

Substantive Changes from the 2022-2023 Rules

USA Ultimate is proposing the following revisions to the Official Rules of Ultimate for 2024-2025.

The reasons for these changes include the following:

- Clarifying previous rule inconsistencies, ambiguities, or omissions [clarity]
- Aligning with WFDF [wfd]
- Safety [safety]

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 ([Proposed Official Rules of Ultimate 2024-25 – Tracked Changes](#)). Each substantive change listed below is tagged with the reason for the proposed change ([clarity], [wfd], or [safety]).

Document Formatting

Updated the numbering format for all sub sections to include the full number reference to make it easier to determine the full rule number of a deeply nested rule. [clarity]

Spirit of the Game

2.C.2. Added a procedure to allow captains or coaches to handle behavior described in the Misconduct System Appendix. [clarity] [safety]

2.E. Clarified some example actions that support good spirit. [clarity]

Definitions

3.J.1. Updated the definition of possession. [clarity]

- Introduced the idea of a disc being trapped between two body parts for a discernible period of time as a player establishing possession.
- Clarified that for as long as possession is retained, the possession is deemed to have begun at the time of the disc first being trapped. This allows for catches traversing the sideline to be considered in-bounds assuming the trapping of the disc occurs inbounds and nothing occurs out-of-bounds to end the current possession.
- Clarified that a thrower's possession ends on a throw when they are no longer in contact with the disc.

Playing Field

4.H.1. Added that boundary markers should be treated as air. [clarity]

Equipment

5.F. Added an explicit rule stating that team members may not misuse game equipment that is likely to cause damage. [clarity]

5.G. Added an explicit rule stating that team members may not use acoustic amplifiers and/or electronic communication devices to communicate with players. [clarity]

Length of Game

6.B.1. Changed the standard halftime to be 7 minutes. This 7 minutes does not include the standard in-between point timings. [wdf]

6.C. Clarified what happens when caps occur during the halftime break. [clarity]

Timeouts

7.C.2.a. Added an explicit captain's clause to make agreements with respect to restarting play when a serious injury occurs. [safety]

Starting and Restarting Play

9.C.1. Clarified that if there is a call surrounding the goal scoring play that the in-between point timings wouldn't begin until the dispute has been resolved. [clarity]

9.C.3-5. Updated the between point timings to be 45 seconds for the offense to be on the line, 60 seconds for the offense to signal readiness, and 75 seconds for the defense to pull. [wdf]

9.D. Added a procedure for the disc to be checked in by starting with "3-2-1 disc in." [clarity]

In- and Out-of-bounds

9.D. Added that when a player that would have reasonably landed in-bounds, lands on an opposing player causing their first ground contact to be out-of-bounds, the player will be considered in-bounds (unless a Dangerous Play is involved). [clarity]

The Marker

15.B. Reordered this section to first define what a marking violation is and how to call one before listing all of the marking violations. [clarity]

15.B.11. Added that flagrant marking violations are immediately callable as a general violation and are also covered under 2.C.1. [clarity]

Violations and Fouls

17.F. Added a procedure for how to resolve when a player advances a sliding or rolling disc. [clarity]

17.I. Clarified that players have an affirmative obligation to avoid initiating contact and to avoid anticipated severe contact, even if not initiated by the player. [clarity] [safety]

17.I.4.c. Added that non-incidental contact with a player's extended arms or legs (see the 18.C update below) that impedes or alters the movement of an opponent is a foul on the blocking player regardless of who initiates contact. [clarity]

17.J.1. Clarified that it is not a pick if both the offensive player being guarded and the obstructing player are making a play on the disc at the time of the obstruction. [clarity] [wfd]

17.K. Added guidance on when it is appropriate to call a travel. [clarity]

Positioning

18.C. Added (back) that players may not use their extended arms or legs to obstruct the movement of an opponent. [clarity]