WFDF

DODGE DISC : TECHNICAL RULES AND REGULATIONS

Version 1.1



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1. Overview

Dodge Disc is a Flying Disc Discipline played between 2 teams of 10 players each. The aim of the Discipline is to eliminate your opponent by hitting them with the disc without them catching it. The team that eliminates all of the opposing teams' infield players or that eliminates more before the Game time finishes wins. Points are awarded for a win in each Round and the overall winner is the team that wins the majority of Rounds.

2. Spirit of the Game

Dodge Disc is a self-officiated sport where all players are responsible for administering and adhering to the rules. It relies upon a Spirit of the Game that places the responsibility for fair play on every player.

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.

2.1. If there is a deliberate or egregious breach of the rules or Spirit of the Game, the captains should efficiently discuss this and determine an appropriate outcome, even if that outcome is not in accordance with a specific rule.

2.2. 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 the spirit of the rules. Players must explain their viewpoint clearly, briefly, truthfully and respectfully and allow the opponents an opportunity to speak and listen to their viewpoint. Players must strive to resolve disputes efficiently, fairly, objectively and consistently throughout the game. Players should 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. Players should use respectful words and body language with consideration of potential cultural differences.

2.3. Calls should be efficiently discussed by the players directly involved in the play and by players who had the best perspective. However, players may seek other people's perspectives to clarify the rules and to assist players in making the appropriate call. 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.

2.4. Players and captains are solely responsible for making and resolving all calls. Non-players, apart from the captains, should refrain from getting involved.

2.5. Teams are guardians of the Spirit of the Game and must take responsibility for teaching their team the rules and good Spirit, discipline teammates who display poor Spirit; 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 call a Spirit Stoppage to address Spirit issues, as appropriate.

2.6. If after discussion players cannot agree, or it is not clear and obvious what occurred in a play, or what would most likely have occurred in a play, the disc must be returned to the last non-disputed moment.

2.7. Players are required to explain their viewpoint "briefly" and "resolve disputes efficiently"; as such, most discussions should not exceed 30 seconds. If both players have had an opportunity to state their viewpoint and it is clear that an agreement will not be reached, players have an obligation to accept that the call is contested and resolve it as such.

2.8. 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.

2.9. 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. An experienced player, who offers advice on rules and guides on-field arbitration, may supervise games involving beginners or younger players.

2.10. The following behaviors are clear violations of the Spirit of the Game and must be avoided:

- Dangerous play and aggressive behaviour
- intentional rule breaches
- taunting or intimidating opponents
- celebrating disrespectfully
- making calls in retaliation to an opponent's call
- other win-at-all-costs behaviour

3. Equipment

3.1. **The Disc:** The disc used for Dodge Disc is typically made of nylon and foam, being somewhat soft with the following dimensions:

- Diameter: 270 mm
- Weight: 80-90 g
- Thickness: 150 mm

3.2. **Uniform**

- Each team should wear identical uniforms, with opposing teams wearing a contrasting color.
- All uniforms should include numbers on the front and back, from 00 to 99.
    - The numbers must be at least 100 mm tall.

4. Field of Play

4.1. **Court Size**

- The playing court is a rectangular area with dimensions and zones as shown and listed.

- It should be essentially flat, free of obstructions and afford reasonable player safety.
- A space with a hardwood floor and at least 7 meters of unobstructed overhead space is preferred (i.e., a volleyball/basketball court).
- The infield size must measure 18 meters by 9 meters (i.e., a volleyball court).
- The outfield size must measure 28 meters by 15 meters (i.e., a Basketball court).
- The court lines should measure between 50 and 80 mm in width and are part of the field of play in the infield and outfield.
- A maximum of 4 Coach Areas can be set up, with 2 areas for each team.
    - Each Coach Area must measure a maximum of 2 meters by 1 meter, be located 7 meters from the center line and outside of the outfield.

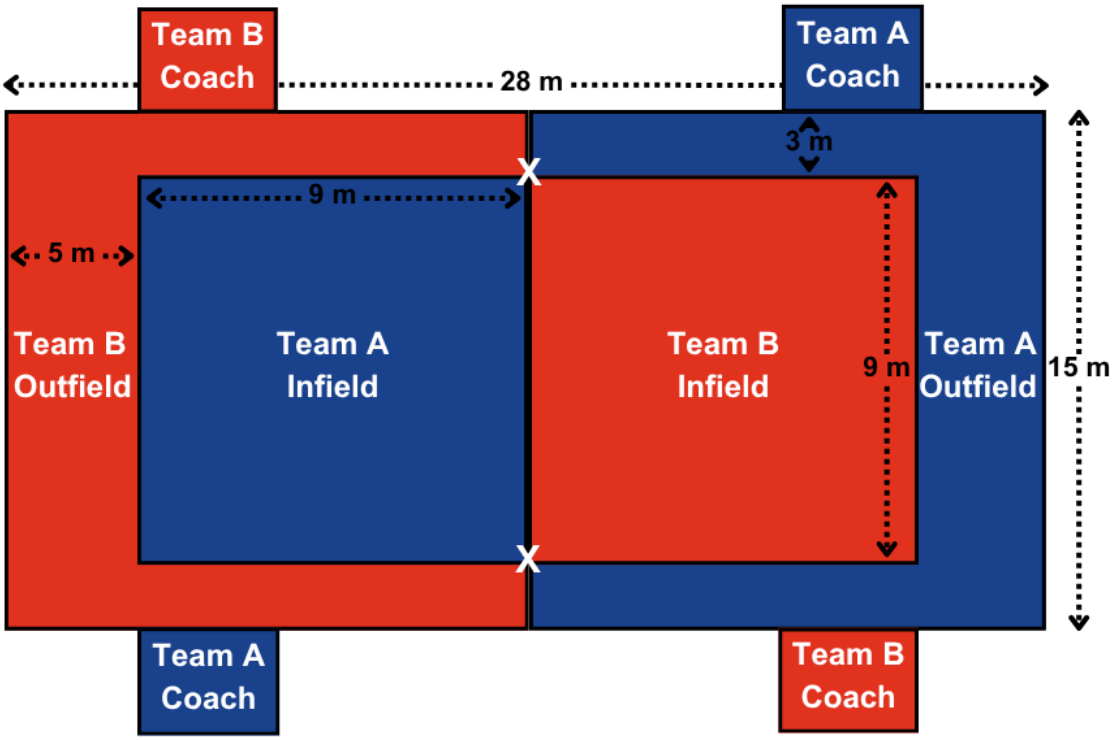


Figure 1. Field of Play

5. Teams

5.1. Divisions

- Divisions can be set by the organizing committee.
- The common divisions are as follows:

Playing Divisions	Age Divisions
• Open • Women • Mixed	• Youth • Junior • Senior

Playing Divisions	Age Divisions
	• Masters • Grand Masters • Great Grant Masters • Legends

5.2. **Team Roster Size**

- A maximum of 15 players can be on 1 team roster, with each member only being able to represent 1 team in the same tournament across divisions.
- A player-coach is allowed as long as they are registered in the team's roster.

5.3. **Captains**

- A team must have 1 or 2 designated team Captains, and 1 or 2 designated Spirit Captains, per game.
- 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 Officials.

5.4. **Team Coaches and Non-Playing Team Staff**

- A maximum of 6 Coaches and Non-Playing Team Staff can be on 1 team roster.
- A maximum of 2 Coaches can be coaching in each Coach Area.
- Coaches cannot use any devices or tools, including but not limited to whistles, microphones, and/or lights, to interfere with the Game.

5.5. **Players on Court**

- Each team must have a minimum of 7 players and a maximum of 10 players on the court.
- If a team does have 6 players or less at the start of a Game, the team automatically forfeits with a score of 0:9.
- Substitutions are only permitted between Rounds.
    - With the exception of injuries, where a player must be substituted and cannot return within that Round.

6. Game

6.1. **Duration**

- Rounds: Typically 3 or 5 Rounds are played, as determined by the Tournament Director.
- Round Duration: Each Round lasts 3 minutes 30 seconds.

- A Round ends immediately when a team's infield is completely eliminated.
- Typically a break of 1 minute and 30 seconds is between rounds, as determined by the Tournament Director.

6.2. **Start of the Game**

- Before the start of the Game, 1 player from each team meets with the away team calling heads or tails on a disc flip.
- If they are correct, that team may select either to start with possession of the disc or their preferred side of the court, with the other team getting the other choice. If they are incorrect, the home team makes this selection.
- Play starts when the disc is given to the outfield, and time starts after the first throw.
- For the subsequent Rounds, the other team starts with the disc.

6.3. **Player Positions**

- At the start of the Round, each team can decide the position and number of infield and outfield players, respectively.
- Each team must start with at least 1 player in the infield and outfield.
- During the Game, players on the infield may move around freely if they do not possess the disc.
- During the Game, outfield players may move around freely if they do not possess the disc.

6.4. **Gameplay**

- Dodge Disc is played with the use of 1 disc.
- Players on the same team aim to pass it between them and eliminate infield players on the opposing team by throwing the disc at them (i.e., "hit by the disc" on the arm, body - below shoulders, or leg) and/or if they do not catch the disc (i.e., dropped catch).
- A player must pass or throw the disc within 5 seconds of possession.
- Teams have a shot clock of 15 seconds to "attack" the opposing team
  - The shot clock will reset when:
    - An "attack" occurs
    - Possession changes
    - Defensive violation/warning
- Any hit player or player who dropped the disc must move immediately to their team's outfield, with no stoppage in play.
- If more than 1 player is hit on the infield with a single throw and no catch is made, each of those players must move to their team's outfield.
- If a player is struck and another player on their team makes a catch, play continues with no player moving to the outfield.

- Players in the outfield may return to the infield by eliminating an opposing team member in the infield with a throw.
- Players must move between the infield and outfield in the designated areas.
- Teams must keep at least 1 outfield player throughout the entire Game.

6.5. **Disc-Specific Rules (Possession and Movement)**

- Catches may be made with the hands and/or body (i.e., between legs, armpits, etc.).
- Players in the outfield may pass to any of their team's members in the infield or outfield (but not on the same side as them).
- Players in the infield may only pass to their team's players in the outfield.
- If a disc is on the ground and/or rolling, the team whose infield or outside it is in possesses the disc.
- If the disc rolls and stops exactly on the line, the defensive team gains possession.
- If players on both teams catch the disc at the same time, the defensive team gains possession.

6.6. **Winning**

- At any time during a Round, the team that eliminates all of their opponents' players in the infield will win that Round immediately, no matter the remaining time.
- When the Round time finishes, the team with more infield players will win that Round.
- In a Game, the team that wins the majority of the Rounds is the winner.

6.7. **Tie**

- When the Round time finishes, if the teams have the same number of infield players, it will end in a tie.

7. Violations and Warnings

Violations should be called by the respective player and result in a turnover in case of the following:

7.1. **Throwing Violation**

- Any throw and its continuation actions that cross and/or step on the boundary lines.

7.2. **Passing Violation**

- Any passes to the same team within the same field (i.e., infield to infield, outfield to outfield on the same side).
- Any passes thrown without flying across the opponent's infield.

7.3. **Position Violation**

- Any player interfering with the Game/Round while moving between fields (i.e., contacting the disc intentionally or unintentionally, not immediately moving

toward the respective field, or not moving between fields in the designated area).

- Any player reaching into the opponents' respective infield or outfield to defend against the opponent's attacks.

7.4. **Boundary Violation**

- Any catch of the disc and its continuation actions (i.e., control) that step on/cross the boundary lines.

7.5. **5-Second Violation**

- Any occasion when the player controlling the disc does not throw it within 5 seconds of possession.
- The counting starts when the player controls the disc or the disc contacts the ground.

7.6. **Contact Violation**

- Contacting an opponent intentionally with the disc using non-throwing actions.
- Contacting an opponent's body without the disc.
- Contacting an opponent's controlled disc.

7.7. **Shot Clock Violation**

- A team that controls the disc for more than 15 seconds without performing an "attack." A disc thrown while the shot clock expires is a valid "attack."

7.8. **Reentering Violation**

- An outfield player eligible to return to the infield will lose their opportunity to if they:
    - Have intentional contact with the disc;
    - Do not move toward the intersection for reentering immediately;
    - Interfere with the opponent's offense (i.e., handblocking).

Version Control and Notes

Version	Date	Approval	Notes
0.1	2025-11-30	Board of Directors	Initial document creation and conditional approval.
1.0	2026-07-01	Board of Directors	Document publication following approval via the Spirit of the Game and Sport for All Commissions.
1.1	2026-09-08	Sport for All Commission	Updates to ensure correct interpretation and application.

Changes to These Rules and Regulations

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

Modified Application of These Rules and Regulations

Based on various factors, specifically the level and purpose of play, these Rules and Regulations could be modified to make a positive and equitable experience for the players, such as:

- Adjusting the size of the disc
- Using multiple discs
- Adjusting the size of the field of play
- Adjusting the number of players
- Using of Game Officials to make objective calls

Appendix A: Glossary

Term	Definition
Attacking	Throwing the disc towards the opponent's direction and height.
Control the Disc	Holding the disc with hands, the disc is halted.
Flipping	The captains will flip the disc at the beginning of the Game to determine first possession.
Out	The player(s) successfully attacked by the disc need to move from infield to outfield in order to continue participating in the Game.
Passing	Throw the disc to another teammate.
Successful Passes	• Completely out of the thrower's hand. • Fly across the opponent infield. • A teammate of the thrower controls the disc.
Successful Attacks	• Throwing the discs and hitting the opponent's body. • The opposing team fails to control the disc before the disc touches the ground. • The disc touches the ground or the attacking team regains possession. • The attacking team performs the attack without any violation.
Successful Defence	Catching the disc thrown by the opponent before it touches the ground.
Thrower	The player who throws the disc.
Throwing	Throwing the disc consists of passing and attacking; there is no restriction on throwing the disc.

Appendix B: Rules and Regulations Specific to WFDF Sanctioned Championships

The Rules and Regulations specific to WFDF Sanctioned Championships will be outlined in the respective Championships' Bulletins, including but not limited to:

- Eligibility and Roster Guidelines
- Uniform Requirements
- Championships Additional Event Rules
- Tournament Format
- Game Officials and Advisors

B1. **Tournament Format:** The typical tournament format for Dodge Disc is as follows:

1.1. **Group Stage:**

- Teams will be distributed into even groups and play Round robin Games against each respective team in their group.
- Teams typically play 3 Rounds.
- Teams are allocated points after each Round, under the following system:
  - Win: 3 points
  - Draw: 1 point
  - Loss: 0 points

1.2. **Playoff/Ranking Stage:**

- Teams will be distributed into a seeded bracket and play single-elimination Games.
- Teams typically play 5 Rounds.
- The Game will automatically end if a team wins the majority of the Rounds.
- Teams are allocated points after each Round, under the following system:
  - Win: 3 points
  - Draw: 1 point
  - Loss: 0 points

1.3. **Tiebreak:**

- After the Group Stage, teams in each pool will be ranked by the number of games won.
- If teams are tied, break that tie using the ranking criteria.
- Each ranking criterion is used to rank all of the tied teams, not just to determine the highest-ranked team.
- If, after the application of a ranking criterion, all of the teams remain tied, go to the next criterion.

- 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.
- The ranking criteria in order is as follows:
    - Number of Games won, counting only Games between the Teams that are tied.
    - Fewest Games forfeited.
    - Point difference, counting only Games between the teams that are tied.
    - Point difference, counting Games against all common opponents.
    - Points scored per game, counting only Games between the teams that are tied.
    - Points scored per game, counting games against all common opponents.
    - Each team nominates 1 player to throw 1 disc from behind the back boundary. 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, from closest to furthest.

B2. **Game Officials:** Game Officials may support the Championships in the following roles:

Role	Recommended Number	General Responsibility
Game Advisors	2	Advise the Game and each Round, including: • Providing information to players and spectators to help the Game and Round run smoothly; • Assisting players to discuss calls. • Providing advice on the rules, when asked; • Providing perspective on calls, when asked; • And supporting its overall management.
Line Advisors	2-4	Observe the boundaries of Field of Play and advise, if requested, of any violations and indicate these for the players to call.
Scorekeeper/ Timekeeper	1	Manage the score and time of the Game and each Round.

2.1. In the case of Rule 2.7 if Game Advisors are present and there is not an agreement, the Game Advisors' viewpoint must be accepted.

2.2. Players may overrule a Game Advisors' if it is to their team's detriment.

B3. **Playing Divisions:** The typical playing divisions for Dodge Disc are as follows:

- Open

- Women
- Mixed (when implemented, a ratio of 5:10 per playing gender is recommended)

B4. **Age Divisions:** The typical age divisions for Dodge Disc are as follows:

Age Division	Playing Gender	Minimum Age*	Maximum Age*
Youth	Women	6/9/12	11/14/17
	Open	6/9/12	11/14/17
Junior	Women	14	20
	Open	14	20
University	Women	14	24
	Open	14	24
Senior	Women	16	N/A
	Open	16	N/A
Masters	Women	30	N/A
	Open	33	N/A
Grand Masters	Women	37	N/A
	Open	40	N/A
Great Grand Masters	Women	45	N/A
	Open	48	N/A
Legends	Women	65	N/A
	Open	65	N/A

*Ages are as of December 31 in the year of the tournament.