



— WORLD —  
**POLICE & FIRE**  
— GAMES —

# Ultimate Frisbee



— WORLD —  
POLICE & FIRE  
— GAMES —

## Table of Contents:

### [General Information](#)

[Guiding Bodies](#)

[Venue](#)

[Entry Deadline](#)

[Event Information](#)

[Officials](#)

[Medical](#)

[Sporting Equipment](#)

### [Competition Format](#)

[Bracketing](#)

[Schedule](#)

[Awards](#)

### [Sport Rules](#)

[The “Pull”](#)

[Play is “Dead”](#)

[Stall Count](#)

[The Check](#)

[Out-of-Bounds](#)

[Receivers and Positioning](#)

[Turnovers](#)

[Scoring](#)

[Fouls](#)

[Marking Infractions](#)

[Safety Stoppages](#)

[Pre Competition Meeting](#)

[Players Conduct](#)



— WORLD —  
**POLICE & FIRE**  
— GAMES —

## General Information

### Guiding Bodies

World Police and Fire Games Federation (WPFGF)  
7944 Convoy Ct., San Diego, CA 92111 USA  
Tele: (858) 57-0919;  
E-mail: [4info@cpaf.org](mailto:4info@cpaf.org)

World Flying Disc Federation  
5825 Delmonico Drive, Suite 370  
Colorado Springs, CO 80919 USA  
E-Mail: [admin@wfdf.sport](mailto:admin@wfdf.sport)

### Venue

Maple Grove Park

### Entry Deadline

June 15, 2023

### Event Information

Unisex: 18+

Each team can have up to 20 players and one non-playing coach. All players and the coach must meet WPFG eligibility requirements.

Active competitors from police, fire and eligible first responder agencies may combine to form a team regardless of agency size **WITHIN A COUNTRY**

Retired competitors may combine to form a team in any manner they wish with other eligible competitors whether police or fire. This includes cross country lines.

### Officials

Ultimate Frisbee is a no-contact, self officiated sport. All players are responsible for administering and adhering to the rules. UF relies upon a Spirit of the Game that places the responsibility of fair play on each player.



— WORLD —  
POLICE & FIRE  
— GAMES —

### Medical

Basic medical supplies will be available at the venue.

### Sporting Equipment

All competitors may wear a uniform shirt. Uniforms must distinguish each team.

No competitors may wear items of clothing or equipment that reasonably could harm the wearer or other players or impede an opponent's ability to play

## Competition Format

### Bracketing

A Round Robin tournament followed by a single elimination tournament.

Depending on the number of teams entered in the events, the number of teams that advance to the Finals Tournament may change.

### Schedule

Scheduled for 4 days of competition. See [Sport Schedule](#) for details.

### Awards

Medals are awarded First through Third Place (1<sup>st</sup> - 3<sup>rd</sup>).

## Sport Rules

Each team will put a maximum of seven (7) players and a ~~minim~~ minimum of five (5) players on the field during each point.

A game is finished and won by the first team to score fifteen (15) goals.



— WORLD —  
POLICE & FIRE  
— GAMES —

A game is separated into two (2) periods of play called halves. Half time occurs when a team first scores eight (8) goals.

Using a coin toss, the captains of the two teams determine which team first chooses either:

- to receive or throw the initial pull; or
- which end zone they will initially defend

The other team is given the remaining choice. At the start of the second half the initial selections are switched.

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

After a score, the teams switch the end zone that they are defending, and the team that scored becomes defense and “Pulls” next.

### The “Pull”

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

- After signalling readiness all offensive players must stand with one foot on their defending goal line without changing location relative to one another until the pull is released.
- After signalling readiness all defensive players must keep their feet entirely behind the vertical plane of the goal line until the pull is released.

If a team breaches this, the opposing team may call a violation (“offside”). This must be called before the offense touches the disc.

- As soon as the disc is released, all players may move in any direction
- 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
- If an offensive player, in bounds or out-of-bounds, touches the disc before it hits the ground, and the offensive team fails to subsequently establish possession, that is a turnover (a “dropped pull”).
- If the disc contacts the out-of-bounds area without first touching the playing field or an offensive player, the thrower may establish a pivot point either at the brick mark



— WORLD —  
**POLICE & FIRE**  
— GAMES —

closest to their defending end zone, or at the location on the central zone closest to where the disc went out-of-bounds.

### **Play is “Dead”**

No turnover is possible, after:

- The start of a point, until the pull is released
- A call which stops the play or any other stoppage, until the disc is checked in, or
- A disc hits the ground, until possession is established by the appropriate team

The thrower may not transfer possession of the disc during dead play to another player.

### **Stall Count**

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 must be at least one (1) second. The stall count must be clearly communicated to the thrower.

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

- Play is live, or until a pivot is established after a turnover;
- They are within three (3) metres of the thrower’s pivot point, or the pivot location of the thrower is not at the location: and
- All defenders are legally positioned

### **The Check**

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. If the disc is returned to the thrower, all players must return to the location they held when the thrower released the disc, or the time of the call, whoever is earlier. All players must remain stationary in that location until the disc is checked in.

### **Out-of-Bounds**

The entire playing field is in-bounds. The perimeter lines are not part of the playing field and are out-of-bounds. All non-players are part of the out-of-bounds area. A player who has



— WORLD —  
**POLICE & FIRE**  
— GAMES —

caught the disc, who contacts the playing field and then contacts the out-of-bounds area, is still considered in-bounds, as long as they maintain the catch until they establish possession. If they leave the playing field, they must establish a pivot point at the location on the playing field where they crossed the perimeter line. Contact between players does not confer the state of being in or out-of-bounds from one another.

The following are when out-of-bounds turnovers, and no catches are deemed to have occurred:

- Any part of an offensive receiver is out-of-bounds when they contact the disc; or
- After catching the disc while airborne, an offensive receiver's first contact is out-of-bounds while still in contact with the disc.

The disc may fly outside a perimeter line and return to the playing field, and players may go out-of-bounds to make a play on the disc.

### **Receivers and Positioning**

A "catch" occurs when a player has a spinning disc trapped between at least two body parts. A catch can enable a player to establish possession of the disc. After establishing possession, that player becomes the thrower. If offensive and defensive players catch the disc simultaneously, the offensive retains possession. A player in an established position is entitled to remain in that position and must not be contacted by an opposing player. All players must attempt to avoid contact with other players. Some minor contact may occur as two or more players move towards a single spot simultaneously. Minor contact should be minimized but is not considered a foul.

### **Turnovers**

Transfer of possession from one team to the other occurs when:

- The disc contacts the ground while it is not in the possession of an offensive player,
- A defensive player establishes possession of a pass (an "interception");
- The disc becomes out-of-bounds; or
- During the pull, the offense touches the disc before it hits the ground, and subsequently fails to establish possession of the disc.

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



— WORLD —  
**POLICE & FIRE**  
— GAMES —

- There is an accepted offensive receiving foul;
- The thrower has not released the disc before the marker first starts to say the word “ten” in the stall count;
- The disc is intentionally transferred from one offensive player to another without ever being completely untouched by both players;
- The thrower intentionally deflects a pass to themselves off another player;
- Attempting a pass, the thrower catches the disc after the release prior to the disc being contacted by another player;
- An offensive player intentionally assists a team-mate’s movement to catch a pass; or
- An offensive player uses an item of equipment or object to assist in catching a pass.

### Scoring

A goal is scored if an inbounds player catches a legal pass and:

- All their ground contacts are entirely within their attacking end zone, or
- For an airborne player, all of their first simultaneous points of ground contact after catching the disc are entirely within their attacking end zone, and they subsequently establish possession of the disc, and maintain the catch throughout all ground contact related to the catch

### Calling Fouls, Infractions and Violations

A breach of the rules due to non-minor contact between two or more opposing players is a foul. 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. A breach of the rules regarding a Marking or Travel breach is an infraction. Infractions do not stop play. Every other breach of the rules is a violation.

### Continuation After A Call

Whenever a foul or violation call is made, or a player attempts to stop playing in any way, play stops immediately and a turnover is awarded if warranted.

### Fouls

#### Dangerous Play

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



— WORLD —  
POLICE & FIRE  
— GAMES —

considered dangerous play and must be treated as a foul. If the dangerous play is accepted, this must be treated as the most relevant foul.

### **Receiving Fouls**

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. 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.

### **Strip Fouls**

A Strip Foul occurs when an opponent fouls a player and then causes the player to drop the disc they caught or to lose possession of the disc. If the reception would have otherwise been a goal, and the foul is accepted, a goal is awarded.

### **Blocking Fouls**

A Blocking Foul occurs when a player takes a position that an opponent moving in a legal manner will be unable to avoid, taking into account the opponents expected position based on their established speed and directions, and non-minor contact results. This is to be treated as either a receiving foul or an indirect foul, whichever is applicable.

### **Force-out Fouls**

A Force-out Foul occurs when a receiver is in the process of establishing possession of the disc, and is fouled by a defensive player before establishing possession, and the contact caused the receiver:

- To become out-of-bounds instead of in-bounds; or
- To catch the disc in the central zone instead of their attacking end zone.

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

### **Defensive Throwing (Marking) Fouls**

A Defensive Throwing Foul occurs when:

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



— WORLD —  
**POLICE & FIRE**  
— GAMES —

- A defensive player initiates non-minor contact and the thrower, or there is non-minor contact resulting from the thrower and the defender both vying for the same unoccupied position, prior to the release.

If a Defensive Throwing Foul occurs prior to the thrower releasing the disc and not burning 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).

### **Offensive Throwing (Thrower) Fouls**

An Offensive Throwing Foul occurs when the thrower is solely responsible for initiating the non-minor contact with a defensive player who is in a legal position. Contact occurring during the thrower’s follow through is not a sufficient basis for a foul, but should be avoided.

### **Indirect Fouls**

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

### **Offsetting Fouls**

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 undisputed thrower. 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 an offsetting foul. 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.

### **Marking Infractions**

Marking infractions include the following:

- Fast Count- the marker: starts or continues the stall count illegally, does not start or restart the stall count with “Stalling”, counts in less than one second intervals, does not correctly reduce or reset the stall count when required, or does not start the stall count from the correct number.
- Straffle - a line between a defensive player’s feet comes within one disc diameter of the thrower’s pivot point.



— WORLD —  
POLICE & FIRE  
— GAMES —

- Disc Space - any part of a defensive player is less than one disc diameter away from the torso of the thrower. However, if this situation is caused solely by movement of the thrower, it is not an infraction.
- Wrapping - a line between a defensive player's hands or arms comes within one disc diameter of the thrower's torso, or any part of the defensive player's body is above the thrower's pivot point. However, if this situation is caused solely by movement of the thrower, it is not an infraction.
- Double Team - a defensive player other than the marker is within three (3) metres of the thrower's pivot point without also guarding another offensive player. However, merely running across this area is not a double team.
- Vision - a defensive player uses any part of their body to intentionally obstruct the thrower's vision.

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

### **“Travel” Infractions**

The thrower may attempt a pass at any time as long as they are entirely in-bounds or have established an in-bounds pivot point. However, an in-bounds player who catches a pass while airborne may attempt a pass prior to contacting the ground. After catching the disc, the thrower must reduce speed as quickly as possible, without changing direction, until they have established a pivot point. However, if a player catches the disc while running or jumping the player may release a pass without attempting to reduce speed and without establishing a pivot point, provided that:

- They do not change direction or increase speed until they release the pass; and
- A maximum of two additional points of contact with the ground are made after the catch and before they release the pass

The thrower may move in any direction (pivot) only by establishing a “pivot point”, which is a specific point on the ground with which one part of their body remains in constant contact until the disc is thrown. A thrower who is not standing can use any part of their body as the pivot point. If they stand up it is not a travel, but only if a pivot point is established at the same location. A travel infraction occurs if:



— WORLD —  
**POLICE & FIRE**  
— GAMES —

- 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;
- The thrower releases a pass in breach, anytime the thrower must move to a specified location, the thrower does not establish a pivot point before a wind-up or throwing action begins;
- The thrower fails to keep the established pivot point until releasing the disc;
- A player intentionally bobbles, fumbles or delays the disc to themselves, for the sole purpose of moving in a specific direction

#### **“Pick” Violations**

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

#### **Safety Stoppages**

##### **Injury Stoppage**

An injury stoppage, “Injury”, may be called by the injured player or by any player on the injured player’s team. If the injury was not caused by the opponent, the player must choose either to be substituted, or to charge their own team with a timeout. If the injury was caused by an opponent, the player may choose to stay or to be substituted. If the injured player had established possession of the disc, and the player dropped the disc due to the injury, that player retains possession of the disc. 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. 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 there after the stoppage.

##### **Technical Stoppage**

Any player who recognises 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



— WORLD —  
POLICE & FIRE  
— GAMES —

must stop immediately. A teammate, coach, or designated official, should actively alert players to any condition that endangers players.

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.

The thrower may call a technical stoppage during play to replace a severely damaged disc. After a technical stoppage is called while the disc is in the air, or if play has continued unknowingly; if the call or issue did not affect play, the completion or turnover stands, and play restarts there; if the call or issue did affect the play, the disc goes back to the thrower. 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. 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.

### Time-Outs

The player calling a timeout must form a "T" with their hands, or with one hand and the disc, and should call "time-out" to opposition players. After the start of a point and before both teams have signaled readiness, a player from either team may call a timeout. The time-out extends the time between the start of the point and subsequent pull by ~~seventy~~ **seventy-five (75)** seconds. After the pull only a thrower with possession of the disc may call a ~~time~~ **time-out**. The time-out starts when the "T" is formed, and lasts ~~seventy~~ **seventy-five (75)** seconds.

After such a time-out:

- Substitutions are not allowed, except for injury.
- Play is restarted at the pivot location.
- The thrower must remain the same.
- All other offensive players must establish a stationary position, at any location.
- Once the offensive players have selected positions, defensive players must then establish a stationary position, at any location.
- The stall count restarts at maximum nine (9). However if the marker has been switched, the stall count restarts at "Stalling one (1)".

\* [\*WPFGB follows World Flying Disc Federation Official Ultimate Rules\*](#)



— WORLD —  
**POLICE & FIRE**  
— GAMES —

### **Pre Competition Meeting**

Prior to the start of competition, a meeting will be held between the referees and the captain or coach from each participating team to clarify rules and conduct of play. Details of this meeting will be shared in the Sport Confirmation Letter.

### **Players Conduct**

Any serious violation of conduct, such as fighting or violence toward players or officials will result in the player(s) immediate ejection from that game and his/her automatic suspension from his/her team's next scheduled game. The sport coordinator shall immediately notify the WPFGF, who will investigate each incident to determine if additional discipline will be imposed.