulations.		
Interception	Part of the Playing Field Proper, this is the line separating the playing field proper from the end zones.		
Legitimate Position	The ground consists of all substantial solid objects, including grass, marker cones and equipment, but excluding all players and their worn clothing.		
Line	Refers to all player contact with the ground directly related to a specific event or maneuver, including landing or recovery after being off-balance (e.g., jumping, diving, leaning, or falling).		
Marker	When a player on the defensive team catches a throw by a player on the offensive team.		
Offensive Player	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.		
Out-of-bounds or OB	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 solid markers. Line segments are not extrapolated beyond the defining markers.		
Perimeter Lines	Defensive player who is calling the stall count on the thrower.		
Pivot	Player whose team is in possession of the disc.		
Play	Everything that is not part of the Field of Play, including the perimeter lines.		
Player	Lines separating playing field proper or end zone from out-of-bounds areas. They are not part of the playing field.		
Possession of the Disc	When a player is in possession of the disc, or those players may pick up the disc during a thrower's possession. When there is a definitive spot for putting the disc in play, the part of the body in contact with that spot is the pivot.		
	The time after the Pull has commenced and prior to the scoring of a goal.		
	One of the up to fourteen (14) persons who are actually participating in the current point of play.		
	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.		
	The area of the playing field, including the end zone lines, but excluding the End zones and the Perimeter lines.		
	The throw from one team to the other that starts play at the beginning of a half or after a goal.		
	Occurs when the thrower establishes a pivot at the pivot point.		
	All offensive players other than the thrower.		
	Action of the thrower touching the disc to the ground to restart play, taken when no defensive player is within reach of the thrower.		
	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.		
	A disc in flight following any throwing motion, including after a take 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.		
	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.		
	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.		
	Any event resulting in a change of the team in possession.		
	Refers to the location where a disc is caught, comes to rest naturally, or where it is stopped from rolling or sliding.		
Appendix D: Acknowledgements -			
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