

Chapter 1 Introduction to Wheelchair Ultimate

Wheelchair Ultimate is a mixed team sport, male and female quadriplegic and paraplegic players. A unique sport created by athletes with a disability, it combines elements of basketball, rugby, and handball. Players compete in teams of four throwing a disc across the opposing team's goal line. Contact between wheelchairs is not allowed. Wheelchair ultimate players compete in manual wheelchairs. Players must meet minimum disability criteria and be classifiable under the sport classification rules. Wheelchair Ultimate is a sport in development.

1.1. Who Can Play

To be eligible to play Wheelchair Ultimate, individuals must have a disability that affects the arms and legs or only legs, if paraplegic players. Most players have spinal cord injuries with full or partial paralysis of the legs and partial paralysis of the arms. Other disability groups who play include cerebral palsy, muscular dystrophy, amputations, polio, and other neurological conditions. Men and women compete on the same teams and in the same competitions.

Players are assigned a sport classification based on their level of disability as per the WFDF classification code. Each team can field 3 athletes including quadriplegics and paraplegics and a maximum of 1 able-bodied player.

1.2. What Equipment is Needed

Athletes compete in manual wheelchairs. The rules include detailed specifications for wheelchairs to ensure safety and fairness. To begin playing, any manual wheelchair may be used, although the game is easier when played in a lightweight sports wheelchair such as a wheelchair basketball chair. The game is played with a white "Disc". Four cones, pylons, or markers are used to mark the goal lines. A game clock is also required; any clock used for basketball, handball, or other similar sports will be enough.

1.3. What Facilities are Required Wheelchair Ultimate

Is played indoors on a regulation-sized Basketball court. Hardwood is the preferred surface, although other surfaces are acceptable. The playing surface must be accessible to people in wheelchairs. Any facility used for wheelchair basketball can also be used for Wheelchair Ultimate.

Chapter 2 Rules of the Wheelchair Ultimate Game

The 10 main rules to start playing:

1. Court – rectangular with “goal line or end zone” at each end. According to the regulation, the field should measure 25-30m by 13-17m, with a 5-6m-long end zone at each end.
2. Starting the game – each point begins with both teams lining up on the front of their respective end zone line. The defence team throws the disc to the offence team. The regulation allows for four players per team on the field.
3. Scoring – each time the offence team completes a pass within the end zone of the defence team, the offence team scores a point. The team scoring the point restarts the game.
4. Movements of the disc – the disc can be advanced in any direction by completing a pass to a teammate. Players cannot move while holding the disc. The player holding the disc must pass it within 10 seconds. The player defending the person holding the disc counts the seconds out loud.
5. Change of possession – when the pass is not completed (the disc is out of bounds, falls, is blocked or intercepted), the opposing team immediately gains possession of the disc.
6. Substitutions – substitutions are allowed once a point has been scored or when time has been discounted due to non-compliance with the rules of the game.
7. Non-contact – No contact whatsoever between players is allowed. Blocking and screening are not allowed. Contact between players results in a foul.
8. Foul - When a player initiates contact with another player, it is foul. If such foul means the disc was thrown out of the hand of a player, the game continues with the player in the position prior to the foul. If the player committing the foul disagrees, he is expected to leave the field.
9. Self-refereed – Players are responsible for calling their own infractions. Players are expected to resolve their own disputes.
10. Spirit of the Game – sportsmanship and fair play. Competitiveness is encouraged but respect among players, following rules, and playing for the simple pleasure of it are always upheld.

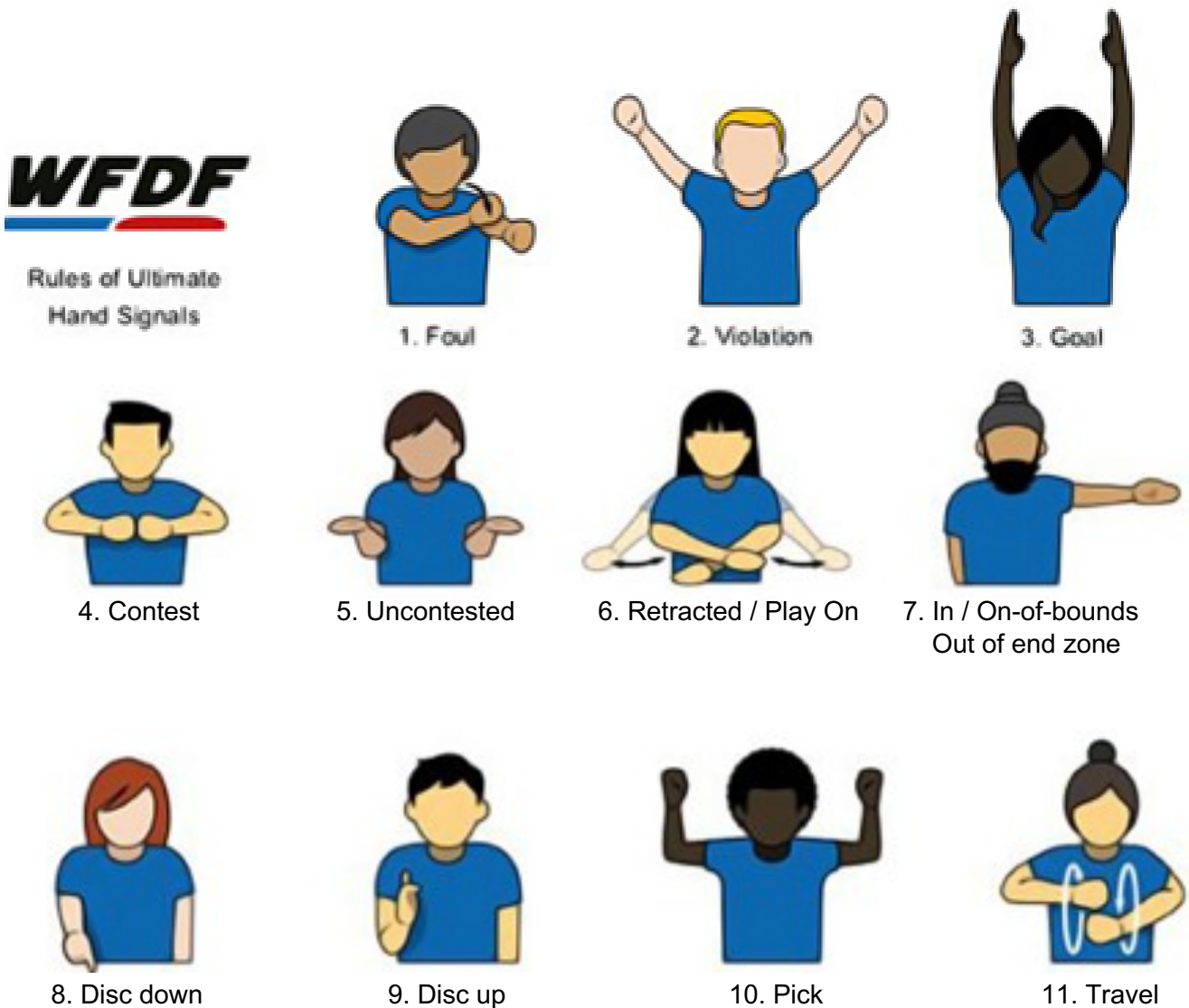
Chapter 3 General and Specific Features of the Sport (Official Rules)

3.1. WU – Wheelchair Ultimate (official rules)








Introduction to wheelchair ultimate

Following a Chapter 7 and based on information from different realities, we reached the conclusion that wheelchair Ultimate can easily be introduced in different realities, with no major constraints in terms of logistics. We looked at several other similar sports, such as wheelchair handball, wheelchair basketball and wheelchair rugby, when preparing this technical regulation as these sports are equally evasive and so gave us a better understanding of what wheelchair Ultimate is and how to adapt it to this environment. Three studies were also carried out to better understand the differences between throwing in the sitting and standing positions.

3.2. Rules Wheelchair Ultimate “Hands Signals” (picture)



The graphic displays 11 hand signals for wheelchair ultimate, each represented by a person in a blue shirt. The signals are arranged in three rows. The first row contains signals for Foul, Violation, and Goal. The second row contains signals for Contest, Uncontested, Retracted / Play On, and In / On-of-bounds Out of end zone. The third row contains signals for Disc down, Disc up, Pick, and Travel. The WFDF logo and the text 'Rules of Ultimate Hand Signals' are positioned to the left of the first row.

			
1. Foul	2. Violation	3. Goal	
			
4. Contest	5. Uncontested	6. Retracted / Play On	7. In / On-of-bounds Out of end zone
			
8. Disc down	9. Disc up	10. Pick	11. Travel



12. Marking infraction



13. Turnover



14. Timing Violation



15. Off side



16. Time-out



17. Spirit of the Game Stoppage



18. Stoppage



19. 4 men



20. 4 women



21. Play has stopped



22. Match Point



23. Who made the call

First rule - THE SPIRIT OF THE GAME

Article. 1. Spirit of the game

1.1. Wheelchair Ultimate is a non-contact, self-officiated sport. All players are responsible for administering and adhering to the rules. Wheelchair Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.

1.2. It is trusted that no player will intentionally 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 behaviour;
- 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 behaviour.

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.

Second rule - POINT, GOAL AND GAME

Article. 2. Point, goal and game

2.1.1. A game consists of a number of points. Each point ends with the scoring of a goal.

2.1.2. A game is finished and won by the first team to score tenth (10) goals with a time cap of 40 minutes.

2.1.3. A game is separated into two (2) periods of play, called halves. Half time occurs when a team first scores five (5) goals.

2.1.4. The first point of each half starts when the half starts.

2.1.5. After a goal is scored, and the game has not been won or half time has not been reached:

2.1.5.1. the teams switch the end zone that they are defending; and

2.1.5.2. the team that scored becomes defense and pulls next.

Third rule – PLAYING COURT AND EQUIPMENT

Article. 3. Playing Court

3.1. Playing Court

3.1.1. The playing court 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.

3.1.2. The perimeter lines surround the playing field and consist of two (2) sidelines along the length and two (2) end lines along the width.

3.1.3. The perimeter lines are not part of the playing field.

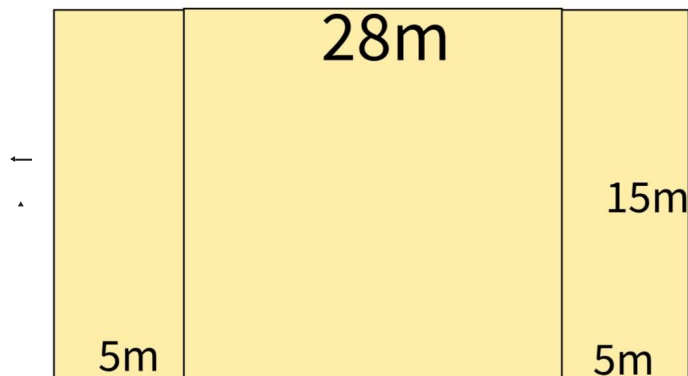
3.1.4. The goal lines are the lines that separate the central zone from the end zones and are part of the central zone. Goal lines position at 5m from the end of the field.

3.1.5. The brick marks are the intersection of two (2) crossed one (1) meter lines in the central zone, located a distance equal to the length of the end zone away from each goal line, midway between the sidelines.

3.1.6. Eight brightly-colored, flexible objects (such as plastic cones) mark the corners of the central zone

and the end zones.

3.1.7. The immediate surroundings of the playing field shall be kept clear of movable objects.



Article. 4. Equipment

4.1. Equipment

4.1.1. Any flying disc acceptable to both captains may be used.

4.1.2. WFDF may maintain a list of approved discs recommended for use.

4.1.3. Each player must wear a uniform that distinguishes their team.

4.1.4. 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.

4.1.5. Other equipment shall be required:

Game clock; Scoreboard; Stopwatch or suitable (visible) device (not the game clock) for timing time-outs; scorer/timer; Scoresheet; Playing floor; Playing court; Adequate lighting.

Article. 5. Wheelchairs

5.1. Wheelchairs

5.1.1. Particular attention must be paid to the wheelchair, as it is considered to be part of the player. Contravention of the following rules will result in the wheelchair being banned from the game.

5.1.2. A protective horizontal bar at the front/side of the wheelchair must be 11 cm from the floor at its most forward point and throughout its whole length. Such a bar may be straight, angled or curved between the two front castors. Where the angle is made up of two or more straight bars joined, the external angle of the joined bars should not be more than 200 degrees. Wheelchairs with the footplate positioned behind a single front castor must have a protective horizontal bar extending to the rear wheels in advance of the castor.

The measurement is taken when the front castor(s) is in the forward driving position.

Where a protective horizontal bar is not present the footrest must be 11 cm from the floor at its most forward point and throughout its whole length.

Where a protective horizontal bar is present the footrest behind the bar can be any height as long as it does not touch the floor.

5.1.3. The wheelchair shall have either 3 or 4 wheels – i.e. 2 large wheels at the back and 1 or 2 small wheels at the front of the chair. The large wheels, including the tires, may have a maximum diameter of 69 cm.

Wheel hubs must be of round outer construction with no sharp points, edges or protrusions.

In the case of the 3-wheel wheelchair, the small wheel (or castor) must be located at the center and inside of the horizontal bar at the front of the wheelchair. A second small wheel (or castor) may be added to the single small wheel at the front of the wheelchair. Lighting that reflects or flashes, is not permitted on the wheels, the chair or the castors.

5.1.4. There must be 1 handrim on each wheel.

5.1.5. No steering devices, brakes or gears are allowed on the wheelchair.

5.1.6. Any tire or castor(s) that marks the floor is not permitted. Exceptions may be made where it can be demonstrated that the marks can be easily removed.

5.1.7. Players are reminded that any manual wheelchair may be used, although the game is easier when played in a lightweight sports wheelchair.

Fourth Rule - TEAMS

Article. 6. Teams

6.1. Definition

6.1.1. A team member is eligible to play when they have been authorised to play for a team according to the regulations, including regulations governing age limits, of the organizing body of the competition.

6.1.2. During playing time, a team member is:

- A player when they are on the playing court and are entitled to play.
- A substitute when they are not on the playing court, but are entitled to play.

6.1.3. During an interval of play, all team members entitled to play are considered as players.

6.2. Rule

6.2.1. Each team shall consist of:

- No more than 12 team members entitled to play, including a captain a spirit captain, a coach and, if a team wishes, an assistant coach.
- A maximum of 6 accompanying delegation members who may sit on the team bench and have special responsibilities, manager, doctor, physiotherapist, statistician, interpreter, etc.

6.2.2. During playing time 4 team members from each team shall be on the playing court and may be substituted.

6.2.3. Each team will put a maximum of four (4) players.

6.2.4. Each team must designate a captain and a spirit captain to represent the team.

6.2.5. A team may make unlimited substitutions after a goal is scored and before their team signals readiness for the pull.

Fifth rule – Starting a Game, Pull

Article. 7. Starting a game

7.1. Representatives of the two teams fairly determine which team first chooses either:

7.1.1. whether to receive or throw the initial pull; or

7.1.2. which end zone they will initially defend.

7.2. The other team is given the remaining choice.

7.3. At the start of the second half, these initial selections are switched.

Article. 8. The pull

8.1. At the start of the game, after half-time or after a score, play commences with a throw by the defense, called a “pull”.

8.1.1. Teams must prepare for the pull without unreasonable delay.

8.2. The pull may be made only after both teams have signaled their readiness by having the puller and a player on offence raise a hand above their head.

8.3. After signaling readiness all offensive players must have one of the front wheels on their defending goal line without changing location relative to one another until the pull is released.

8.4. After signaling readiness all defensive players must keep their Wheelchair entirely behind the vertical plane of the goal line until the pull is released.

8.5. If a team breaches 8.3 or 8.4 the opposing team may call a violation (“offside”). This must be called before the offence touches the disc (8.8 still applies).

8.5.1. If the defense chooses to call offside, the thrower must establish a pivot point as per 8.9, 8.10, 8.11, or 8.12 and then play restarts as soon as possible as if a 2time-out had been called at that location.

8.5.2. If the offence chooses to call offside, they must let the disc hit the ground untouched and then resume play as if a brick has been called (no check is required).

8.6. As soon as the disc is released, all players may move in any direction.

8.7. No player on the defensive team may touch the disc after a pull until a member of the offensive team contacts the disc or the disc hits the ground.

8.8. If an offensive player, in-bounds or out-of-bounds, touches the disc before it hits the ground, and the offensive team fails to subsequently establish possession, that is a turnover (a “dropped pull”).

8.9. If an offensive player catches the pull and subsequently establishes possession, they must establish a pivot point at the location on the playing field nearest to where possession is established, even if that pivot point is in their defending end zone.

8.10. If the disc initially contacts the playing field and never becomes out-of-bounds, the thrower must establish a pivot point where the disc stops, even if that pivot point is in their defending end zone.

8.11. If the disc initially contacts the playing field and then becomes out-of-bounds without contacting an offensive player, the thrower must establish a pivot point where the disc first crossed the perimeter line, or the nearest location in the central zone if that pivot point would be in their defending end zone.

8.11.1. If the disc does contact an offensive player before it becomes out-of-bounds the thrower must establish a pivot point where the disc first crossed the perimeter line, even if that pivot point is in their defending end zone.

8.12. If the disc contacts the out-of-bounds area without first touching the playing field or an offensive player, the thrower may establish a pivot point either at the brick mark closest to their defending end zone, or at the location on the central zone closest to where the disc went out-of-bounds (Section 11.8). The

binding brick option must be signaled before the disc is picked up, by any offensive player fully extending one arm overhead and calling “brick”.

Sixth rule – Stall Count, the CHECK

Article. 9. Stall Count

9.1. The marker administers a stall count on the thrower by announcing “Stalling” and then counting from one (1) to ten (10). The interval between the start of each number in the stall count must be at least one (1) second.

9.2. The stall count must be clearly communicated to the thrower.

9.3. The marker may only start and continue a stall count when:

9.3.1. Play is live, or until a pivot is established after a turnover;

9.3.2. They are within three (3) meters of the thrower’s pivot point, or the pivot location if the thrower is not at that location; and

9.3.3. All defenders are legally positioned (Section 18.1).

9.4. If the marker moves beyond the appropriate three (3) meter radius, or a different player becomes the marker, the stall count must be restarted at “Stalling one (1)”.

9.5. After a stoppage in play the stall count is resumed as follows:

9.5.1. After an accepted breach by the defense the stall count restarts at “Stalling one (1)”.

9.5.2. After an accepted breach by the offence the stall count restarts at maximum nine (9).

9.5.3. After a contested stall-out the stall count restarts at “Stalling eight (8)”.

9.5.4. After all other calls, including “pick”, the stall count restarts at maximum six (6). However:

9.5.4.1. 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.

9.5.4.2. If there is a violation called related to The Check (Section 10.), the stall count resumes at the same count that was determined prior to that violation.

9.6. To restart a stall count “at maximum n”, where “n” is determined by 9.5.2, 9.5.4, or 20.3.6, means the following:

9.6.1. If “x” is the last agreed number fully uttered prior to the call, then the stall count re- sumes at “Stalling (x plus one)” or “Stalling n”, whichever of those two numbers is lower.

Article. 10. The check

10.1. Whenever play stops during a point for a foul, violation, contested turnover, specified turnover, contested goal, stoppage, discussion, or at the completion of a time-out, play must restart as quickly as possible with a check. The check may only be delayed for the discussion of a call.

10.2. Player positioning after a call (except in the case of a time-out, and unless specified otherwise):

10.2.1. If play stops before a pass is thrown, all players must return to the location they held when the call was made.

10.2.2. If play stops after a pass is thrown, then:

10.2.2.1. 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.

10.2.2.2. 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.

10.2.2.3. 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.

10.2.3. All players must remain stationary in that location until the disc is checked in.

10.3. Any player may briefly extend a stoppage of play to fix faulty equipment (“equipment”), but active play may not be stopped for this purpose.

10.4. Prior to the check the person checking the disc in, and the nearest opposition player, must verify that their own team-mates are ready, and positioned as per 10.2.

10.5. 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 10.2.

10.6. To restart play with a check:

10.6.1. when the thrower has the disc:

10.6.1.1. if there is a defender within reach, the defender must touch the disc.

10.6.1.2. if there is not a defender within reach, the thrower must touch the disc to the ground and may call “Disc In”.

10.6.2. when the disc is on the ground, the defender nearest to the disc must call “Disc In”.

10.7. A player may call a violation regarding the check if an opponent:

10.7.1. attempts a pass without an appropriate check as per 10.6; or

10.7.2. restarts play without verification from their nearest opposition player; or

10.7.3. is moving immediately prior to the check; or

10.7.4. was not in the appropriate position.

10.7.5. 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 16.3 applies).

10.7.6. 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.

10.7.7. 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 team-mate or a legitimately positioned opposition player, possession is deemed to have not occurred.

10.7.8. The possession of the disc is maintained even when the disc is left on the legs during the rotation of the wheelchair on the pivot point or during the deceleration after the catch.

Seventh rule – Turnovers and Scoring

Article. 11. Turnovers

11.1. A turnover that transfers possession of the disc from one team to the other occurs when:

11.1.1. the disc contacts the ground while it is not in the possession of an offensive player (a “down”);

11.1.1.1. 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.

11.1.2. a defensive player establishes possession of a pass (an “interception”);

11.1.3. the disc becomes out-of-bounds (an “out-of-bounds” or “out”); or

11.1.4. during the pull, the offence touches the disc before it hits the ground, and subsequently fails to establish possession of the disc (a “dropped pull”).

11.2. A turnover that transfers possession of the disc from one team to the other, and results in a stoppage of play, occurs when:

11.2.1. there is an accepted offensive receiving foul;

11.2.2. the thrower has not released the disc before the marker first starts to say the word “ten” in the stall count (a “stall-out”);

11.2.3. the disc is intentionally transferred from one offensive player to another without ever being completely untouched by both players (a “handover”);

11.2.4. the thrower intentionally deflects a pass to themselves off another player (a “deflection”);

11.2.5. in attempting a pass, the thrower catches the disc after release prior to the disc being contacted by another player (a “self-catch”);

11.2.6. an offensive player intentionally assists a team-mate’s movement to catch a pass; or

11.2.7. an offensive player uses an item of equipment or object to assist in catching a pass.

11.3. 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.

11.4. After a “stall-out” call:

11.4.1. 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 or a contested stall-out.

11.4.2. If the thrower made a completed pass, the thrower could contest if they believe it was not a “stall-out”, or there was a fast count immediately prior to the “stall-out”.

11.4.3. 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.

11.5. Any offensive player may take possession of the disc after a turnover, except:

11.5.1. after an “interception” turnover, in which case the player who made the interception must maintain possession; and

11.5.2. after an offensive receiving foul, in which case the fouled player must take possession.

11.6. If the player in possession after a turnover, or after a pull that has already hit the ground, 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.

11.7. After a turnover, the turnover location is where:

11.7.1. the disc has come to a stop or is picked up by an offensive player; or

11.7.2. the intercepting player stops; or

11.7.3. the thrower was located at the time of the call, in the case of 11.2.2, 11.2.3, 11.2.4, 11.2.5; or

11.7.4. the offensive player was located, in the case of 13.2.6 and 13.2.7; or

11.7.5. the accepted offensive receiving foul occurred.

11.8. 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 central zone nearest to where the disc went out-of-bounds.

11.8.1. If 11.8 does not apply, a pivot point must be established according to 11.9, 11.10, or 11.11.

11.9. If the turnover location is in the central zone, the thrower must establish a pivot point at that location.

11.10. If the turnover location is in the offence's attacking end zone, the thrower must establish a pivot point at the nearest location on the goal line.

11.11. If the turnover location is in the offence's defending end zone, the thrower may choose where to establish a pivot point:

11.11.1. at the turnover location, by staying at the turnover location or faking a pass; or

11.11.2. at the nearest location on the goal line to the turnover location, by moving from the turnover location.

11.11.2.1. The intended thrower, before picking up the disc, may signal the goal line option by fully extending one arm above their head.

11.11.3. Immediate movement, staying at the turnover location, faking a pass, or signaling the goal line option, determines where to establish a pivot point and cannot be reversed.

11.12. If, after an accepted turnover, play has continued (unknowingly, play stops and the disc is returned to the turnover location, players their positions at the time the turnover occurred and play restarts with a check.

Article. 12. Scoring

12.1. A goal is scored if an in-bounds player catches a legal pass and:

12.1.1. all their ground contacts are entirely within their attacking end zone, or for an airborne player, all of their first simultaneous points of ground contact after catching the disc are entirely within their attacking end zone (all wheels of the chair must be within the endzone), and

12.1.2. they subsequently establish possession of the disc and maintain the catch throughout all ground contact related to the catch.

12.2. If a player believes a goal has been scored, they may call "goal" and play stops. After a contested or retracted goal call play must restart with a check and the call is deemed to have been made when the player established possession.

12.3. If a player in possession of the disc ends up with their selected pivot point behind the attacking goal line without scoring a goal according to 12.1, the player must establish a pivot point at the nearest location on the goal line.

12.4. The time at which a goal is deemed to have been scored is when the player established possession.

Eighth rule – Fouls and Violations

Article. 13. Fouls

13.1. Dangerous Play:

13.1.1. Actions demonstrating reckless disregard for the safety of fellow players, or posing significant risk of injury to fellow players, or other dangerously aggressive behaviours, 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,

13.2. Receiving Fouls:

13.2.1. 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.

13.2.1.1. 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 Section 13.1 and 13.3).

13.2.2. After an accepted receiving foul, the fouled player gains possession at the location of the breach, even if that location is in an end zone, and play restarts with a check. If, after the check, the stall count cannot be started until a pivot point is established at the nearest location on the goal line. If the foul is contested, the disc is returned to the thrower.

13.3. Strip Fouls:

13.3.1. 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.

13.3.2. If the reception would have otherwise been a goal, and the foul is accepted, a goal is awarded.

13.4. Blocking Fouls:

13.4.1. A Blocking Foul occurs when a 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.

13.5. Force-out Fouls:

13.5.1. 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:

13.5.1.1. to become out-of-bounds instead of in-bounds; or

13.5.1.2. to catch the disc in the central zone instead of their attacking end zone.

13.5.2. If the receiver would have caught the disc in their attacking end zone, it is a goal;

13.5.3. 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.

13.6. Defensive Throwing (Marking) Fouls:

13.6.1. A Defensive Throwing Foul occurs when:

13.6.1.1. A defensive player is illegally positioned, and there is non-minor contact between the illegally positioned defensive player and the thrower; or

13.6.1.2. 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.

13.6.1.3. 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).

13.7. Offensive Throwing (Thrower) Fouls:

13.7.1. An Offensive Throwing Foul occurs when the thrower is solely responsible for initiating nonminor contact with a defensive player who is in a legal position.

13.7.2. Contact occurring during the thrower's follow through is not a sufficient basis for a foul but should be avoided.

13.8. Indirect Fouls:

13.8.1. 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.

13.8.2. If the foul is accepted the fouled player may make up any positional disadvantage caused by the foul.

13.9. Offsetting Fouls:

13.9.1. 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.

13.9.2. 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.

13.9.2.1. 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 13.1).

Article. 14. Violations

14.1. "Pick" Violations:

14.1.1. If a defensive player is guarding one offensive player and they are prevented from moving towards/with that player by another player, that defensive player may call "Pick". However, it is not a pick if both the player being guarded, and the obstructing player are making a play on the disc.

14.1.1.1. 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.

14.1.2. 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.

14.1.3. All players should take reasonable efforts to avoid the occurrence of picks.

14.1.3.1. During any stoppage opposing players may agree to slightly adjust their locations to avoid potential picks.

14.2. Fast count is according to the standard rule.

14.3. Travel is according to the standard rule, with the indication that the thrower may rotate in any direction (pivot) only by establishing a "pivot point", which is ideally a point on the ground in the middle of the wheelchair, until the disc is thrown. The player can't move in any direction.

Ninth rule – Time-Outs

Article. 15. Time-outs

15.1. The player calling a time-out must form a "T" with their hands, or with one hand and the disc, and should call "time-out" to opposition players.

15.2. After the start of a point and before both teams have signaled readiness, a player from either team may call a time-out. The time-out extends the time between the start of the point and subsequent pull by seventy-five (75) seconds.

15.3. After the pull only a thrower with possession of the disc may call a time-out. The time-out starts when the "T" is formed and lasts seventy-five (75) seconds. After such a time-out:

15.3.1. Substitutions are not allowed, except for injury.

15.3.2. Play is restarted at the pivot location.

15.3.3. The thrower must remain the same.

15.3.4. All other offensive players must establish a stationary position, at any location.

15.3.5. Once the offensive players have selected positions, defensive players must then establish a stationary position, at any location.

15.3.6. The stall count restarts at maximum nine (9). However, if the marker has been switched, the stall count restarts at "Stalling one (1)".

15.4. If the thrower attempts to call a time-out while play is live and when their team has no remaining timeouts, play is stopped. The marker must add two (2) seconds to the stall count they would have restarted play on before restarting play with a check. If this results in a stall count of ten (10) or above, this is a "stall-out" turnover.

Tenth rule – Infractions and Violations

Article. 16. Marking infractions

16.1. Marking Infractions:

16.1.1. Marking infractions include the following:

16.1.1.1. "Fast Count" – the marker:

16.1.1.1.1. starts or continues the stall count illegally,

16.1.1.1.2. does not start or restart the stall count with "Stalling",

16.1.1.1.3. counts in less than one second intervals,

16.1.1.1.4. does not correctly reduce or reset the stall count when required, or

16.1.1.1.5. does not start the stall count from the correct number.

16.1.1.2. "Straddle" – small occasional contacts between wheelchairs is allowed but it should not prevent the rotation of the thrower,

16.1.1.3. "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.

16.1.1.5. "Double Team" – a defensive player other than the marker is within three (3) metres of the thrower's pivot point without also guarding another offensive player. However, merely running across this area is not a double team.

16.1.1.6. “Vision” – a defensive player uses any part of their body to intentionally obstruct the thrower’s vision.

16.1.2. A marking infraction may be contested by the defence, in which case play stops.

16.1.2.1. If a pass has been completed, a contested or retracted marking infraction must be treated as a violation by the offence, and the disc must be returned to the thrower.

16.1.3. After all marking infractions listed in 18.1.1 that are not contested, the marker must resume the stall count with the number last fully uttered before the call, minus one (1).

16.1.4. The marker may not resume counting until any illegal positioning has been corrected. To do otherwise is a subsequent marking infraction.

16.1.5. Instead of calling a marking infraction, the thrower may call a marking violation and stop play if;

16.1.5.1. the stall count is not corrected,

16.1.5.2. there is no stall count,

16.1.5.3. there is an egregious marking infraction, or

16.1.5.4. there is a pattern of repeated marking infractions.

16.1.6. 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 18.1.2.1 applies) and if the pass is incomplete, then the turnover stands.

Article. 17. “Travel” infractions

17.2. “Travel” Infractions:

17.2.1. 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

17.2.2. After catching the disc, the thrower must reduce speed as quickly as possible, without changing direction, until they have established a pivot point.

17.2.3. The thrower may rotate in any direction (pivot) only by establishing a “pivot point”, which is ideally a point on the ground at the center of the Wheelchair until the disc is thrown.

17.2.4. A travel infraction occurs if:

17.2.5.1. 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;

17.2.5.3. 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;

17.2.5.4. the thrower fails to keep the established pivot point until releasing the disc;

17.2.5.5. a player intentionally bobbles, fumbles or delays the disc to themselves, for the sole purpose of moving in a specific direction.

17.2.6. After an accepted travel infraction is called (“travel”), play does not stop.

17.2.6.1. 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.

17.2.6.2. Any stall count is paused, and the thrower may not throw the disc, until a pivot point is established at the correct location.

17.2.6.3. The marker does not need to say “Stalling” before resuming the stall count.

17.2.7. 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.

17.2.8. If, after a travel infraction, the thrower throws an incomplete pass, play continues.

17.2.9. After a contested travel infraction where the thrower has not released the disc, play stops.

CONCLUSION

When playing Wheelchair Ultimate, the rules must be complied with in a peaceful manner and there must be mutual respect among players. Camaraderie, a smile, being pleasant, and correction are better than being authoritative, disagreeing, contesting, and being incorrect.

The aim of these rules is to show that having fun, enjoying the company of others, the joy and desire to play Wheelchair Ultimate again are the perquisite of this major development on an international level.

Games should end with both teams embracing each other as they form a circle. They should talk about the positive and negative aspects of the game.

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