



WFDF Rules of Ultimate
2021-2024

世界飞盘协会极限飞盘规则

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亲爱的盘友们：

您好！

这份翻译是浙大飞盘对飞盘规则进行集体学习的结晶。为了让语言读起来不晦涩，我们没有采用“抠字眼”的翻译方式，而是用更容易理解的表达呈现原文，尽可能让中文表述更为清晰。我们也提供了英文原文，帮助您能批判性地看我们的翻译。如有不当之处，请多包涵，也请一定要告诉我们，帮助我们认识到自己的不足，继续改进。我们在翻译的过程中，参考了之前的翻译版本，也得到了很多前辈的帮助，感谢各位前辈的慷慨付出。最后，欢迎您转发本文给更多的盘友，更多事宜可以联系Ziyun。

祝好！

Ziyun

2022年 春节

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Introduction 介绍

Ultimate is a seven-a-side team sport played with a flying disc. It is played on a rectangular field, about half the width of a football field, 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 thrower may not run with the disc, but may pass the disc in any direction to any team-mate. Any time a pass is incomplete, a turnover occurs, and the other team shall take possession and attempt to score in the opposite end zone. Games are typically played to 15 goals or around 100 minutes. Ultimate is self-officiated and non-contact. The Spirit of the Game guides how players officiate the game and conduct themselves on the field.

极限飞盘是用飞盘进行竞赛的团队运动，每队上场7人，在长方形的场地上进行。该场地的宽度大约为一个足球场宽度的一半，两端各有一个得分区。每支队伍通过在对方防守的得分区接住飞盘来得分。持盘人不能带盘一起跑动，但可以将飞盘扔向任何方向，传给任意队友。没有接住己方飞盘会发生攻防转换，对方队伍将获得盘权并尝试在相反的得分区内得分。比赛通常打到15分结束，或持续大约100分钟。极限飞盘是自我裁决、且禁止身体接触的。飞盘精神指导队员如何裁决比赛，并规范队员在赛场上的行为。

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

绝大多数规则具有普适性，适用于大多数情况，但有些规则说明了特定情况并凌驾于一般情况之上。

Variations to the basic structure and rules may be used to accommodate special competitions, number of players, age of players or available space. Refer to the relevant Appendix for additional rules that apply at specific types of World Flying Disc Federation (WFDF) Events.

比赛的结构和规则可以有所调整，以适应具体的比赛，如队员人数、年龄或可用空间。适用于某些WFDF规定的活动要求请参阅相关规则附录。

1 Spirit of the Game 飞盘精神

- 1.1 Ultimate is a non-contact, self-officiated sport. All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player.

1.1 极限飞盘是一项禁止身体接触、自我裁决的运动。所有队员都要为自己和他人遵守规则负责。极限飞盘默认每个队员都遵守公平竞赛的飞盘精神。
- 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 which 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.

1.2 遵从飞盘精神，本规则默认没有人会故意违反规则，因此没有对无意违规的惩罚条例，而是尽可能恢复未发生违规的赛况。

 - 1.2.1 如果存在故意或严重违背比赛规则或飞盘精神的行为，双方队长应该进行公开讨论并决定合适的结果，该结果可以与规则不符。
- 1.3 Players should be mindful of the fact that they are acting as referees in any arbitration between teams. Players must:
 - 1.3.1 know the rules;
 - 1.3.2 be fair-minded and objective;
 - 1.3.3 be truthful;
 - 1.3.4 explain their viewpoint clearly and briefly;
 - 1.3.5 allow opponents a reasonable chance to speak;
 - 1.3.6 consider their opponent's viewpoint;
 - 1.3.7 use respectful words and body language with consideration of potential cultural differences;
 - 1.3.8 resolve disputes as quickly as possible;

- 1.3.9 make calls in a consistent manner throughout the game; and
 - 1.3.10 only make a call where a breach is significant enough to make a difference to the outcome of the action.
- 1.3 队员们需谨记，在两队需要仲裁时，双方队员即为场上裁判。因此所有队员必须：
- 1.3.1 熟悉规则；
 - 1.3.2 公正、客观；
 - 1.3.3 诚实；
 - 1.3.4 精确简练地阐述自己的观点；
 - 1.3.5 给予对方足够的发言机会；
 - 1.3.6 换位思考；
 - 1.3.7 考虑潜在的文化差异，应使用尊重的词语和肢体语言；
 - 1.3.8 尽快解决争议；
 - 1.3.9 在比赛全程中按照统一的标准做出示意；并且
 - 1.3.10 只示意对于比赛进程有明显影响的犯规。
- 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.
- 1.4 鼓励高竞技性的比赛，但是绝不能牺牲队员之间的相互尊重、破坏商定的比赛规程、其他队员的人身安全或者比赛的趣味性。
- 1.5 The following actions are examples of good Spirit:
- 1.5.1 retracting a call when you no longer believe the call was correct;
 - 1.5.2 checking in with an opponent on the sideline after a contentious interaction;
 - 1.5.3 complimenting an opponent for good play or Spirit;
 - 1.5.4 introducing yourself to your opponent; and
 - 1.5.5 reacting calmly towards disagreement or provocation.
- 1.5 以下为良好飞盘精神的范例：

- 1.5.1 撤回你觉得有误的示意；
 - 1.5.2 在场下和对手继续化解场上产生的争议；
 - 1.5.3 赞美对手的高超技术或良好精神；
 - 1.5.4 向对手自我介绍；并
 - 1.5.5 冷静地回应分歧或挑衅。
- 1.6 The following actions are clear violations of the Spirit of the Game and must be avoided:
- 1.6.1 dangerous play and aggressive behaviour;
 - 1.6.2 intentional fouling or other intentional rule breaches;
 - 1.6.3 taunting or intimidating opposing players;
 - 1.6.4 celebrating disrespectfully after scoring;
 - 1.6.5 making calls in retaliation to an opponent's call;
 - 1.6.6 calling for a pass from an opposition player; and
 - 1.6.7 other win-at-all-costs behaviour.
- 1.6 所有人必须避免以下明显违背飞盘精神的行为：
- 1.6.1 危险的动作和攻击行为；
 - 1.6.2 故意犯规或其他故意打断比赛的行为；
 - 1.6.3 任何挑衅对方队员的行为；
 - 1.6.4 得分后不尊重对手的庆祝行为；
 - 1.6.5 报复性示意；
 - 1.6.6 示意对方队员给自己传盘；以及
 - 1.6.7 任何其他只顾输赢的行为。
- 1.7 Teams are guardians of the Spirit of the Game, and must:
- 1.7.1 take responsibility for teaching their players 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.
- 1.7 所有人都是飞盘精神的守护者，因此大家必须：
 - 1.7.1 负责向己方队员传授比赛规则和良好的飞盘精神；
 - 1.7.2 管教己方飞盘精神欠佳的队员；
 - 1.7.3 向对方提供建设性的反馈，表扬他们在比赛精神上做的好的方面以及还有哪些可以改进的地方；以及
 - 1.7.4 酌情示意精神暂停以恰当地处理飞盘精神相关问题。
- 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.
- 1.8 如果有新手队员因不熟悉规则而违规了，有经验的队员应该帮助解释违规理由。
- 1.9 An experienced player, who offers advice on rules and guides on-field arbitration, may supervise games involving beginners or younger players.
- 1.9 愿意在场上帮忙解释规则并化解争议的有经验的队员，可以作为新手比赛的场外监督（译者注：不是裁判，类似足球的第四官员）。
- 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 team-mate has made an incorrect call, or caused a foul or violation, they should inform their team-mate.
 - 1.10.2 Non-players, apart from the captains, should refrain from getting involved. However players may seek other peoples' perspectives to clarify the rules, and to assist players to make the appropriate call.
- 1.10 示意应该仅由直接涉及的双方队员进行讨论，必要时加上有最佳视角的队员。
 - 1.10.1 如果一个非相关队员认为队友示意有误，或者造成了犯规或违例，

他们应该提醒队友。

1.10.2 队长之外的非场上队员应避免参与场上讨论。但场上队员可以向场下队员求助以理清规则，以便做出正确的示意。

1.11 Players and captains are solely responsible for making and resolving all calls.

1.11 场上队员和队长全权负责做出和解决一切示意。

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,

1.12.3 the disc must be returned to the last non-disputed thrower.

1.12 如果讨论后队员仍然无法达成共识，或者以下情况模糊不清：

1.12.1 比赛时发生了什么，或者

1.12.2 没有示意时，比赛中最可能发生的情况（译者注：有的时候会对示意是否影响比赛而产生争议），

1.12.3 飞盘必须回归到最后一个未受到示意影响的持盘人手中。

2 Playing Field 比赛场地

2.1 The playing field is a rectangular area with dimensions and zones as shown on Figure 1 and should be essentially flat, free of obstructions and afford reasonable player safety.

2.1 场地是一个长方形区域，尺寸和分布如图1所示。场地应平坦，无障碍物，并合理保障队员安全。

2.2 The perimeter lines surround the playing field and consist of two (2) sidelines along the length and two (2) endlines along the width.

2.2 比赛场地边界由两条长边构成的边线和两条短边构成的底线组成。

2.3 The perimeter lines are not part of the playing field.

2.3 边线不是场地的一部分。（译者注：即边线算界外）

2.4 The goal lines are the lines that separate the central zone from the end zones and are part of the central zone.

2.4 得分线是中心区和得分区的隔离线，其本身属于中心区。

2.5 The brick marks are the intersection of two (2) crossed one (1) metre 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.

2.5 砖头点的位置由中心区两条一米线的交汇点标记出，其与得分线的距离和底线的距离相同（18米），并位于两条边线的正中。

2.6 Eight brightly-coloured, flexible objects (such as plastic cones) mark the corners of the central zone and the end zones.

2.6 8个色彩鲜艳的柔性物体（比如塑料角标）标记中心区和得分区的边界。

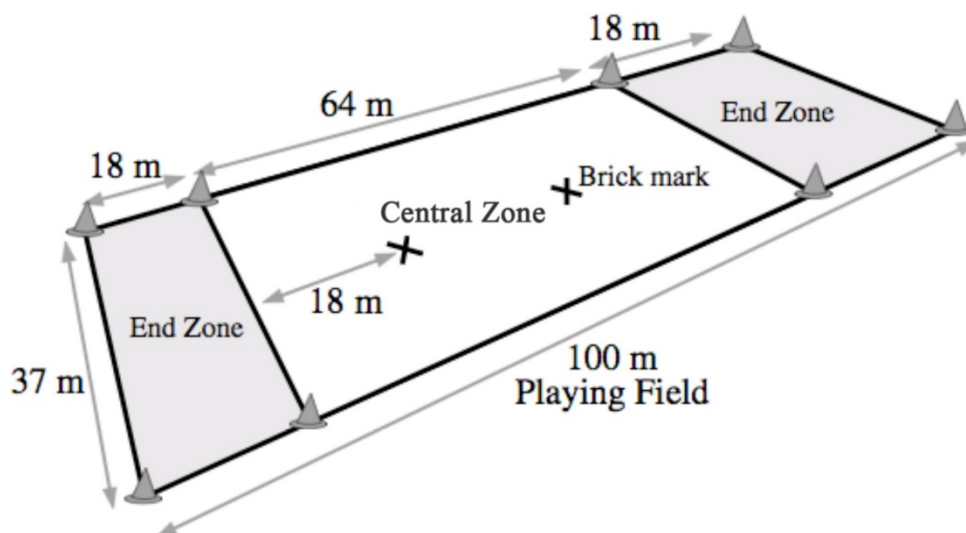


Figure 1 (图1)

2.7 The immediate surroundings of the playing field shall be kept clear of movable

objects. If play is obstructed by non-players or objects within three (3) metres of the perimeter line, any obstructed player or thrower in possession may call “Violation”.

- 2.7 比赛场地的周围不应该有可移动的物体。如果比赛被边界线3米内的非场上队员或物体影响，任何受影响的人都可以示意违例。

3 Equipment 比赛装备

3.1 Any flying disc acceptable to both captains may be used.

- 3.1 只要双方队长同意，任意飞盘都可作为比赛飞盘使用。

3.2 WFDF may maintain a list of approved discs recommended for use.

- 3.2 WFDF会提供推荐使用的飞盘品牌名单。

3.3 Each player must wear a uniform that distinguishes their team.

- 3.3 双方队员都必须穿着容易区分的队服。

3.4 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.

- 3.4 任何队员不能穿着或佩戴可能伤害到自己或他人，以及会妨碍对手比赛发挥的衣物或配饰。

4 Point, Goal and Game 回合，得分和比赛

4.1 A game consists of a number of points. Each point ends with the scoring of a goal.

- 4.1 一场比赛由多个回合组成，每回合以得分告终。

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

- 4.2 当队伍获得15分时比赛结束，该队获胜。

- 4.3 A game is separated into two (2) periods of play, called halves. Half time occurs when a team first scores eight (8) goals.
- 4.3 一场比赛被分为上下半场，某一队得到8分后上半场结束。
- 4.4 The first point of each half starts when the half starts.
- 4.4 每一半场开始时第一回合自动开始。
- 4.5 After a goal is scored, and the game has not been won or half time 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 defence and pulls next.
- 4.5 当得分后，且未满足终场或半场条件时：
- 4.5.1 下回合立即开始；
- 4.5.2 双方交换攻防场地；并且
- 4.5.3 得分方为新的防守方，同时进行开盘。

5 Teams 队伍

- 5.1 Each team will put a maximum of seven (7) players and a minimum of five (5) players on the field during each point.
- 5.1 每支队伍每回合最多7人，最少5人上场。
- 5.2 Each team must designate a captain and a spirit captain to represent the team.
- 5.2 每支队伍必须任命一名队长和一名精神队长。
- 5.3 A team may make unlimited substitutions after a goal is scored and before their team

signals readiness for the pull.

5.3 在得分后和示意可以开盘前，队伍可以进行无限次的人员替换。

6 Starting a Game 开始一场比赛

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.

6.1 两支队伍的公平地决定哪支队伍由优先选择：

6.1.1 谁先开盘；或者

6.1.2 他们先防守哪个得分区。

6.2 The other team is given the remaining choice.

6.2 另一支队伍做另一个选择。

6.3 At the start of the second half, these initial selections are switched.

6.3 下半场开始时，上半场的选择对调。

7 The Pull 开盘

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

7.1.1 Teams must prepare for the pull without unreasonable delay.

7.1 在比赛开始时、半场或一次得分后，比赛以来自防守方的一次投掷飞盘开始，称为开盘。

7.1.1 参赛队伍必须为开盘做好准备，不得无理地拖延。

7.2 The pull may be made only after both teams have signalled their readiness by having

the puller and a player on offence raise a hand above their head.

7.2 只有在两队都示意准备完毕之后，才能开盘，开盘方的开盘队员需要举手示意，进攻方至少有一人举手示意。

7.3 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.

7.3 在做出准备手势后，所有进攻队员必须一只脚站在他们的防守得分线上，并且不改变彼此的相对位置，直到开盘发出。

7.4 After signalling readiness all defensive players must keep their feet entirely behind the vertical plane of the goal line until the pull is released.

7.4 在做出准备手势后，所有防守队员必须将脚完全放在得分线后面，直到开盘发出。

7.5 If a team breaches 7.3 or 7.4 the opposing team may call a violation (“offside”). This must be called before the offence touches the disc (7.8 still applies).

7.5.1 If the defence chooses to call offside, the thrower must establish a pivot point as per 7.9, 7.10, 7.11, or 7.12 and then play restarts as soon as possible as if a time-out had been called at that location.

7.5.2 If the offence 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).

7.5 如果某队违反了7.3或7.4，对方队伍可以示意违例（“offside 越位”）。该示意必须在进攻方触盘前做出（但规则7.8优先）。

7.5.1 如果防守方示意对方越位，进攻方需根据规则7.9、7.10、7.11或7.12建立轴心，并按照暂停的情况尽快继续比赛（译者注：这里的意思是按照规则20.3的情况继续比赛）。

7.5.2 如果进攻方示意对方越位，他们必须让盘自然落地，然后在示意的

砖头点位置继续比赛（无需验盘）。

- 7.6 As soon as the disc is released, all players may move in any direction.
7.6 盘出手后，所有队员可以任意移动。
- 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.
7.7 开盘后，防守方队员在进攻方队员触盘或飞盘触地前禁止触盘。
- 7.8 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”).
7.8 如果进攻方队员，无论界内或界外的，在飞盘落地前触盘，并且进攻方未能实际控盘，即为攻防转换（开盘掉盘）。
- 7.9 If an offensive player catches the pull and subsequently establishes possession, they must establish a pivot point at the location on the playing field nearest to where possession is established, even if that pivot point is in their defending end zone.
7.9 如果进攻方队员成功接住开盘，他们必须在场地上最接近接盘点的位置建立轴心，即使这个位置在他们防守的得分区内。
- 7.10 If the disc initially contacts the playing field 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.
7.10 如果飞盘落地后并未出界，持盘人必须在飞盘停止点建立轴心，而非触地点，即使飞盘停止点在其防守的得分区内。

7.11 If the disc initially contacts the playing field 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.

7.11.1 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.

7.11 如果飞盘在界内落地后，在未接触任何进攻队员的情况下滑出界，持盘人必须在飞盘最先出界的位置建立轴心，如果该位置在其防守的得分区内，则在最近的中心区位置建立轴心。

7.11.1 如果飞盘出界前接触任何进攻队员，持盘队员必须在飞盘初次接触边线的位置建立轴心，即使那个位置在防守得分区内。

7.12 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 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 signalled before the disc is picked up, by any offensive player fully extending one arm overhead and calling “brick”.

7.12 如果飞盘在没有接触进攻队员的情况下直接出界，持盘队员可以在靠近己方防守得分区的砖头点或者最接近飞盘出界位置的中心区建立轴心（11.8）。在捡起飞盘前必须明确示意选择砖头点，任意进攻队员必须单臂举过头顶并喊出“brick（砖头点）”。

8 State of Play 比赛的状态

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).
- 8.1 以下情况下比赛处于死盘状态，不会发生攻防转换：
- 8.1.1 每回合开盘前；
- 8.1.2 开盘或攻防转换后，直到飞盘移到确定的轴心点位置前。
- 8.1.3 在犯规示意暂停比赛或任意其他暂停后，且在未验盘前；或者
- 8.1.4 在飞盘落地后，且在正确的队伍获得盘权前。
- 8.1.5 死盘状态下队员可以任意移动（除非另有说明）。
- 8.2 Play that is not dead is “live”.
- 8.2 非死盘状态下的比赛均处于活盘状态。
- 8.3 The thrower may not transfer possession of the disc during dead play to another player.
- 8.3 持盘队员不得在死盘状态下向队友转移盘权。
- 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.
- 8.4 在飞盘触地后，任何队员都可试图阻止飞盘继续滚动或滑行。
- 8.4.1 如果试图停盘时严重改变了飞盘的位置，对方可以要求在飞盘触地点建立轴心。

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 offence must put the disc into play 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 ten (10) seconds of the disc coming to rest.

8.5.1.2 in an end zone – within twenty (20) seconds of the disc coming to rest.

8.5 在攻防转换后，或开盘后，一名进攻队员必须至少以步行速度前去取盘并建立轴心。

8.5.1 在8.5之外，攻防转换后，且飞盘并未出界，则按照飞盘所处的位置，进攻方必须在如下的时间内开始比赛：

8.5.1.1 飞盘在中心区 – 飞盘停止移动后10秒内。

8.5.1.2 飞盘在得分区内 – 飞盘停止移动后20秒内。

8.5.2 If the offence breaches 8.5, or 8.5.1, the defence may give a warning (“Delay of Game” or using a pre-stall) or may call a “Violation”.

8.5.2.1 If, after a warning, the offence continues to breach 8.5, or 8.5.1, then 9.3.1 does not apply and the marker may commence the stall count.

8.5.2 如果进攻方违反了规则8.5或8.5.1，防守方可以给与口头警告（“Delay of Game拖延比赛”或预读秒），或者示意“Violation（违例）”。

8.5.2.1 如果警告后进攻方继续违反规则8.5或8.5.1，那么规则9.3.1不适用，防盘人可以直接开始读秒。

9 Stall Count 读秒

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.

- 9.1 防盘人通过对喊出“Stalling（开始读秒）”示意开始读秒，然后从1数到10。
每次计数之间的间隔不得小于1秒。
- 9.2 The stall count must be clearly communicated to the thrower.
- 9.2 读秒数字必须清楚地传达给持盘人。
- 9.3 The marker may only start and continue a stall count when:
- 9.3.1 Play is live, or until a pivot is established after a turnover;
- 9.3.2 They are within three (3) metres 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).
- 9.3 防盘人只可在以下情况下开始或继续读秒：
- 9.3.1 比赛处于活盘状态，或者在攻防转换后持盘人已建立轴心；
- 9.3.2 防盘人在持盘人轴心点的3米范围内，或者当持盘人不在正确的轴心点，防盘人在该轴心点；同时
- 9.3.3 所有防守队员都处于合规位置。（参见规则18.1）
- 译者注：我们在翻译过程中也对9.3.2进行了讨论。9.3.2后半句的情况可能是当持盘人没有到达正确的轴心位置，但可能按照8.5已经超时，防盘人警告无效，可以直接在正确轴心位置进行读秒。
- 9.4 If the marker moves beyond the appropriate three (3) metre radius, or a different player becomes the marker, the stall count must be restarted at “Stalling one (1)”.
- 9.4 如果防盘人移动到持盘人3米之外的位置，或防盘人发生更换，读秒必须从“Stalling one（读秒1）”重新开始。
- 9.5 After a stoppage in play the stall count is resumed as follows:
- 9.5.1 After an accepted breach by the defence the stall count restarts at “Stalling one (1)”.
- 9.5.2 After an accepted breach by the offence the stall count restarts at maximum nine (9).

- 9.5.3 After a contested stall-out the stall count restarts at “Stalling eight (8)”.
- 9.5.4 After all other calls, including “pick”, the stall count restarts at maximum six (6). However:
- 9.5.4.1 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.
- 9.5.4.2 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.
- 9.5 暂停后读秒恢复的方法如下:
- 9.5.1 防守犯规示意无争议, 读秒从1重新开始。
- 9.5.2 进攻犯规示意无争议, 读秒最高从9开始。
- 9.5.3 持盘超时有争议, 读秒从8开始。
- 9.5.4 其他任何违例示意后, 包括 “pick (阻挡)”, 读秒最高从6开始。
例外为:
- 9.5.4.1 如果是接盘违例, 且盘权回归到持盘人手上, 读秒从出盘时继续。
- 9.5.4.2 如果违例涉及重新验盘 (规则第10章), 读秒从违例示意前继续。
- 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:
- 9.6.1 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.
- 9.6 如果继续读秒, 且根据规则9.5.2、9.5.4或20.3.6存在最大起始读秒数 “n”, 那么:
- 9.6.1 如果示意前最后一个读出的数字为 “x”, 那么继续的第一个读秒为 “stalling x+1” 或 “stalling n” 中更小的那个数。

10 The Check 验盘

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.

10.1 出现以下情况后，队员必须尽快验盘继续进行比赛：犯规，违例，有争议的攻防转换，规则规定的需要攻防转换的情况，有争议的得分，比赛暂停，场上队员进行讨论，暂停结束。只有在对示意进行讨论时才可以推迟验盘。

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 disc, or 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.

10.2 队员在做出示意后的位置（暂停和有另外说明的情况例外）

10.2.1 如果比赛在出盘前中断，所有队员必须回到做出示意时的位置。

10.2.2 如果比赛在出盘后中断，则：

10.2.2.1 如果需要回盘，所有队员必须回到持盘人出盘时他们所处的位置，或者是示意出现时的位置，取决于二者哪个的时间更早。

10.2.2.2 如果传盘结果在比赛中断后保持不变，所有队员必须回到接盘者

接到盘时他们所处的位置，或者是盘落地时的位置。

10.2.2.3 如果因为无争议的犯规，持盘人之外的其他队员获得盘权，所有队员需要回到犯规发生时他们所处的位置。

10.2.3 在验盘前，所有队员必须原地不动。

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.

10.3 队员可以略微延长比赛暂停时间来修复损坏的装备（示意“equipment 装备损坏”），但不能因为装备问题暂停比赛。（译者注：在官方注释10.3中，损坏的装备包括散开的鞋带、弯曲的飞盘、或者掉了的鞋子。）

10.4 Prior to the check the person checking the disc in, and the nearest opposition player, must verify that their own team-mates are ready, and positioned as per 10.2.

10.4 在验盘前，验盘队员和最近的对方队员必须确认己方队员准备完毕，按照规则10.2就位。

译者注：10.4的英文表述本身有点问题，经过讨论后我们认为意思就是双方队员在验盘前应该确认双方队员已经准备完毕。

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.

10.5 如果验盘时有非必要的延迟，对方队伍可以给予警告（“Delay of Game 拖延比赛”）。如果警告后仍然拖延，给予警告的队伍可以直接喊“Disc in（比赛开始）”进行验盘，无需被警告的队伍确认。该情况只适用于发出警告的队伍是静止的，并且按照规则10.2就位。

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 to the ground 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”.

10.6 如何验盘继续比赛:

10.6.1 当持盘人身边:

10.6.1.1 有防守队员, 防守方必须摸盘。

10.6.1.2 没有防守队员, 持盘人必须用盘敲地, 可以喊 “Disc in (比赛开始)” 。

10.6.2 如果盘在地上, 离盘最近的防守方必须喊 “Disc in (比赛开始)” 。

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).

10.7 当对方出现以下情况时, 队员可以对验盘示意违例:

10.7.1 没有按照规则10.6要求的验盘就进行了传盘; 或

10.7.2 没有经过身边最近的防守队员的确认; 或

10.7.3 在验盘前移动了; 或

10.7.4 未站在合适的位置。

10.7.5 示意违例后的任何传盘都无效, 不论传盘成功与否, 盘权回到持盘人手中 (除非规则16.3适用)

11 Out-of-Bounds 出界

11.1 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.

11.1 整个比赛场地算界内，边线以及所有非场上人员算界外。

11.2 The out-of-bounds area consists of the ground which is not in-bounds and everything in contact with it, except for defensive players, who are always considered “in-bounds”.

11.2 界外区域包括非界内区域，以及该区域内的一切人和物，防守队员除外。防守队员永远算界内。

11.3 An offensive player who is not out-of-bounds is in-bounds.

11.3.1 An airborne player retains their in-bounds/out-of-bounds status until that player contacts the playing field or the out-of-bounds area.

11.3.2 A player who has caught the disc, who contacts the playing field and then contacts an out-of-bounds area, is still considered in-bounds, as long as they maintain the catch until they establish possession.

11.3.2.1 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 (unless 14.3 is in effect).

11.3.3 A thrower who contacts an out-of-bounds area is considered in-bounds until they make a pass.

11.3.4 Contact between players does not confer the state of being in- or out-of-bounds from one to another.

11.3 没有出界的进攻队员算界内。

11.3.1 在空中的队员的状态取决于他们落地时在界内还是界外。

11.3.2 如果持盘人先在界内成功接盘，并在建立轴心前保持对盘的控制，然后接触了界外，依然算界内。

11.3.2.1 如果持盘人到了界外，他们必须回到经过的场地边线位置建立轴心。

11.3.3 持盘人在出盘前接触了界外区域仍视为界内，直到他们传了盘。

11.3.4 队员之间的接触不影响他们属于界内还是界外。

11.4 The following are out-of-bounds turnovers, and no catch is deemed to have occurred:

11.4.1 any part of an offensive receiver is out-of-bounds when they contact the disc; or

11.4.2 after catching the disc while airborne, an offensive receiver's first contact is out-of-bounds while still in contact with the disc.

11.4 以下情况属于因出界而发生的攻防转换，不被视为成功接盘。

11.4.1 当进攻方接盘时身体的任何一部分在界外。

11.4.2 当进攻方在空中接到盘，落地时的第一接触点在界外。

11.5 A disc is in-bounds once play is live, or when play starts or restarts.

11.5 比赛进行时(包括比赛开始和继续时)盘算界内。

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.

11.6 当盘接触到界外区域或界外的进攻方队员时算作界外。当进攻方队员成功接盘时，盘的界内/界外状态和该队员的状态一致。如果盘同时被多名进攻方队员接住，且其中一名队员是出界的，那盘算出界。

11.7 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.

11.7 盘可能会飞出边线后回到比赛场地，队员可以在尝试触盘的过程中走到界外。

(译者注: make a play on the disc的定义是当盘在空中时，双方队员尝试接住或者防守这个盘，包括了读盘中的跑动行为，我们翻译为尝试触盘)

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 field; or

11.8.2 contacted by an in-bounds player.

11.8 盘出界的点取决于在接触界外区域或队员前，最近一次飞盘：

11.8.1 部分或完全处于比赛场地上空的位置，或

11.8.2 被界内的队员接触的位置。

11.9 If the disc is out-of-bounds and more than three (3) metres from the pivot location, non-players may retrieve the disc. The thrower must carry the disc the last three (3) metres to the playing field.

11.9 如果盘在界外，且在正确的轴心点三米外的位置，非场上队员可以帮忙取回飞盘。在最后3米内，必须由持盘人拿盘走回赛场。

12 Receivers and Positioning 接盘者和位置

12.1 A “catch” occurs when a player has a non-spinning disc trapped between at least two body parts. 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 team-mate or a legitimately positioned opposition player, possession is deemed to have not occurred.

12.1 接盘成功指队员至少有两个身体部位控制住一个非旋转的盘。接盘成功意味着一个队员获得了盘权。

12.1.1 如果接住盘的队员因为接触地面、队友或者位置合规的对手后未控制住盘，则为接盘不成功。

12.2 After establishing possession, that player becomes the thrower.

12.2 获得盘权后的队员即为持盘人。

12.3 If offensive and defensive players catch the disc simultaneously, the offence retains possession.

12.3 如果进攻和防守队员同时接住盘，进攻队员获得盘权。

12.4 A player in an established position is entitled to remain in that position and must not be contacted by an opposing player.

12.4 处于既定位置的队员有权停留在该位置，任何对方队员都不能接触该队员。

12.5 Every player is entitled to occupy any position on the field 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.

12.5 队员有权占据场上任何未被对方队员占据的位置，只要占据该位置时不发生身体接触，并且未以不计后果、危险的、有攻击性的方式移动。

12.5.1 但如果盘在空中，队员的移动不能仅仅是为了阻碍尝试接盘的对方队员前往未被占据的路径。

12.6 All players must attempt to avoid 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. "Making a play for the disc" is not a valid excuse for initiating contact with other players.

12.6.1 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.

12.6 所有队员应尽量避免与其他队员发生身体接触，包括避免与静止不动的对方队员接触，以及避免在对方队员按照既有的速度和方向将到达的位置发生接触。并不存在可以使身体接触合理化的情况。“冲着盘去的”不是发生身体接触的合理借口。

12.6.1 在对方队员合规地向飞盘移动时，如果队员没有充分理由确信自己能先合规地触盘，那么该队员必须调整自己的动作，以避免发生身体接触。若做出了该调整，比赛结果不变。

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 有以下行为的队员视为接触的发起者：

12.7.1 接触时的位置是在静止不动或者移动中的对方队员已占据的一个合规位置，或者

12.7.2 当考虑到所有队员已占据的位置、移动速度、方向后调整自己的位置，造成和处于合规移动中的对方队员有无法避免的身体接触。

12.8 Some minor contact may occur as two or more players move towards a single point simultaneously. Minor contact should be minimized but is not considered a foul.

12.8 两个或多个队员同时朝一个位置移动时可能会发生轻微接触。轻微接触应尽可能避免，但不视为犯规。

12.9 Players may not use their arms or legs to obstruct the movement of opposing players.

12.9 队员不能用手或者腿来阻碍对方队员的移动。

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 队员不能用身体协助另一队员的移动，也不能使用装备或物品帮助接盘。

13 Turnovers 攻防转换

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

13.1.4 during the pull, the offence touches the disc before it hits the ground, and subsequently fails to establish possession of the disc (a “dropped pull”).

13.1 出现以下情况时，攻防转换:

13.1.1 进攻方没有接住飞盘，使得飞盘接触地面，即“down（触地）”；

13.1.1.1 但是，如果传盘被接盘者在接触地面前抓住，并且当盘接触地面时，接盘者仍保持对飞盘的控制，则不是“down（触地）”。

13.1.2 如果防守队员接住了传盘，即“interception（拦截）”；

13.1.3 当飞盘出界，即“out-of-bounds or out（出界）”；或者

13.1.4 开盘时，进攻方在飞盘落地前接触飞盘，然后没有保持对飞盘的控制，即“dropped pull（开盘掉盘）”

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 disc 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.
- 13.2 出现以下情况时，盘权从一个队伍转移到另一队伍，并且比赛暂停：
- 13.2.1 无争议的进攻方接盘犯规；
 - 13.2.2 持盘人在防盘人喊出单词 “ten（10）” 时没有扔出盘，即 “stall-out（读秒超时）”。
 - 13.2.3 进攻队员故意将盘递给另一个队员，该过程中两人同时对盘有接触，即 “handover（递盘）”
 - 13.2.4 持盘人故意把盘扔到其他队员身上，反弹给自己，即 “deflection（回弹）”；
 - 13.2.5 持盘人传盘后，在另一队员接触飞盘前接住了盘，即 “self-catch（自传自接）”；
 - 13.2.6 进攻队员故意帮助队友移动，从而接盘；或
 - 13.2.7 进攻队员使用装备或物品帮助接盘。
- 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.
- 13.3 如果队员认为发生了攻防转换，则必须立刻做出正确的示意。如果对方队员不同意，则可以示意 “contest（有争议）”，此时比赛必须暂停。如果在双

方队员讨论后仍然无法达成一致，或不清楚比赛中发生了什么，飞盘必须回到最近的一个无争议的持盘人手中。

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 fast count before a stall-out, the play is treated as either an accepted defensive breach (9.5.1) or a contested stall-out (9.5.3).

13.4.2 If the thrower made a completed pass, the thrower can contest if they believe 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.

13.4 示意 “stall-out（读秒超时）” 后：

13.4.1 如果持盘人未出盘时认为读秒过快，且在读秒超时没有机会示意 “fast count（读秒过快）”，比赛按照无争议的防守违规（详见规则 9.5.1）或者有争议的读秒超时（详见规则9.5.3）处理。

13.4.2 如果持盘人已出盘，且认为没有超时，或者认为在示意读秒超时前读秒过快，那么持盘人可以不同意这个示意。

13.4.3 如果持盘人不同意读秒超时的示意，但是已经出盘，且该盘没有被成功接住，则攻防转换，验盘后比赛继续。

13.5 Any offensive player may take 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 offensive receiving foul, in which case the fouled player must take possession.

13.5 在攻防转换后，任何进攻队员都可以持盘，除了：

13.5.1 “interception（拦截）” 发生后的攻防转换，进行拦截的队员必须

持盘；

13.5.2 进攻方接盘犯规后，被犯规的球员必须持盘。

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 re-establish possession and restart play with a check.

13.6 如果有盘权的队员在攻防转换或开盘后盘已落地后，故意掉盘、把盘放在地上、移交盘权，那么盘权必须回到该队员手上，通过验盘重新继续比赛。

（译者注：根据官方注释，这个情况的意思是当队员A拦截了一个传盘，然后通过故意掉盘等行为移交飞盘给自己的队友，此时对方队员可以示意violation，比赛停止，队员A重新获得盘权，验盘后继续比赛。但这一情况不包括拦截飞盘后试图传盘的情况，若拦截后传盘失败，则攻防转换。）

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 13.2.2, 13.2.3, 13.2.4, 13.2.5; 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.

13.7 攻防转换的位置是：

13.7.1 盘停下来位置，或者是进攻队员捡盘的位置；或

13.7.2 拦截的队员停下的位置；或

13.7.3 在规则13.2.2，13.2.3, 13.2.4, 13.2.5的示意发生时，持盘人所在的位置；或

13.7.4 进攻队员在规则13.2.6和13.2.7所处的位置；或

13.7.5 无争议的进攻方接盘犯规发生的位置。

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 (Section 11.8).

13.8.1 If 13.8 does not apply, a pivot point must be established according to 13.9, 13.10, or 13.11.

13.8 如果攻防转换发生在界外，或攻防转换发生后盘接触到了界外区域，那么持盘人必须在离在界外盘最近的中心区域建立轴心。

13.8.1 如果规则13.8不适用，轴心点应该在规则13.9，13.10和13.11规定的位置。

13.9 If the turnover location is in the central zone, the thrower must establish a pivot point at that location.

13.9 如果攻防转换发生在中心区域内，那么持盘人必须在该位置建立轴心。

13.10 If the turnover location is in the offence's attacking end zone, the thrower must establish a pivot point at the nearest location on the goal line.

13.10 如果攻防转换发生在进攻方所进攻的得分区内，那么持盘人必须在距离最近的得分线上建立轴心。

13.11 If the turnover location is in the offence'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.

13.11 如果攻防转换发生在进攻方所防守的得分区内，那么持盘人可以选择在以下位置建立轴心：

13.11.1 在攻防转换发生的位置，并通过停留在该位置，或者做出传盘假动作来表示自己的选择；或

13.11.2 在离攻防转换的位置最近的得分线上，通过移动到该位置表示自己的选择。

13.11.2.1 持盘人可以在捡盘前，单手举过头顶来示意自己要到得分线建立轴心。

13.11.3 以下行为视作建立轴心的位置已经确定，无法撤回：立即移动、停留在攻防转换的位置、做假动作、示意到得分线的位置。

13.12 If, after an accepted turnover, play has continued unknowingly, play stops and the disc is returned to the turnover location, players resume their positions at the time the turnover occurred and play restarts with a check.

13.12 无争议的攻防转换发生后，如果不知情的队友继续比赛，那么比赛需要停止，回盘到攻防转换发生的位置，队员回到攻防转换时所处的位置，通过验盘重新开始比赛。

14 Scoring 得分

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, 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

14.1.2 they subsequently establish possession of the disc, and maintain the catch throughout all ground contact related to the catch (note 12.1, 12.1.1).

14.1 得分指的是在界内的队员接住了一个合规的传盘，并且：

14.1.1 该队员与地面的接触完全在进攻的得分区内，或在空中接盘的队员

首次触地点完全在进攻的得分区内，并且

- 14.1.2 该队员获得盘权，在与接住飞盘有关的地面接触时都控制住了盘
(注释12.1, 12.1.1)

译者注：官方注释12.1说明了catch（接住）和possession（获得盘权）的区别，接住是指接盘人初次接触飞盘，但是不代表其获得盘权。详情可以阅读注释12.1。

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.

- 14.2 如果队员认为比赛已得分，可以示意“goal 得分”，并停止比赛。如果得分示意有争议或被撤回，须通过验盘继续比赛，且该得分示意被认为是在队员获得盘权的时候做出的。

14.3 If a player in possession of the disc ends up with their selected pivot point behind the attacking goal line without scoring a goal according to 14.1, the player must establish a pivot point at the nearest location on the goal line.

- 14.3 如果持盘的队员所选择的轴心点在进攻的得分线之后，但是不符合14.1得分的情况，该队员必须在得分线上最近的位置建立轴心。

译者注：得分线上最近的位置指的是得分区里的位置与得分线垂直的交点。

14.4 The time at which a goal is deemed to have been scored is when the player established possession.

- 14.4 当队员获得盘权时才算得分。

15 Calling Fouls, Infractions and Violations 示意犯规，违规和违例

15.1 A breach of the rules due to non-minor contact between two 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.

15.1 犯规（foul）是指两个或两个以上双方队员发生非轻微接触而违反规则的情况。

15.1.1 一个队员故意发起轻微接触也是违反规则，但应被视为违例（violation），而非犯规（foul）。

译者注：规则原文里的breach, foul, infraction, violation，很难通过中文翻译来直接体现它们的区别。

- ✧ Breach指的是通用的犯规，即违反规则。
- ✧ Foul指的是发生了非轻微的身体接触。
- ✧ Infraction指的是防盘或走步的违规行为，不需要暂停比赛。
- ✧ Violation指的是比赛中除了foul和infraction的情况下的违规行为，需要暂停比赛。

但是具体情况下，foul和infraction的情况会变成violation，比如故意发生身体接触就是violation，或者是多次反复的marking infraction就是violation。

15.2 A breach of the rules regarding a Marking or Travel breach is an infraction. Infractions do not stop play.

15.2 违规（infraction）是有关防盘或走步的违反规则，比赛不会因违规停止。

15.3 Every other breach of the rules is a violation.

15.3 其他任何对规则的违反都视为违例。

15.4 Only the player fouled may claim a foul, by calling “Foul”

15.4 只有被犯规的队员可以喊出“Foul（犯规）”，以示意犯规。

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.

15.5 一般来说，只有持盘人可以喊出“infraction（违规）”，以示意违规。

15.5.1 但是，任何进攻队员都可以示意双重防守（double team），任何防守

队员都可以示意走步（travel）。

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.

15.6 任何对方队员都可以喊出具体的违例内容或者“violation（违例）”，以示意违例（violation），除非规则有具体说明。

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 field. 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.

15.7 当有队员示意需要停止比赛的犯规（foul）或违例（violation）后，其他队员看到示意后必须立刻停止比赛，场上所有队员应通过声音或手势传达比赛暂停的信息。如果有队员在做出示意前就停止比赛进行讨论，那么示意视为在讨论开始时已做出。

15.8 Calls must be made immediately after the breach is recognised.

15.8 当队员发现有违规情况，应该立刻做出示意。

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. The stall count resumes as if an accepted breach has been caused by the player who initiated the stoppage incorrectly.

15.9 当队员错误地停止了比赛，比如听错了示意，不懂规则，或没有立刻做出示意：

15.9.1 如果对方获得或保留盘权，那么任何随后的比赛结果保留

15.9.2 如果对方没有获得或保留盘权，那么盘必须回到上一个无争议的持盘人手中，规则16.3的情况除外。读秒按照错误暂停比赛的队员造成无争议的违规情况继续。

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".

15.10 如果对方队员对所示意犯规（foul）、违规（infraction）、违例（violation）产生异议，或认为示意是错误的，可以喊出“Contest（有争议）”。

15.11 If a player making any call subsequently determines that their call was incorrect, they can retract the call, by calling "Retracted". The stall count resumes as if an accepted breach has been caused by that player.

15.11 如果队员做出示意后认为自己的示意是错误的，可以喊出“Retracted（撤回）”，撤回该示意。读秒按照该队员无争议的违规情况继续。

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).

15.12 如果在同一分或者比赛停止前有多个示意，比赛结果应按照由后往前的顺序处理（先解决最后一个示意，最后解决第一个示意）。

15.13 Players are encouraged to use the WFDF Hand Signals to communicate all calls.

15.13 鼓励队员使用WFDF手势来传达所有示意。

16 Continuation after a Call 示意后继续比赛

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).

16.1 当示意犯规（foul）和违例（violation）后，比赛应该立刻停止，此时不会再出现攻防转换（除非当前情况符合规则15.9，16.2和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).

16.2 如果犯规（foul）或违例（violation）：

16.2.1 是对持盘人的示意，且持盘人试图传盘，或

16.2.2 是由持盘人在扔盘中进行的示意，或

16.2.3 是当盘在空中的时候发生或示意的，那么比赛继续直到确立盘权。

16.2.4 盘权一旦确定：

16.2.4.1 若示意犯规或违例的队伍因为传盘获得或维持盘权，则保留比赛结果。若示意犯规和违例的队员立刻示意“Play on（继续比赛）”，比赛继续，无需停止。

16.2.4.2 如果示意犯规和违例的队伍因为传盘未获得或保留盘权，比赛必须停止。

16.2.4.2.1 如果示意犯规和违例的队伍认为盘权受到了犯规和违例的影响，盘要回到持盘人手中验盘（除非规则有具体说明）。

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.

16.3 不论示意何时做出，如果双方队员都同意该情况或示意没有影响比赛结果，则结果保留。该规则不被其他任何规则替代。

16.3.1 如果队伍得分，则得分保留。

16.3.2 如果队伍没有得分，则被该情况或示意影响了位置的队员，可以弥补劣势位置，验盘后比赛继续。

17 Fouls 犯规

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 behaviours, 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 危险动作：

17.1.1 任何表现为不计后果、忽视他人安全的行为，或给队员带来重大受伤风险的行为，或其他危险的攻击性行为，都被视为危险动作，按照犯规（foul）处理，无论身体接触是否发生或何时发生。该规则不被其他任何有关犯规的规则替代。若危险动作无争议，则必须按照规则17章中最相关的犯规情况处理。

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 Section 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.

17.2 接盘犯规:

17.2.1 接盘犯规指攻防双方在尝试触盘前、中、后其中一方发起的非轻微接触。

17.2.1.1 当一方接住盘后或无法尝试触盘时，攻防双方的手臂或手发生的接触，不构成犯规，但应尽量避免（规则17.1和17.3中的身体接触除外）。

17.2.2 无争议的接盘犯规后，被犯规的队员在犯规发生的位置获得盘权，即使该位置在得分区里，比赛在验盘后继续。若验盘后适用规则14.3，则应在队员于得分线上最近的位置建立轴心后，方能开始读秒。若犯规有争议，飞盘将回到持盘人手中。

译者注：得分线上最近的位置指的是得分区里的位置与得分线垂直的交点。

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.

17.3 夺权犯规:

17.3.1 夺权犯规指对方队员造成持盘人掉盘或者丢失盘权。

17.3.2 如果原本接到盘为得分，且夺权犯规无争议，则算作直接得分。

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 opponents 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.

17.4 阻挡犯规:

17.4.1 阻挡犯规指的是一名队员考虑到对方队员按照既有的速度和方向能到达的位置，以及非轻微身体接触的后果，仍占据了对方队员通过合规移动无法避免的位置。阻挡犯规按照适用的接盘犯规或间接犯规来处理。

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 establishing possession, and the contact caused the receiver:

17.5.1.1 to become 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 is 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.

17.5 被迫出界犯规:

17.5.1 被迫出界犯规指的是接盘人在获得盘权的过程中，且在获得盘权前，被防守队员犯规，发生的身体接触使得接盘人:

17.5.1.1 从界内移到界外；或

17.5.1.2 从进攻的得分区到中心区域接到盘。

17.5.2 若接盘人本可在进攻的得分区接到盘，则算作直接得分。

17.5.3 若被迫出界犯规存在争议，且接盘人出界，则盘应该回到持盘人手中，若接盘人未出界，则盘权属于接盘人。

17.6 Defensive Throwing (Marking) Fouls:

17.6.1 A Defensive Throwing Foul occurs when:

17.6.1.1 A defensive player is illegally positioned (Section 18.1), and there is non-minor contact between the illegally positioned defensive player and the thrower; 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 release.

17.6.1.3 If a Defensive Throwing Foul occurs prior to the thrower releasing the disc 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).

17.6 防盘犯规:

17.6.1 防盘犯规指的是:

17.6.1.1 防守队员站位不合规（详见规则18.1），并与持盘人发生了非轻微接触；或

17.6.1.2 防守队员对持盘人造成了非轻微接触；或在盘出手前与持盘人争夺一个未被占据的空间时产生了非轻微接触。

17.6.1.3 若在持盘人出盘前，且不在扔盘动作中发生了扔盘犯规，则持盘人可以选择喊出“Contact（身体接触）”进行示意。若该示意无争议，则比赛不用暂停，并且防盘人必须从1开始重新读秒。

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.

17.7 进攻扔盘（持盘人）犯规：

17.7.1 持盘人犯规指的是由持盘人对站位合规的防守队员造成的非轻微接触。

17.7.2 持盘人出盘后的惯性动作造成的接触不构成犯规，但应避免。

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.

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

17.8 间接犯规：

17.8.1 间接犯规指的是接盘人和防守队员之间发生了非轻微接触，但不直接影响其尝试触盘。

17.8.2 若犯规无争议，则被犯规的队员可以弥补由于犯规造成的位置劣势。

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).

17.9 抵消犯规:

17.9.1 抵消犯规指的是进攻和防守队员同时示意犯规，并且无争议。飞盘必须回到上一个无争议的持盘人手中。

17.9.2 若有2个或多个队员朝同一位置同时移动，造成了非轻微接触，则视为抵消犯规。

17.9.2.1 但是如果在接盘后，或在相关队员无法尝试触盘后发生了这一情况，必须按照非间接犯规处理（规则17.1的身体接触情况除外）。

18 Infractions and Violations 违规和违例

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,

18.1.1.1.5 or, does not start the stall count from the correct number.

18.1.1.2 “Straddle” – a line between a defensive player’s feet comes within one disc diameter of the thrower’s pivot point.

18.1 防盘违规

18.1.1 防盘违规包括以下情况:

18.1.1.1 “Fast count（读秒过快）”指的是防盘人:

18.1.1.1.1 不合规地开始或继续读秒,

18.1.1.1.2 没有以“Stalling（开始读秒）”开始或者重新开始读秒,

18.1.1.1.3 读秒间隔小于1秒,

18.1.1.1.4 没有按照规则减少或者重新开始读秒, 或

18.1.1.1.5 没有从正确的数开始读秒。

18.1.1.2 “Straddle（跨越轴心）”指的是防守队员的双脚连线与持盘人

的轴心点小于一个飞盘的距离。

18.1.1.3 “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.

18.1.1.3 “Disc Space（间距过小）”指的是防守队员身体的任意部位与持盘人的躯干小于一个盘的距离。然而，若这一情况仅由持盘人的移动造成，则不是违规。

18.1.1.4 “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.

18.1.1.4 “Wrapping（包夹）”指的是防守队员的双手或双臂的连线和持盘人的距离小于一个盘的距离。然而，若这一情况仅由持盘人的移动造成，则不是违规。

18.1.1.5 "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.

18.1.1.5 “Double Team（双重防守）”指的是非防盘人的防守队员在持盘人轴心点的3米之内，且该防守队员没有防守另一个进攻队员。但单纯跑过这个区域不算双重防守。

18.1.1.6 “Vision” – a defensive player uses any part of their body to intentionally obstruct the thrower’s vision.

18.1.1.6 “Vision（阻挡视野）”指的是防守队员故意用身体的某一部分阻碍持盘人的视野。

18.1.2 A marking infraction may be contested by the defence, 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 offence, and the disc must be returned to the thrower.

18.1.2 防守队员可以对防盘违规的示意提出异议，此时比赛停止。

18.1.2.1 若盘已经传出并被接住，则有争议或者撤回的防盘违规视为进攻违例（violation），此时飞盘必须回到持盘人手中。

18.1.3 After all marking infractions listed in 18.1.1 that are not contested, the marker must resume the stall count with the number last fully uttered before the call, minus one (1).

18.1.3 规则18.1.1列出的防盘违规若无争议，则防盘人必须在示意前最后数完的数字减去1开始读秒。

18.1.4 The marker may not resume counting until any illegal positioning has been corrected. To do otherwise is a subsequent marking infraction.

18.1.4 只有在不合规的站位改正后，防盘人才可以恢复读秒。否则是再次防盘违规。

18.1.5 Instead of calling a marking infraction, the thrower may call a marking violation and stop play if;

18.1.5.1 the stall count is not corrected,

18.1.5.2 there is no stall count,

18.1.5.3 there is an egregious marking infraction, or

18.1.5.4 there is a pattern of repeated marking infractions.

18.1.5 若为下述情况，持盘人可以示意防盘违例（violation），而非防盘违规（infraction），且比赛需要暂停：

18.1.5.1 读秒不正确，

- 18.1.5.2 没有读秒，
- 18.1.5.3 有恶劣的防盘违规，
- 18.1.5.4 有重复的防盘违规。

18.1.6 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.

18.1.6 如果持盘人在防盘违规或防盘违例的示意前、示意中或示意后传盘，那么示意不会对这个传盘有影响（除非规则18.1.2.1适用），若传出的盘没有被接住，则视为攻防转换。

18.2 “Travel” Infractions:

18.2.1 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.

18.2.1.1 However an in-bounds player who catches a pass while airborne may attempt a pass prior to contacting the ground.

18.2 “Travel（走步）” 违规:

18.2.1 只要持盘人完全在界内，或已在界内确定了轴心点，就可以随时传盘。

18.2.1.1 界内的队员在空中接到盘后，可以在落地前传盘。

18.2.2 After catching the disc, the thrower must reduce speed as quickly as possible, without changing direction, until they have established a pivot point.

18.2.2.1 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:

18.2.2.1.1. they do not change direction or increase speed until they release the pass;

18.2.2.1.2. a maximum of two additional points of contact with the ground are made after the catch and before they release the pass.

18.2.2 接到盘后，持盘人必须在不改变方向的情况下尽快减速，直到建立轴心。

18.2.2.1 如果队员在跑动或者跳跃中接住了盘，符合以下情况时，他们可以在未减速和未建立轴心的情况下传盘：

18.2.2.1.1 他们在扔盘前没有改变方向或者提速；

18.2.2.1.2 他们在接盘后和扔盘前最多与地面有两个接触点。

18.2.3 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.

18.2.3 只有建立轴心点后，持盘人才可以向任何方向移动。轴心点是持盘人在出盘前身体任意部分和地面某点保持接触的位置。

18.2.4 A thrower who is not standing can use any part of their body as the pivot point.

18.2.4.1 If they stand up it is not a travel, but only if a pivot point is established at the same location.

18.2.4 持盘人在非站立情况下，可以用身体的任意部分确定轴心。

18.2.4.1 如果持盘人站起来，这不算走步，但是已确定的轴心点要在同一位置。

18.2.5 A travel infraction occurs if:

18.2.5.1 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;

18.2.5.2 the thrower releases a pass in breach of 18.2.2.1;

18.2.5.3 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;

18.2.5.4 the thrower fails to keep the established pivot point until releasing the disc;

18.2.5.5 a player intentionally bobbles, fumbles or delays the disc to themselves, for the sole purpose of moving in a specific direction.

18.2.5 走步违规是指：

18.2.5.1 持盘人的轴心点不在正确的位置，包括接盘后没有尽快减速，或者接盘后改变移动方向；

18.2.5.2 持盘人违反了规则18.2.2.1；

18.2.5.3 当持盘人必须移动到某一位置时，没有确定轴心就开始挥臂或做出传盘动作。

18.2.5.4 持盘人在扔盘前改变了轴心。

18.2.5.5 队员为了让盘向某个位置移动，故意漏接、拍打飞盘，或让盘在自己身上旋转。（译者注：原文的delay the disc to themselves的意思是“Allowing the disc to spin continuously on one's fingernail or other body part”，我们在WFDF网站的另一份文件里找到了这个定义。官方注释里也有tipping，即拍盘，和bobble、fumble是同样的意思。）

18.2.6 After an accepted travel infraction is called (“travel”), play does not stop.

18.2.6.1 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.

18.2.6.2 Any stall count is paused, and the thrower may not throw the disc, until a pivot point is established at the correct location.

18.2.6.3 The marker does not need to say “Stalling” before resuming the stall count.

18.2.6 若所示意的走步违规无争议，则比赛不用停止。

18.2.6.1 按照示意走步的队员的指示，持盘人在正确位置建立轴心，此时双方队员都不能拖延。

18.2.6.2 在正确的位置建立轴心前，读秒暂停，且持盘人不能扔盘。

18.2.6.3 防盘人在继续读秒前不用说“Stalling（开始读秒）”。

18.2.7 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.

18.2.7 走步违规示意后，若持盘人在改正轴心前扔出飞盘并被接住，则防守队伍可以示意走步违例（violation）。此时比赛停止，飞盘回到刚才的持盘人手中，持盘人必须回到走步违规发生的位置。验盘后比赛重新开始。

18.2.8 If, after a travel infraction, the thrower throws an incomplete pass, play continues.

18.2.8 走步违规示意后，若持盘人扔出飞盘且没有被接住，则比赛继续。

18.2.9 After a contested travel infraction where the thrower has not released the disc, play stops.

18.2.9 若双方对走步违规示意存在争议，且持盘人未出盘，则比赛停止。

18.3 “Pick” Violations:

18.3.1 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 a play on the disc.

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 阻挡违例:

18.3.1 如果一名防守队员在防守一名进攻队员时被另一名队员阻碍了移动，该进攻队员可以示意“Pick（阻挡）”。但是若防守和被防守的两名

队员同时在追盘，则不构成阻挡违例。

18.3.1.1 示意“Pick（阻挡）”前，防守队员可以有2秒时间来决定阻挡行为是否影响比赛。

译者注：官方注释中（18.3.1）说明了pick是防守队员位于自己防守的进攻队员的3米内被阻挡时才能示意。

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.

18.3.2 若比赛停止，则被阻挡的队员可以移到没有被阻挡时他们应该所处的位置，这个位置需要是双方认可的，除非规则另有说明。

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.

18.3.3 所有队员应该努力避免阻挡。

18.3.3.1 在任一比赛停止期间，队员可以略微调整自己的位置，避免可能的阻挡发生。

19 Safety Stoppages安全暂停

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 there after the stoppage.

19.1 受伤暂停

19.1.1 受伤暂停，即 “Injury”，可以由受伤的队员示意，或者由受伤队员所在队伍的任意一名队员做出示意。

19.1.2 若受伤不是由对方队员造成的，则受伤队员必须下场换人，或者扣除自己队伍的一次暂停。

19.1.3 若受伤由对方队员造成，则受伤队员可以选择留在场上或者换人。

19.1.4 若受伤队员获得盘权，且因为受伤掉盘，则该队员的盘权保留。

19.1.5 受伤暂停被视为在受伤时做出的，除非受伤队员在暂停比赛前就选择继续比赛。

19.1.6 若示意受伤暂停时盘在空中，则比赛继续直到有队员接住飞盘或者飞盘落地为止。如果不是由对方队员犯规造成的受伤，那么接盘或者攻防转换的结果保留，比赛在暂停后继续。

19.2 Technical Stoppage

19.2.1 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 must stop immediately.

19.2.1.1 A team-mate, 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 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.

19.2 技术暂停

19.2.1 任何队员意识到有危险情况时（比如某队员有开放性或流血的伤口），应该通过喊出“Technical（技术）”或者“Stop（暂停）”来示意技术暂停。比赛应该立刻停止。

19.2.1.1 队伍成员，教练，或者赛事指定人员应立刻提醒场上队员注意危险情况。

19.2.1.2 队员有70秒时间来快速处理伤口或者止血等情况。若他们需要额外的时间，则必须下场换人，或者扣除己方队伍的一次暂停。

19.2.2 持盘人在比赛中示意技术暂停，更换严重损坏的飞盘。

19.2.3 如果示意技术暂停时盘在空中，或者比赛在无意中继续：

19.2.3.1 若示意或者发生的问题不影响比赛，则接盘或者攻防转换有效，比赛继续；

19.2.3.2 若示意或者发生的问题影响比赛，则飞盘回到持盘人手中。

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.

19.3 如果队员因受伤、或不合规、损坏的装备而下场换人，则对方队伍也可以替换一名队员。

19.3.1 替换上场的队员保持被替换的队员的全部比赛状态（如位置、盘权、读秒等），并且可以代他们进行示意。

20 Time-Outs 暂停

20.1 The player calling a time-out must form a "T" with their hands, or with one hand and the disc, and should call "time-out" to opposition players.

20.1 示意暂停必须用双手或者一只手和盘做出“T”型动作，并应该对对方队员喊出“Time-out（暂停）”。

20.2 After the start of a point and before both teams have signalled 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.

20.2 每回合开始时，双方队伍都示意准备就绪前，任意一名队员都可以示意暂停。暂停将这一分的开盘延后75秒。（译者注：上一分的结束即为下一分的开始。）

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 maximum nine (9). However if the marker has been switched, the stall count restarts at “Stalling one (1)”.

20.3 开盘后，只有获得盘权的持盘人可以示意暂停。暂停从“T”型手势做出时开始，持续75秒。暂停结束后：

20.3.1 不允许换人，除非有人受伤。

20.3.2 比赛在持盘人的轴心点重新开始。

20.3.3 持盘人与暂停前一致。

20.3.4 所有进攻队员可以在任意位置站位，但不能移动。

20.3.5 进攻方确定了位置后，防守方可以在任意位置站位，但不能移动。

20.3.6 读秒最高在9秒重新开始。但是如果更换了防盘人，读秒应从“Stalling one（读秒1）”开始。

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.

20.4 若在比赛进行中，持盘人尝试示意暂停，使得比赛停止，但是此时己方队伍的暂停次数已用完，则防盘人必须在本来要继续的读秒上加2秒，验盘后继续比赛。如果加2秒后达到或超过了10，那么算作“stall-out（读秒超时）”，攻防转换。

Definitions 名词解释

Act of throwing 扔盘动作	See throwing motion. 参见扔盘动作。
Affect the play 影响比赛	A breach affects the play if it is reasonable to assume that the outcome of the specific play may have been meaningfully different had the breach not occurred. 犯规是否影响比赛的判断依据为：如果没有犯规行为发生，比赛原本的结果是否会有显著区别。
Attacking end zone 进攻得分区	The end zone in which the team in question is currently attempting to score. 所指的队伍当前试图得分的区域。
Best perspective 最佳视角	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. 队员有对于情况最完整的视角，需包括比赛中飞盘、场地、双方队员和边线标志物的相对位置。
Call 示意	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. 一个清楚明了的宣告，表示发生了犯规、违规、违例、攻防转换或者人员受伤。以下术语能被使用：Foul（犯规）、Travel（走步）、特定的防盘违规词汇（见术语手册）、违例（或特定的违例术语）、特定的攻防转换词汇、技术暂停、受伤暂停。
Catch 成功接盘	A non-spinning disc trapped between at least two body parts. 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.

	用至少两个身体部位夹住飞盘，使其不再旋转。如果一个队员初始接盘后未能在确定盘权前保证全程接盘（“保证全程接盘”的意思是用至少两个身体部位夹住一个不旋转的飞盘），那么初始接盘将被视为不成功。
Central zone 中心区	The area of the playing field including the goal lines but excluding the end zones and the perimeter lines. 场地上包括得分线，但不包括得分区和边界线的区域。
Defending end zone 防守得分区	The end zone in which the team in question is currently attempting to prevent the opposition from scoring. 所指的队伍当前正在试图阻止对方得分的区域。
Defensive player 防守队员	Any player whose team is not in possession of the disc. 没有盘权的队伍的队员
End zone 得分区	One of the two areas at the end of the playing field where teams can score a goal by catching the disc there. 场地两端的区域，在里面成功接盘可以得分。
Goal line 得分线	The line separating the central zone from each end zone. It is not part of the end zone. 区分中心区和得分区的线。得分线本身并不属于得分区。（译者注：踩得分线接盘不算得分）
Ground 场地	The ground consists of all substantial solid objects, including grass, marker cones, equipment, water, trees, fences, walls and non-players, but excluding all players and their worn clothing, airborne particles and precipitation. 场地由场上所有实物构成，包括草、角标、装备、水、树、围栏、墙和所有非场上队员的人员，不包括队员和他们身上的衣物，空中的物体和降雨。
Ground contact 触地	Refers to all player contact with the ground directly related to a specific event or manoeuvre, including landing or recovery after being off-balance (e.g., jumping, diving, leaning, or falling).

	指所有队员在特殊情况或动作后和地面的接触，包括落地和失去平衡后的恢复动作（比如起跳，飞扑，倾斜或摔倒）。
Guarding 防守	A defender is guarding an offensive player when they are within three meters of that offensive player and are reacting to that offensive player. 防守指的是一名队员在进攻队员的3米范围内，并针对该进攻队员的行动做出反应。
Interception 抢断	When a player on the defensive team establishes possession of a throw by a player on the offensive team. 防守方队员成功接住了进攻队员扔出的飞盘。
Legitimate position 合规位置	The stationary or moving position established by a player that is not in breach of any rules. 当一个队员所处的位置或移动方向并不违反任何规则时即处于合规位置。
Line 线	A boundary defining the playing areas. On an unlined field, the boundary is defined as an imaginary line between two field markers with the thickness of said markers. Line segments are not extrapolated beyond the defining markers. 限定比赛场地范围的边界。在无实线的场地上，边界由两个角标之间的虚拟连线构成，线宽为角标的宽度。线的范围不可超出角标的范围。
Making a play on the disc 尝试触盘	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. 当飞盘在空中时，有队员试图通过任意方式触盘，比如接盘或断盘。这同样包括跑向预期接触位置的过程。
Marker 防盘人	The defensive player who may call the stall count on the thrower. 对持盘人读秒的防守队员。

Minor contact 轻微接触	<p>Contact that involves minimal 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 to the throwers hand during the throwing motion, is not considered to be minor contact.</p> <p>在不影响其他队员行动或位置的情况下的轻微接触。接触对方伸出将要或已经触盘的手臂或手，或者在持盘人出盘时接触对方的手，不是轻微接触。</p>
Non-player 非场上队员	<p>Any person, including a team member, who is not currently a player.</p> <p>任何不参与场上比赛的人，包括未上场的队员。</p>
Offensive player 进攻队员	<p>A player whose team is in possession of the disc.</p> <p>获得盘权的队伍的队员。</p>
Out-of-bounds (OB) 界外	<p>Everything that is not part of the playing field, including the perimeter lines.</p> <p>所有不在场地范围内的事物，包括边线。</p>
Perimeter lines 边线	<p>Lines separating the central zone or end zone from the out-of-bounds area. They are not part of the playing field.</p> <p>区分中心区或得分区与界外范围的线。它们本身并不属于比赛场地。</p>
Pivot 轴心	<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 point. A player 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 a thrower has multiple options for a pivot point, the pivot point is not determined until they pivot.</p> <p>当持盘人身体的某一部位在移动时永远保持与地面某一点的接触，那么该点为轴心点。一名队员可以通过放置，或固定身体某个部位在特定地点来建立轴心。如果持盘人有多个可选择的轴心点，轴心的位置将由他们自己确定。</p>

<p>Pivot Location 轴心位置</p>	<p>The point on the playing field where the thrower is required to establish a pivot point after a turnover, after the pull, after a time-out, after leaving the central zone, or where a pivot point has already been established. 轴心位置是持盘人在攻防转换后、开盘后、暂停结束后、离开中心区后或轴心点已经明确时，在场上建立轴心的位置。</p>
<p>Play 比赛</p>	<p>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. 在开盘和得分之间的时间。比赛可以因示意暂停，之后需要通过验盘继续比赛。</p>
<p>Player 场上队员</p>	<p>The people who are actually participating in the current point of play. 参与比赛当前一分的人员。</p>
<p>Playing Field 比赛场地</p>	<p>The area including the central zone and the end zones, but excluding the perimeter lines. 包括中心区和得分区的场地，但不包括边线。</p>
<p>Possession of the disc 盘权</p>	<p>A player establishes possession of a pass when:</p> <ul style="list-style-type: none"> - they catch a pass and then they maintain that catch for more than one noticeable instant, and - they maintain the catch throughout all ground contact related to the catch, or until they throw the disc <p>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 contact with 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 the team in possession. 以下情况发生时，一名队员成功获得盘权：</p> <ul style="list-style-type: none"> - 成功接住飞盘并明显控制住了飞盘。

	<p>- 接盘后，该队员在触地时全程保持接盘状态，或直到其扔出飞盘。</p> <p>队员可以在飞盘触地后通过捡盘，或在攻防转换、开盘或暂停后接过递给他们的盘来获得盘权。队员得到盘权后，在保持触盘的情况下可以改变飞盘握法，这并不改变盘权。被持有的飞盘或被抓到的飞盘是这名队员的一部分。持盘队员所在的队伍，或有权去捡盘的队伍是持盘方。</p>
Pre-stall 预读秒	<p>A warning regarding time limits to resume play, issued by giving warnings at twenty (20), ten (10), and five (5) seconds (as applicable)</p> <p>口头对于继续比赛的时限的提醒，如在20秒、10秒或5秒时进行警告（按照适用的情况）。</p>
Pull 开盘	<p>The throw by the defence to the offence that starts play at the beginning of a half or after a goal. The pull is not considered a legal pass.</p> <p>半场开始或得分后防守方扔向进攻方以开启比赛的盘。开盘不属于合规传盘。</p>
Receivers 接盘人	<p>All offensive players other than the thrower.</p> <p>所有非持盘人的进攻方队员。</p>
Stoppage of play 比赛暂停	<p>Any halting of play due to a foul, violation, discussion, contested call, injury or time-out, that requires a check to restart play.</p> <p>所有因犯规、违例、讨论、有争议的示意、人员受伤或暂停造成的需要验盘继续比赛的比赛中断。</p>
Throw 扔盘	<p>A disc in flight following any throwing motion, including after a fake attempt and an intentionally dropped disc, that results in loss of contact between the thrower and the disc.</p> <p>A pass is the equivalent of a throw.</p> <p>在扔盘动作后在空中飞行的飞盘，包括假动作和故意掉盘所引起的持盘人和飞盘的分离。</p> <p>传盘等同于扔盘。</p>
Thrower	<p>The offensive player in possession of the disc, or the player who has just</p>

持盘人	thrown the disc prior to when the result of the throw has been determined. 持盘的进攻方队员，或在扔盘结果未明了之前的持盘人。
Throwing motion 扔盘动作	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. 扔盘动作是持盘人向飞盘传递动能并实际出盘的动作。确定轴心和挥臂动作不是扔盘动作。
Turnover 攻防转换	Any event resulting in a change of the team in possession. A turnover is not considered a violation. 改变拥有盘权的队伍的情况。攻防转换不被视为违例。（译者注：这里的不被视为违例可以理解为，攻防转换不需要验盘后继续比赛。）
Where the disc stops 飞盘停止的位置	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. 特指队员获得盘权、飞盘自然停止或者飞盘停止滚动或滑行的位置。

-The End-

-结束-

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