

11th Edition Rules

Preface

The Official Rules of Ultimate 11th Edition describes how the game is played. It is assumed that no player will intentionally violate the rules; thus there are no harsh penalties for inadvertent infractions, but rather a method for resuming play in a manner that simulates what most likely would have occurred absent the infraction. In Ultimate, an intentional infraction is considered cheating and a gross offense against the spirit of sportsmanship. Often a player is in a position to gain an advantage by committing an infraction, but that player is morally bound to abide by the rules. The integrity of Ultimate depends on each player's responsibility to uphold the Spirit of the Game™, and this responsibility should remain paramount.

I. The Receiver

- A. A player may bobble the disc in order to gain control of it, but purposeful bobbling (including tipping, delaying, guiding, brushing or the like) to oneself in order to advance the disc in any direction from where it initially was contacted is considered traveling.
- B. After catching a pass, a player is required to come to a stop as quickly as possible and establish a **pivot**.
- C. If a player catches the disc while running or jumping the player may release a pass without attempting to stop and without setting a **pivot**, provided that:
 - 1. the player does not change direction or increase speed while in **possession** of the disc; and
 - 2. the pass is released before three additional points of contact with the ground are made after **possession** has been established.
- D. If offensive and defensive players catch the disc simultaneously, the offense retains possession.
- E. If it is unclear whether a catch was made before the disc contacted the ground (grass is considered part of the ground), or whether a player's first point of **ground contact** after catching the disc was in- or out-of-bounds or in or out of the end zone, the player with the **best perspective** makes the call.

II. Violations and Fouls

- A. An infraction may only be called by a **player** on the infringed team who recognizes that it has occurred , unless specified differently elsewhere. The **player** must immediately call **violation** or the name of the specific infraction loudly.

- B. A **player** called for an infraction may contest that call if that player believes the infraction did not occur .
- C. Any time an infraction is called, the continuation rule applies.
Continuation Rule: **Play stops** when the **thrower** in possession acknowledges that an infraction has been called. If a call is made when the disc is in the air or the thrower is in the act of throwing, or if the thrower fails to acknowledge the call and subsequently attempts a pass, play continues until the outcome of that pass is determined. For the purpose of the continuation rule, an uncontested stall that occurs after another call is treated the same as an **incomplete** pass . Play then either stops or continues according to the following conditions:
- D. If a dispute arises concerning an infraction or the outcome of a play (e.g., a catch where no one had a good perspective), and the teams cannot come to a satisfactory resolution, **play stops**, and the disc is returned to the thrower and put into play with a check (VIII.D), with the count reached plus one or at six if over five.
- E. Any **player** may stop a rolling or sliding disc, but advancing it in any direction is a violation.
- F. If an infraction results in possession reverting to a **thrower** who was airborne when releasing the disc , play restarts at the spot on the playing field closest to the point of release.
- G. If offensive and defensive players call offsetting infractions on the same play, the disc is returned to the thrower and put into play with a check, with the count reached plus one or at six if over five.
- H. Fouls (II.E): It is the responsibility of all players to avoid contact in every way possible.
- I. Picks:
- J. Traveling: The **thrower** must establish a **pivot** at the appropriate spot on the field and keep all or part of the **pivot** in contact with that spot until the throw is released. Failure to do so is a travel and results in a **stoppage of play** and a check .
1. In addition, each of the following is a travel:
 - a. A player catches the disc and either speeds up, changes direction or does not stop as quickly as possible before establishing a **pivot** (XV.B).

- b. A player receives a pass while running or jumping, and releases a pass after the third ground contact and before establishing a **pivot** (XV.C).
 - c. Purposeful bobbling (including tipping, delaying, guiding, brushing, or the like) to oneself in order to advance the disc in any direction from where it initially was contacted (XV.A).
 - d. The **thrower** fails to touch the disc to the ground when required (XIII.B).
2. Exceptions:
- a. If a non-standing player loses contact with the **pivot** spot in order to stand up, it is not a travel, provided the new **pivot** is established at the same location.
 - b. It is not a travel if a player catches the disc and releases a pass before the third ground contact (XV.C).
 - c. If play stops, the **thrower** may reset the **pivot**.
- K. A player's ability to catch or make a play on the disc is not considered to be **affected** because that player stopped, slowed down, or otherwise ceased to continue playing because a call was made by another player. Players are encouraged to make every effort to continue playing until play actually stops .

Source = https://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx