Important definitions:

- **Stoppage of play**: Any halting of play due to a call, discussion, or time-out that requires a check or self-check to restart play. Play-halting calls include “foul,” “violation,” “travel,” “pick,” “stall,” etc. The term *play stops* means a stoppage of play occurs.

- **Pivot**: The particular part of the body in continuous contact with a single spot on the field during a thrower’s possession once the thrower has come to a stop or has attempted a throw or fake. When there is a definitive spot for putting the disc into play, the part of the body in contact with that spot is the pivot.

- **Incidental Contact:** Contact between opposing players that does not affect continued play (**NOT** the same as accidental contact)

 - example of **accidental** contact: a defender is looking at the thrower while trying to make a play and runs into an offensive player. The defender did not mean to run into somebody, but they affected the ability of the offensive player to make a play so it is a foul.

 - example of **incidental** contact: a defender bumps an offensive player while jockeying for position under a floaty disc. The contact is not significant enough to affect the offensive player’s ability to make a play, so it is not a foul.

- **In play:** A disc is in play when play may proceed without the defense’s acknowledgment. An in-bounds disc on the playing field is in play. The disc is subject to a turnover. To put the disc into play at a particular spot on the field means to establish a pivot at that spot.

- **Live disc:** A disc is live when players are allowed to move and the disc is subject to a turnover, but the thrower cannot make a legal pass (e.g., walking the disc to the spot where it is to be put into play). For a live disc to be put into play, the thrower must establish a pivot at the appropriate spot on the field, touch the disc to the ground, and put the disc into play.

- **Dead disc:** A disc is dead when play has stopped and can continue only with a check. The disc is not subject to a turnover.

Basic things to know about **marking**:

- The stall count consists of announcing ***“stalling”*** and counting from 1 to 10 (remember that each count in the stall must be 1 second apart from the last) loudly enough for the thrower to hear.

- All stall counts initiated, reinitiated or resumed after a stoppage of play must start with the word ***“stalling.”***

- If the thrower has not released the disc at the first utterance of the word “***ten***” (meaning the T in ten), it is a **turnover**. The marker then loudly calls “***stall***” and play stops. Note: you can stall an offensive player from the moment they catch the disc - even if they run out-of-bounds.

- If a stall occurs, it is a turnover and the marker may take possession of the disc at the spot of the stall or leave it for a teammate to pick up. Note: The thrower may **contest** (disagree with) a stall call if they believe the disc was thrown before the first utterance of the word ***“ten.”*** If a stall is contested:

1. If the pass was **complete**, play stops and possession reverts to the thrower. After a check, the marker resumes the stall count at 8.
2. If the pass was **incomplete**, it is a turnover; play stops and resumes with a check.

**Marking Violations**:

1. **Fast Count**: If the marker does not say ***“stalling”*** to initiate or resume a stall count, chooses to count at intervals of less than one second, or skips a number in the count, it is a fast count.
2. **Double-team**: If a defensive player other than the marker is within 3 meters of any pivot of the thrower without also being within three meters of and guarding another offensiveplayer, it is a double team. However, merely running across this area is **not** a double team.
3. **Disc-space**: If the marker touches the thrower or is less than 1 disc diameter away from the torso or pivot of the thrower, it is a disc space violation.
4. When a marking violation is called, play does **not** **stop**. The marker must correct the violation and drop the stall count by two (i.e. the count reached minus 1). Example: “4,5,6...*fast count*...5,6…” If the marker does not do either of those things, or commits another marking violation in the same stall count, the thrower must call “***violation,***” which stops play and returns the stall count to 1. Note: A marker can contest a marking violation.

Basic things to know about the **offensive** **receiver**:

* If offensive and defensive players catch the disc simultaneously, the offense retains possession (extremely rare - more likely a strip).
* If it is unclear whether a catch was made before the disc contacted the ground (**grass is considered part of the ground**), or whether a player's first point of ground contact after catching the disc was in/out of bounds or in/out of the end zone, the player with the best perspective **on the field** makes the call.

**Violations and fouls**:

- An infraction may only be called by a player on the infracted team who recognizes that it has occurred. This means that the player must know that a specific rule was violated and have perceived the particular action with certainty. When this occurs, the player must immediately call “***violation***” or the name of the specific infraction loudly.

- A player called for an infraction can contest that call if that player believes the infraction did not occur. Some calls may result in the same functional result whether or not the call is contested (e.g., travel, pick, violation), but the call can still be contested and should be. This belief may be based on the player’s perspective on the particular sequence of events or based on a disagreement over the application of the rules. For example: “No, I didn’t slap your hand” or “Tipping the disc to someone else is not a travel.”

- Any time an infraction is called, the continuation rule applies (“stall” is not an infraction and the continuation rule applies only if the stall is contested and and the subsequent throw results in a turnover).

**Continuation Rule**: Play stops when the thrower in possession acknowledges that an infraction has been called. If a call is made when the disc is in the air, the thrower is in the act of throwing, or the thrower fails to acknowledge the call and subsequently attempts a pass, play continues until the outcome of that pass is determined. If that pass is completed and the receiver attempts a pass, the outcome of that pass is not subject to the continuation rule. Only the first throw after the call is subject to the continuation rule.

Note: An infraction affected the play if an infracted player determines that the outcome of the specific play may have been **meaningfully different** if the infraction had not occurred. For example: if a receiver is fouled and thereby prevented from getting open for a pass, the play was affected. However, if the receiver would not have received a pass even without the foul, the play was not affected.

It is the **infracted player’s responsibility** to announce if play was affected. For example: If a defender calls “pick” while trailing a receiver by 6 feet, the defender should indicate whether the pick affected the play. If the pick did not affect the play, the defender will still recover any distance lost, but the completed pass will stand. If the pick did affect the play, the disc reverts to the thrower.

Contact that occurs after the outcome of the play is determined cannot affect the play. For example: if a defender catches a disc before bumping into the receiver and knocking him over, that contact did not affect the play and the turnover will stand (play still stops though).

**Fouls**: It is the responsibility of all players to avoid contact in every way possible.

What this really means: Avoid contact in every **reasonable** way possible, while still playing Ultimate. **Some contact is inevitable**, but players have an obligation to make reasonable efforts to avoid contact.

1. A foul can be called **only** by the fouled player and must be announced by loudly calling ***“foul”*** immediately after it occurs.
2. Contact resulting from adjacent opposing players simultaneously vying for the same unoccupied position is **not** in itself a foul.

Some fouls carry some extra provisions, as listed below:

**Throwing Fouls**:

1. A throwing foul may be called when there is non-incidental contact between the thrower and marker that affects the play. The disc in a thrower's possession is considered **part of the thrower**.
2. 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 (legitimately 100% stationary, which is very rare) and in a legal position.
3. Once the marker has set up in a legal marking position, it is the responsibility of both players to respect this position. However, any contact resulting from the thrower and marker both vying for the same unoccupied position is a foul on the **marker**.
4. Any non-incidental contact initiated by a thrower with the body (excluding arms and legs extended from the midline of the body) of a legally positioned marker is a foul **on the thrower**.
5. Although it should be avoided whenever possible, incidental contact occurring during the follow-through (after the disc is released) is **not** a foul (Lubes: “however, I would argue that an attempt at a high kick block where the thrower’s hand is kicked after they release the disc is a foul because it is a dangerous play -- MY OPINION”). Remember, even if the contact were non-incidental, because it occurred after the throw was released, it cannot be deemed to have affected the specific play and a turnover will stand.
6. **Contact call**: If contact occurs between the thrower and marker which would constitute a foul but the thrower does not release the disc, "***contact***" may be called. Play does not stop and the marker resumes the stall count at "one". Other than resetting the stall count to "one" after the first instance, the "contact" call is treated as any other marking violation. The marker may contest the "contact" call by calling "violation", which stops play. If the thrower calls "contact" after beginning the throwing motion and subsequently releases the disc, it is treated as if the thrower called "foul".

**Receiving Fouls**:

1. If a player contacts an opponent while the disc is in the air and thereby interferes with that opponent's attempt to make a play on the disc, that player has committed a receiving foul. Some amount of **incidental** contact before, during, or immediately after the attempt often is unavoidable and is **not** a foul (incidental contact, by definition, is not a foul). If a foul is called when there is no play on the disc, it is not a foul.

Note: The opponent must at least begin an attempt to make a play on the disc. The opponent’s “attempt to make a play on the disc” includes any second efforts after a disc is tipped, if the disc has not become uncatchable.

1. Ifthe team that committed the foul has possession, part 1 (if the infraction affects the play) of the continuation rule applies: if the call is uncontested, the fouled player gains possession at the place on the field closest to the spot of the foul. If the foul is contested, the disc goes back to the thrower.
2. The level of contact allowed is generally determined by both teams over the course of the game. Some players will call fouls or complain every time you touch them. Others will let it go and play very physically against you when they’re on defense. There is an upper limit of contact allowed, but how you and your opponent call fouls (especially early in the game) will establish the level of physicality over the course of the game. Generally, we want to play physically on defense by using our feet, legs and body to get in front of offensive players, beat them to the spot, and take away options. Always avoid using your hands and arms to prevent cuts from happening because that **is** a foul (even if the contact is generally light). Playing physically doesn't mean going out of our way to hit other players. Similarly, just because we play physically doesn't give other teams the right to be overly physical with you.

**Blocking Fouls**:

1. When the disc is in the air, a player may not move in a manner **solely** to prevent an opponent from taking an unoccupied path to the disc, and any resulting non-incidental contact is a foul on the blocking player (which is treated like a receiving foul).

Note: The key word here 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. However, if a trailing player runs into a player in front of him, it is almost always a foul on the trailing player.

* **Strip**: If a defensive player initiates contact with the disc after an offensive player has gained possession of the disc, and the offensive player **loses** **possession** as a result, it is a strip. A strip is a **subset of fouls** and is treated the same way.

\*\*\*\*\*\*\*Note: Reckless disregard for the safety of fellow players or other dangerously aggressive behavior (such as significantly colliding into a stationary opponent), regardless of whether or when the disc arrives or when contact occurs (if no contact occurs, there is no callable dangerous play) is considered dangerous play and is treated as a foul. **This rule is not superseded by any other rule**. The proper call in this case is “**Dangerous Play**.” The caller should then briefly explain the grounds for the call. This call trumps any foul rules and should be used in situations where the play presented serious risk of injury.

**Picks**:

1. A pick occurs whenever an offensive player moves in a manner that causes a **defensive player** guarding an offensive player to be obstructed by another player. Obstruction may result from **contact with, or the need to avoid**, the obstructing player (i.e. you don’t have to actually run into anyone for a pick to be called).
2. A pick can be called only by the obstructed player and must be announced by loudly calling ***“pick”*** **immediately** after it occurs. Note: seriously **call the pick immediately**. If you wait too long, you lose your window of opportunity to make the call.
3. A pick can only be called on defense.
4. If the thrower does not recognize the pick call and throws a turnover, the turnover stands and play continues unhalted.
5. If play stops according tothe continuation rule, players reposition relative to whether the thrower regained possession or not (e.g., if the disc is returned to the thrower, everyone resumes the location they occupied at the earlier of the time of the throw or the time of the call). In addition, the obstructed player (picked defender) is then allowed to move to catch up/recover the relative position lost because of the pick. For example: If she was trailing by 9 feet, then she gets to catch back up to 9 feet away, but does not get to set up right next to the offensive player.

**Traveling**: The thrower must establish a pivot at the appropriate spot on the field and keep all or part of the pivot in contact with that spot until the throw is released. Failure to do so is a **travel** and results in a stoppage of play and a check (\*only if the travel is called).

1. In addition, each of the following is a travel:
	* A player catches the disc and either speeds up, changes direction or does not stop as quickly as possible before establishing a pivot.
	* A player receives a pass while running or jumping, and releases a pass after the third ground contact and before establishing a pivot.
	* Purposeful bobbling (including tipping, delaying, guiding, brushing, or the like) **to oneself** in order to advance the disc in any direction from where it initially was contacted.
	* The thrower fails to touch the disc to the ground when required.

**Spirit of the Game**: Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play.