

Substantive Changes from the 2020-2021 Rules

USA Ultimate implemented the following revisions to the Official Rules of Ultimate for 2022-2023. The reasons for these changes include the following:

- Clarifying previous rule inconsistencies, ambiguities, or omissions [clarity]
- Aligning with WFDF [wfd]
- Consolidating rules resources in one place [resource]

The changes listed below do not represent the entirety of the changes. To see the complete set of changes, you can view the full proposal with tracked changes (link to redlines). Each substantive change listed below is tagged with the reason for the proposed change ([clarity], [wfd], or [resource]).

Spirit of the Game

- 2.C.** Added the ability for the captains to determine an appropriate outcome in the case of deliberate rules violations. [wfd]
- 2.G.4.** Added an implicit bias statement. [clarity]

Definitions

- 3.J.2.** Changed the definition of possession. Previously, if the disc touched the ground while in a player's possession and the player subsequently lost possession due to ground contact, the earlier possession would be negated and the previous contact of the disc with the ground resulted in a turnover. The updated rule allows for this scenario not to be a turnover, assuming that the player had possession throughout the disc's contact with the ground. In the update, if a player loses possession of a disc during movement related to a catch, instead of negating a player's possession up until that point, the initial possession ends, and a new possession can be started. [clarity] [wfd]

Starting and Restarting Play

- 9.B.3.a.** Added a procedure for when the disc has been pulled and a team has more than seven players or has the incorrect mixed personnel ratio on the field. [clarity] [wfd]
- 9.B.4.d.** Introduced a new call, "false start," for when the offense goes offsides. This aids in distinguishing which team committed the positioning violation during the pull. [clarity]

End Zone Possession

- 11.B.** Changed at which spot on the goal line the disc should be put into play when a team gains or retains possession in the end zone that they are attacking other than by scoring a goal. Previously, the player would put the disc into play at the spot on the goal line closest to where possession was gained. The updated rule specifies that it should be put into play at the spot on the goal line closest to where the player stopped. [clarity]

The Thrower

14.A.4.a. Added a procedure for replacing a disc when the disc is out of bounds and not reasonably retrievable quickly and removed the 20 second requirement in this scenario. [\[clarity\]](#)

Violations and Fouls

17.C.6.b.2. Added clarification about which position to return to when a player other than the thrower gains possession due to an uncontested call. [\[clarity\]](#) [\[wfd\]](#)

Rules Appendix

Appendix F. Added the 4's rules. [\[resource\]](#)