



UFA

Official Rules

2025 Season

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Acknowledgements

Season	Commissioner	Director of Officiating	Rules Committee Director	Divisional Head Referees	Rules Committee
2012	Josh Moore	Josh Moore	Raymie Younkin		See Appendix
2013	Steve Gordon	Joshua Cooper	Joshua Cooper		See Appendix
2014	Steve Gordon	Joshua Cooper	Joshua Cooper		See Appendix
2015	Steve Gordon	Joshua Cooper	Joshua Cooper		See Appendix
2016	Steve Gordon	Joshua Cooper	Joshua Cooper		See Appendix
2017	Steve Gordon	Joshua Cooper	Joshua Cooper		See Appendix
2018	Steve Gordon	Joshua Cooper	Don Grage		See Appendix
2019	Steve Hall	Andrew Lloyd	Don Grage	Jeff Peeters Daniel Wong Dan Laurila Jim Lemons	See Appendix
2020*	Steve Hall	Andrew Lloyd	Andrew Lloyd	Jeff Peeters Daniel Wong Josh Cooper Jim Lemons	See Appendix

Acknowledgements

Season	Commissioner	Director of Officiating	Referee Coordinators	Divisional Head Referees	Referee Council Members
2021	Steve Hall	Andrew Lloyd	Joshua Cooper Steve Kreider	Jeff Peeters Daniel Wong Josh Cooper Brian Bradburn	Julie Gordon Jason Glassy Owen Butler Jason Dumont
2022	Steve Hall	Joshua Cooper	Julie Gordon	Jeff Peeters Daniel Wong Jeff Orcutt Brian Bradburn	
2023	Steve Hall	Joshua Cooper	Julie Gordon	See Appendix	Jeff Peeters Daniel Wong Brian Bradburn Enzo Cianelli Jonathan Monforti Hank Cary Blake Grundy
2024	Steve Hall	Julie Gordon	Blake Grundy Hank Cary		Jeff Peeters Daniel Wong Brian Bradburn Jonathan Monforti
2025	Tim DeByl	Julie Gordon	Blake Grundy Jonathan Monforti Daniel Wong	N/A	N/A

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1 Preface

1.1 Player Responsibility

1.1.1 The UFA promotes highly competitive ultimate and is committed to protecting the values of integrity and sportsmanship long associated with the game. The UFA showcases the sport's top athletes performing at their top level. We expect our players to respect the sport, each other, the rules, and safety. There is no room in our sport for reckless play, cheating, or other win-at-all-costs behavior.

1.1.2 Ultimate is a sport that relies upon integrity and an adherence to the rules. Players are expected to know and follow the rules at all times.

2 Field of Play

2.1 Field Dimensions

2.1.1 The field is a rectangle measuring 53 $\frac{1}{3}$ yards wide by 80 yards long plus 20-yard end zones on each end.

2.1.2 The sidelines and back lines are out of bounds, while the pylons are neutral.

2.1.3 All field lines will be painted 4" wide.

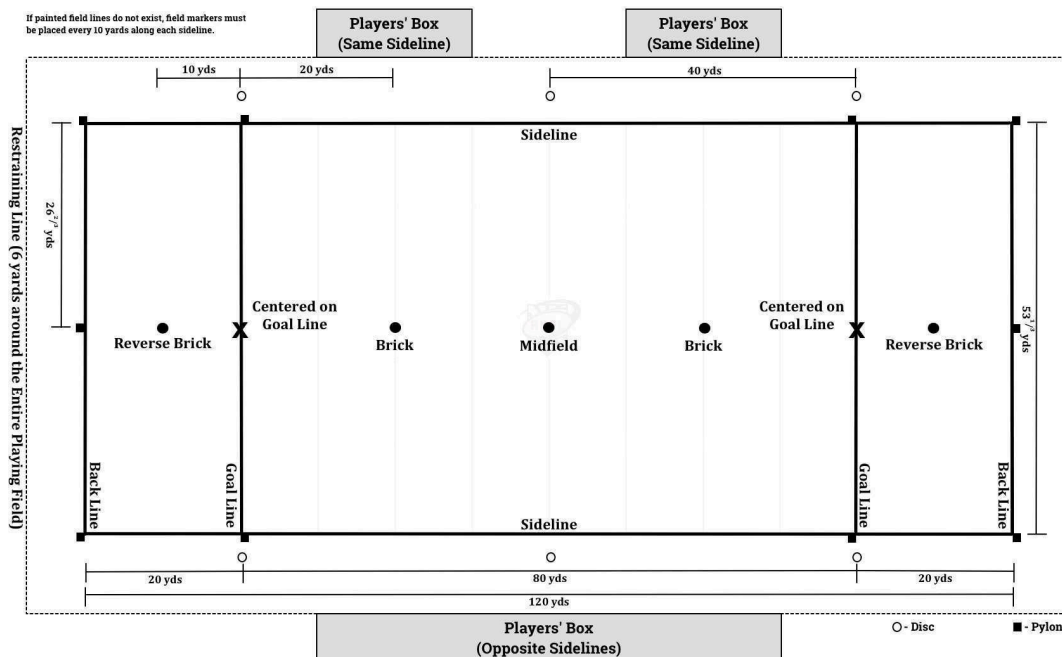


Figure 1 Field Markings and Measurements

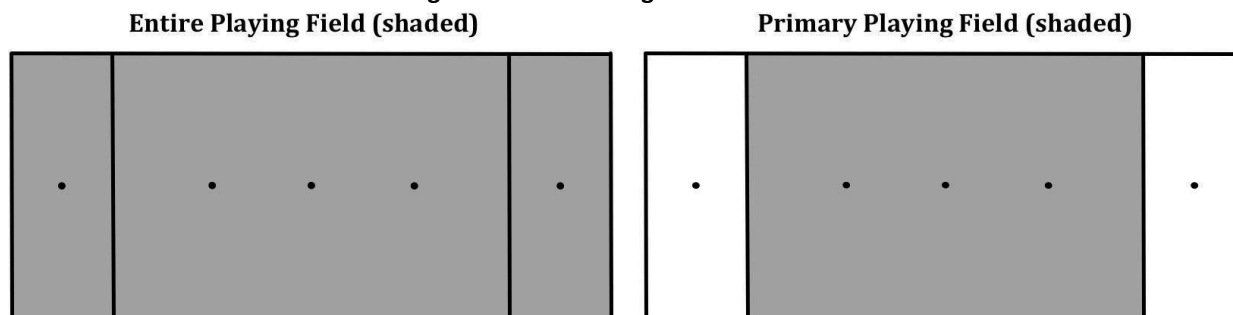


Figure 2 Playing Field Definitions

2.2 End Zones

2.2.1 UFA standard pylons are used to mark each corner of the end zones and the center of the back lines.

2.2.2 Goal lines are a part of the primary playing field and are not a part of the end zone.

2.3 Brick Marks

- 2.3.1** The brick marks are centered along the width of the field, 20 yards in front of the goal lines on the primary playing field.
- 2.3.2** The reverse brick marks are centered along the width of the field, 10 yards behind the goal lines on the entire playing field.
- 2.3.3** If a special exception has been granted to play on a 110 yard field (due to venue limitations), the brick mark adjusts to 15 yards in front of the goal lines on the primary playing field.

2.4 Field Boundaries

- 2.4.1** A restraining line shall be established 6 yards outside the perimeter of the entire playing field. The area inside this line shall only be occupied by players on the field and officials.
- 2.4.2** Each team member not on the field shall remain in their players' box. The players' box is just outside the restraining line and, specific to the venue, either
 - 2.4.2.1** Between the 10 and 30 yard lines of the ultimate field if both teams are on the same sideline, or
 - 2.4.2.2** Between the 10-yard lines of the ultimate field if the teams are on opposite sidelines.
- 2.4.3** Officials must signal a timeout or stoppage in play before coaches, other team members, or medical personnel are allowed onto the field.
- 2.4.4** Only team owners, a head coach, two assistants, medical staff, and team members shall be allowed in, and must remain in, their players' box when they are not players on the field. Team personnel are not permitted to enter the opponent's players' box, and violators will be assessed a flagrant foul immediately. Coaches and medical staff are not permitted to go to the scorer's table except during a stoppage of play.
- 2.4.5** Any team personnel on the field or in the players' box must conduct themselves in a manner that would reflect favorably on the dignity of the game and the officials. Violations by any team personnel require a written report to the UFA Operations Department for subsequent action.
- 2.4.6** Team personnel in the players' box are not permitted on the field during an on-field altercation.
- 2.4.7** Violations of field boundary rules may result in flagrant fouls.

3 Equipment

3.1 The Disc

3.1.1 The disc shall be an officially approved UFA disc.

3.1.2 The home team shall provide at least 10 game-worthy (i.e., able to have smooth flight; not warped or bent.) discs for each game. 1 disc shall be the initial game disc. 4 discs shall be placed 3 yards from the primary playing field on each sideline, 2 at each goal line, 2 at midfield, and 1 centered on the back of each endzone.

3.1.3 All game discs will be inspected by an official before the start of play.

3.2 Uniforms

3.2.1 Apparel or equipment that, in the judgment of officials, may endanger or confuse opponents is illegal.

3.2.2 Each team shall wear their respective home or away jersey. In the event that the uniforms cannot be adequately distinguished, in the judgment of officials, the head official will designate which jerseys will be worn.

3.2.3 Each player shall be conspicuously numbered on the back of the jersey and the front of the uniform. Their number must correspond with that listed with the scorer. A player shall retain the same number throughout the game except when permission to change is given by officials. Such change shall be reported to the scorer. Any changing shall occur in the players' box and not on the field.

3.2.4 Each player must be in uniform 10 minutes before the game starts and until the game ends.

3.2.5 When on the field, players may not wear anything over their team jersey or shorts. During the game, warmups may only be worn in the players' box.

3.2.6 Hats may be worn while on the field but must be the official team hat and the same style for all players who choose to wear them.

3.2.7 Visible base layers, headbands, wristbands, or any miscellaneous items shall be any reasonable combination of black, white, grey, or official team colors and shall not be frayed, ragged, or torn.

3.3 Inspection

3.3.1 Officials may inspect any equipment in order to ensure the safety of all players. A player may not wear equipment that has the potential to cause injury to an opponent (e.g., baseball cleats, track spikes, or golf shoes).

3.3.2 The use of metal or other hard objects to protect the body, such as casts, guards, or braces, is permitted provided that such objects are appropriately covered on all edges and surfaces by foam, rubber, or similar material. All face masks and eye or nose protectors must conform to the contours of the face and have no sharp or protruding edges.

3.3.3 Glasses or sunglasses are permitted only if they are wrapped 360 degrees or affixed by elastic or similar material.

3.3.4 Before a game, players shall remove any articles likely to cause injury, including, but not limited to: metal watches, large hoop earrings, and jewelry with sharp edges.

3.3.5 All equipment used must be appropriate for ultimate. Equipment designed to increase a player's height, reach, or to gain an unfair advantage, shall not be used.

4 Players

4.1 Teams

4.1.1 Each team shall have at least 12 and at most 20 players from the active roster uniformed and ready to play at the beginning of each game.

4.1.2 Each team must have 7 players actively playing at all times during play. Violations will result in a delay of game penalty.

4.1.3 In the event that there are only 7 eligible players remaining, and one of these players must leave the game due to injury or ejection, the team must forfeit the game if no injured player can return to play.

4.2 Starting Lineups

4.2.1 Teams shall supply the scorer with the name and number of each eligible player and indicate the starting lineup at least 10 minutes before the game is scheduled to begin.

4.3 Substitutions

4.3.1 Teams are permitted unlimited substitutions after a goal or a team timeout. After a team timeout, teams may substitute the thrower with any other player, including a player that was on the field when the timeout occurred. No other substitutions are allowed during play unless a player is injured.

4.3.2 A player shall not be allowed to reenter the game after being ejected.

4.4 Captains

4.4.1 A team may have one captain and one co-captain. These may be any uniformed player.

4.4.2 Team captains shall be identified to the scorer prior to the start of the game.

4.4.3 In the event that the captain is absent from the field and players' box, the coach shall immediately designate a new captain.

4.4.4 The captain is the only player who may ask an official about a rule interpretation during a team timeout. The captain may not dispute a decision. The captain is entitled to an explanation, but prolonged argument is not allowed.

4.4.5 A player-coach has no special privileges.

5 Game Format

5.1 Game Length

5.1.1 A regulation game consists of four 12 -minute quarters.

5.1.2 The game shall start promptly at the time prescribed by the UFA. If a team is late appearing on the field for the 1st or 3rd quarter, they will be fined at the discretion of the UFA.

5.1.3 The 3rd quarter pull occurs after a 10 to 12-minute halftime, determined by the home team 24 hours in advance. Any halftime over 12 minutes must be approved at least one week in advance by the Office of the Commissioner. The 2nd quarter pull, 4th quarter pull, and any overtime pulls occur 2 minutes and 30 seconds after the conclusion of the previous period of play.

5.1.4 The receiving team is permitted 30 seconds after a goal to signal their readiness. The pulling team is permitted 50 seconds after a goal to pull but may pull as soon as the receiving team signals readiness. Any violation is a delay of game penalty.

5.1.5 A team timeout lasts a maximum of 60 seconds, and play must commence at the end of the 60 seconds. Play may restart earlier if both teams clearly acknowledge to the head official that they are ready. The decision to restart early is solely at the head official's discretion. If the defense is not ready, the offense may resume play. If the offense is not ready, the stall count will commence if a marker is within 3 yards of where the disc will come into play.

5.1.6 A team is permitted 60 seconds to stop the bleeding of a player, or that player must be substituted.

5.1.7 A team is permitted 30 seconds to replace an ejected player.

5.2 Clock

5.2.1 The scoreboard clock shall be the official game clock and shall be operated under the control of the timer. If there is no scoreboard clock, then either the head official or the timer, at the head official's discretion, will keep the official game clock.

5.2.2 Time starts at an official's hand signal, and time stops at an official's double whistle or hand signal.

5.2.3 The clock shall be stopped after every goal and not restarted until either: (1) the ensuing pull is released or (2) the disc is brought to the appropriate spot on the field if an offside infraction occurred.

5.2.3.1 If there are 60 seconds or less remaining in any quarter or overtime period at the time of the pull, the clock shall not restart after a goal until either: (1) the disc is touched by an offensive player on the entire playing field, (2) the release of the first pass if the pull lands or rolls out of bounds untouched, or (3) the release of the first pass if an offside infraction occurred.

5.2.4 The clock shall not stop for general fouls, stalls, or when the disc is out of bounds, unless there are 60 seconds or less remaining in any quarter or overtime period. Officials will stop the clock for any Flagrant or Technical foul. Officials may use their discretion to stop the clock if there is a need to discuss a call.

5.2.5 If the clock shows 00:00.0 and the disc is in the air, the 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. The period or game will end when the disc touches the ground or is caught.

5.3 Coin Toss

5.3.1 Each quarter will begin with a pull as determined by the game's initial coin toss.

5.3.2 Immediately prior to the game, the captains of both teams will meet the officials at midfield.

5.3.2.1 The head official will identify the sides of the coin and then toss the coin. The visiting team captain will call "heads" or "tails."

5.3.2.2 The captain of the team winning the coin toss will choose to start the game by either: (1) deciding to throw or receive the pull (possession), or (2) deciding which end zone to defend (position). The captain of the other team will choose from the remaining option (possession or position).

5.3.3 The results of the original decisions will be reversed after the conclusion of each quarter so that teams will switch possession and position each quarter.

5.4 Overtime

5.4.1 If the score is tied at the end of the 4th quarter, then the captain from each team will meet with the head official to repeat the coin toss procedure used to start the game. Play shall resume with a pull 2 minutes and 30 seconds after the coin toss.

5.4.2 If the score is tied at the end of the 1st overtime, then a 2nd overtime shall resume with a pull after 2 minutes and 30 seconds. There is no coin toss; the results of the decisions from the 1st overtime coin toss are reversed.

5.4.3 The 1st overtime is 5 minutes and has the same rules as regulation. If the score is still tied after the 1st overtime, the 2nd overtime will be sudden death, with the first team scoring winning the game. The 2nd overtime has no game clock.

5.4.4 Each team has exactly 1 timeout in each and every overtime period.

6 The Pull

6.1 The Pull

6.1.1 A pull starts play at the beginning of each quarter and after each goal.

6.1.2 After a goal, the team that just scored pulls from behind the horizontal line of the brick mark from the side of the field in which the goal was scored.

6.1.3 The pull may occur only after an official has signaled readiness for the receiving team.

6.2 Pull Positioning

6.2.1 Players on the pulling team may move about their end of the field anywhere behind their brick mark prior to the pull, but no foot may be on or across the horizontal line extending from the brick mark when the pull is released.

6.2.2 Players on the receiving team must have at least one foot on their goal line, and they may not change their order or substitute after signaling readiness. Players on the receiving team may have their second foot on, in front of, behind, to the side of, or above their goal line.

6.2.3 All players must be fully visible to the opposing team from the time between signaling readiness and the pull.

6.2.4 No player on the receiving team may substitute once the receiving team signals readiness, and no player on either team may substitute after the pull or after an offside infraction.

6.2.5 Once the pull occurs, players may move freely.

6.2.6 Any pull positioning violation is an offside infraction.

6.2.7 Offside is treated as follows:

6.2.7.1 If the receiving team is offside, then the receiving team starts with the disc at the reverse brick, after all players set up and an official whistles to restart play.

6.2.7.2 If the pulling team is offside, then the receiving team starts with the disc at midfield, after all players set up and an official whistles to restart play.

6.2.7.3 If both teams are offside, then the receiving team starts with the disc at the brick, after all players set up and an official blows the whistle to restart play.

6.3 Untouched Pull

6.3.1 If the pull is not touched in the air by the receiving team, then the following occurs:

6.3.1.1 If the pull lands and stays in bounds anywhere on the primary playing field or receiving team's end zone, the disc is put into play where it stops.

6.3.1.2 If the pull lands in bounds and then becomes out of bounds at or after the midfield line, the disc is put into play on the entire playing field closest to the line where the disc first went out of bounds (e.g., if the disc rolls out the back of the end zone, the disc is put into play on the back line).

6.3.1.3 If the pull lands out of bounds, the receiving team can choose to put the disc into play at:

- The spot on the entire playing field nearest to where the pull last went out of bounds; or
- The defended brick, if the player indicates so to an official before picking up the disc; or
- The middle of the width of the entire playing field nearest where the pull last went out of bounds, if the player indicates so to an official before picking up the disc.

6.3.1.4 If the pull lands in bounds and then becomes out of bounds prior to the midfield line, the receiving team can choose to put the disc into play at:

- The spot on the entire playing field nearest to where the pull last went out of bounds; or
- The middle of the width of the entire playing field nearest where the pull last went out of bounds, if the player indicates so to an official before picking up the disc.

6.4 Catching the Pull

6.4.1 If the pull is caught in bounds, the disc is immediately put into play where it was caught.

6.4.2 If the pull is caught out of bounds, the disc is put into play on the entire playing field nearest to where it was caught.

6.4.3 The player that catches or picks up the disc after a pull must put it into play.

6.5 Unusual Items

6.5.1 If a player on the receiving team touches the pull before it first contacts the ground, and the disc then makes ground contact before any player on the receiving team catches the disc, it is a turnover.

6.5.2 If a player on the receiving team touches the pull before it first contacts the ground, and the pulling team catches the disc in the end zone, then it is not a goal. The pulling team will put the disc into play centered on the goal line after an official whistle to start play.

6.5.3 If a player on the pulling team touches the pull in the air before the receiving team does, then it is a delay of game penalty.

6.5.4 If the pull lands behind the pulling team's brick mark or goes out of bounds behind the pulling team's brick mark, the receiving team will put the disc into play centered on the goal line after an official blows the whistle to start play.

7 Out of Bounds

7.1 Perimeter

- 7.1.1** The sidelines and back lines are out of bounds.
- 7.1.2** The ground outside of the entire playing field, and everything and all non-players in contact with it, are out of bounds.
- 7.1.3** Officials are neutral; they are neither in nor out of bounds.

7.2 Live Play

- 7.2.1** A player is out of bounds if they contact anything out of bounds, except:
 - 7.2.1.1** Players in air retain their bounds status based on last ground contact.
 - 7.2.1.2** Players retain their inbounds status if momentum carries them out of bounds after catching a disc if their first point of ground contact is completely in bounds. They must carry the disc at any speed or combination of speeds to the spot on the primary playing field nearest where they first crossed the perimeter.
 - 7.2.1.3** Throwers retain their inbounds status if pivoting carries a thrower out of bounds, as long as the pivot is in bounds.
 - 7.2.1.4** Players do not transfer their status to other players through contact.
 - 7.2.1.5** Defensive players are never considered out of bounds.
- 7.2.2** A disc is out of bounds when it contacts anything out of bounds, or when it is caught by a defender who lands out of bounds. The defender must then put the disc into play on the primary playing field nearest where the disc was caught.
- 7.2.3** A disc in the air may cross the perimeter and return to the entire playing field. Players may make plays on the disc at any point in its flight.
- 7.2.4** If a disc in the air contacts an unusual item that is not part of the field of play and is stationary, then it is a turnover and play resumes where the disc exited the playing field. If a disc in the air contacts an unusual item that is not part of the field of play and is moving, then the disc is sent back to the thrower and the stall count is reset.
- 7.2.5** When a disc is out of bounds, a player may signal for a disc from an official, who will place the disc on the primary playing field perimeter closest to where the disc will be put into play or hand the disc to the player if they are waiting where the disc will be put into play, or the team gaining possession may pick up and immediately carry the disc at any speed or combination of speeds to the spot on the primary playing field nearest where the most recent event occurred:
 - The disc finished crossing the perimeter,
 - An inbounds offensive player touched the disc,
 - A defender touched the disc, or
 - The disc became out of bounds before crossing the perimeter.

7.2.6 The thrower has 10 seconds to establish a pivot after an official indicates where the disc shall be put into play.

8 Turnovers

8.1 Throws

8.1.1 If a thrown disc is not caught in bounds, then it is a turnover. The player must be in bounds and their very first point of contact must be completely in bounds and not on the perimeter.

8.1.2 If a player is about to catch a disc in bounds, but the player is forced to land out of bounds by an opponent, then it is still a catch and the player must put the disc into play on the entire playing field nearest to where they would have landed.

8.1.3 If a thrown disc is intercepted, then it is a turnover. If the defender proceeds to lose control due to ground contact, then it is still a single turnover and the original defense maintains possession.

8.1.4 If a disc in play is dropped by the thrower, and the disc is not caught, then it is a turnover. If the disc is caught by the thrower before another player contacts the disc, then the stall count continues.

9 Status of the Disc

9.1 Stall Count

9.1.1 The stall count shall be silently kept by the official behind the thrower, and the official will arm chop for counts 5, 6, and 7. A verbal count will also accompany count's 5 and 6.

9.1.1.1 The official shall call "stalling" and begin the stall count once the thrower has the disc and a marker is within 3 yards of the proper pivot spot.

9.1.1.2 The official shall call and signal "reset," and cease the stall count if there is no longer any marker within 3 yards of the proper pivot spot. If any marker resumes position within 3 yards of the proper pivot spot, the stall count shall begin at 0.

9.1.1.3 One second shall elapse between each number in the stall count.

9.1.1.4 If the stall count reaches 7 before the disc is released, then it is an immediate turnover at the spot of the pivot. A player hearing the count is not required to enforce a Stall penalty.

9.2 End Zone Possession

9.2.1 If a team gains possession after a turnover in the end zone they are defending, they will either:

- Put the disc into play where the disc is picked up, or
- Immediately carry the disc at any speed or combination of speeds to the nearest spot on the goal line.

9.2.2 If a team gains possession in the end zone that they are attacking due to a foul, then the team will put the disc into play centered on the goal line after an official whistles to start play.

10 Offense

10.1 The Thrower

10.1.1 Any offensive player may pick the disc up from the ground, and that player must put the disc into play.

10.1.2 The offense has 10 seconds to put the disc into play if the disc is resting on the entire playing field. If the disc lands out of bounds, the 10 seconds will begin once an official places a disc at the proper spot on the primary playing field, or once a player picks up the out of bounds disc. After 10 seconds, an official signals play to begin and initiates a stall count if a marker is within 3 yards of where the disc will come into play. Officials will suspend this count if officials determine that the disc cannot reasonably be put into play within 10 seconds.

10.1.3 The thrower must establish a pivot at the exact spot of the disc if the disc is resting on the primary playing field. If the disc is picked up other than where it is to be put into play, the thrower must establish a pivot at the spot the official indicates.

10.2 The Receiver

10.2.1 A player must stop as quickly as possible and establish a pivot after catching the disc.

10.2.2 A player may throw the disc without stopping and establishing a pivot if:

- The player does not speed up or change direction after catching the disc, and
- The player throws the disc before they take a third step after catching the disc.

10.2.3 A player may kick or bobble the disc in order to catch it, but may not intentionally move the disc in any direction by kicking, tipping, brushing, delaying, MACing, or otherwise bobbling the disc to themselves. To do so is a travel.

10.2.4 A player may tip, brush, or MAC any throw, including their own, to another player.

10.2.5 Offense maintains possession if the offense and defense catch the disc simultaneously.

10.2.6 If the disc contacts the ground without a player being in complete possession, it is a turnover. If a disc is caught and hits the ground simultaneously, it is not a catch.

11 Defense

11.1 The Marker

11.1.1 The marker is either of up to 2 defenders in a 3-yard radius of the thrower.

11.1.2 A marker is in an illegal marking position if a line between any two points on the marker is less than one disc diameter away from the thrower's torso or pivot, unless such positioning is caused solely by the thrower's movement.

11.1.3 A marker is permitted to establish a position in the path of a thrower's desired non-pivot foot placement, provided the marker does not straddle the thrower's pivot foot.

11.2 Positioning

11.2.1 Players are allowed to be anywhere on the field, unless overridden by another rule, as long as such position and movement does not cause contact.

11.2.2 Players must allow opponents the space required to stop after catching the disc. Players must allow airborne opponents the space required to land and stop after catching the disc.

11.2.3 A player may turn slightly to protect themselves from imminent contact but is never allowed to bend over to trip, flip, or block an opponent.

12 Scoring

12.1 Goals

12.1.1 A goal is scored when an inbounds player catches the disc in the end zone they are attacking and maintains possession of the disc throughout ground contact.

12.1.2 If the player's first point of ground contact after the catch is completely in the end zone and not on the goal line or perimeter, then it is a goal.

12.1.3 If a goal is about to be scored, but the player is forced to land out of bounds or out of the end zone by an opponent, or a foul causes the player to lose the disc after the catch, then it is a goal.

12.1.4 If a player catches the disc and lands outside the end zone they are attacking, and their momentum carries them into the end zone, they must carry the disc at any speed or combination of speeds to the nearest spot on the goal line.

13 Fouls

13.1 Spot Fouls

13.1.1 Spot fouls award the appropriate player or team possession of the disc at the spot of the foul. If the spot foul is against the defense, the fouled offensive player is awarded possession. If the spot foul is against the offense, then it is a turnover, and the fouled defensive player is awarded possession in instances where there is a specific defensive player fouled.

13.1.2 Illegal Pass – Any illegal pass results in an immediate turnover at the spot of the result of the pass. It is an illegal pass if:

13.1.2.1 The thrower hands the disc to a teammate;

13.1.2.2 The thrower catches their own pass before the disc has been touched by another player; or

13.1.2.3 The thrower deliberately bounces a pass off of an opponent.

13.1.3 Pass Interference – Contact that affects an opponent's ability to make a play on a disc in the air is pass interference.

13.1.3.1 A player may not position themselves solely to prevent an opponent from making a play on the disc if the position results in contact.

13.1.3.2 Possession is awarded to the fouled player at the spot of the foul, plus 10 yards in the fouled player's direction of attack.

13.1.3.3 For offensive pass interference in the attacking endzone, the result is a turnover, and possession is awarded to the fouled player at the front of the endzone, plus 10 yards in the fouled player's direction of attack.

13.1.4 Illegal Assistance – Players may not intentionally push off a teammate, physically assist a teammate, or use equipment (e.g., hats) in an effort to catch or block the disc.

13.2 General Fouls

13.2.1 A 10-yard penalty occurs when a foul is committed.

13.2.2 Contact (With the Thrower) – If a marker is in illegal marking position, all contact that occurs between the thrower, defined as the body and the possessed disc, and a marker is a foul, unless it is solely and aggressively initiated by the thrower.

13.2.2.1 If a thrower is in a throwing motion, all contact initiated by a marker is a foul.

13.2.2.2 A thrower may not push or pivot into the body of a marker in a legal marking position.

13.2.2.3 A thrower may not initiate contact with a marker by vigorously swinging an elbow.

13.2.2.4 Contact on the follow through after the throw is not a foul.

13.2.3 Contact (Away From the Thrower) – Players may not hold, push, charge into, or impede the progress of an opponent by extending a hand, arm, leg, knee, or by bending the body into a position that is not typical. Contact that results in the rerouting of an opponent is a foul.

13.2.3.1 A player may not position themselves in a way that creates a scenario where contact with a moving opponent is unavoidable.

13.2.3.2 Players must be in control of their bodies at all times. Contact due to recklessness is a foul.

13.2.3.3 Mere contact is not necessarily a foul. Light, negligible contact is permitted if the contact does not affect a player's play, including their speed, balance, catch, throw, pivot, or jump. Accidental contact away from the disc that does not affect play is permitted.

13.2.3.4 Yards are marked from the spot the disc was last possessed when the foul occurred. If the disc was in the air, yards are marked from the spot of the result of the pass, if the foul did not affect the pass.

13.2.3.5 If a disc is unplayable, then there is no foul unless there is a flagrant foul. If a referee determines that the disc could not be caught inbounds and the play could not result in an attempted greatest, then the disc is unplayable.

13.2.4 Strip – It is a strip if a player dislodges or pulls the disc from an opponent who has possession. The infracted player maintains possession plus the disc is advanced 10 yards in the attacking direction. If a strip occurs in the end zone, it is a goal.

13.2.5 Travel – Any of the following occurrences constitute a travel:

- A player catches the disc and either changes direction or does not stop as soon as possible.
- A player throws the disc after three steps and before establishing a pivot.
- A player intentionally moves the disc in any direction by kicking, tipping, brushing, delaying, "MACing", or otherwise bobbling the disc to themselves.
- An illegal pivot position is established, whether on a perimeter, in the end zone, upon picking up the disc, or in any other situation.
- If the thrower's pivot moves before the disc is thrown, then it is a travel at the spot of the original pivot.

13.2.5.1 Exceptions:

- A player may throw the disc before the third step if they do not change direction or increase speed.
- A player may throw from the ground.
- A player may stand up and establish a pivot after a diving catch.
- A player may reset the pivot if play stops.

13.2.5.2 Penalty yards for any travel shall be assessed from the proper pivot spot (e.g., if a receiver does not stop as soon as possible, then the 10 yard penalty shall be assessed from where the player should have stopped).

13.2.5.3 Travel rules apply any time that a player takes possession of the disc, not just after a catch.

13.2.5.4 If a player travels and releases the disc resulting in a completion, the play is whistled dead and the penalty is assessed from the spot of the travel.

13.2.5.5 If a player travels and releases the disc resulting in a turnover, the turnover stands and live play continues.

13.2.5.6 If a player travels and releases the disc before, during, or after a whistle is blown to signify the travel call, the disc is dead and the penalty is assessed from the spot of the travel.

13.2.6 Pick – If a defender is within 3 yards of their offensive player, and the line to guard the offensive player is obstructed, then it is a pick unless otherwise stated.

13.2.6.1 An offensive player may be as close as possible in front of or to the side of a stationary defender if contact is not made. This is not a pick, as the defender can avoid the offensive player.

13.2.6.2 An offensive player must allow a defender space to take a reasonable step backwards without contact, or it is a pick.

13.2.6.3 If a defender intentionally moves in order to be picked, then it is not a pick.

13.2.6.4 If both the offensive player and the obstructing player are making a play on the disc in the air, then it is not a pick.

13.2.6.5 On a pick, advantage applies if the disc is in the air or if the thrower is in a throwing motion; advantage does not apply if the disc is not in the air and the thrower is not in a throwing motion. Referees should immediately whistle if there is no advantage and delay the whistle if advantage applies.

13.2.6.5.1 If advantage does not apply, or if advantage applies, the pick affects the play, and the offense catches the disc, then the original thrower maintains possession and yards are marked from the original thrower.

13.2.6.5.2 If advantage applies and the pass results in a turnover, then the turnover stands and play continues without stoppage.

13.2.6.5.3 If advantage applies, the pick does not affect the play, and the offense catches the disc, then the receiver maintains possession and yards are marked from the receiver. If the offense catches the disc in the end zone, then it is a goal and there is no penalty.

13.2.7 Triple Team – It is a triple team foul if a 3rd defender, in addition to the 2 markers, is in a 3 yard radius of the thrower unless they are:

- Also in a 3 yard radius of an offensive player that they are guarding; or
- They are simply running across without deliberately interfering with throws, as determined by an official.

13.2.8 Vision Blocking – It is a vision blocking foul if the marker intentionally blocks the thrower's vision.

13.2.9 Delay of Game – It is a delay of game if a player delays the flow of the game or uses a stoppage of play to gain an unfair advantage.

13.2.9.1 It is a delay of game if there are not 7 players actively playing for a team. The team must have 7 players after the foul yards are marked for play to resume.

13.3 Unsporting Acts

13.3.1 A 20-yard penalty and possible ejection occurs when a foul is committed in which there is immediate danger to the players involved, or if any other Flagrant or Technical foul is committed. Flagrant and Technical fouls can be called on any team personnel, not just players on the field.

13.3.2 A player or any team personnel must be ejected for the remainder of the game if they commit 2 Flagrant fouls or 2 Technical fouls in the same game. At an official's discretion, a player or any team personnel may be ejected after only 1 Flagrant or Technical foul. If an official believes a player intentionally commits a foul to gain advantage, the player will be immediately ejected. All ejections trigger an automatic and immediate disciplinary review by the Executive Council or a designated Committee.

13.3.3 Ejected players must leave the field immediately and cannot remain in the players' box, on the sidelines, or in the stands. Ejections must be reported to the UFA Operations Department.

13.3.4 Flagrant Foul – A team can never benefit from committing Flagrant Fouls on a specific play. Flagrant Fouls include plays that go above and beyond a typical foul. Flagrant Fouls include but are not limited to:

- Aggressively attempting or making contact (e.g. throwing elbows, shoving or lowering a shoulder);
- Marking in a way that the thrower cannot possibly throw;
- Laying out in such a way that the path must go through the lower body of an opponent;
- Wrapping a receiver so that they cannot possibly make a play on the disc;
- Repeated fouling (e.g., on mark, grabbing receivers, etc.);
- Any act that endangers the safety of the other opponents on the field

13.3.5 Technical Foul - Technical fouls are called for unsportsmanlike conduct or violations that do not involve physical contact with an opponent. These fouls are typically assessed for behavior or actions that disrupt the flow of the game, including but not limited to:

- Spiking the disc on or toward an opponent in a taunting manner;
- Deliberate delay of the game;
- Using profanity, excessive taunting, or derogatory language toward an opponent;
- Disrespectfully addressing or continuously criticizing an official, or overtly indicating resentment to a call;
- Entering the field without an official's permission

13.3.6 All Flagrant or Technical Foul calls made after the game has ended must be reported immediately to the UFA's Director of Officiating.

13.3.7 Fighting – The following acts constitute fighting:

- Aggressive contact as determined by an official;
- Intentional elbows that make contact;
- A punch, kick, or other blow regardless of contact;
- Intentionally contacting an official; or
- Intentionally entering the stands other than as a continuance of play.

13.3.7.1 All participants will be ejected immediately.

13.3.7.2 Fighting fouls can be assessed on any personnel whether play is live, suspended, or stopped.

13.3.7.3 All fighting incidents must be reported immediately to the UFA Operations Department.

13.3.8 If an unsporting act is committed after a goal or between periods, each team shall move the appropriate 20 yards for the ensuing pull or restart of play. If it is against the pulling team, the pulling team starts 20 yards behind their brick mark and the receiving team may choose to start 20 yards ahead of their goal line or on their goal line. If it is against the receiving team, the receiving team starts at their back line and the pulling team starts 20 yards further up field from their brick mark.

13.3.9 If the defense commits a palpably unfair act that prevents an offensive player from catching a disc in their attacking endzone, then a goal may be awarded.

13.4 General Enforcement

13.4.1 Any foul committed by the defense will result in yardage for the offense and a new stall count.

13.4.1.1 If the foul yardage would place an offensive player inside the attacking end zone, the fouled offensive player shall put the disc into play centered on the goal line.

13.4.1.2 A defensive spot foul committed in the attacking end zone will result in the fouled offensive player putting the disc into play centered on the goal line, unless the player catches the disc and is forced to land out of bounds or out of the end zone by the defense or a foul causes the player to lose the disc after the catch, in which case it is a goal.

13.4.1.3 Any foul or stall committed with 60 seconds or less remaining in any quarter or overtime shall stop the clock. Any Flagrant or Technical foul shall stop the clock.

13.4.2 Any foul committed by the offense will result in negative yards for the offense and a resumption of the stall count at the next number, unless it is a turnover. If a foul committed by the offense results in a turnover, the turnover stands. If a foul committed by the thrower does not result in a turnover, and the next number in the stall count is seven, then the disc shall be returned to the thrower and it is an immediate turnover at the spot of the pivot. If a foul is committed by a non-thrower, then the maximum stall count when play resumes is six.

13.4.2.1 If the negative yards are more than half the distance to the back line, yards equal to half the distance to the back line will be assessed instead.

13.4.2.2 An offensive spot foul committed in the defended end zone will result in the fouled defensive player putting the disc into play centered on the goal line, unless the defensive player catches the disc and is forced to land out of bounds or out of the end zone by the offense or a foul causes the player to lose the disc after the catch, in which case it is a goal.

13.4.3 Penalty yards shall be walked off by the player quickly and the stall count shall begin as soon as the thrower has possession at the new spot and an official blows the whistle to restart play.

13.4.4 Only flagrant or technical fouls committed after a goal shall have the yards enforced on the pull. General fouls committed after a goal do not affect the play and no yards are enforced.

13.4.5 If a foul causes another foul, only the first foul is penalized (e.g. contact causing a travel, or contact causing pass interference).

13.5 Double Fouls

13.5.1 A double foul occurs when 2 players foul each other and/or there are 2 unrelated fouls during the same general play.

13.5.2 If a double foul is called when the disc is not in the air, the offense shall retain possession with a reset stall count.

13.5.3 If a double foul is called when the disc is in the air, and the double foul affects the play on the disc, the disc will go back to the thrower with a reset stall count.

13.6 Integrity Rule

13.6.1 Any player or head coach can overturn any call made by an official if the official's call favored the player's or coach's own team. Officials shall respect the integrity call. This allows teams to display sportsmanship and remedy an incorrect call against their opponent. A call includes fouls, stalls, or decisions regarding the results of a play (e.g., goal vs. no goal, in vs. out of bounds).

13.6.2 A player can call a foul against themselves if the call would result in a change in possession (e.g., a player may call a foul against themselves for fouling the thrower and causing a turnover).

13.6.3 Any integrity call resets the stall count to zero.

13.7 Advantage

13.7.1 An official may allow play to continue after a foul if stopping play would unfairly punish the fouled team and no players are endangered.

13.7.2 If a foul occurs when the thrower is in a throwing motion or when the disc is in the air, officials will not immediately whistle but signal advantage and delay the call until the result of the pass is determined, unless player safety is at risk.

13.7.2.1 General Fouls - If the team fouled would be disadvantaged by a stoppage of play, then officials will allow play to continue without any stoppage. If the team fouled would not be disadvantaged by a stoppage of play, then officials will whistle and enforce the foul from the spot of the foul.

13.7.2.2 Unsport Acts Fouls - On an Unsporting Act Foul, play continues until the result of the play is determined, or upon completion of an imminent scoring opportunity as determined by the official, whichever is later. Once play is stopped in this fashion, the 20-yard penalty will be enforced from where play was stopped, or where the Technical or Flagrant Foul occurred, whichever is to the benefit of the team offended. If a goal is scored, the penalty will be enforced on the ensuing pull.

13.7.3 During the last 60 seconds of any quarter or overtime, the game clock will be reset to when the foul occurred, not when the delayed foul was called.

13.7.4 If multiple fouls occur during advantage, then fouls are resolved in the order in which they occurred.

13.8 Disciplinary Review Due to Accumulation of Physical-Related Flagrant Fouls

13.8.1 Any player who accumulates 2 or more flagrant fouls over a course of a season will be brought before the Executive Council, or designated Committee, for a review and potential disciplinary action. Each additional flagrant foul by that player will trigger an additional disciplinary review.

14 Stoppages

14.1 Team Timeout

14.1.1 A timeout stops play, stops the game clock, resets the stall count, and allows all players to be substituted. Teams may substitute the thrower with any other player, including a player that was on the field when the timeout occurred.

14.1.2 Each team has 2 timeouts per half. Teams may not use their 2 timeouts consecutively. Play must occur before the second can be called.

14.1.3 Each team has exactly 1 timeout in each and every overtime period.

14.1.4 A timeout lasts 60 seconds. The offense may substitute players only during the first 30 seconds of the timeout. After the first 30 seconds, all 7 offensive players must be on the field, and no other offensive players except the head coach can be on the field. The defense may substitute players only during the first 50 seconds of the timeout. After the first 50 seconds, all 7 defensive players must be on the field, and no other defensive players except the head coach can be on the field. This does not apply to timeouts after a goal and before the ensuing pull.

14.1.5 Any player or coach may call a timeout between the time a goal is scored and the disc is pulled.

14.1.6 During play, only a thrower with the disc and a proper pivot, or the designated coach of a thrower with the disc and a proper pivot, if that coach is not also a player on the field at the time, can call a timeout, unless a turnover has just occurred. The coach is allowed out of the players' box to make this call.

14.1.7 If a turnover has just occurred, any player or the designated coach on the team about to take possession may call a timeout as soon as the disc becomes out of bounds or comes to a rest anywhere on the entire playing field.

14.1.8 Any player entitled to call a timeout should audibly say "timeout" and must make a T with one hand and the disc or the other hand. The designated coach entitled to call a timeout should audibly say "timeout" and must make a T with their hands. The timeout starts once an official recognizes the timeout. The disc is then placed at the proper pivot spot.

14.1.9 Notifying Officials of Timeouts: While not mandatory, team coaches can elect to throw an UFA pre-approved flag onto the field of play in their effort to get the attention of the Officials of their desire to call a timeout. This does not replace any other method of notification to Officials; rather, it is an option coaches can use in addition to all previously approved methods. The use of whistles by teams to get the attention of the Official to call a timeout is prohibited.

14.1.10 If anyone entitled to call a timeout calls a timeout when no timeouts remain, it is a turnover and play stops. If anyone entitled to call a timeout calls a timeout between points when no timeouts remain, then it is a delay of game. If anyone not entitled to call a timeout calls a timeout, it shall be ignored.

14.1.11 To restart play after a timeout:

14.1.11.1 The thrower resumes possession at the proper pivot spot. All other players may move freely prior to an official's whistle to restart play.

14.1.11.2 The game clock shall be started when an official blows the whistle to restart play, unless there are 60 seconds or less remaining in any quarter or overtime period.

14.2 Injury Timeout

14.2.1 In the event that an official must call a timeout for an injured, ill, or bleeding player, the official will stop play either:

- Immediately, if the issue seems critical;
- Immediately, if the disc is not in the air;
- Upon the result of the throw, if the disc is in the air; or
- Upon completion of an imminent scoring opportunity, as determined by the official.

14.2.2 The player's team is charged a timeout if the injured player is not substituted, unless the injury was caused by an opponent. If the team charged the timeout has possession and has no timeouts remaining, then it is a turnover. If the team charged the timeout does not have possession and has no timeouts remaining, then it is a delay of game penalty.

14.2.3 To restart play after an injury timeout:

14.2.3.1 The injured player must be treated. If the player is unable to continue to play after 60 seconds, the player must be substituted.

14.2.3.2 If a substitution occurs, the opposing team may also substitute a player.

14.2.3.3 Before playing again, the injured player must receive appropriate treatment by medical staff. Any concussed player must be cleared by medical staff. Any wound or lesion must be covered with an appropriate dressing that will prevent contamination to and from other sources. Sweatbands are not sufficient.

14.2.3.4 The thrower resumes possession at the same spot when the timeout was called, and all other players may move freely prior to an official's whistle to restart play. If the thrower is substituted, then the substitute must become the new thrower.

14.2.3.5 The stall count is reset to 0.

14.2.3.6 The game clock shall be started when an official whistles to restart play.

14.3 Technical Timeout

14.3.1 An official may call a technical timeout for illegal equipment, a dangerous condition, a broken disc, or other administrative reasons.

14.3.2 An official may briefly delay a whistle to restart play to allow a player to correct equipment issues (e.g., to tie shoes or straighten a disc). If the player cannot correct the equipment issue quickly, then the official will whistle to restart play.

14.3.3 The stall count is reset to 0.

14.4 Final 60 Seconds in Any Period or Overtime

14.4.1 During the last 60 seconds of any quarter or overtime period, the clock shall stop due to any turnover out of bounds, foul, stall or pull landing or becoming out of bounds not touched by the receiving team. When 60 seconds remain in any quarter or overtime period and play has not yet resumed after any turnover out of bounds, foul, stall, or pull landing or becoming out of bounds untouched by the receiving team, then the clock shall stop immediately.

14.4.2 If the clock is stopped during the last 60 seconds of any quarter or overtime period due to any turnover out of bounds, foul, stall, or team timeout during a point, or if the pull lands or becomes out of bounds untouched by the receiving team, the prestall or stall count shall be started when an official whistles to restart play, but the game clock shall be started upon the release of the first throw.

14.4.3 If a defensive foul occurs after the clock has expired with the disc in the air, the offense will be entitled to one untimed throw with a stall count after enforcing the foul.

15 Officials, Statisticians and Timers

15.1 Game Officials

15.1.1 The game officials are the 1 head official, 1 trailing official, and 2 sideline officials. They will be assisted by a statistician, a timer, and at least 2 disc-runners. All officials shall be approved and managed by the UFA.

15.1.2 Officials shall wear the UFA prescribed uniform.

15.2 Officials' Duties

15.2.1 Prior to the start of the game, officials will inspect all equipment, including the field, game discs, equipment, uniforms, and timer's and statistician's equipment. All officials shall be present during the 10-minute pre-game period to observe any additional issues.

15.2.2 The head official shall preside over the coin toss and shall be the official in charge. The head official shall issue final rulings when officials, statisticians, or timer disagree.

15.2.3 Officials must report any atypical incident to the UFA Commissioner, including fighting or a team's failure to have 12 players at any point.

15.2.4 Calls made by officials on the field will stand and cannot be changed based on video playback or pictures provided by anyone outside the officiating crew.

15.3 Scope

15.3.1 Officials have the power to enforce the rules on or outside the entire playing field, even if the game is stopped.

15.3.2 After a foul, an official will: (1) whistle, (2) signal and announce the specific foul, (3) announce the offending team when appropriate, (4) signal the direction of yardage or new direction of attack, (5) ensure the player takes possession at the new spot, and (6) whistle to restart play. If a player throws the disc before the whistle to restart play, it is a delay of game penalty.

15.3.3 If an official erroneously whistles during play, play shall stop. An official shall whistle to restart play once the thrower has the disc.

15.3.4 Officials may suspend play for any unusual circumstance.

15.3.5 The following calls or situations can specifically be rectified by the head official (this list is not complete, as officials can invoke the elastic power): In bounds vs. out of bounds; goal vs. no goal; up vs. down; foul vs. no foul; identifying the player that committed a foul; stall counts; and determining when a timeout occurred.

15.3.6 Officials are considered physically neutral and are treated as air if a player or disc makes contact with them. They are neither in nor out of bounds.

15.4 Competing Decisions

15.4.1 The head official has the authority to overrule or question decisions made by another official.

15.4.2 The closest official shall determine if a goal is scored. If officials disagree, the head official shall issue the final ruling.

15.5 Elastic Power

15.5.1 Officials have the power to make decisions on any point not covered in the rules. The UFA Commissioner must be informed as soon as possible of the decision and its rationale.

15.6 Statisticians

15.6.1 The statistician shall record goals, the time of each goal, the player making each pass and turnover and the location of each pass / catch including goals. If there is confusion about the score, the statistician shall check with the head official immediately. If no error can be found, the head official shall accept the statistician's record, unless they have information to overrule the statistician.

15.6.2 The statistician shall record the player who creates a turnover, including a turnover that is also a goal ("Callahan").

15.6.3 The statistician shall record the name of the team that receives each pull.

15.6.4 The statistician shall record team timeouts. The statistician shall notify a team, its coach, and the head official when a team has no timeouts remaining and shall notify an official if a team takes an additional timeout.

15.6.5 The statistician shall record the names and numbers of the players who start the game as well as all substitutes. When there is an infraction pertaining to the lineup, substitutions, or numbers of players, the statistician shall notify an official during the first stoppage of play. The statistician shall record the time players are ejected.

15.6.6 The statistician shall signal officials when there is a stoppage of play or to correct a significant error during play by using a horn or other device unlike that used by officials. If the statistician signals officials during live play, the players on the field shall ignore it. Officials must use their judgment in stopping play.

15.7 Timers

15.7.1 The timer shall operate the game clock.

15.7.2 The timer shall notify the head official and both coaches 5 minutes before the beginning of each half, and the scorer 2 minutes before the beginning of each half.

15.7.3 The game clock shall be started on an official's signal after each pull, timeout, or other stoppage.

15.7.4 The game clock shall be stopped on an official's signal after each score, timeout, or other double whistle.

15.8 Disc Runners

15.8.1 Disc runners will be on opposite sidelines, remain close to the disc, and stay out of the way of all players and officials.

15.8.2 If a disc is out of bounds by at least 2 yards, then a disc runner will hand a game disc to an official. The official will place the disc in the proper spot or hand the disc to a player waiting in the proper spot.

15.8.3 Disc runners will always have at least one disc in hand.

15.8.4 Disc runners will replace moved pylons as soon as practical.

16 General

16.1 Philosophy

16.1.1 The rules are intended to provide reasonable safety for all players and ensure equal opportunity for both teams.

16.1.2 The penalties are intended to disincentivize fouls and to remedy the disadvantages fouls cause.

16.1.3 The rules cannot cover every conceivable scenario, so officials may need to invoke their elastic power.

16.1.4 Every official, timer, scorer, and disc runner shall understand their responsibilities and relevant rules.

16.2 Game Cancellations

16.2.1 Prior to the opening pull, the home team management determines if playing conditions warrant postponement. Once the game begins, the head official shall terminate or delay the game due to hazardous playing conditions (e.g., lightning, tornado warning), as per the UFA Inclement Weather Policy

16.2.2 If a game is terminated before half time, the game is negated. If a game is terminated after half time, the game is over and the score at the time of termination is final.

16.2.3 Protests are not permitted during a game. To appeal the result of a game, a general manager or head coach must notify the UFA Commissioner within 48 hours of the game's conclusion, stating the grounds for the protest.

16.2.4 The UFA shall immediately notify both teams upon the receipt of an appeal. An operating member from each team must file evidence within 5 days. The UFA Commissioner shall make a final decision within 5 days of receiving evidence.

17 Glossary

Brick

Midpoint of the width of the field and 20 yards in front of the goal lines.

Callahan

A defender scoring by intercepting a disc in the end zone they are attacking.

Completion

When a player gains possession of the disc within the field of play and prior to ground contact.

D's

Interceptions or blocks in which the defender actively touched the disc to cause a turnover.

Dead Disc

Play has stopped and can only continue after a referee's whistle. The disc is not subject to a turnover.

Defender

Any defensive player.

Defense

The team not in possession of the disc.

End zone

The 53 $\frac{1}{3}$ yard by 20-yard scoring area at each end of the entire playing field.

Entire Playing Field

The 53 $\frac{1}{3}$ yard by 120-yard field that includes the end zones.

Goal

When a receiver catches the disc in the end zone they are attacking.

MAC

Mid Attitude Change (brushing or tapping the disc to change its direction without catching it).

Marker

The marker is either of up to 2 defenders in a 3-yard radius of the thrower.

Offense

The team in possession of the disc.

Offside

Any pull positioning violation.

Pivot

The part of the thrower's body in constant contact with a single point on the ground.

Play On

Official's call to allow play to continue even after a foul.

Possession

When a player has control of a non-rotating disc.

Primary Playing Field

The 53 $\frac{1}{3}$ yard by 80-yard field that does not include the end zones.

Pull

The throw that puts the disc into play at the beginning of each point.

Receiver

An offensive player that is attempting to catch the disc.

Signal Readiness

A player on the receiving team raising one hand after all players have one foot on the goal line.

Stall

When the stall count reaches 7 seconds. This results in a turnover.

Stall Count

The 7 seconds that a thrower is allowed before throwing. The count is kept by an official and begins at the time of possession.

Team Captain

A designated player on each team, and the only player allowed to discuss calls with officials.

Thrower

An offensive player with the disc and a pivot.

Timeout

A stoppage of play that can be called by a thrower, coach, or other player, depending on the status of the disc, or by an official at any time.

Turnover

A change of possession through play or penalty.

Appendix I

UFA Rules Committee

2012	Raymie Younkin Ben Parris Matt Andres
2013	Joshua Cooper
2014	Joshua Cooper Raymie Younkin Andrew Zill
2015	Joshua Cooper Raymie Younkin Andrew Zill
2016	Joshua Cooper Raymie Younkin
2017	Joshua Cooper Don Grage John Boezi
2018	Don Grage Joshua Cooper John Boezi

2019	Don Grage Cameron Brock Chris Auman CJ Ouellette Dan Laurila Daniel Wong David Vatz Iram Leon Jeff Peters Matthew Stevens
2023	Ben Feldman Matthew Stevens Tim DeByl Joshua Cooper
2024	Ben Feldman Matthew Stevens Tim DeByl
2025	Ben Feldman Matthew Stevens Tim DeByl