

# WGA Rules of Goaltimate 2023

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## I. INTRODUCTION

Goaltimate is a quickly growing sport, with recreational and competitive games and tournaments happening frequently all over the world. As this community has grown, so has the need for a clearly defined and thoughtful rule set which eliminates ambiguity and allows for resolution of disputes during play. While there are a number of widely-used rulesets for Goaltimate, many of them fall short of providing definition to all elements of the game. Additionally, most Goaltimate players either currently or have previously played Ultimate Frisbee, and differences between the rules of these two sports can generate confusion.

The intention of this document is to solve both of these problems. This ruleset uses language and structure which closely mirrors that of the internationally-accepted World Flying Disc Federation (WFDF) ruleset, while making additions, revisions, and clarifications that fully define the sport of Goaltimate.

This is the first version of this document, and while this version has been discussed and reviewed by many players at great length, the goal is to continue adjusting and improving this ruleset so it reflects and is accepted by the entire Goaltimate community. As such, please reach out [via this form](#) if you have any constructive feedback.

## II. KEY CHANGES

Some key differences between this ruleset and other Goaltimate rulesets include:

1. Language, structure and definitions made consistent with WFDF, including items which are applicable to both sports such as marking violations, checks/stoppages, stall count, etc.
2. Score/no score situations are clarified and explained more thoroughly.
3. Allowable contact adjusted to keep play both safe and competitive.
4. Clearing for a goaltending call requires only a minimum of one point of contact outside the restricted zone.
5. Continuation of play is encouraged with new goal/no goal and clear/not clear language.
6. Removed a USAG rule that allowed a player to throw the disc to themselves without a turnover occurring.
7. Removed a USAG rule requiring the defensive player to say "Stalling" before the number five in the stall count.
8. Reduced interference call to apply only if the goal needs repositioning or is affected the result of the throw after contact.

## 1. SPIRIT OF THE GAME

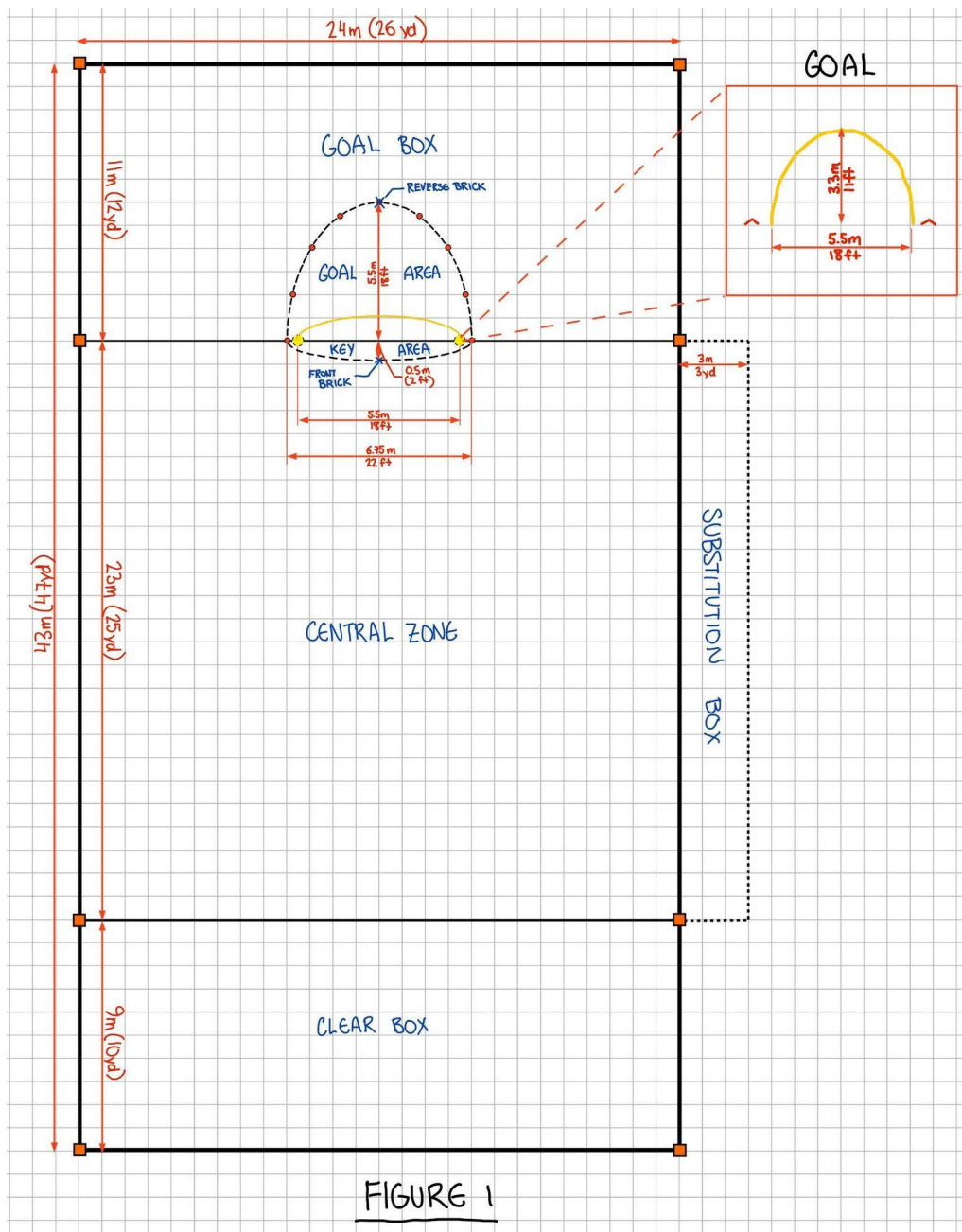
- 1.1. Goaltimate is a self-officiated sport. All players are responsible for administering and adhering to the rules. Goaltimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.
- 1.2. It is trusted that no player will intentionally break the rules; thus there are no harsh penalties for inadvertent breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach.
  - 1.2.1. If there is a deliberate or egregious breach of the rules or Spirit of the Game, the captains should discuss this and determine an appropriate outcome, even if that outcome is not in accordance with a specific rule.
- 1.3. Players should be mindful of the fact that they are acting as referees in any arbitration between teams. 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. consider their opponent's viewpoint;
  - 1.3.7. use respectful words and body language with consideration of potential cultural differences;
  - 1.3.8. resolve disputes as quickly as possible;
  - 1.3.9. make calls in a consistent manner throughout the game; and
  - 1.3.10. only make a call where a breach is significant enough to make a difference to the outcome of the action.
- 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, player safety or the basic joy of play.
- 1.5. The following actions are examples of good Spirit:
  - 1.5.1. retracting a call when you no longer believe the call was correct;
  - 1.5.2. checking in with an opponent on the sideline after a contentious interaction;
  - 1.5.3. complimenting an opponent for good play or Spirit;
  - 1.5.4. introducing yourself to your opponent; and
  - 1.5.5. reacting calmly towards disagreement or provocation.
- 1.6. The following actions are clear violations of the Spirit of the Game and must be avoided:
  - 1.6.1. dangerous play and aggressive behavior;
  - 1.6.2. intentional fouling or other intentional rule breaches;

- 1.6.3. taunting or intimidating opposing players;
  - 1.6.4. celebrating disrespectfully after scoring;
  - 1.6.5. making calls in retaliation to an opponent's call;
  - 1.6.6. calling for a pass from an opposition player; and
  - 1.6.7. other win-at-all-costs behavior.
- 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 team-mates who display poor Spirit;
  - 1.7.3. provide constructive feedback to other teams about what they are doing well and/or how to improve their adherence to the Spirit of the Game; and
  - 1.7.4. call a Spirit Stoppage to address Spirit issues, as appropriate.
- 1.8. In the case where a novice player is involved in a breach and does not know the rules, experienced players should assist to explain the breach.
- 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. Calls should be discussed by the players directly involved in the play, and by players who had the best perspective on the play.
- 1.10.1. If a player who was not directly involved believes that a team-mate has made an incorrect call, or caused a foul or violation, they should inform their team-mate.
  - 1.10.2. Non-players, apart from the captains, should refrain from getting involved. However players may seek other peoples' perspectives to clarify the rules, and to assist players to make the appropriate call.
- 1.11. Players and captains are solely responsible for making and resolving all calls.
- 1.12. If after discussion players cannot agree, or it is not clear and obvious:
- 1.12.1. what occurred in a play, or
  - 1.12.2. what would most likely have occurred in a play, the disc must be returned to the last non-disputed thrower.

## **2. PLAYING FIELD**

- 2.1. The playing field is a rectangular area with dimensions and zones as shown on Figure 1 and should be essentially flat, free of obstructions and afford reasonable player safety.
- 2.2. The perimeter lines surround the playing field and consist of two (2) sidelines along the length and two (2) endlines along the width.
- 2.3. The perimeter lines are not part of the playing field.
- 2.4. The goal line is the straight line between the goal posts of the goal and is part of the Central Zone. It is not part of the Goal Area.
- 2.5. The plane of the goal is the area contained by the arc of the goal posts.

- 2.6. The goal is a “one way gate”. The disc may only travel “forwards” across the plane of the goal from the Central Zone to the Goal Box . A disc is considered to have traveled “backwards” through the goal if the entire disc crosses the plane of the goal while traveling from the Goal Box to the Central Zone.
- 2.7. The arc which outlines the Goal Area is not itself part of the Goal Area. The Goal Area is part of the Goal Box.
- 2.8. The arc which outlines the Key Area is not itself part of the Key Area. The Key Area is part of the Central Zone.
- 2.9. The front brick mark is at the apex of the Key Area, located 2 feet - in front of the goal line.



- 2.10. The reverse brick mark is at the apex of the Goal Area, located 18 feet behind the goal line.
- 2.11. The Goal Area and Key Area combined form the Restricted Zone. Players may only remain in the Restricted Zone for three seconds, except in the case of defensive players within arm's reach of an offensive player they are actively guarding.
- 2.12. The clear line is the line separating the Clear Box from the Central Zone and is part of the Central Zone.
  - 2.12.1. The clear line also serves as the two point line. Any throw originating from the Clear Box that results in a goal is worth 2 points.
- 2.13. Each team member not on the field shall remain in the substitution box.
- 2.14. 8 pylons or brightly-colored flexible objects (such as cones) mark the corners of the Goal Box and the Clear Box. These pylons or objects are neither in bounds nor out of bounds.
- 2.15. The arc of the Goal Area will be lined with flat cones or painted lines. The Key Area will be lined with painted lines, or the apex will be marked with a single flat cone.
- 2.16. The immediate surroundings of the playing field shall be kept clear of movable objects. If play is obstructed by non-players or objects within 10 feet of the perimeter line, any obstructed player or thrower in possession may call "Violation".

### **3. EQUIPMENT**

- 3.1. Any flying disc acceptable to both captains may be used. In the event that an agreement cannot be reached, the current official disc of the World Goaltimate Association is the Discraft Ultra Star (175 grams).
- 3.2. The goal is 32 feet long made of PVC or tent pole aluminum with a minimum outside diameter of 0.5 inches and a maximum of 1.5 inches.
- 3.3. The goal will be affixed such that when sufficient contact is made, it must yield to the player(s) involved to avoid injury.
- 3.4. Each player must wear a uniform that distinguishes their team.
- 3.5. No player may wear items of clothing or equipment that reasonably could harm the wearer or other players, or impede an opponent's ability to play.

### **4. GAME FORMAT**

- 4.1. A game is 35 minutes long, with two 15 minute halves and a 5 minute halftime.
- 4.2. Time runs continuously until the end of each half. Time does not stop when a goal is scored.
- 4.3. If time in the half has expired after a goal or when the disc is not in the air, then the half has ended.

- 4.3.1. If the disc is in the air at the end of a half, play shall continue until the result of the throw is determined. No subsequent throw shall be permitted, regardless of the existence of a pivot foot. MACing, tipping or brushing the disc is allowed, but any catch while airborne or on the ground will end the half.
- 4.3.2. A half cannot end on a defensive foul. If time expires at the time of the defensive foul, the thrower will have a 5 second stall count with no time clock. Play shall resume with a checked disc. If a foul was committed by the offense, time expires.
- 4.4. When the second half expires in a tie, play will be suspended and “Sudden Death” will be announced. Both teams will remove one player from play, leaving three players on both teams ready for play to resume. The thrower who was in possession of the disc when time expired will offer a disc/ground check to the defense and play will resume. The team that scores first wins.

## **5. TEAMS**

- 5.1. Each team must have exactly 4 players on the field at all times, except in case of Sudden Death Overtime.
- 5.2. Each team must designate a captain to represent the team.
- 5.3. Teams are permitted unlimited substitutions during play from the Substitution Box.
  - 5.3.1. An active player must make contact with the substitute player who has at least one contact point in the substitution box before the substitute becomes an active player.

## **6. STARTING A GAME**

- 6.1. Representatives of the two teams fairly determine which team first chooses either:
  - 6.1.1. to put the disc into play at the reverse brick (apex of the Goal Area) and attempt to clear the disc (Possession).
  - 6.1.2. to defend the clear (Position).
- 6.2. At the start of the second half, these initial selections are switched.
- 6.3. The half is started by a player on the team with possession standing at the reverse brick and offering a disc/ground check to the defense per [9.6.1](#).
- 6.4. The team with possession must clear the disc per [15.2](#) before scoring.

## **7. STATE OF PLAY**

- 7.1. Play is “dead”, and no turnover is possible:
  - 7.1.1. after the start of a half, until the disc is checked in;
  - 7.1.2. when the disc must be carried to the pivot location after a turnover, until a pivot point is established;

- 7.1.3. after a call which stops the play or any other stoppage, until the disc is checked in; or
- 7.1.4. after a disc hits the ground, until possession is established by the appropriate team.
- 7.1.5. Players are allowed to move during dead play (unless specified otherwise).
- 7.2. Play that is not dead is “live”.
- 7.3. The thrower may not transfer possession of the disc during dead play to another player.
- 7.4. Any player may attempt to stop a disc from rolling or sliding after it has hit the ground.
  - 7.4.1. If, in attempting to stop such a disc, a player significantly alters the disc’s position, the opposition may require that the pivot point be established at the location where the disc was contacted.
- 7.5. After a turnover, an offensive player must move at walking pace or faster to directly retrieve the disc and establish a pivot point.
  - 7.5.1. In addition to [7.5](#), after a turnover the offense must put the disc into play within ten (10) seconds of the disc coming to rest if the disc did not become out-of-bounds.
  - 7.5.2. If the offense breaches [7.5](#), or [7.5.1](#), the defense may give a warning (“Delay of Game” or using pre-stall) or may call a “Violation”.
    - 7.5.2.1. If, after a warning, the offense continues to breach 7.5, or 7.5.1, then 8.3.1 does not apply and the marker may commence the stall count.

## 8. STALL COUNT

- 8.1. Any defensive player can administer a stall count on the thrower from anywhere on the field by announcing “Stalling” and then counting from one (1) to five (5). The interval between the start of each number in the stall count must be at least one (1) second.
- 8.2. The stall count must be clearly communicated to the thrower.
- 8.3. A defensive player may only start and continue a stall count when:
  - 8.3.1. Play is live, or until a pivot is established after a turnover;
  - 8.3.2. All defenders are legally positioned per [19.1](#).
- 8.4. Where there are two stall counts, the numerically lower count applies.
- 8.5. The stall count restarts at “Stalling one (1)” when possession of the disc transfers to a new player.
- 8.6. After a stoppage in play the stall count is resumed as follows:
  - 8.6.1. After an accepted breach by the defense the stall count restarts at “Stalling one (1)”.
  - 8.6.2. After an accepted breach by the offense the stall count restarts at maximum four (4).



- 8.6.3. After a contested stall-out the stall count restarts at “Stalling four (4)”.
- 8.6.4. After all other calls, including “pick”, the stall count restarts at maximum three (3). However:
  - 8.6.4.1. If there is a call involving the thrower, and a separate receiving breach, and the disc is returned to the thrower, the stall count is resumed based on the outcome of the call involving the thrower.
  - 8.6.4.2. If there is a violation called related to the check ([Section 9](#)), the stall count resumes at the same count that was determined prior to that violation.
- 8.7. To restart a stall count “at maximum n”, where “n” is determined by [8.6.2](#) or [8.6.4](#), means the following:
  - 8.7.1. If “x” is the last agreed number fully uttered prior to the call, then the stall count resumes at “Stalling (x plus one)” or “Stalling n”, whichever of those two numbers is lower.

## 9. THE CHECK

- 9.1. Whenever play stops for a foul, violation, contested call, specified turnover, stoppage, or discussion, play must restart as quickly as possible with a check. The check may only be delayed for the discussion of a call.
- 9.2. Player positioning after a call (unless specified otherwise):
  - 9.2.1. If play stops before a pass is thrown, all players must return to the location they held when the call was made.
  - 9.2.2. If play stops after a pass is thrown, then:
    - 9.2.2.1. if the disc is returned to the thrower, all players must return to the location they held when the thrower released the disc, or the time of the call, whichever is earlier.
    - 9.2.2.2. if the result of the play stands, all players must return to the location they held when either a player established possession, or the disc hit the ground.
    - 9.2.2.3. if a player other than the thrower gains possession as a result of an accepted breach, all players must return to the location they held when the breach occurred.
  - 9.2.3. All players must remain stationary in that location until the disc is checked in.
- 9.3. Any player may briefly extend a stoppage of play to fix faulty equipment (“equipment”), but active play may not be stopped for this purpose.
- 9.4. Prior to the check, the person checking the disc in and the nearest opposition player must verify that their respective teammates are ready and positioned as per [9.2](#).

- 9.5. If there is an unnecessary delay in checking the disc in, the opposition may give a warning (“Delay of Game”). If the delay continues, the team that gave the warning may check the disc in by calling “Disc In”, without verification from the opposition, but only if the team checking the disc in are all stationary, and positioned as per [9.2](#).
- 9.6. To restart play with a check:
  - 9.6.1. when the thrower has the disc:
    - 9.6.1.1. if there is a defender within reach, the defender must touch the disc.
    - 9.6.1.2. if there is not a defender within reach, the thrower must touch the disc to the ground and may call “Disc In”.
  - 9.6.2. when the disc is on the ground, the defender nearest to the disc must call “Disc In”.
- 9.7. A player may call a violation regarding the check if an opponent:
  - 9.7.1. attempts a pass without an appropriate check as per [9.6](#); or
  - 9.7.2. restarts play without verification from their nearest opposition player; or
  - 9.7.3. is moving immediately prior to the check; or
  - 9.7.4. was not in the appropriate position.
  - 9.7.5. After this violation call any pass does not count regardless of whether it is complete or incomplete, and possession reverts back to the thrower (unless [17.5](#) applies).

## 10. OUT-OF-BOUNDS

- 10.1. 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 part of the out-of-bounds area.
- 10.2. The out-of-bounds area consists of the ground which is not in-bounds and everything in contact with it, except for defensive players, who are always considered “in-bounds”.
- 10.3. An offensive player who is not out-of-bounds is in-bounds.
  - 10.3.1. An airborne player retains their in-bounds/out-of-bounds status until that player contacts the playing field or the out-of-bounds area.
  - 10.3.2. A player who has caught the disc, who contacts the playing field and then contacts an out-of-bounds area, is still considered in-bounds, as long as they maintain the catch until they establish possession.
    - 10.3.2.1. If they leave the playing field, they must establish a pivot point at the location on the playing field where they crossed the perimeter line (unless [15.3](#) is in effect).
  - 10.3.3. A thrower who contacts an out-of-bounds area is considered in-bounds until they make a pass.
  - 10.3.4. Contact between players does not confer the state of being in- or out-of-bounds from one to another.

- 10.4. The following are out-of-bounds turnovers, and no catch is deemed to have occurred:
  - 10.4.1. any part of an offensive receiver is out-of-bounds when they contact the disc; or
  - 10.4.2. after catching the disc while airborne, an offensive receiver's first contact is out-of-bounds while still in contact with the disc.
- 10.5. A disc is in-bounds once play is live, or when play starts or restarts.
- 10.6. 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 that has been caught by an offensive player has the same in/out-of-bounds status as that player. If the disc is simultaneously caught by more than one offensive player, one of them being out-of-bounds, the disc is out-of-bounds.
- 10.7. 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.
- 10.8. The place where a disc went out-of-bounds is the location where, prior to contacting an out-of-bounds area or player, the disc was most recently:
  - 10.8.1. partly or wholly over the playing field; or
  - 10.8.2. contacted by an in-bounds player.
- 10.9. If the disc is out-of-bounds and more than 3 meters ▾ from the pivot location, non-players may retrieve the disc. The thrower must carry the disc the last 3 meters ▾ to the playing field.

## 11. RECEIVERS AND POSITIONING

- 11.1. A "catch" occurs when a player has a non-spinning disc trapped between at least two body parts. A catch can enable a player to establish possession of the disc.
  - 11.1.1. If the player fails to maintain the catch due to subsequent ground contact related to the catch, or contact related to the catch with a teammate or a legitimately positioned opposition player, possession is deemed to have not occurred.
- 11.2. After establishing possession, that player becomes the thrower.
- 11.3. If offensive and defensive players catch the disc simultaneously, the offense retains possession.
- 11.4. A player in an established position is entitled to remain in that position and must not be contacted by an opposing player.
- 11.5. Every player is entitled to occupy any position on the field not occupied by any opposing player, provided that they are not moving in a reckless or dangerously aggressive manner.
  - 11.5.1. However 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 make a play on the disc.

- 11.6. All players must attempt to avoid non-minor contact with other players. This includes avoiding initiating contact with a stationary opponent, or an opponent's expected position based on their established speed and direction. "Making a play for the disc" is not a valid excuse for initiating contact with other players.
  - 11.6.1. If a player is not reasonably certain that they will be able to make a legal play at the disc before initiating non-minor contact with an opponent who is moving in a legal manner, they must adjust their movements to avoid initiating non-minor contact. If that adjustment is made, the result of the play still stands.
- 11.7. The player who initiates contact is deemed to be the player who:
  - 11.7.1. arrived at the point of contact after the opponent had already established a legitimate position at that point (either a stationary or moving opponent), or
  - 11.7.2. adjusted their movements in a way that created unavoidable contact with an opponent moving in a legal manner, when taking into account all players' established position, speed and direction.
- 11.8. Some minor contact may occur as two or more players move towards a single point simultaneously. Minor contact should be minimized but is not considered a foul.
- 11.9. Players may not use their arms or legs to obstruct the movement of opposing players.
- 11.10. Players must allow airborne opponents the time and space required to land and stop after catching the disc.
- 11.11. Players in the Restricted Zone are allowed to hold the space they are occupying, as well as post up against and lean into opposing players. However, all contact must be minor and controlled or it is a foul. All blatant, obvious shoving, pushing, body check motions, hooking with or extension of the arms to create space are fouls.

## **12. RESTRICTED ZONE AND GOAL COUNT**

- 12.1. The Key Area and Goal Area are both considered parts of the Restricted Zone.
- 12.2. Offensive players entering the Restricted Zone will have three seconds before they must clear by placing at least one point of contact outside of the zone.
- 12.3. Defensive players in the Restricted Zone must be within arm's reach of an offensive player whom they are actively guarding at all times.
  - 12.3.1. If a defender is no longer within arm's reach of an offensive player they are actively guarding, they will have three seconds to either:
    - 12.3.1.1. Clear the Restricted Zone by placing at least one point of contact outside of the zone; or
    - 12.3.1.2. Reestablish a position within arm's reach of an offensive player they are actively guarding.

- 12.3.2. The Offensive player being actively guarded does not need to be in the Restricted Zone for their defender to remain in the Restricted Zone, as long as that defender is within arm's reach.
- 12.3.3. Multiple defensive players may actively guard the same offensive player without triggering a goal count, as long as they are all within arm's reach of that player.
- 12.3.4. Defensive players may switch from guarding one player to guarding another, as long as they either reestablish arm's reach with the player they are now guarding or clear the goal area within the three second Goal Count.
- 12.4. The goal count is used to enforce the Restricted Zone and can be called by:
  - 12.4.1. any defensive player on the offensive player who they are guarding if the offensive player has all points of contact in the Restricted Zone, or
  - 12.4.2. any offensive player on a defensive player who has all points of contact in the Restricted Zone and who is not in arm's reach of and actively guarding an offensive player.
- 12.5. A player can administer a goal count by counting "Goal One, Goal Two, Goal Three", with "Goal" used to differentiate the goal count from the Stall Count. The interval between the start of each number in the goal count must be at least one (1) second.
- 12.6. The Goal Count must be clearly communicated to the applicable player in the Restricted Zone.
- 12.7. A player may only start and continue a goal count when an opposing player:
  - 12.7.1. is in the Restricted Zone,
  - 12.7.2. has no points of contact outside of the Restricted Zone,
  - 12.7.3. is not in possession of the disc, and
  - 12.7.4. if the opposing player is on defense, is not within arm's reach of and actively guarding an offensive player.
- 12.8. Where there are two goal counts, the numerically lower applies.
- 12.9. During a shot on goal, all goal counts are suspended until the result of the throw is determined, and any player may make a play on the disc.
  - 12.9.1. The goal count may be continued by the player who began the count after the result of the throw by repeating the last count fully uttered prior to the shot on goal, if:
    - 12.9.1.1. the result of the throw is not a turnover,
    - 12.9.1.2. the player being counted does not catch the disc,
    - 12.9.1.3. the player being counted does not correct their position, per [12.2](#) for offensive players or [12.3.1](#) for defensive players, before the throw is caught.
- 12.10. After a stoppage in play, the goal count is resumed as follows (if still applicable):

- 12.10.1. After an accepted breach by the team executing the goal count, the goal count restarts at “Goal one (1)”.
- 12.10.2. After an injury or technical stoppage, the goal count restarts at “Goal one (1)”.
- 12.10.3. After all other calls, including “pick”, the goal count restarts at maximum two (2). However, if there is a violation called related to The Check ([Section 9](#)), the goal count resumes at the same count that was determined prior to that violation.
- 12.11. To restart a goal count “at maximum n”, where “n” is determined by [12.10.3](#) means the following:
  - 12.11.1. If “x” is the last agreed number fully uttered prior to the call, then the stall count resumes at “Goal (x plus one)” or “Goal n”, whichever of those two numbers is lower.

### 13. TURNOVERS

- 13.1. A turnover that transfers possession of the disc from one team to the other occurs when:
  - 13.1.1. the disc contacts the ground while it is not in the possession of an offensive player (a “down”);
    - 13.1.1.1. however it is not “down” if a receiver catches a pass before the disc contacts the ground, and maintains the catch while the disc is in contact with the ground.
  - 13.1.2. a defensive player establishes possession of a pass (an “interception”); or
  - 13.1.3. the disc becomes out-of-bounds (an “out-of-bounds” or “out”).
- 13.2. A turnover that transfers possession of the disc from one team to the other, and results in a stoppage of play, occurs when:
  - 13.2.1. there is an accepted offensive receiving foul;
  - 13.2.2. the thrower has not released the disc before the marker first starts to say the word “five” in the stall count (a “stall-out”);
  - 13.2.3. the disc is intentionally transferred from one offensive player to another without ever being completely untouched by both players (a “handover”);
  - 13.2.4. the thrower intentionally deflects a pass to themselves off another player (a “deflection”);
  - 13.2.5. in attempting a pass, the thrower catches the disc after release prior to the disc being contacted by another player (a “self-catch”);
  - 13.2.6. an offensive player intentionally assists a team-mate’s movement to catch a pass; or
  - 13.2.7. an offensive player uses an item of equipment or object to assist in catching a pass.
  - 13.2.8. an airborne disc travels “backwards” through the goal.

- 13.2.9. a player in possession of the disc with an established pivot in the Goal Box moves the disc backwards through the goal by any means, including reaching, pivoting, or throwing.
- 13.3. If a player determines a turnover has occurred they must make the appropriate call immediately. If the opposition disagrees they may call "contest" and play must stop. If, after discussion, players cannot agree or it is unclear what occurred in the play, the disc must be returned to the last non-disputed thrower.
- 13.4. After a "stall-out" call:
  - 13.4.1. If the thrower still has possession of the disc, but they believe a fast count occurred in such a manner that they did not have a reasonable opportunity to call fast count before a stall-out, the play is treated as either an accepted defensive breach ([8.6.1](#)) or a contested stall-out ([8.6.3](#)).
  - 13.4.2. If the thrower made a completed pass, the thrower can contest if they believe it was not a "stall-out", or there was a fast count immediately prior to the "stall-out".
  - 13.4.3. If the thrower contests a stall-out but also attempts a pass, and the pass is incomplete, then the turnover stands and play restarts with a check.
- 13.5. Any offensive player may take possession of the disc after a turnover, except:
  - 13.5.1. after an "interception" turnover, in which case the player who made the interception must maintain possession; and
  - 13.5.2. after an offensive receiving foul, in which case the fouled player must take possession.
- 13.6. If the player in possession after a turnover intentionally drops the disc, places the disc on the ground, or transfers possession of the disc, they must re-establish possession and restart play with a check.
- 13.7. After a turnover, the turnover location is where:
  - 13.7.1. the disc has come to a stop or is picked up by an offensive player; or
  - 13.7.2. the intercepting player stops; or
  - 13.7.3. the thrower was located at the time of the call, in the case of [13.2.2](#), [13.2.3](#), [13.2.4](#), [13.2.5](#); or
  - 13.7.4. the offensive player was located, in the case of [13.2.6](#), [13.2.7](#) or [13.2.9](#); or
  - 13.7.5. the accepted offensive receiving foul occurred.
- 13.8. If the turnover location is out-of-bounds, or the disc touched an out-of-bounds area after the turnover occurred, the thrower must establish a pivot point at the location on the playing field nearest to where the disc went out-of-bounds per [10.8](#).
- 13.9. If the turnover location is in the playing field, the thrower must establish a pivot point at that location.
- 13.10. If, after an accepted 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:
  - 14.1.1. the offense has successfully cleared the disc since the last turnover or goal, whichever occurred more recently;
  - 14.1.2. the throw was released before any part of the disc crossed the goal line;
    - 14.1.2.1. If the disc partially or fully crosses the goal line before the throw is released, no goal is awarded and “through” is called. Play continues with the offense maintaining possession.
  - 14.1.3. the disc has broken the plane of the goal by traveling forwards through the goal. The front edge of the disc only needs to break the plane of the goal, it does not need to completely cross;
  - 14.1.4. the player subsequently establishes possession of the disc, and maintains the catch throughout all ground contact related to the catch per [11.1](#); and
  - 14.1.5. all the player’s ground contacts are entirely within the Goal Area, or for an airborne player, all of their first simultaneous points of ground contact after catching the disc are entirely within the Goal Area.
- 14.2. A player in the Goal Area may pull the disc through the goal for a score, as long as all points of contact remain inside the goal area until the disc has broken the plane of the goal.
  - 14.2.1. However, a player in the Goal Area may not reach around the goal and push the disc through for a score.
- 14.3. A disc that deflects off the Goal and is caught for a score by the offense is a score.
- 14.4. A disc that deflects off an offensive player before the disc travels through the goal, or deflects off of a defensive player at any point, and is caught for a score by the offense is a score.
- 14.5. Any number of airborne offensive players may touch, deflect, or redirect by means of throw, brush, tip or MAC, a disc which has traveled through the goal in an attempt to score. A score is awarded if an offensive player catches the disc per [14.1.4 and 14.1.5](#), and any of the airborne offensive players who contacted the disc prior to this either:
  - 14.5.1. had all of their last simultaneous points of ground contact before becoming airborne within the Goal Area (a “greatest”); or
  - 14.5.2. have all of their first simultaneous points of ground contact after contacting the disc within the Goal Area.
  - 14.5.3. Otherwise, “No Goal” is called, and play continues with the offense maintaining possession.
- 14.6. If a player catches the disc outside the Goal Area they are attacking and their momentum carries them fully into the Goal Area through the goal, no score is awarded and play continues after they stop and establish a legal pivot in the Goal Area.



- 14.7. If a player in possession of the disc ends up straddling the goal line (having one or more points of contact in the goal area while simultaneously having one or more points of contact on or in front of the goal line), “Straddle” is called and no goal is awarded.
- 14.7.1.1. The straddled player may select any point of contact as their pivot point. However, if the straddled player’s selected pivot point is in the goal area, the player must establish a pivot point at the nearest location on the goal line.
  - 14.7.1.2. A straddled player is considered to be in the central zone, and after a legal pivot is established they may attempt to throw the disc through the goal for a score, as long as they release the disc in front of the goal before any part of the disc crosses the goal line.
    - 14.7.1.2.1. A straddled player cannot commit a turnover per [13.2.9](#) by pulling the disc back through in order to execute a throw from the central zone.
- 14.8. If a player believes a goal has been scored, they may call “goal”. Play continues without stoppage and the scoring team maintains possession. The offense cannot score again until they have successfully cleared the disc.
- 14.8.1. If a player believes no goal was scored, they may call “No Goal”. Play does not immediately stop. Instead, the player with possession may choose to:
- 14.8.1.1. Continue play without stoppage by calling “No Goal” to confirm the call. No goal is awarded, and the offense maintains possession and may continue attempting to score without clearing; or
  - 14.8.1.2. Stop play by calling “Contest”. After a contested or retracted “No goal” call, play must restart with a check.
  - 14.8.1.3. If both “Goal” and “No Goal” are called on the same play, the result of the play is “No Goal” and play continues without stoppage, unless the player with possession stops play by calling “Contest”.
- 14.8.2. In addition to “No Goal”, the player is encouraged to also provide one of the below clarifying calls:
- 14.8.2.1. “Over” or “Around” - If the disc did not travel through the goal.
  - 14.8.2.2. “Through: - per [14.1.2.1](#)
  - 14.8.2.3. “Not In” - if the player doesn’t satisfy [14.1.5](#)
  - 14.8.2.4. “Straddle” - per [14.7](#)
- 14.9. Any throw that originates from the Clear Box that results in a score, including any contact with players per [14.4](#) or [14.5](#), is worth 2 points.
- 14.10. The time at which a goal is deemed to have been scored is when the player established possession.

## 15. CLEARING

- 15.1. The offense must clear the disc each time they score a goal or after they gain possession after a turnover. No goal may be scored by the offense until the disc has been successfully cleared after the last turnover or goal, whichever occurred more recently.
- 15.2. The disc is considered “cleared” if an in-bounds player catches a legal pass and:
  - 15.2.1. all their ground contacts are entirely within the Clear Box, or for an airborne player, all of their first simultaneous points of ground contact after catching the disc are entirely within the Clear Box; and
  - 15.2.2. they subsequently establish possession of the disc, and maintain the catch throughout all ground contact related to the catch per [11.1](#).
- 15.3. If a player in possession of the disc ends up with their selected pivot point within the Clear Area without clearing according to [15.2](#), the player must establish a pivot point at the nearest location on the clear line.
- 15.4. If a player believes the disc has been cleared, they may call “Clear”. Play continues without stoppage. The clearing team maintains possession and may now attempt to score.
  - 15.4.1. If a player believes no clear has occurred, they may call “Not Clear”. Play does not immediately stop. Instead, the player with possession may choose to:
    - 15.4.1.1. Continue play without stoppage by calling “Not Clear” to confirm the call. No clear is awarded, and the offense maintains possession and may continue attempting to clear; or
    - 15.4.1.2. Stop play by calling “Contest”. After a contested or retracted “Not clear” call play must restart with a check.
    - 15.4.1.3. If both “Clear” and “No Clear” are called on the same play, the result of the play is “Not Clear” and play continues without stoppage, unless the player with possession stops play by calling “Contest”.

## 16. CALLING FOULS, INFRACTIONS, AND VIOLATIONS

- 16.1. A breach of the rules due to non-minor contact between two or more opposing players is a foul.
- 16.2. A breach of the rules regarding a Marking or Travel breach is an infraction. Infractions do not stop play unless contested.
- 16.3. Every other breach of the rules is a violation.
- 16.4. Only the player fouled may claim a foul, by calling “Foul”.
- 16.5. In general only the thrower may claim a marking infraction, by calling the specific name of the infraction. However, any defensive player may call a travel infraction.
- 16.6. Any opposing player may claim a violation by calling the specific name of the violation or “Violation”, unless specified otherwise by the particular rule.

- 16.7. When a foul or violation call is made that stops play, players must stop play by visibly or audibly communicating the stoppage as soon as they are aware of the call, and all players should echo calls on the field. If play has stopped for a discussion without any call having been made, a call is deemed to have been made when the discussion started.
- 16.8. Calls must be made immediately after the breach is recognised.
- 16.9. After a player initiates a stoppage incorrectly, including after mishearing a call, not knowing the rules, or not making the call immediately:
  - 16.9.1. if the opposition gains or retains possession, any subsequent play stands
  - 16.9.2. if the opposition does not gain or retain possession, the disc must be returned to the last nondisputed thrower, unless [17.5](#) applies. The stall count resumes as if an accepted breach has been caused by the player who initiated the stoppage incorrectly.
- 16.10. If the player against whom the foul, infraction or violation has been called disagrees that it occurred, or does not think it is a correct call, they may call "Contest".
- 16.11. If a player making any call subsequently determines that their call was incorrect, they can retract the call, by calling "Retracted". The stall count resumes as if an accepted breach has been caused by that player.
- 16.12. If multiple breaches occur on the same play or before play stops, the outcomes should be resolved in reverse sequence (latest breach first, earliest breach last).

## **17. CONTINUATION AFTER A CALL**

- 17.1. Whenever a foul or violation call is made, or a player attempts to stop play in any way, play stops immediately and no turnover is possible (unless in situations specified in [16.9](#), [17.2](#), and [17.5](#)).
- 17.2. If a foul or violation:
  - 17.2.1. is called against the thrower and the thrower attempts a pass, or
  - 17.2.2. is called by the thrower during the act of throwing, or
  - 17.2.3. is called or occurs when the disc is in the air,then play continues until possession has been established.
  - 17.2.4. Once possession has been established:
    - 17.2.4.1. If the team that called the foul or violation gains or retains possession as a result of the pass, the play stands. Play can continue without a stoppage if the player who made the foul or violation call makes a "Play on" call as soon as possible.
    - 17.2.4.2. If the team that called the foul or violation does not gain or retain possession as a result of the pass, play must be stopped.

- 17.2.4.2.1. If the team that called the foul or violation believes that possession has been affected by the foul or violation, the disc will be returned to the thrower for a check (unless the specific rule says otherwise, or the foul occurs in the Key Area or Goal Area).
- 17.3. If a foul or violation occurs in the Restricted Zone (Key Area or Goal Area) and:
  - 17.3.1. it is an accepted foul or violation on the offense, any goal is nullified, and the defense may choose to:
    - 17.3.1.1. Have the offensive player with possession restart play at the location where the foul was committed; or
    - 17.3.1.2. Have the offensive player with possession move the disc to the reverse brick before restarting play.
  - 17.3.2. it is an accepted foul or violation on the defense, the stall count resets to zero, and the offense may choose to:
    - 17.3.2.1. Have the offensive player with possession restart play where the foul was committed; or
    - 17.3.2.2. Have the offense player with possession move the disc to the front brick before restarting play.
      - 17.3.2.2.1. If the result of the play is a goal, the offense may still choose to relocate the disc to the front brick. The goal stands, but the offense must still clear the disc before scoring again.
  - 17.3.3. If a team opts to move the disc to the brick mark per [17.3.1.2](#) or [17.3.2.2](#), one defender may choose to relocate to a new position where they are actively guarding that player.
  - 17.3.4. If it is a contested foul or violation, the disc is returned to the last undisputed thrower.
- 17.4. A half, game, or overtime period cannot end on a defensive foul. If a defensive foul occurs after the clock expires while the disc is in the air, the offense will be entitled to one untimed throw with a stall count after the foul is enforced.
- 17.5. Regardless of when any call is made, if the players involved from both teams agree that the event or call did not affect the outcome, the play stands. This rule is not superseded by any other rule.
  - 17.5.1. If the play resulted in a goal, the goal stands.
  - 17.5.2. The affected players may make up any positional disadvantage caused by the event or call and restart play with a check.

## 18. FOULS

### 18.1. Dangerous Play:

- 18.1.1. Actions demonstrating reckless disregard for the safety of fellow players, or posing significant risk of injury to fellow players, or other dangerously aggressive behaviors, are considered dangerous play and must be treated as a foul, regardless of whether or when contact occurs. This rule is not superseded by any other foul rule. If the dangerous play call is accepted, this must be treated as the most relevant foul from [Section 18](#).

### 18.2. Receiving Fouls:

- 18.2.1. A Receiving Foul occurs when a player initiates non-minor contact with an opponent before, while, or directly after, either player makes a play on the disc.
  - 18.2.1.1. Contact with an opponent's arms or hands, that occurs after the disc has been caught, or after the opponent can no longer make a play on the disc, is not a sufficient basis for a foul, but should be avoided (excluding contact related to [18.1](#) and [18.3](#)).
- 18.2.2. After an accepted receiving foul the fouled player gains possession at the location of the breach, or per [17.3](#) if the foul occurs in the Restricted Zone, and play restarts with a check. If the foul is contested, the disc is returned to the thrower.

### 18.3. Strip Fouls:

- 18.3.1. A Strip Foul occurs when an opponent fouls a player and that causes the player to drop a disc they caught or to lose possession of the disc.
- 18.3.2. After an accepted strip foul the fouled player gains possession at the location of the breach, or per [17.3](#) if the foul occurs in the Goal or Key area, and play restarts with a check.
  - 18.3.2.1. If the reception would have otherwise been a goal, a goal is awarded.
  - 18.3.2.2. If the reception would have otherwise resulted in a cleared disc, the disc is considered cleared.
- 18.3.3. If the foul is contested, the disc is returned to the thrower.

### 18.4. Blocking Fouls:

- 18.4.1. A Blocking Foul occurs when a defensive player takes a position that an opponent moving in a legal manner will be unable to avoid, taking into account the opponents expected position based on their established speed and direction, and non-minor contact results. This is to be treated as either a receiving foul or an indirect foul, whichever is applicable.
- 18.4.2. An offensive player attempting to score must be provided room to land or slow down when attacking an unoccupied space in the Goal Area, or it is a blocking foul.
- 18.4.3. If it is an accepted foul or violation on the defense, the stall count resets to zero and the offense may choose to:

- 18.4.3.1. Resume play at the location where the foul was committed; or
- 18.4.3.2. Have the offensive player with possession move the disc to the front brick before restarting play.
  - 18.4.3.2.1. If the result of the play is a goal, the offense may still choose to relocate the disc to the front brick. The goal stands, but the offense must still clear the disc before scoring again
- 18.4.4. If it is a contested foul or violation, the disc is returned to the last undisputed thrower.
- 18.5. Charging Fouls
  - 18.5.1. A Charging foul occurs when an offensive player, who has time and distance to avoid contact with an established defensive player, makes non-minor contact with that player.
  - 18.5.2. An offensive player may not jump or run into a defensive player with established position in the Goal Area or it is a charging foul.
  - 18.5.3. If it is an accepted foul or violation on the offense, any goal is nullified, and the defense may choose to:
    - 18.5.3.1. Resume play at the location where the foul was committed; or
    - 18.5.3.2. Have the offensive player with possession move the disc to the reverse brick (apex of the goal area) before restarting play.
  - 18.5.4. If it is a contested foul or violation, the disc is returned to the last undisputed thrower.
- 18.6. Force-out Fouls:
  - 18.6.1. A Force-out Foul occurs when a receiver is in the process of establishing possession of the disc, and is fouled by a defensive player before establishing possession, and the contact caused the receiver:
    - 18.6.1.1. to become out-of-bounds instead of in-bounds,
    - 18.6.1.2. to catch the disc outside the goal area instead of within the goal area during an attempt to score, or
    - 18.6.1.3. to catch the disc in the central zone instead of the clear box during an attempt to clear.
  - 18.6.2. If the receiver would have caught the disc in the goal area, it is a goal.
  - 18.6.3. If the receiver would have caught the disc in the clear area, it is a clear.
  - 18.6.4. If the force-out foul is contested, the disc is returned to the thrower if the receiver became out-of-bounds, otherwise the disc stays with the receiver.
- 18.7. Defensive Throwing (Marking) Fouls:
  - 18.7.1. A Defensive Throwing Foul occurs when:
    - 18.7.1.1. A defensive player is illegally positioned ([Section 19.1](#)), and there is non-minor contact between the illegally positioned defensive player and the thrower; or

- 18.7.1.2. A defensive player initiates non-minor contact with the thrower, or there is non-minor contact resulting from the thrower and the defender both vying for the same unoccupied position, prior to the release.
- 18.7.2. If a Defensive Throwing Foul occurs prior to the thrower releasing the disc and not during the throwing motion, the thrower may choose to call a contact infraction, by calling "Contact". After a contact infraction that is not contested, play does not stop and the marker must resume the stall count at one (1).
- 18.8. Offensive Throwing (Thrower) Fouls:
  - 18.8.1. An Offensive Throwing Foul occurs when the thrower is solely responsible for initiating non-minor contact with a defensive player who is in a legal position.
  - 18.8.2. Contact occurring during the thrower's follow through is not a sufficient basis for a foul, but should be avoided.
- 18.9. Indirect Fouls:
  - 18.9.1. An Indirect Foul occurs when there is non-minor contact between a receiver and a defensive player that does not directly affect an attempt to make a play on the disc.
  - 18.9.2. If the foul is accepted the fouled player may make up any positional disadvantage caused by the foul.
- 18.10. Offsetting Fouls:
  - 18.10.1. If accepted fouls are called by offensive and defensive players on the same play, these are offsetting fouls, and the disc must be returned to the last non-disputed thrower.
  - 18.10.2. If there is non-minor contact that is caused by two or more opposing players moving towards a single point simultaneously, this must be treated as offsetting fouls.
    - 18.10.2.1. However if this occurs after the disc has been caught, or after the relevant player/s involved can no longer make a play on the disc, this must be treated as an Indirect Foul (excluding contact related to [Section 18.1](#)).

## 19. INFRACTIONS AND VIOLATIONS

- 19.1. Marking Infractions:
  - 19.1.1. Marking infractions include the following:
    - 19.1.1.1. "Fast Count" – the marker:
      - 19.1.1.1.1. starts or continues the stall count illegally,
      - 19.1.1.1.2. does not start or restart the stall count with "Stalling",
      - 19.1.1.1.3. counts in less than one second intervals,

- 19.1.1.1.4. does not correctly reduce or reset the stall count when required, or
- 19.1.1.1.5. does not start the stall count from the correct number.
- 19.1.1.2. “Straddle” – a line between a defensive player’s feet comes within one disc diameter of the thrower’s pivot point.
- 19.1.1.3. “Disc Space” – any part of a defensive player is less than one disc diameter away from the torso of the thrower. However, if this situation is caused solely by movement of the thrower, it is not an infraction.
- 19.1.1.4. “Wrapping” – a line between a defensive player’s hands or arms comes within one disc diameter of the thrower’s torso, or any part of the defensive player’s body is above the thrower’s pivot point. However, if this situation is caused solely by movement of the thrower, it is not an infraction.
- 19.1.1.5. “Vision” – a defensive player uses any part of their body to intentionally obstruct the thrower’s vision.
- 19.1.1.6. There is no infraction for using multiple players to guard the thrower. Teams may use any number of players as markers.
- 19.1.2. A marking infraction may be contested by the defense, in which case play stops.
  - 19.1.2.1. If a pass has been completed, a contested or retracted marking infraction must be treated as a violation by the offense, and the disc must be returned to the thrower.
- 19.1.3. After all marking infractions listed in [19.1.1](#) that are not contested, the marker must resume the stall count with the number last fully uttered before the call, minus one (1).
- 19.1.4. The marker may not resume counting until any illegal positioning has been corrected. To do otherwise is a subsequent marking infraction.
- 19.1.5. Instead of calling a marking infraction, the thrower may call a marking violation and stop play if;
  - 19.1.5.1. the stall count is not corrected,
  - 19.1.5.2. there is no stall count,
  - 19.1.5.3. there is an egregious marking infraction, or
  - 19.1.5.4. there is a pattern of repeated marking infractions.
- 19.1.6. If a marking infraction, or a marking violation, is called and the thrower also attempts a pass before, during or after the call, the call has no consequences (unless [19.1.2.1](#) applies) and if the pass is incomplete, then the turnover stands.
- 19.2. “Travel” Infractions:
  - 19.2.1. The thrower may attempt a pass at any time as long as they are entirely in-bounds or have established an in-bounds pivot point.



- 19.2.1.1. However an in-bounds player who catches a pass while airborne may attempt a pass prior to contacting the ground.
- 19.2.2. After catching the disc, the thrower must reduce speed as quickly as possible, without changing direction, until they have established a pivot point.
  - 19.2.2.1. However if a player catches the disc while running or jumping the player may release a pass without attempting to reduce speed and without establishing a pivot point, provided that:
    - 19.2.2.1.1. they do not change direction or increase speed until they release the pass; and
    - 19.2.2.1.2. a maximum of two additional points of contact with the ground are made after the catch and before they release the pass.
- 19.2.3. The thrower may move in any direction (pivot) only by establishing a “pivot point”, which is a specific point on the ground with which one part of their body remains in constant contact until the disc is thrown.
- 19.2.4. A thrower who is not standing can use any part of their body as the pivot point.
  - 19.2.4.1. If they stand up it is not a travel, but only if a pivot point is established at the same location.
- 19.2.5. A travel infraction occurs if:
  - 19.2.5.1. the thrower establishes a pivot point at an incorrect location, including by not reducing speed as quickly as possible after a catch, or changing direction after a catch;
  - 19.2.5.2. the thrower releases a pass in breach of [19.2.2.1](#);
  - 19.2.5.3. anytime the thrower must move to a specified location, the thrower does not establish a pivot point before a wind-up or throwing action begins;
  - 19.2.5.4. the thrower fails to keep the established pivot point until releasing the disc;
  - 19.2.5.5. a player intentionally bobbles, fumbles or delays the disc to themselves, for the sole purpose of moving in a specific direction.
- 19.2.6. After an accepted travel infraction is called (“travel”), play does not stop.
  - 19.2.6.1. The thrower establishes a pivot point at the correct location, as indicated by the player who called the travel. This must occur without delay from either player involved.
  - 19.2.6.2. Any stall count is paused, and the thrower may not throw the disc, until a pivot point is established at the correct location.
  - 19.2.6.3. The marker does not need to say “Stalling” before resuming the stall count.

- 19.2.7. If, after a travel infraction but before correcting the pivot point, the thrower throws a completed pass, the defensive team may call a travel violation. Play stops and the disc is returned to the thrower. The thrower must return to the location occupied at the time of the infraction. Play must restart with a check.
- 19.2.8. If, after a travel infraction, the thrower throws an incomplete pass, play continues.
- 19.2.9. After a contested travel infraction where the thrower has not released the disc, play stops.
- 19.3. “Goaltending” Violations
  - 19.3.1. A Goaltending violation occurs on a player in the Restricted Zone if an opposing player administering a legal goal count per [Section 12](#) starts to say the word “three” in the goal count.
  - 19.3.2. Play is restarted according to [17.3](#).
    - 19.3.2.1. Additionally, the player in violation is required to relocate to the nearest point outside the Restricted Zone.
      - 19.3.2.1.1. If the violation was on an offensive player, any defensive players who were actively guarding the offensive player at the time the violation occurred may relocate to a position where they can continue actively guarding that offensive player.
      - 19.3.2.1.2. If the violation is contested, both contesting players must relocate outside the Restricted Area.
- 19.4. “Interference” Violations:
  - 19.4.1. An Interference violation occurs when a player contacts the goal and:
    - 19.4.1.1. The goal requires repositioning or adjustment; or
    - 19.4.1.2. The goal moves in a way that affects the result of the throw.
  - 19.4.2. Play is restarted according to [17.3](#).
- 19.5. “Pick” Violations:
  - 19.5.1. In order to set a legal screen, a player must:
    - 19.5.1.1. Be stationary, or moving parallel to the opponent’s movement.
    - 19.5.1.2. Standing with feet shoulder width apart or less, and without extension of the arms, elbows, hips, or knees outside the frame of the body
    - 19.5.1.3. Provide the opposing player an opportunity to avoid contact.
      - 19.5.1.3.1. if the screen is within the visual confines of a stationary defender, the player can set the screen any distance away from that defender.
      - 19.5.1.3.2. if the player setting the screen is outside the visual confines of a moving or stationary player the screen must be set at least one step away from that defender.

- 19.5.1.3.3. if the defender is moving they must be given an opportunity to avoid contact with the screen and the player must set the screen somewhere between one and two strides from the opponent, so as to give the defender "time and distance" to stop or change direction. The distance will vary based on the speed of the screened player.
- 19.5.2. A player may set a legal screen in the Restricted Zone, provided they clear the area within three seconds.
- 19.5.3. If a defensive player is guarding one offensive player and they are prevented from moving towards/with that player by another player who has not established a legal screen, that defensive player may call "Pick".
  - 19.5.3.1. However it is not a pick if both the player being guarded and the obstructing player are making a play on the disc.
  - 19.5.3.2. Prior to making the "Pick" call, the defender may delay the call up to two (2) seconds to determine if the obstruction will affect the play.
- 19.5.4. If play has stopped, the obstructed player may move to the agreed position they would have otherwise occupied if the obstruction had not occurred, unless specified otherwise.
- 19.5.5. All players should take reasonable efforts to avoid the occurrence of picks.
  - 19.5.5.1. During any stoppage opposing players may agree to slightly adjust their locations to avoid potential picks.
- 19.6. Substitution Violations:
  - 19.6.1. An active player must make contact with the substitute player who has at least one contact point in the substitution box before the substitute becomes an active player. Otherwise, it is a substitution violation.
    - 19.6.1.1. If it is an accepted violation on the offense, any goal is nullified, and the defense may choose to:
      - 19.6.1.1.1. Resume play at the location where the disc was when the foul was committed; or
      - 19.6.1.1.2. Have the offensive player with possession move the disc to the reverse brick before restarting play.
      - 19.6.1.1.3. Any previous clear is nullified, and the offense is required to clear before scoring.
    - 19.6.1.2. It is an accepted violation on the defense, the offense is awarded an automatic clear, and may choose to:
      - 19.6.1.2.1. Resume play at the location where the disc was when the foul was committed; or
      - 19.6.1.2.2. Have the offensive player with possession move the disc to the front brick before restarting play.

19.6.1.2.2.1. If the result of the play is a goal, the offense may still choose to relocate the disc to the front brick. The goal stands, and the offense does not need to clear the disc before scoring again.

19.6.1.3. If it is a contested violation, the disc is returned to the last undisputed thrower.

## **20. SAFETY STOPPAGES**

### **20.1. Injury Stoppage**

20.1.1. An injury stoppage, "Injury", may be called by the injured player, or by any player on the injured player's team.

20.1.2. If the injury was not caused by an opponent, the player must be substituted.

20.1.3. If the injury was caused by an opponent, the player may choose to stay or to be substituted.

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

20.1.5. The injury stoppage is considered to have been called at the time of the injury, unless the injured player chooses to continue play before the stoppage is called.

20.1.6. If the disc was in the air when the injury stoppage was called, play continues until either a player establishes possession, or the disc hits the ground. If the injury is not the result of a foul by an opponent, the completion or turnover stands, and play restarts there after the stoppage.

### **20.2. Technical Stoppage**

20.2.1. Any player who recognises a condition that endangers players, including if a player has an open or bleeding wound, should call a technical stoppage by calling "technical" or "stop". Play must stop immediately.

20.2.1.1. A team-mate, coach, or designated official, should actively alert players to any condition that endangers players.

20.2.1.2. A player who has an issue regarding an open or bleeding wound has sixty (60) seconds to effectively address the issue. If they need additional time to address the issue, they must choose either to be substituted, or to charge their own team with a time-out.

20.2.2. The thrower may call a technical stoppage during play to replace a severely damaged disc.

20.2.2.1. If a damaged disc needs to be replaced, the stall count resets to zero.

20.2.3. Any player may call a technical stoppage during play to adjust an out-of-position goal.

- 20.2.4. After a technical stoppage called while the disc is in the air, or if play has continued unknowingly:
  - 20.2.4.1. If the call or issue did not affect play, the completion or turnover stands, and play restarts there;
  - 20.2.4.2. If the call or issue did affect the play, the disc goes back to the thrower.
- 20.3. If a player is substituted after an injury, or due to illegal or faulty equipment, the opposing team may also choose to substitute one player.
  - 20.3.1. Substitute players take on the full state (location, possession, stall count etc) of the player they are substituting and may make a call on their behalf.