

# Wheelchair Ultimate

## Technical Rules and Regulations

Version 2.0

## Version History and Notes

Version	Date	Approval	Notes
0.1	2021	Para Sport Commission	Creation of the resource “Flying Disc Parasport Wheelchair Ultimate,” acting as the first (1st) draft of Technical Rules and Regulations.
1.0	2023	Para Sport Commission	Creation of initial Technical Rules and Regulations formally.
1.1	2025-05-18	Board of Directors	Update following the 2023 World Championship and community feedback: added compliance with IPC 2025 Classification Code and WFDF Classification Rules and Regulations version 1.0.
2.0	2025-11-30	Board of Directors	Update following the 2025 World Championship and community consultation.

WFDF would like to thank the contributions and efforts of the Wheelchair Ultimate Community and Para Sport Commission in the creation of these Technical Rules and Regulations.

## Changes to These Rules and Regulations

These Rules and Regulations may be changed at any time as a result, for example, of changes in Classification-related matters or where WFDF otherwise considers it necessary to do so.

## Classification Rules and Regulations

The Classification Rules and Regulations are an integral part of these Rules and Regulations. Terms that are defined in the Classification Rules and Regulations and appear in these Technical Rules and Regulations will have the same meaning given to them, unless otherwise defined in these Technical Rules and Regulations.

Within the Classification Rules and Regulations, Wheelchair Ultimate may be referred to within the general context as Flying Disc Para Sport and/or Para Ultimate.

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# Introduction

Wheelchair Ultimate is a four (4)-a-side team sport played with a flying disc. It is played on a rectangular court with an end zone at each end. The objective of each team is to score a goal by having a player catch a pass in the end zone that they are attacking. A throw may not travel with the disc but may pass the disc in any direction to any teammate. Any time a pass is incomplete, a turnover occurs, and the other team shall establish possession and attempt to score in the opposite end zone. Games are typically played to ten (10) goals or forty (40) minutes. Wheelchair Ultimate is self-officiated and non-contact. The Spirit of the Game guides how players officiate the game and conduct themselves on the court.

Players have a physical impairment impacting their lower limbs (and optionally, upper limbs) and are classified according to the Classification Rules and Regulations. They play using a manual wheelchair.

Many of these rules are general in nature and cover most situations; however, some rules cover specific situations and override the general case.

Variations to the basic structure and rules may be used to accommodate special competitions, the number of players or available space. Refer to the relevant Appendices for additional rules that apply to specific types of WFDF Events.

**Rules specifically related to Wheelchair Ultimate have been highlighted in grey.**

## 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 that 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:
  - know and abide by both the rules and spirit of the rules;
  - be fair-minded and objective;
  - be truthful;
  - explain their viewpoint clearly and briefly;
  - allow opponents an opportunity to speak;
  - listen to and consider consider opponent's viewpoint;
  - use respectful words and body language with consideration of potential cultural differences;
  - resolve disputes efficiently;
  - make calls in a consistent manner throughout the game; and
  - only make a call where a breach is significant enough to make a difference to the outcome of the action, or where a player's safety is at risk.
- 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 some examples of good Spirit:
  - retracting a call when you no longer believe the call was correct;
  - checking in with an opponent on the sideline after a contentious interaction;
  - complimenting an opponent for good play or Spirit;
  - introducing yourself to your opponent; and
  - reacting calmly towards disagreement or provocation.
- 1.6. The following actions are clear violations of the Spirit of the Game and must be avoided:
  - dangerous play and aggressive behavior;
  - intentional fouling or other intentional rule breaches;

- taunting or intimidating opposing players;
  - celebrating disrespectfully after scoring;
  - making calls in retaliation to an opponent's call;
  - calling for a pass from an opposition player; and
  - other win-at-all-costs behavior.
- 1.7. Teams are guardians of the Spirit of the Game and must:
    - 1.7.1. take responsibility for teaching their team 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-court 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 teammate has made an incorrect call or caused a foul or violation, they should inform their teammate.
    - 1.10.2. Non-players, apart from the captains, should refrain from getting involved. However, players may seek other people's perspectives to clarify the rules and to assist players in making 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 undisputed thrower.

## 2. Playing Court

- 2.1. The playing court is a rectangular area with dimensions and zones as shown in Figure 1 and should be essentially flat, free of obstructions and afford reasonable player safety.
  - 2.1.1. A space with a hardwood floor and at least seven (7) meters of unobstructed overhead space is preferred (i.e., a basketball court), which is in a facility that is accessible to wheelchair users according to national standards.
- 2.2. The perimeter lines surround the playing court and consist of two (2) sidelines along the length and two (2) end lines along the width.
- 2.3. The perimeter lines are not part of the playing court.
- 2.4. The goal lines are the lines that separate the central zone from the end zones and are part of the central zone. Goal lines are positioned at five (5) meters from the end of the court.
- 2.5. 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.
- 2.6. Eight (8) brightly colored, flexible objects (such as plastic cones) mark the corners of the central zone and the end zones.
- 2.7. The immediate surroundings of the playing court shall be kept clear of movable objects. If play is obstructed by non-players or objects within three (3) meters of the perimeter line, any obstructed player or thrower in possession may call "Violation."

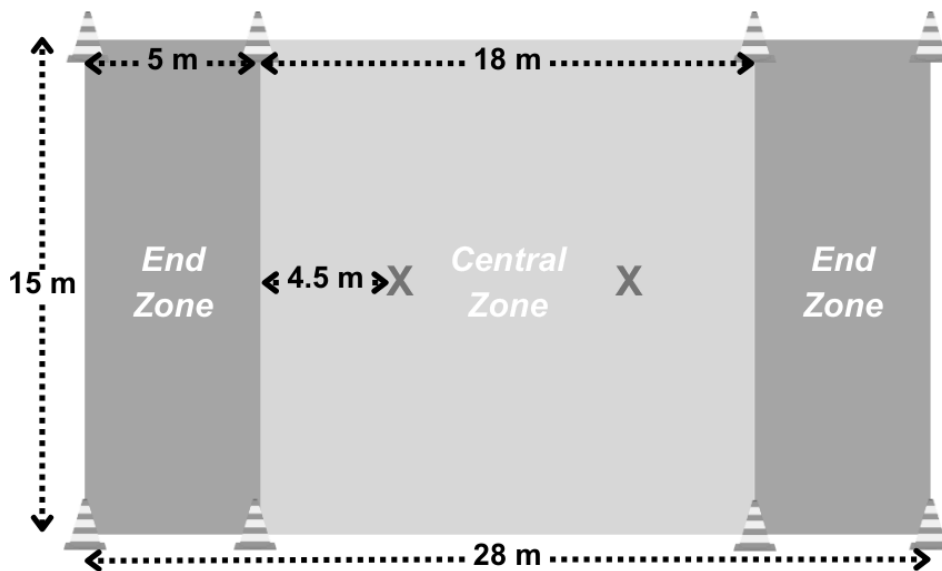


Figure 1

### 3. Equipment

#### 3.1. Disc

- 3.1.1. Any flying disc acceptable to both captains may be used.
- 3.1.2. WFDF may maintain a list of approved discs recommended for use.

#### 3.2. Uniform

- 3.2.1. Each player must wear a uniform that distinguishes their team.
- 3.2.2. 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.

#### 3.3. Other: Equipment shall be required:

- Game clock;
- Scoreboard;
- Stopwatch or suitable (visible) device (not the game clock) for timing time-outs;
- Scoring and timing manager;
- Scoresheet;
- Playing floor;
- Playing court;
- Cones;
- Adequate lighting.

### 4. Point, Goal and Game

- 4.1. A game consists of a number of points. Each point ends with the scoring of a goal.
- 4.2. A game is finished and won by the first team to score ten (10) goals.
- 4.3. A game is separated into two (2) periods of play ("halves"). Halftime occurs when a team first scores five (5) goals.
- 4.4. The first point of each half starts when the half starts.
- 4.5. After a goal is scored and the game has not been won or halftime has not been reached:
  - 4.5.1. The next point starts immediately;
  - 4.5.2. the teams switch the end zone that they are defending, and
  - 4.5.3. the team that scored becomes defense and pulls next.

### 5. Teams

- 5.1. Each team will put four (4) players on the court during each point.

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

## 6. Starting a Game

- 6.1. Representatives of the two teams fairly determine which team first chooses either:
  - 6.1.1. whether to receive or throw the initial pull; or
  - 6.1.2. which end zone they will initially defend.
- 6.2. The other team is given the remaining choice.
- 6.3. At the start of the second half, these initial selections are switched.

## 7. The Pull

- 7.1. At the start of the game, after halftime, or after a score, play commences with a throw by the defense (a “pull”).
  - 7.1.1. Teams must prepare for the pull without unreasonable delay.
- 7.2. The pull may be made only after both teams have signaled their readiness by having the puller and a player on offense raise a hand above their head.
- 7.3. After signaling readiness, all offensive players must have one (1) of the front wheels of their wheelchair on their defending goal line without changing location relative to one another until the pull is released.
- 7.4. After signaling readiness, all defensive players must keep their wheelchairs entirely behind the vertical plane of the goal line until the pull is released.
- 7.5. If a team breaches 8.3 (“false start”) or 8.4 (“offside”), the opposing team may call the relevant violation (“offside”). This must be called before the offense touches the disc (8.8 still applies).
  - 7.5.1. If the defense chooses to call a false start, 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 time-out had been called at that location.
  - 7.5.2. If the offense 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).
- 7.6. As soon as the pull is released, all players may move in any direction.
- 7.7. 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.
- 7.8. If an offensive player, in-bounds or out-of-bounds, intentionally attempts to catch the disc before it hits the ground, and the offensive team fails to subsequently establish possession, it is considered a turnover (a “dropped pull”).
- 7.9. If an offensive player, in-bounds or out-of-bounds, touches the disc in another case (i.e., protecting self, disc touches wheelchair unintentionally, etc.), it is not considered a turnover (a “dropped pull”).
- 7.10. If an offensive player catches the pull and subsequently establishes possession, they must establish a pivot point at the location on the playing court nearest to where possession is established, even if that pivot point is in their defending end zone.
- 7.11. If the disc initially contacts the playing court 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.
- 7.12. If the disc initially contacts the playing court 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.
  - 7.12.1. 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.
- 7.13. If the disc contacts the out-of-bounds area without first touching the playing court 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. It must be signaled by any offensive player fully extending one arm overhead and they should call “brick.”

## 8. State of Play

- 8.1. Play is “dead,” and no turnover is possible:
  - 8.1.1. After the start of a point, until the pull is released;
  - 8.1.2. When the disc must be carried to the pivot location after the pull or a turnover, until a pivot point is established;
  - 8.1.3. After a call which stops the play or any other stoppage, until the disc is checked in; or
  - 8.1.4. After a disc hits the ground, until possession is established by the appropriate team.
  - 8.1.5. Players are allowed to move during dead play (unless specified otherwise).
- 8.2. Play that is not dead is “live.”
- 8.3. The thrower may not transfer possession of the disc during dead play to another player.
- 8.4. Any player may attempt to stop a disc from rolling or sliding after it has hit the ground.
  - 8.4.1. If, in attempting to stop such a disc, a player significantly alters the disc’s position, the opposition may request that the pivot point be established at the location where the disc was contacted.
- 8.5. After a turnover and after the pull, an offensive player must move at walking pace or faster to directly retrieve the disc and establish a pivot point.
  - 8.5.1. In addition to 8.5, after a turnover the thrower must establish a pivot point within the following time limits if the disc did not become out-of-bounds and the disc’s location is:
    - 8.5.1.1. in the central zone—within thirty (30) seconds of the disc coming to rest.
    - 8.5.1.2. in an end zone—within thirty (30) seconds of the disc coming to rest.
  - 8.5.2. If the offense breaches 8.5, or 8.5.1, the defense may give a warning (“Delay of Game” or using a pre-stall for breaches of 8.5.1) or may call a “Violation.”
    - 8.5.2.1. If, after a warning, the offense continues to breach 8.5, or 8.5.1, then 9.3.1 does not apply and the marker may commence the stall count.
  - 8.5.3. The defense must not move in a manner that obstructs the offense from taking possession of the disc or establishing a pivot point.
  - 8.5.4. If players cannot agree on the correct pivot location, the relevant midpoint between the two proposed pivot locations must be used.

## 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 once until a pivot point is established after a turnover;
  - 9.3.2. They are within two (2) 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 two (2) 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.”
  - 9.5.2. After an accepted breach by the offense, the stall count restarts at a maximum of nine (9).
  - 9.5.3. After a contested stall-out, the stall count restarts at “Stalling eight (8).”
  - 9.5.4. After a continuation play is in accordance with rule 16.3.2., the stall count restarts at “Stalling one (1).”
  - 9.5.5. After all other calls, including “pick,” the stall count restarts at a maximum of six (6). However:
    - 9.5.5.1. 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.
    - 9.5.5.2. 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:
- 9.7. If “x” is the last agreed number fully uttered prior to the call, then the stall count resumes at “Stalling (x plus one)” or “Stalling n,” whichever of those two numbers is lower.

## 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 pass or at 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 teammates 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 itself 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).

## 11. Out-of-Bounds

- 11.1. The entire playing court is in bounds. The perimeter lines are not part of the playing court and are out-of-bounds. All non-players are part of the out-of-bounds area.
- 11.2. The out-of-bounds area consists of the ground that is not in-bounds and everything in contact with it, except for defensive players, who are always considered “in-bounds.”
- 11.3. An offensive player who is not out-of-bounds is in-bounds.
  - 11.3.1.
  - 11.3.2. A thrower who contacts an out-of-bounds area is considered in-bounds until they make a pass.
  - 11.3.3. Contact between players does not confer the state of being in- or out-of-bounds from one to another.

- 11.4. The following are out-of-bounds turnovers, and no catch is deemed to have occurred if any part of an offensive receiver is out-of-bounds when they contact the disc.
- 11.5. A disc is in-bounds once play is live, or when play starts or restarts.
- 11.6. A disc becomes out-of-bounds when it first contacts the out-of-bounds area or contacts an out-of-bounds offensive player. A disc that has been caught by an offensive player has the same in/out-of-bounds status as that player. If the disc is simultaneously caught by more than one offensive player, one of them being out-of-bounds, the disc is out-of-bounds.
- 11.7. The disc may fly outside a perimeter line and return to the playing court, and players may go out-of-bounds to make a play on the disc.
- 11.8. The place where a disc went out-of-bounds is the location where, prior to contacting an out-of-bounds area or player, the disc was most recently:
  - 11.8.1. partly or wholly over the playing court; or
  - 11.8.2. contacted by an inbound player.
- 11.9. If the disc is out-of-bounds and more than one (1) meter from the pivot location, non-players may retrieve the disc. The thrower must carry the disc the last one (1) meter to the playing court.
- 11.10. **Walls and Ceilings:**
  - 11.10.1. A disc touching the wall is out-of-bounds. Play resumes where the disc left the court.
  - 11.10.2. A disc touching the ceiling is out-of-bounds. If the spot where the ceiling is touched is above the court, play resumes right underneath that spot on the playing court or from where it left the playing court.

## 12. Receivers and Positioning

- 12.1. A “catch” occurs when a player has a non-spinning disc trapped between at least two (2) body parts and/or against the wheelchair (i.e., one [1] hand with the wheel or frame). A catch can enable a player to establish possession of the disc.
  - 12.1.1. If the player fails to maintain the catch due to subsequent ground contact related to the catch or contact related to the catch with a teammate or a legitimately positioned opposition player, possession is deemed to have not occurred.
  - 12.1.2. The possession of the disc is maintained even when the disc is placed on the legs during the rotation of the wheelchair on the pivot point or during the deceleration after the catch.
- 12.2. After establishing possession, that player becomes the thrower.
- 12.3. If offensive and defensive players catch the disc simultaneously, the offense retains possession.
- 12.4. A player in an established position is entitled to remain in that position and must not be contacted by an opposing player.
- 12.5. Every player is entitled to occupy any position on the court not occupied by any opposing player, provided that they do not initiate contact in taking such a position and are not moving in a reckless or dangerously aggressive manner.
  - 12.5.1. However, when the disc is in the air, a player may not move in a manner solely to prevent an opponent from taking an unoccupied path to make a play on the disc.
- 12.6. All players must attempt to avoid initiating contact with other players, and there is no situation where a player may justify initiating contact. This includes avoiding initiating contact with a stationary opponent or an opponent’s expected position based on their established speed and direction.
  - 12.6.1. “Making a play for the disc” is not a valid excuse for initiating contact with other players.
  - 12.6.2. Before a player moves away from their position, they must be reasonably certain they will not initiate contact with an opponent.
  - 12.6.3. If a player is not reasonably certain that they will be able to make a legal play at the disc before an opponent who is moving in a legal manner, they must adjust their movements to avoid initiating contact. If that adjustment is made, the result of the play still stands.
- 12.7. The player who initiates contact is deemed to be the player who:
  - 12.7.1. arrived at the point of contact after the opponent had already established a legitimate position at that point (either a stationary or moving opponent), or
  - 12.7.2. adjusted their movements in a way that created unavoidable contact with an opponent moving in a legal manner, when taking into account all players’ established position, speed and direction.

- 12.7.3. If it is unclear which player initiated contact, and one of the players moved away from their position, that player is deemed to have initiated contact.
- 12.8. Some minor contact may occur as two (2) or more players move towards a single point simultaneously. Minor contact should be minimized but is not considered a foul.
- 12.9. Players may not use their extended arms or legs or their wheelchair to obstruct the movement of opposing players.
- 12.10. No player may physically assist the movement of another player, nor use an item of equipment or object to assist in contacting the disc.
  - 12.10.1. Use of the wheelchair is permitted to catch the disc (i.e., catching the disc against the wheelchair).

## 13. Turnovers

- 13.1. A turnover that transfers possession of the disc from one team to the other occurs when:
  - 13.1.1. the disc contacts the ground while it is not in the possession of an offensive player (a “down”);
    - 13.1.1.1. however, it is not “down” if a receiver catches a pass before the disc contacts the ground and maintains the catch while the disc is in contact with the ground.
  - 13.1.2. a defensive player establishes possession of a pass (an “interception”);
  - 13.1.3. the disc becomes out-of-bounds (an “out-of-bounds” or “out”); or
- 13.2. A turnover that transfers possession of the disc from one team to the other, and results in a stoppage of play, occurs when:
  - 13.2.1. there is an accepted offensive receiving foul;
  - 13.2.2. the thrower has not released the pass before the marker first starts to say the word “ten” in the stall count (a “stall-out”);
  - 13.2.3. the disc is intentionally transferred from one offensive player to another without ever being completely untouched by both players (a “handover”);
  - 13.2.4. the thrower intentionally deflects a pass to themselves off another player (a “deflection”);
  - 13.2.5. in attempting a pass, the thrower catches the disc after release prior to the disc being contacted by another player (a “self-catch”);
  - 13.2.6. an offensive player intentionally assists a team-mate’s movement to catch a pass; or
  - 13.2.7. an offensive player uses an item of equipment or object to assist in catching a pass. Use of the wheelchair is permitted.
- 13.3. If a player determines a turnover has occurred, they must make the appropriate call immediately. If the opposition disagrees, they may call “contest,” and play must stop. If, after discussion, players cannot agree or it is unclear what occurred in the play, the disc must be returned to the last non-disputed thrower.
- 13.4. After a “stall-out” call:
  - 13.4.1. If the thrower still has possession of the disc, but they believe a fast count occurred in such a manner that they did not have a reasonable opportunity to call a fast count before a stall-out, the play is treated as either an accepted defensive breach or a contested stall-out.
  - 13.4.2. If the thrower made a completed pass, the thrower could contest if it was not a “stall-out” or there was a fast count immediately prior to the “stall-out.”
  - 13.4.3. If the thrower contests a stall-out but also attempts a pass, and the pass is incomplete, then the turnover stands and play restarts with a check.
- 13.5. Any offensive player may establish possession of the disc after a turnover, except:
  - 13.5.1. after an “interception” turnover, in which case the player who made the interception must maintain possession; and
  - 13.5.2. after an accepted receiving foul caused by the offense, in which case the fouled player must take possession.
- 13.6. 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 reestablish possession and restart play with a check.
- 13.7. After a turnover, the turnover location is where:
  - 13.7.1. the disc has come to a stop or is picked up by an offensive player; or
  - 13.7.2. the intercepting player stops; or

- 13.7.3. the thrower was located at the time of the call, in the case of 11.2.2, 11.2.3, 11.2.4, 11.2.5; or
- 13.7.4. the offensive player was located, in the case of 13.2.6 and 13.2.7; or
- 13.7.5. the accepted offensive receiving foul occurred.
- 13.8. If the turnover location is out-of-bounds, or the disc touched an out-of-bounds area after the turnover occurred, the thrower must establish a pivot point at the location on the central zone nearest to where the disc went out-of-bounds.
  - 13.8.1. If 11.8 does not apply, a pivot point must be established according to 11.9, 11.10, or 11.11.
- 13.9. If the turnover location is in the central zone, the thrower must establish a pivot point at that location.
- 13.10. If the turnover location is in the offense's attacking end zone, the thrower must establish a pivot point at the nearest location on the goal line.
- 13.11. If the turnover location is in the offense's defending end zone, the thrower may choose where to establish a pivot point:
  - 13.11.1. at the turnover location, by staying at the turnover location or faking a pass; or
  - 13.11.2. at the nearest location on the goal line to the turnover location, by moving from the turnover location.
    - 13.11.2.1. The intended thrower, before picking up the disc, may signal the goal line option by fully extending one arm above their head.
  - 13.11.3. 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.
- 13.12. If, after an accepted turnover, play has continued (unknowingly, play stops and the disc is returned to the turnover location, players take their positions at the time the turnover occurred, and play restarts with a check).

## 14. Scoring

- 14.1. A goal is scored if an in-bounds player catches a legal pass and:
  - 14.1.1. all their ground contacts are entirely within their attacking end zone (i.e., all wheels of the wheelchair must be within the zone), and
  - 14.1.2. they subsequently establish possession of the disc and maintain the catch throughout all ground contact related to the catch.
- 14.2. 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.
- 14.3. If a player in possession of the disc ends up in the end zone they are attacking without scoring a goal, according to 14.1, the player must establish a pivot point at the nearest location on the goal line.
- 14.4. The time at which a goal is deemed to have been scored is when the player established possession.

## 15. Calling Fouls, Infractions and Violations

- 15.1. A breach of the rules due to non-minor contact between two (2) or more opposing players is a foul.
  - 15.1.1. A player intentionally initiating minor contact is still a breach of the rules but is to be treated as a violation and not a foul.
- 15.2. A breach of the rules regarding a Marking or Travel breach is an infraction. Infractions do not stop play.
- 15.3. Every other breach of the rules is a violation.
- 15.4. Only the player fouled may claim a foul by calling "Foul."
- 15.5. In general, only the thrower may claim an infraction by calling the specific name of the infraction.
  - 15.5.1. However, any offensive player may call a double team, and any defensive player may call a travel infraction.
- 15.6. Any opposing player may claim a violation by calling the specific name of the violation or "Violation," unless specified otherwise by the particular rule.
- 15.7. When a foul or violation call is made that stops play, players must stop play by visibly or audibly communicating the stoppage as soon as they are aware of the call and all players should echo calls

- on the court. If play has stopped for a discussion without any call having been made, a call is deemed to have been made when the discussion started.
- 15.8. Calls must be made immediately after the breach is recognized.
  - 15.9. After a player initiates a stoppage incorrectly, including after mishearing a call, not knowing the rules, or not making the call immediately:
    - 15.9.1. if the opposition gains or retains possession, any subsequent play stands.
    - 15.9.2. if the opposition does not gain or retain possession, the disc must be returned to the last non-disputed thrower, unless 16.3 applies.
    - 15.9.3. The stall count resumes as if an accepted breach has been caused by the player who initiated the stoppage incorrectly.
  - 15.10. If the player against whom the foul, infraction or violation has been called disagrees that it occurred or does not think it is a correct call, they may call "Contest."
  - 15.11. If a player making any call subsequently determines that their call was incorrect, they can retract the call by calling "Retracted." Play resumes as if an accepted breach has been caused by that player.
  - 15.12. If multiple breaches occur on the same play or before play stops, the outcomes should be resolved in reverse sequence (latest breach first, earliest breach last).
  - 15.13. Players are encouraged to use the WFDF Hand Signals to communicate all calls.

## 16. Continuation after a Call

- 16.1. Whenever a foul or violation call is made, or a player attempts to stop play in any way, play stops immediately and no turnover is possible (unless in situations specified in 15.9, 16.2, and 16.3).
- 16.2. If a foul or violation:
  - 16.2.1. is called against the thrower and the thrower attempts a pass, or
  - 16.2.2. is called by the thrower during the act of throwing, or
  - 16.2.3. is called or occurs when the disc is in the air,
    - then play continues until possession has been established.
  - 16.2.4. Once possession has been established:
    - 16.2.4.1. If the team that called the foul or violation gains or retains possession as a result of the pass, the play stands. Play can continue without a stoppage if the player who made the foul or violation call makes a "Play on" call as soon as possible.
    - 16.2.4.2. If the team that called the foul or violation does not gain or retain possession as a result of the pass, play must be stopped.
      - 16.2.4.2.1. If the team that called the foul or violation believes that possession has been affected by the foul or violation, the disc will be returned to the thrower for a check (unless the specific rule says otherwise).
- 16.3. Regardless of when any call is made, if the players involved from both teams agree that the event or call did not affect the outcome, the play stands. This rule is not superseded by any other rule.
  - 16.3.1. If the play resulted in a goal, the goal stands.
  - 16.3.2. If the play did not result in a goal, the affected players may make up any positional disadvantage caused by the event or call and restart play with a check.

## 17. Fouls

- 17.1. **Dangerous Play:**
  - 17.1.1. Actions demonstrating reckless disregard for the safety of fellow players, or posing significant risk of injury to fellow players, or other dangerously aggressive behaviors are considered dangerous play and must be treated as a foul, regardless of whether or when contact occurs. This rule is not superseded by any other foul rule. If the dangerous play call is accepted, this must be treated as the most relevant foul from Section 17.
  - 17.1.2. Any player intentionally tilting their wheelchair and/or body to gain an unfair advantage (i.e., using torso strength and/or legs to position their wheelchair on one [1] wheel or to gain an additional height advantage [i.e., moving buttocks off the chair or leg(s) up for additional balance]).
- 17.2. **Receiving Fouls:**

- 17.2.1. 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.
- 17.2.1.1. 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 Sections 17.1 and 17.3).
- 17.2.2. 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, 14.3 applies, the stall count can not 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.
- 17.3. **Strip Fouls:**
- 17.3.1. 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.
- 17.3.2. If the reception would have otherwise been a goal, and the foul is accepted, a goal is awarded.
- 17.4. **Blocking Fouls:**
- 17.4.1. 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 opponent's 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.
- 17.5. **Force-out Fouls:**
- 17.5.1. 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 subsequently establishing possession, and the contact caused the receiver:
- 17.5.1.1. to catch the disc out-of-bounds instead of in-bounds; or
- 17.5.1.2. to catch the disc in the central zone instead of their attacking end zone.
- 17.5.2. If the receiver would have caught the disc in their attacking end zone, it would have been a goal.
- 17.5.3. 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.
- 17.6. **Defensive Throwing (Marking) Fouls:**
- 17.6.1. A Defensive Throwing Foul occurs when:
- 17.6.1.1. There is non-minor contact between the thrower and an illegally positioned defensive player (Section 18.1); or
- 17.6.1.2. 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 thrower releasing the pass; or
- 17.6.1.3. If a Defensive Throwing Foul occurs prior to the thrower releasing the pass 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).
- 17.7. **Offensive Throwing (Thrower) Fouls:**
- 17.7.1. An Offensive Throwing Foul occurs when the thrower is solely responsible for initiating non-minor contact with a defensive player who is in a legal position
- 17.7.2. Contact occurring during the thrower's follow-through is not a sufficient basis for a foul but should be avoided.
- 17.8. **Indirect Fouls:**
- 17.8.1. 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.
- 17.8.1.1. Prior to making the "Indirect Foul" call, the player may delay the call up to two (2) seconds to determine if the breach will affect the play.
- 17.8.2. If the foul is accepted, the fouled player may make up any positional disadvantage caused by the foul.
- 17.9. **Offsetting Fouls:**
- 17.9.1. 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.

- 17.9.2. 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.
- 17.9.2.1. 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 17.1).

## 18. Infractions and Violations

### 18.1. Marking Infractions:

- 18.1.1. Marking infractions include the following:
  - 18.1.1.1. **“Fast Count”—the marker:**
    - 18.1.1.1.1. starts or continues the stall count illegally,
    - 18.1.1.1.2. does not start or restart the stall count with “Stalling,”
    - 18.1.1.1.3. counts in less than one-second intervals,
    - 18.1.1.1.4. does not correctly reduce or reset the stall count when required, or
    - 18.1.1.1.5. does not start the stall count from the correct number.
  - 18.1.1.2. **“Straddle”** – prevention of the thrower’s pivot point by a defensive player and their wheelchair, beyond small contact.
  - 18.1.1.3. **“Disc Space”**—any part of a defensive player is less than one (1) disc diameter away from the wheelchair of the thrower. However, if this situation is caused solely by movement of the thrower, it is not an infraction.
  - 18.1.1.4. **“Wrapping”**—a line between a defensive player’s hands or arms comes within one (1) disc diameter of the thrower’s wheelchair, 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.
  - 18.1.1.5. **“Double Team”**—a defensive player other than the marker is within two (2) meters of the thrower’s pivot point without also guarding another offensive player.
    - 18.1.1.5.1. The defender guarding another offensive player can attempt to prevent a pass from the thrower, as long as they continue to guard another offensive player.
    - 18.1.1.5.2. Merely running across this area is not a double team.
  - 18.1.1.6. **“Vision”**—a defensive player uses any part of their body to intentionally obstruct the thrower’s vision.
- 18.1.2. A marking infraction may be contested by the defense, in which case play stops.
  - 18.1.2.1. If a pass has been completed, a contested or retracted marking infraction must be treated as a violation by the offense, and the disc must be returned to the thrower.
- 18.1.3. After all marking infractions listed in 18.1.1 and where play has not stopped, the marker must resume the stall count with the number last fully uttered before the call, minus one (1).
  - 18.1.3.1. The marker must not resume counting until any illegal positioning has been corrected. To do otherwise is a subsequent marking infraction.
- 18.1.4. Instead of calling a marking infraction, the relevant player may call a marking violation and stop play if
  - 18.1.4.1. the stall count is not corrected.
  - 18.1.4.2. there is no stall count.
  - 18.1.4.3. there is an egregious marking infraction, or
  - 18.1.4.4. there is a pattern of repeated marking infractions.
- 18.1.5. 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.

### 18.2. “Travel” Infractions:

- 18.2.1. After catching the disc, the thrower must reduce speed as quickly as possible, without changing direction, until they have established a pivot point.
  - 18.2.1.1. However, if a player catches the disc while moving, the player may release a pass without attempting to reduce speed and without establishing a pivot point, provided that:
    - 18.2.1.1.1. they do not change direction or increase speed until they release the pass;
    - 18.2.1.1.2. a maximum of two (2) additional meters pass after the catch and before they release the throw.
- 18.2.2. The thrower may move in any direction (pivot) only by establishing and maintaining a pivot point until releasing a pass (i.e., the central point of the wheelchair; they may turn their

wheelchair to the left or right in a given place without forward or backward movement [not a push, only a turn]).

- 18.2.3. A travel infraction occurs if:
    - 18.2.3.1. 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.
    - 18.2.3.2. the thrower releases a pass in breach of 18.2.1.1;
    - 18.2.3.3. anytime the thrower must move to a specified location, the thrower does not establish a pivot point before a wind-up or throwing motion begins.
    - 18.2.3.4. the thrower fails to keep the established pivot point until releasing a pass;
    - 18.2.3.5. a player intentionally bobbles, fumbles or delays the disc to themselves for the sole purpose of moving in a specific direction.
  - 18.2.4. After an accepted travel infraction is called (“travel”), play does not stop.
    - 18.2.4.1. 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.
    - 18.2.4.2. Any stall count is paused, and the thrower may not throw the disc until a pivot point is established at the correct location.
    - 18.2.4.3. The marker does not need to say “Stalling” before resuming the stall count.
  - 18.2.5. 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.
  - 18.2.6. If, after a travel infraction, the thrower throws an incomplete pass, play continues.
  - 18.2.7. After a contested travel infraction where the thrower has not released a pass, play stops.
- 18.3. **“Pick” Violations:**
- 18.3.1. If a defensive player is guarding one (1) 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 there are more than two (2) defensive players in the immediate area (i.e., 1 wheelchair distance or one [1] meter) and there is the possibility of a defensive switch to make a play on the disc at the time of the obstruction.
    - 18.3.1.1. 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.
  - 18.3.2. 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.
  - 18.3.3. All players should take reasonable efforts to avoid the occurrence of picks.
    - 18.3.3.1. During any stoppage opposing players may agree to slightly adjust their locations to avoid potential picks.
- 18.4. After a contested travel infraction where the thrower has not released the disc, play stops.

## 19. Safety Stoppages

### 19.1. Injury Stoppage

- 19.1.1. An injury stoppage, “Injury,” may be called by the injured player or by any player on the injured player’s team.
- 19.1.2. If the injury was not caused by an opponent, the player must choose either to be substituted or to charge their own team with a time-out.
- 19.1.3. If the injury was caused by an opponent, the player may choose to stay or to be substituted.
- 19.1.4. If the injured player had established possession of the disc, and the player has dropped the disc due to the injury, that player retains possession of the disc.
- 19.1.5. The injury stoppage is considered to have been called at the time of the injury, unless the injured player chooses to continue play before the stoppage is called.
- 19.1.6. If the disc was in the air when the injury stoppage was called, play continues until either a player establishes possession or the disc hits the ground. If the injury is not the result of a foul by an opponent, the completion or turnover stands, and play restarts thereafter the stoppage.

### 19.2. Technical Stoppage

- 19.2.1. Any player who recognizes a condition that endangers players, including if a player has an open or bleeding wound, should call a technical stoppage by calling “technical” or “stop.” Play must stop immediately.
  - 19.2.1.1. A teammate, coach, or designated official should actively alert players to any condition that endangers players.
  - 19.2.1.2. A player who has an issue regarding an open or bleeding wound has seventy (70) seconds to effectively address the issue. If they need additional time to address the issue, they must choose either to be substituted or to charge their own team with a time-out.
- 19.2.2. The thrower may call a technical stoppage during play to replace a severely damaged disc.
- 19.2.3. After a technical stoppage is called while the disc is in the air, or if play has continued unknowingly:
  - 19.2.3.1. If the call or issue did not affect play, the completion or turnover stands, and play restarts there.
  - 19.2.3.2. If the call or issue did affect the play, the disc goes back to the thrower.
- 19.3. If a player is substituted after an injury or due to illegal or faulty equipment, the opposing team may also choose to substitute one player.
  - 19.3.1. Substitute players take on the full state (location, possession, stall count, etc.) of the player they are substituting and may make a call on their behalf.
- 19.4. **Fallen Player:** A fallen player is someone who is no longer able to move their wheelchair as a result of a fall (not a functional equipment problem).
  - 19.4.1. A fallen player may return to play by:
    - 19.4.1.1. their own effort;
    - 19.4.1.2. assistance of another player, coach or designated official.
  - 19.4.2. If a fallen player is in danger, is injured or is in a position that interferes with the play, the above Technical Stoppage shall apply.
  - 19.4.3. If the offensive team is in a scoring position, the play shall continue until the next score or turnover, after which the Technical Stoppage shall apply.
- 19.5. **Equipment:** If any part of a player’s wheelchair or equipment malfunctions, becomes damaged, or requires some adjustment, they may request a stoppage in play.
  - 19.5.1. If the equipment problem is placing anyone in danger, the above Technical Stoppage shall apply.
  - 19.5.2. If there is no danger and the player is mobile, the play shall continue until the next score or turnover, after which the Technical Stoppage shall apply.
  - 19.5.3. If there is no danger, the player is not mobile, and the offensive team is not in scoring position, the play shall continue until the next score or turnover, and the above Technical Stoppage shall apply.
  - 19.5.4. A player substitution is only permitted if the equipment malfunction prevents them from further playing (i.e., a solution is not possible within a reasonable time frame).

## 20. Time-outs

- 20.1. The player calling a time-out must form a "T" with their hands, or with one (1) hand and the disc, and should call "time-out" to opposition players.
- 20.2. 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.
- 20.3. 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:
  - 20.3.1. Substitutions are not allowed, except for injury.
  - 20.3.2. Play is restarted at the pivot location.
  - 20.3.3. The thrower must remain the same.
  - 20.3.4. All other offensive players must establish a stationary position at any location.
  - 20.3.5. Once the offensive players have selected positions, defensive players must then establish a stationary position at any location.

- 20.3.6. The stall count restarts at a maximum of nine (9). However, if the marker has been switched, the stall count restarts at "Stalling one (1)."
- 20.4. If the thrower attempts to call a time-out while play is live and when their team has no remaining time-outs, 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.

## Appendix A: Definitions

Term	Description
<b>Act of Throwing</b>	See throwing motion.
<b>Affect the Play</b>	A breach or call affects the play if it is reasonable to assume that the outcome of the specific play may have been meaningfully different had the breach or call not occurred.
<b>Attacking End Zone</b>	The end zone in which the team in question is currently attempting to score.
<b>Best Perspective</b>	The most complete viewpoint available by a player that includes the relative position of the disc, ground, players and line markers involved in the play.
<b>Call</b>	A clearly communicated statement that a foul, infraction, violation, turnover or injury has occurred. The following terms may be used: Foul, Travel, specific name of Marking Infraction, Violation (or specific name of Violation), specific name of turnovers, Technical, and Injury.
<b>Catch</b>	A non-spinning disc trapped between at least two (2) body parts and/or against the wheelchair (i.e., one [1] hand with the wheel or frame). If a player initially catches a pass and then, prior to establishing possession, they do not maintain the catch ('maintain the catch' means to continue to have a non-spinning disc trapped between at least two body parts), that initial catch is deemed to have ended.
<b>Central Zone</b>	The area of the playing court including the goal lines but excluding the end zones and the perimeter lines.
<b>Defending End Zone</b>	The end zone in which the team in question is currently attempting to prevent the opposition from scoring.
<b>Defensive Player</b>	Any player whose team is not in possession of the disc.
<b>End Zone</b>	One of the two areas at the end of the playing court where teams can score a goal by catching the disc there.
<b>Goal Line</b>	The line separating the central zone from each end zone. It is not part of the end zone.
<b>Ground</b>	The ground consists of all substantial solid objects, including the court, marker cones, equipment, walls, etc., but excluding all players and their worn clothing, airborne particles and precipitation.
<b>Ground Contact</b>	Refers to all player contact with the ground directly related to a specific event or maneuver, including landing or recovery after being off-balance (e.g. jumping, diving, leaning, or falling).
<b>Guarding</b>	A defender is guarding an offensive player when they are within two (2) meters of that offensive player and are primarily focused on and reacting to that offensive player.
<b>Interception</b>	When a player on the defensive team establishes possession of a throw by a player on the offensive team.
<b>Legitimate Position</b>	The stationary or moving position established by a player that is not in breach of any rules.
<b>Line</b>	A boundary defining the playing areas. On an unlined court, the boundary is defined as an imaginary line between two court markers with the thickness of said markers. Line segments are not extrapolated beyond the defining markers.
<b>Making a Play on the Disc</b>	When the disc is in the air and a player is attempting to make contact with the disc in any way, e.g. to catch it or block it. This includes the process of running towards the place they expect to make contact with the disc.
<b>Marker</b>	The defensive player who may call the stall count on the thrower.
<b>Minor Contact</b>	Contact that involves physical force and does not alter the movements or position of another player. Contact with an opponent's extended arms or hands that are about to, or already are, contacting the disc, or contact with the thrower's hand during the throwing motion, is not considered to be minor contact.
<b>Non-player</b>	Any person, including a team member, who is not currently a player.
<b>Offensive Player</b>	A player whose team is in possession of the disc.
<b>Out-of-bounds (OB)</b>	Everything that is not part of the playing court, including the perimeter lines.

<b>Term</b>	<b>Description</b>
<b>Perimeter Lines</b>	Lines separating the central zone or end zone from the out-of-bounds area. They are not part of the playing court.
<b>Pivot</b>	<p>When the thrower moves in any direction while keeping one part of their body in constant contact with a specific point on the ground called the pivot. A thrower establishes a pivot point by placing or keeping a particular part of their body at a specific point, which they intend to use as their pivot point. If the thrower has multiple options for a pivot point, the pivot point is not determined until they release the disc.</p> <p>In reference to the wheelchair, a pivot is the central point of the wheelchair; a player with possession of the disc (in their hand or lap) turns their wheelchair to the left or right in a given place without forward or backward movement (i.e., not a push, only a turn).</p>
<b>Pivot Location</b>	The point on the playing court where the thrower is required to establish a pivot after a turnover, after the pull, after a time-out, after leaving the central zone, or where a pivot point has already been established. The time after the Pull has commenced and prior to the scoring of a goal, play may further stop due to a call, in which case play is restarted with a check.
<b>Play</b>	The people who are actually participating in the current point of play.
<b>Playing Court</b>	The area including the central zone and the end zones, but excluding the perimeter lines.
<b>Possession of the Disc</b>	<p>A player establishes possession of a pass when: they catch a pass and then they maintain that catch for a noticeable instant, and they maintain the catch throughout all ground contact related to that catch, or until they throw the disc. A player can also establish possession when a disc that has already hit the ground is picked up, or is given to them, after a turnover, pull, or stoppage. Once a player has established possession, they may change their grip on the disc and that does not affect their possession, as long as they maintain the disc. A disc in the possession of a player, or caught by a player, is considered part of that player. The team whose player is in possession or whose players may pick up the disc is considered in possession.</p> <p>For sake of clarity, possession includes the player placing the disc on their lap.</p>
<b>Pre-stall</b>	A warning regarding time limits to resume play, issued by giving warnings at every (20) ten (10), and five (5) seconds (as applicable).
<b>Pull</b>	The throw by the defense to the offense that starts play at the beginning of a half or after a goal. The pull is not considered a legal pass.
<b>Receivers</b>	All offensive players other than the thrower.
<b>Spirit Stoppage</b>	A stoppage to discuss issues related to Spirit of the Game.
<b>Stoppage of Play</b>	Any halting of play due to a foul, violation, discussion, contested call, injury or time-out, that requires a check to restart play.
<b>Throw</b>	A disc in flight following any throwing motion, including after a failed attempt, and an unintentionally dropped disc, that results in loss of control between the thrower and the disc.
<b>Thrower</b>	The offensive player in possession of the disc, or the player who has just thrown the disc prior to when the result of the throw has been determined.
<b>Throwing Motion</b>	The throwing motion is the motion that transfers momentum from the thrower to the disc in the direction of flight and results in a throw. Pivots and wind-ups are not part of the act of throwing.
<b>Turnover</b>	Any event resulting in a change of the team in possession. A turnover is not considered a violation.
<b>Where the Disc Stops</b>	Refers to the location where a player establishes possession, the disc comes to rest naturally, or where the disc is stopped from rolling or sliding.

## Appendix B: Hand Signals

**Purpose of Hand Signals:** To signal to other players, game officials, substitutes, team staff, or spectators what call has been made by the players involved. Note: Responsibility for all calls remains with the players.

### Use of Signals:

- Signals may be made either by the players involved or by players or non-players (e.g., officials) who have heard the call.
- Non-players may only signal in response to a player's call on the court.
- Non-players should also use signal 22 to indicate which team made the call after the following calls:
  - Foul;
  - Violation;
  - Retracted;
  - Time-out;
  - Spirit Stoppage;
  - Stoppage.



**"Foul"**

Hold one arm straight out and chop the other forearm across the straight arm.



**"Violation"**

Hands above head forming a V, closed fists.



**"Goal"**

Raise both arms, fully extended, straight up, palms facing inward.



**"Contest"**

Two fists bumped together in front of chest, back of hands facing outward.



**"Accepted"**

Forearms extended in front of body, elbows tight against the torso with palms facing upwards.



**"Retracted"**

Sweeping crossover motion with both arms extended down in front of the body.



**"In" or "Out" (Out of end zone)**

Point with one arm extended, flat palm, thumb parallel to fingers, towards playing court (in) or away from playing court (out).



**"Disc Down"**

Index finger straight arm pointing down at 45 degrees.



**"Disc Up"**

Elbow down forearm vertical index finger pointing upward.



**"Pick"**

Arms raised, elbows bent, fists facing head.



**"Travel"**

Closed fists, rotate wrists around in a vertical circle.



**"Marking Infraction" (Fast Count, Straddle, Disc Space, Wrapping, Double Team, Vision)**

Arms extended to the side, palms facing front.



**"Turnover"**

Right arm extended in front of body, palm facing up and then rotate to palm facing down.



**Timing Violation: "Stall" "Violation"**

Tap head with open hand.



**"Offside" "False Start"**

Arms crossed overhead in an X, hands closed in a fist.



**"Time-out"**

Form a T with the hands, or a hand and the disc.



**"Spirit Stoppage"**

Upside down T formed by the hands.



**Stoppage: "Injury" "Technical"**

Hands clasped and raised above head, arms bent.



**"Ratio: Male Matching"**

Hands cupped behind head, elbows out to side.



**"Ratio: Female Matching"**

Arms extended to the side, hands closed in a fist.



**Play has stopped**

Wave both extended arms crosswise overhead.



**"Called by Offence/Defence"**

Pointing with two arms straight out, towards the end zone being defended by the team.



**"Did not affect the play"**

Open hand held above head and sweeping forward and back.



**"Match Point"**

Both arms pointing straight up to the left, palms facing down.

## Appendix C: WFDF Sanctioned Events

Where the Technical Rules and Regulations and its Appendices do not provide full comprehension, the Tournament Director may apply elements of the current Ultimate Technical Rules and Regulations and its Appendices.

### 1. Roster

- 1.1. A team must have a minimum of four (4) and a maximum of twelve (12) players registered on its playing roster for the event.
  - 1.1.1. Each player must be internationally classified and have been assigned a Sport Class, other than Not Eligible, in accordance with the Classification Rules and Regulations.
  - 1.1.2. A team in the mixed division must also have a minimum of two (2) female matching players in its roster.
  - 1.1.3. Should a team lose registered players during the event due to injuries, the team will be allowed to continue to participate in the event.
- 1.2. A team may have a maximum of six (6) Non-playing Team Support (coaches, medical or other support staff) who may be on the team bench.
  - 1.2.1. A team may have a coach or coaches to assist their team. Coaches are people who are not eligible to participate in the game and are considered to be Non-playing Team Support. If a team has more than one (1) coach, they must have one (1) designated coach per game to represent the team in decision-making on behalf of the team before, during, and after a game. All coaches are expected to abide by the Spirit of the Game.
- 1.3. For games in the mixed division:
  - 1.3.1. **Initial Phase (2025-2028):** A player ratio of 1:3 must be used.
  - 1.3.2. **Aspirational Transitional Phase (2029+):** A player ratio of 2:2 must be used.

### 2. Teams:

- 2.1. A team must have one (1) or two (2) designated team captains and one (1) or two (2) designated spirit captains per game.
- 2.2. A team captain is a team member who is eligible to participate in the game and has been designated to represent the team in decision-making on behalf of the team before, during, and after a game. A spirit captain is a team member who is eligible to participate in the game and has been designated to address, discuss, and resolve spirit issues at any point throughout the competition with opponents, teammates, coaches, and game or event officials.
- 2.3. A team may have a coach or coaches to assist their team. Coaches are people who are not eligible to participate in the game and are considered to be Non-playing Team Support. If a team has more than one (1) coach, they must have one (1) designated coach per game to represent the team in decision-making on behalf of the team before, during, and after a game. All coaches are expected to abide by the Spirit of the Game.
- 2.4. A team must have four (4) players available for every point. A team in the mixed division must have two (2) female matching players and two (2) male matching players available for every point.
  - 2.4.1. If a team does not fulfill the requirements above, they must lose a time-out, and the start of the point will be delayed for seventy-five (75) seconds.
  - 2.4.2. If the team has no time-outs left, their opposition must be awarded a goal, and the start of the point will be delayed for seventy-five (75) seconds.
  - 2.4.3. If neither team fulfills the requirements of A7.3 both teams must be penalized as stated in A7.3.1, until one team fulfills the requirements of A7.3 or until A7.3.4 applies.
  - 2.4.4. If a team has not met the requirements of A7.3 up to twenty (20) minutes after the start of a game or a point, they must forfeit the game.
  - 2.4.5. A team that forfeits will record a loss in addition to the forfeit; the opposition will record a win. No score will be recorded for the game.
  - 2.4.6. If both teams forfeit, both teams will record a loss for the game.
- 2.5. If a point has commenced and a team does not have exactly four (4) people playing the point or does not have the correct personnel ratio, then the opposition may call a violation and stop play, or the infringing team may use a time-out to address the issue.
  - 2.5.1. The infringing team must choose which of their player(s) will be removed/added. If players are being added, the opposition may make the same number of substitutions to their team.

- 2.5.2. The opposition must choose either to restart play in accordance with a time-out being called or to restart the point.
- 2.5.3. If a violation above is called after a goal has been scored and prior to the ensuing pull, the opposition may choose to nullify the goal and restart the point.

### 3. Classification

- 3.1. **Initial Phase (2025-2028):** The total number of classification points on the court at any time cannot exceed sixteen (16.0), in any combination of players' Sport Classes.
- 3.2. **Aspirational Transitional Phase (2029+):** The total number of classification points on the court at any time cannot exceed twelve (12.0), in any combination of players' Sport Classes.
  - 3.2.1. An exception to this total is made for each female matching player, where each team is permitted an additional one (1.0) point for each female matching player on the court.

### 4. Start of Game

- 4.1. Team representatives will determine the order of initial choices by tossing two (2) discs (the "toss").
- 4.2. One (1) of the representatives will call "same" or "different" while the discs are in the air.
- 4.3. If both discs are facing up or both facing down, then "same" wins; otherwise, "different" wins.
- 4.4. The toss should happen on the court.
- 4.5. The game clock will start at the scheduled time as signaled by a WFDF official.
- 4.6. Alterations to the starting time may only be made at the discretion of a designated WFDF official.
- 4.7. If, after the toss, the starting time is altered by more than fifteen (15) minutes, or the game is moved to a different court, the team that won the toss may change their initial choice. The opponent may then also change their choice as required. This must happen at least five (5) minutes before the revised starting time.

### 5. Length of Game

- 5.1. Target: A team wins having reached the target of ten (10) goals
- 5.2. Time Cap: The time cap occurs after forty (40) minutes of game time if the target has not been reached.
  - 5.2.1. At cap the game continues until completion of the current point. If at the completion of the current point neither team has reached the target goals, one (1) goal is added to the highest score to determine a time cap target. The game continues until a team wins by reaching the time cap target.
  - 5.2.2. The time cap does not affect the number of time-outs available for a team.
- 5.3. **Half Time Cap:** The half time cap occurs after twenty (20) minutes of game time if the half time target has not been reached.
  - 5.3.1. At halftime cap play continues until the completion of the current point. If at the completion of the current point neither team has reached five (5) goals, one (1) goal is added to the highest score to determine a halftime cap target. The game continues until a team reaches the halftime cap target, and then halftime occurs.
  - 5.3.2. The halftime cap does not affect the number of time-outs available for a team.
- 5.4. **Time-outs:** Each team may take two (2) time-outs per game. A time-out lasts seventy-five (75) seconds.
- 5.5. **Game Clock:** The game clock does not stop for time between points, time-outs or half time. However, the game clock does stop for:
  - Spirit Stoppages
  - Tournament Technical Stoppages,
  - Once an injury stoppage or technical stoppage has lasted more than two (2) minutes, and
  - 5.5.1. The game clock must restart once play restarts.

### 6. Language: The stall count and all calls must be in English.

- 6.1. Players who have significant difficulty communicating verbally must ensure captains discuss appropriate alternatives prior to the start of the game.

### 7. Competitive Play: During any given point, the players involved must endeavor to score the point and/or prevent the opponent from scoring.

- 7.1. If a breach of the above occurs, this must be reported to a member of the Tournament Rules Group.

### 8. Advice From Non-players:

- 8.1. During any stoppage, if it is practical to do so, a team's captain, spirit captain, or coach may enter the court, without being asked, to encourage a player from their own team to change a call. However, this may only occur if the outcome will be to the detriment of their own team.
- 8.2. Teams may use a non-player as a translator to assist in communication during a stoppage. Translators should act in good faith to translate as accurately as possible. People who are translating should clearly announce to both teams when they are translating and when they are instead providing advice on a call. The time limits detailed will apply if a translator is being used for a discussion.
9. **Use of Technology:**
  - 9.1. Players may not view photographic or video footage of a call if it is available.
  - 9.2. Players must not use any form of electronic communication device to communicate with other players or team members.
10. **Foul and Violation Calls:** A game that involves a significant number of calls, especially when these remain disputed, should be brought to the attention of the Tournament Technical Director or the Tournament Rules Group (TRG) by a captain or game official as soon as possible.
  - 10.1. If the TRG are made aware of concerns regarding a team's or an individual's conduct, a member of the TRG may discuss these issues with the team or individual during the event.
  - 10.2. The TRG determines whether further action should be taken against teams or individuals.
  - 10.3. If there are repeated Dangerous Plays from a team, or there is an egregious Dangerous Play, team captains and spirit captains should meet to discuss how to address this. This could include:
    - 10.3.1. Calling a Spirit Stoppage.
    - 10.3.2. Discussing options for avoiding future Dangerous Plays.
    - 10.3.3. Changing the outcome of a play, even if that outcome is not in accordance with a specific rule.
    - 10.3.4. Not allowing the relevant player(s) to continue playing that game.
    - 10.3.5. Contacting a member of the TRG to request that a WFDF Official or TRG member attend the remainder of the game.
11. **Spirit Stoppage:** If a team's captain, spirit captain, a designated WFDF official, or TRG member believes that either or both teams are failing to follow (or are at risk of failing to follow) the Spirit of the Game (SOTG), they may call a "Spirit Stoppage." This can only be called
  - 11.1. After a call which stops the play or any other stoppage, prior to the disc being checked in.
  - 11.2. After the start of a point and prior to the ensuing pull.
  - 11.3. During this stoppage, neither team may engage in tactical discussions. All team members of both teams should form one "spirit circle" in the middle of the court.
  - 11.4. Separately from the spirit circle, the opposing team captains and spirit captains must discuss all current issues with adherence to SOTG, determine actions to rectify those issues, and then convey the agreement to the spirit circle.
  - 11.5. Spirit Stoppages do not affect, nor are they affected by, the number of time-outs available.
  - 11.6. The game clock must be stopped during a Spirit Stoppage.
  - 11.7. After a Spirit Stoppage is called during play, players must return to the approximate positions they held prior to the Spirit Stoppage being called.
12. **Tournament Technical Stoppages:** A Tournament Official may call a Tournament Technical Stoppage for any reason.
13. **Ranking Criteria and Tie Breakers**
  - 13.1. After round robin pool play, rank all teams in each pool by the number of games won.
  - 13.2. If teams are tied, break that tie using the ranking criteria.
  - 13.3. Each ranking criterion is used to rank all of the tied teams, not just to determine the highest-ranked team.
    - 13.3.1. If, after the application of a ranking criterion, all of the teams remain tied, go to the next criterion.
    - 13.3.2. If not all teams remain tied, but one or more subgroups of the teams remain tied, separate these subgroups from the ranking. Each subgroup is then to be ranked separately, starting with the first ranking criterion.
  - 13.4. Ranking criteria, in order:
    - 13.4.1. Number of games won, counting only games between the teams that are tied.
    - 13.4.2. Fewest games forfeited.
    - 13.4.3. Goal difference, counting only games between the teams that are tied.
    - 13.4.4. Goal difference, counting games against all common opponents.
    - 13.4.5. Goals scored per game, counting only games between the teams that are tied.

- 13.4.6. Goals scored per game, counting games against all common opponents.
- 13.4.7. Each team nominates one player to throw one disc from behind the goal line to the far brick mark on a regulation playing court. Throwing order is determined randomly, by disc toss or otherwise. Teams are ranked in order by the distance from the resting place of each disc to the brick mark, from closest to furthest.

#### 14. Time Limits

14.1. A timekeeper/scorekeeper may be appointed to monitor time and signal time warnings.

##### 14.2. The toss:

- 14.2.1. Team captains must complete the toss at least five (5) minutes before the start of the game.
- 14.2.2. If the toss hasn't been completed, and one team's captain isn't present for the toss five (5) minutes before the start of the game, the captain in attendance will make both the choice of initial possession and the choice of which end they will defend.
- 14.2.3. If neither captain is present, the first to arrive will have those choices.

##### 14.3. Offense:

- 14.3.1. After forty-five (45) seconds from the start of a point, all offensive players should stand with one (1) wheel on their defending goal line without changing position relative to one another until the pull is released.
- 14.3.2. The offensive team should ensure that the defensive team has an unobstructed view of the offensive players.
- 14.3.3. The offensive team has sixty (60) seconds from the start of a point to signal readiness to receive the pull. The offense must be legally positioned and all non-players from the offensive team must be off the playing court before the offense can legally signal readiness.
- 14.3.4. If the offense fails to legally signal readiness in time, the opposition should call a "pre-pull time limit violation," and play must stop until both teams acknowledge the violation. This violation must be called prior to the pull.

##### 14.4. Defence

- 14.4.1. The defensive team has seventy-five (75) seconds from the start of a point to pull the disc, or fifteen (15) seconds after the offense has legal readiness, whichever is later.
  - 14.4.1.1. All non-players from the defensive team must be off the playing court before the pull is released. If non-players from the defensive team are not off the court, this is to be treated as an offside violation.
  - 14.4.1.2. If the defense fails to pull in time, the opposition should call a "pre-pull time limit violation," and play must stop until both teams acknowledge the violation. This violation must be called prior to the pull.

##### 14.5. Restarting play after a "pre-pull time limit violation":

- 14.5.1. If the offense is the infringing team, the pull occurs as usual, and then the thrower must establish a pivot point, and then play restarts as soon as possible as if a time-out had been called at that spot (unless a "dropped pull occurs").
- 14.5.2. If the defense is the infringing team, the pull occurs as usual, and then the receiving team may let the disc hit the ground untouched and then choose to treat it as if a brick had been called and restart play at the brick mark. No check is required.

##### 14.6. If the pull is to be repeated, including for a contested offside violation, or is delayed due to a time limit violation:

- 14.6.1. Substitutions are not permitted, unless in accordance with the respective rules.
- 14.6.2. Time-outs are not permitted.
- 14.6.3. The offense must signal readiness within fifteen (15) seconds of the violation call, and the pull must be released within thirty (30) seconds, or fifteen (15) seconds after the offense has legally signaled readiness, whichever is later.

##### 14.7. At the end of a time-out taken after the start of a point and before the pull:

- 14.7.1. The time-out adds seventy-five (75) seconds to the time allowed between the start of the point and the pull.
- 14.7.2. After seventy-five (75) seconds from the start of the point, the timekeeper will signal the end of the time-out, and the time limits and signals as per the respective rule will commence.

##### 14.8. At the end of a time-out taken after a pull and before the point finishes:

- 14.8.1. The offense has seventy-five (75) seconds from when they call a time-out to establish a stationary position and be ready to resume play.

- 14.8.1.1. If the offense is not ready to resume play, the defense may announce “delay of game,” and if the delay continues, the defense may call a violation. After the violation call, the thrower must establish possession at the correct spot, and all other offensive players must stop moving and remain at that location until the disc is checked in. The defence can continue moving until the disc is to be checked in.
- 14.8.2. The defense must check the disc in within ninety (90) seconds after the start of the time-out or fifteen (15) seconds after all offensive players have established their position, whichever is later.
  - 14.8.2.1. If the offense has not checked the disc in, the offense may announce “delay of game,” and if the delay continues, the offense may call a violation. After the violation call the defence must stop moving and remain at that location until the disc is checked in.
- 14.9. After play has stopped for a call or discussion:**
  - 14.9.1. After fifteen (15) seconds, if the issue is not resolved, a captain from each team should try to help resolve the discussion.
  - 14.9.2. After forty-five (45) seconds, if the issue is not resolved, the play will be considered contested. The disc must be returned to the last non-disputed thrower.
  - 14.9.3. If there is a significant language barrier between the two teams, a WFDF official may allow an additional fifteen (15) seconds to resolve issues and to restart play.
  - 14.9.4. After one (1) minute, play must be restarted.
  - 14.9.5. The timekeeper will signal forty-five (45) seconds after play stopped and will repeat the signal every fifteen (15) seconds if the discussion has not been resolved.
- 14.10. After a turnover and after the pull:**
  - 14.10.1. In addition to the time limits described in State of Play, a twenty (20) second time limit also applies:
    - 14.10.1.1. After the pull, once the disc comes to rest, and
    - 14.10.1.2. After a turnover where the turnover location is out-of-bounds, once the disc comes to rest.
    - 14.10.1.3. If the disc is not reasonably retrievable within twenty (20) seconds (e.g., far out-of-bounds or through a crowd), the player retrieving it may request another disc and any delay or pre-stall count is suspended until the offensive player receives the new disc.
- 14.11. If a technical or injury stoppage is called whilst a time limit is in place, the time limit shall be paused while the issue is addressed or until the injured player is removed from the playing court.
- 14.12. If a team chooses to assess a time violation, they must call “violation” and should use the Hand Signal.

## Appendix C: Adaptive Equipment

As per the Classification Rules and Regulations:

21. **Wheelchair:** Each player must use a wheelchair compliant with the outlined rules during play. The wheelchair is considered part of the player's body. Contravention of the following rules will result in the wheelchair being banned from the game until it is brought into compliance.

21.1. Wheelchairs must be manual (i.e., moved/propelled by the player themselves) and not electric.

21.2. Wheelchairs designed for sports (i.e., wheelchair basketball, wheelchair tennis, etc.) are permitted.

21.3. **Specific Measurements and Requirements (outlined in Figure 2):**

<b>Width</b>	No maximum width of the wheelchair. No point on the wheelchair may extend in width beyond the widest point of the push rims.
<b>Length</b>	Maximum of forty-six (46) centimeters, measured from the frontmost part of the large wheel to the frontmost part of the wheelchair.
<b>Height</b>	Maximum of fifty-eight (58) centimeters, measured from the floor to the top of the seat. If a cushion is used, it must also be included in the measurement.
<b>Wheels</b>	<p>Must have four (4) wheels: two (2) large wheels to propel the chair and two (2) small wheels, known as casters.</p> <p>Maximum large wheel diameter of seventy (70) centimeters.</p> <p>Each large wheel can have a spoke guard and push rim.</p> <p>The rearmost part of the large wheel shall be considered the back of the wheelchair, and nothing can extend past this point.</p>
<b>Anti-Tip Devices</b>	<p>The wheelchair may be fitted with an anti-tip device attached at the rear of the wheelchair.</p> <p>If the wheels of the anti-tip device are fixed, they cannot project further to the rear than the rearmost point of the large wheels.</p>
<b>Bumper</b>	<p>The wheelchair may be equipped with a bumper projecting from the front of the wheelchair.</p> <p>The bumper, or the front-most part of the wheelchair if no bumper is present, must conform to the following requirements:</p> <ul style="list-style-type: none"> <li>• Lowest point of the bumper must be a minimum of three (3) centimeters above the floor.</li> <li>• Highest point of the bumper must be no more than twenty (20) centimeters above the floor.</li> <li>• At its front-most point, the bumper must not extend more than twenty (20) centimeters beyond the forward edge of the caster housings.</li> <li>• At its widest point, the bumper must not extend more than two (2) centimeters beyond the outside edges of the caster housings on each side of the wheelchair.</li> <li>• Must be rounded and can have no edges or protrusions that could give a player an unfair mechanical advantage.</li> </ul>
<b>Comfort and Safety</b>	<p>The wheelchair must conform to the following additional specifications:</p> <ul style="list-style-type: none"> <li>• All protrusions from the wheelchair, such as push bars, crossbars, ball holders or hooks, must be padded.</li> <li>• Handles for pushing the chair are not permitted push bars.</li> <li>• No steering devices, brakes, gears, or other mechanical devices are permitted to help operate the wheelchair. <ul style="list-style-type: none"> <li>○ If the wheelchair is equipped with such devices, they must be modified so they are not operational and must be repositioned so they do not represent a safety hazard.</li> </ul> </li> <li>• Tires must not leave noticeable marks on the playing surface.</li> <li>• No counterweights may be added to the wheelchair.</li> </ul>

- One (1) cushion, with a maximum thickness of ten (10) centimeters, is permitted on the seat of the wheelchair.
- A player may be strapped to the wheelchair.
- If there is a possibility of a player's feet slipping off the footrest of the wheelchair, a strap or elastic must be used behind the legs or around the feet to prevent this from occurring.

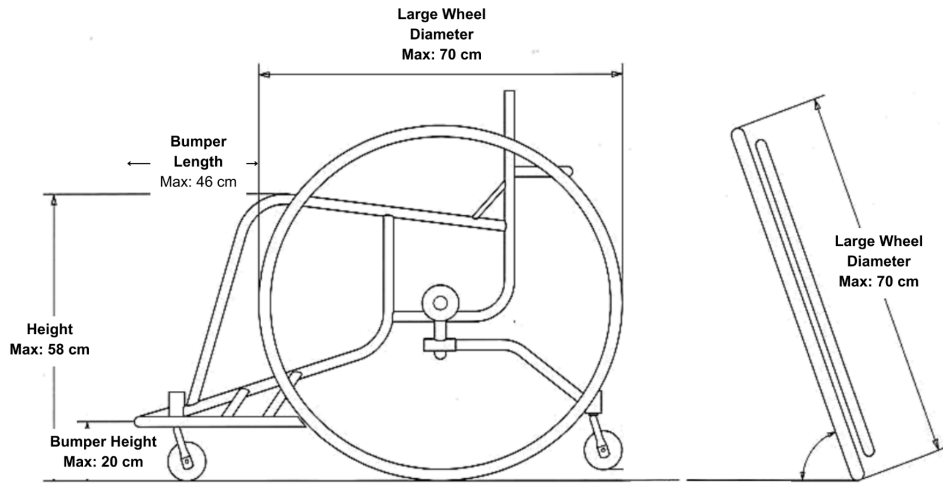


Figure 2

22. **Gloves and Grip:** Each player may use Gloves compliant with the outlined rules during play. Contravention of the following rules will result in the wheelchair being banned from the game until it is brought into compliance.
- 22.1. Players may wear gloves, but they must not in any way damage the disc or leave any residue on the disc.
  - 22.2. Players are prohibited from applying any substance to their hands for the purpose of enhancing grip, which can transfer to the disc during the course of play.

## **Appendix D:: Decision Diagrams**

The WFDF Ultimate Rules Decision Diagrams apply as relevant (i.e., adjusted rule references).

## **Appendix E: Pull Diagrams**

The WFDF Ultimate Rules Pull Diagrams apply as relevant.