

# **WFDF Rules of Ultimate 2017**

## **-Official Annotations-**

### **世界飞盘联盟 WFDF 极限飞盘规则 2017 版**

#### **-官方注释-**

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**Produced by the WFDF Ultimate Rules Committee**

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## Introduction 简介

These Official Annotations complement the WFDF Rules of Ultimate 2017. The WFDF Rules of Ultimate is the primary document outlining how to play the game of Ultimate. However players may refer to these annotations to help determine the correct way to apply the rules and resolve issues on the field.

此官方注释完善了 WFDF 2017 版极限飞盘规则。WFDF 极限飞盘规则是指导进行极限飞盘比赛的主要文件。然而，选手也可以参考这些注释来正确应用规则 and 解决场上事件。

The rules are written to be as comprehensive, clear, simple and accurate as possible. However, it is not always easy for the average player to understand how to apply the rules to every situation, so these annotations provide some common examples of how to apply the rules.

规则在编写时尽可能做到全面，清晰，简单和准确。但是，普通选手有时很难理解如何在特定情况下应用规则，因此，官方注释提供了一些应用规则的常见示例。

In a refereed sport, referees or umpires have discretion on whether a breach makes a material difference to the outcomes of the game. As ultimate is self-refereed, these annotations also aim to establish common ground on what breaches would be considered material.

在有裁判参与的运动中，裁判员可以决定违规是否会对比赛结果产生重大影响。由于极限飞盘是一项自裁运动，官方注释旨在就重要的违规建立共识，解决争议。

Although the Official Annotations do not constitute part of the rules of the game, they are conventions that should be followed in order to establish a common way of playing the game, and if an example from this document is encountered on the field, the guidance of the Official Annotations should be followed.

虽然官方注释不属于比赛规则的一部分，但它们是为了建立普遍接受的比赛方式而应遵循的惯例。如果在场上遇到了注释中提到的情况，则应当遵循官方注释的指导。

## Principles 原则

The Rules of Ultimate are based on principles that outline how the game should be played and how to resolve issues. When encountering a scenario that is not expressly described by the rules, these principles are a good guide to help resolve the issue:

极限飞盘规则是基于如何进行比赛和解决场上事件的原则制定的。当遇到规则未明确描述的场景时，以下原则是帮助解决问题的指导方针：

- It is trusted that no player will intentionally violate 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.
  - 基于任何选手都不会故意违反规则的信任，对于无意的违规没有严厉的惩罚，而是模拟如果违规没有发生时最有可能的情况恢复比赛。
- A team should not be disadvantaged because the opposition has made an error or caused a breach.
  - 队伍不会因为对方的错误或违规而处于不利地位。
- Calls should only be made where a breach has occurred that has a meaningful impact on the game. Players should allow for a reasonable degree of tolerance for minor breaches involving small discrepancies in distance and time.
  - 只在违规行为会对比赛产生重大影响时进行示意。由于距离和时间上的微小差异导致的轻微违规，场上选手应该给予适当的容忍度。

- Not everybody sees a situation in the same light. Two players with a very good view of a situation can still see very different things happening. Human perception is not perfect. Players should be aware of this when trying to resolve calls.
- 并非每个人都能以同一视角看待场上情况。即使拥有完美视角的两个人仍有可能对场上情况产生完全不同的看法人类的感观并不完美。在尝试解决示意时，选手应该注意到这一点。
- 
- If a call cannot be resolved then the disc shall be returned to where possession was last undisputed and play shall resume as it was prior to the call.
- 如果示意无法解决，则应该回盘到上一个没有争议的位置，并按照示意没有发生之前的情况恢复比赛。

## Official Annotations 官方注释

### I. Spirit of the Game 飞盘精神

#### I.1 Providing evidence to support a call 提供支持示意的证据 (I.3.4)

- What** It is an essential component of good spirit that a player must be prepared, if asked, to explain concisely the objective evidence that led to making a call, or contesting a call.  
如果被要求，选手必须简明扼要地解释为什么做出示意或者不同意示意，这是良好精神的重要组成部分。
- Example** After making a travel call, if asked, the defender might explain “I saw you lift your pivot foot while the disc was still in your hand.”  
在示意 travel 后，如果被问到，防守方可以解释“我看到你出盘前轴心脚离地了。”
- Why** The objective evidence is evidence that can be tested for validity. It makes it clear that the call was not based on emotion or what the player wanted or expected to happen, but what they actually observed.  
If a player is not reasonably certain of the objective evidence, they should not make a call.  
客观证据应该是经得起检验的证据。它可以清楚地表明，示意并非基于情感或选手想要的情况，而是根据他们实际观察到的情况做出的。如果选手不能提供合理的客观证据，他们就不应该做出示意。
- Extra** Players should be aware and understanding of the language limitations accompanying international play, however opponents should still be able to communicate, even through gestures, what they saw. Team captains and team mates should get involved if they think their team’s player is wrong or does not behave correctly.  
选手在国际比赛中应该意识到并理解语言障碍，但是双方仍然可以通过手势或其他方式就他们看到的情况进行交流。队长和队友如果认为自己队员是错的，就应该参与其中帮助交流。

#### I.2 Making calls in a consistent manner throughout the game 在整场比赛中一致的方式进行示意 (I.3.7)

- What** Players should make calls without taking into account the context of the game. This means that players should not start making more calls just because the game is nearly over and the scores are quite close.  
选手在做出示意时不应该考虑比赛赛况。这意味着选手不应该因为比赛即将结束且分数非常接近而做出更多示意。
- Example** If at the start of the game minor travel infractions were not called, then they should not be called later in the game.  
如果在比赛开始时没有示意轻微的 travel，在之后也不应该示意。

#### I.3 Only calling significant breaches 只对重要违规行为进行示意 (I.3.8)

- What** Players should allow for a reasonable degree of tolerance for minor breaches

involving small discrepancies in distance and time.

由于距离和时间上的微小差异导致的轻微违规，选手应该给予适当的容忍度。

**Example** If the thrower established a pivot one centimetre away from the correct pivot point then a travel infraction should not be called.

如果持盘手在离正确位置一厘米的地方建立轴心，则不应该示意 travel。

#### **1.4 Intimidation 恐吓 (1.6.3)**

**What** A player could be deemed to be engaging in intimidating behaviour if, for example, they yell loudly at an opponent with the intention of distracting the opponent as they are about to make a catch. Simply undertaking a normal action within the game, such as making a bid in front of someone, should not be seen as intimidation.

如果选手为了在对手接盘时分散他的注意力而故意向他大喊大叫，这将被视为恐吓对手。但如果是在比赛中采取的正常行动，例如在某人面前提醒队友，就不算是恐吓。

#### **1.5 Disrespectful celebration after scoring 得分后的无礼庆祝 (1.6.4)**

**What** This includes spiking directed at an opponent and taunting of the opponent by “showing” them the disc. These actions must be avoided.

这包括拿手指着对手以及通过向对手“展示”飞盘来嘲弄他们，这些行为必须避免。

**Result** Opposing team captains should discuss all matters relating to violations of spirit and try to resolve them.

双方队长应该讨论并尝试解决与违反飞盘精神有关的所有问题。

#### **1.6 Seeking perspective from non players 寻求非场上选手的观点 (1.10)**

**Note** It is still up to the players involved to make the final call. Non players must not provide advice regarding a call unless they are requested to by the players involved.

是否做出示意最终仍由涉及到的场上选手决定。除非场上有关选手提出要求，否则非场上选手不得提供关于示意的建议。

#### **1.7 Discussion of what occurred in a play 关于场上发生了什么的讨论 (1.12)**

**Note** Before the disc is returned to the thrower when players cannot agree, players should discuss what happened in the play. Both players involved should attempt to clearly explain what they think happened and listen to the view of their opponent, or other players with good perspective on the play.

在选手无法达成一致意见而回盘前，选手应该讨论场上发生了什么。双方选手都应该尝试清楚地解释他们认为发生了什么，并听取对方或其他有良好视角的选手的观点。

If discussion is difficult due to a language barrier, then gestures or recreations of the incident can be used to indicate what was experienced during the incident (eg striking yourself across the back of the hand to show that your hand was hit as you were trying to catch the disc).

如果由于语言障碍而难以进行沟通，可以采用手势或情景重现的方式来表明事件经过（例如，拍打自己手背表示自己在试图接盘时被打手了）。

There are times where an event happens where it is not possible to be reasonably certain of exactly what happened (eg no one had a good view, or it happened too quickly). There are also times where it can be difficult to determine whether something ‘affected the play’. In those circumstance the disc should be returned to the last non-disputed thrower.

有时候很难合理地确定发生了事件（例如没有人有好的视角，或者发生得太快）。有时候很难确定是否有什么“影响了比赛”。在这种情况下，应该回盘给最后一个无争议的持盘手。

Discussions should be as brief as possible with the preferred outcome being either a retracted call, or an uncontested call. However once it becomes clear that no resolution will be reached, the disc should be returned to the last non-disputed thrower. The suggested maximum length of a stoppage due to a discussion is forty-five (45) seconds).

讨论应该尽可能简短，最好的结果是收回示意，或者是同意示意。如果双方无法达成一致，则应该回盘给最后一个无争议的持盘手。建议讨论时长不超过 45 秒。

## 2. Playing Field 场地

### 2.1 Playing Field size 场地大小 (2.1)

**Note** The playing field is one hundred (100) metres long by thirty-seven (37) metres wide. The playing field is broken up into a central zone that is sixty-four (64) metres long, and two end zones that are eighteen (18) metres deep at each end of the central zone.

标准场为 100 米长，37 米宽。场地分为 64 米长的中间区域，和两端 18 米长的得分区。

All lines are between seventy-five (75) and one hundred and twenty (120) millimetres wide, and are marked with a non-caustic material.

所有场地线宽在 75~120 毫米之间，并用没有腐蚀性的材料标记。

If space is not available to fit a full sized field, the end zones should be made shorter before the central zone is reduced. Refer to Appendix A.1.5.1 for more detail.

如果场地不足以规划为标准场地，应该优先考虑缩短得分区而非中间区域，更多细节参考附录 A. 1. 5. 1。

## 3. Equipment 装备

### 3.1 Harmful equipment should not be worn 不得佩戴可能产生伤害的装备(3.4)

**Note** This includes wristwatches, bracelets, buckles and protruding jewellery. Fully metallic studs, long studs and studs with sharp edges are not allowed on footwear. This includes watches, bracelets, buckles and protruding jewellery. Shoes are not allowed to have fully metallic studs, long studs and studs with sharp edges.

这包括手表，手镯，搭扣和突出的珠宝。鞋类不允许使用全金属铆钉，长铆钉和边缘锋利的铆钉。

### 3.2 Equipment that impedes ability to play 妨碍选手比赛能力的装备 (3.4)

**Note** This includes oversized items, long pieces of fabric etc. The types of gloves commonly worn by Ultimate players are allowed, but they must not in any way damage the disc or leave any residue on the disc. This includes oversized items, long pieces of fabric etc. Ultimate players are allowed to wear gloves, but they must not in any way damage the disc or leave any residue on the disc.

这包括超大物品，超长衣物等。极限飞盘选手通常佩戴的飞盘手套是允许的，但它们不得以任何方式损坏飞盘或在飞盘上留下任何残留物。

## 4. Point, Goal and Game 回合，得分和比赛

There are no Interpretations for this section.

本节没有特别的注释。

## 5. Teams 队伍

### 5.1 Mixed games 男女混合赛事 (5.1)

**Note** In Mixed games, where men and women play on the same team, both teams should have the same gender ratio as each other on the field for each point. Events should use one of the options in the WFDF Rules of Ultimate 2017 Appendix to determine the gender ratio for each point.

在男女混合赛事中，比赛双方每一分的男女比例应该相同。赛事应该使用 WFDF 极限飞盘规则 2017 版附录中提到的方式决定每一分的男女比例。

## 6. Starting a Game 开始一场比赛

### 6.1 Team representatives 队伍代表 (6.1)

**Note** Team representatives should ensure they have the authority from their team to make the decisions listed in this section.

队伍代表应该确保自己能代表他的队伍，来决定猜盘后的选择。

## 6.2 Fairly determining choices 公平地确定选择 (6.1)

**Note** It is recommended that team representatives use the process described in the WFDF Rule of Ultimate Appendix to fairly determine the choices.  
建议队伍代表使用 WFDF 极限飞盘规则附录中描述的流程来公平地确定猜盘后的选择。

## 7. The Pull 发盘

### 7.1 Defence stops a pull from rolling 防守方停止滚动的发盘 (7.7)

**What** A pull hits the ground and starts rolling towards the defending end zone, so a defender stops the disc, even before an offence player has touched it.  
发盘后飞盘击中地面并开始向防守方得分区滚动，防守方在进攻方触及飞盘之前停止飞盘滚动。

**Result** This is allowed (Rule 8.4). If the defensive player kicked the disc towards the offensive end zone, the disc may be put into play by the offence at the point where it was kicked (Rule 8.4.1).  
这是被允许的（规则 8.4）。如果防守方将飞盘踢向进攻方得分区，那么进攻方应该在飞盘被踢的位置开始比赛（规则 8.4.1）。

**Extra** If the pull is still in the air, no defensive player may touch it, even if it flies back towards the defensive end zone (e.g. because of the wind). If a player does touch it, the offence may request a re-pull).  
If the pull lands in the offence's attacking end zone (i.e. a really short pull), the offence should take it on the goal line.  
Any offence player can also stop the pull from rolling. That player is not required to pick up the disc after stopping it.  
如果飞盘仍然在空中，即使它（由于风）飞回防守方得分区，防守方也不可以碰盘。  
如果防守方碰到盘了，那么进攻方可以要求重新开盘。如果发盘落在防守方得分区（即非常短的发盘），则进攻方应该将盘带到得分线上开始比赛。任何进攻方选手都可以停止飞盘滚动，并且停盘选手可以不捡盘。

### 7.2 Reasonable delay before the pull 发盘前的合理延迟 (7.1.1)

**Note** The following activities are considered reasonable prior to a pull:

- ☐ Celebrating a goal,
- ☐ Determining who will play the next point,
- ☐ Determining team tactics for that point, e.g.:
  - who is marking whom
  - offensive positions
  - what type of defence and/or offence will be used

As a guide, the pull should be released within 75 seconds of the start of the point (which starts at the start of a half, or when the previous goal was scored).

在发盘之前，以下行为可视为合理行为：庆祝得分；确定下一分上场选手；确定下一分的战术，例如：谁防谁、进攻站位、进攻/防守战术。发盘应该在一分开始（上下半场的开始，或者上一分得分）的 75 秒内发出。

### 7.3 Brick call 示意砖头点 (7.12)

**Note** If an offensive player signals and calls "brick", a different offensive player may pick up the disc.  
如果一名进攻方选手示意“砖头点”，可以由另一名选手去捡盘。

### 7.4 Offside 越位 (7.5)

**Note** It is recommended that the opposing team provide a warning to the captain of the team committing this violation before it is enforced. Team should also take into account that calls should only be made where a breach is significant enough to make a difference to the outcome of the action.

建议在示意越位之前先向对方队长发出警告。队伍还应该考虑到只有在违规行为足以对结果产生重大影响的情况下才进行示意。

Offside can only be called by the players on the field, and any call made by a non-player has no consequences. However non players may assist in monitoring offside and may provide advice based on their perspective, if offside is called.

越位只能由场上选手示意，非场上选手示意无效。但是，非场上选手可以协助判断越位，如果越位被示意出来，他们可以根据自己的视角提供建议。

## 8. Status of the Disc 飞盘状态

### 8.1 Using the wrong call 进行了错误的示意 (8.1.3)

**What** A player signals a foul or violation and yells “stop” or uses the incorrect name for a call.

选手发出犯规或违例的信号并大喊“停止”或使用不正确的说法进行示意。

**Result** The call should be dealt with as if the player has used the correct call.

这个示意应该按照选手已经使用正确的说法进行处理。

**Why** It is clear that the player has seen a breach of the rules. This takes precedence over the technicality of knowing the correct term.

很明显已经有选手违反了规则，这优先于使用正确的飞盘术语进行示意。

**Extra** The player who used the wrong term should make it a point to learn the correct term (rule 1.3.1) and more experienced players should tell them the correct call (rule 1.8).

使用错误术语的选手应该学习正确的术语（规则 1.3.1），更有经验的选手应该告知他们正确的术语（规则 1.8）。

### 8.2 Significantly altering the discs position 显著改变飞盘位置 (8.4)

**What** In attempting to stop a rolling disc a player knocks the disc towards their attacking endzone.

在试图停止滚动的飞盘时，选手将盘踢向他们进攻的得分区。

**Result** The opposition may request that the pivot be established at the location where the disc was contacted, by verbal request or by pointing to the correct location. Play does not stop and a check is not required to restart play (similar to an uncontested travel infraction (Rule 18.2.6)).

If the offensive team is the team that significantly altered the discs position they should not move to establish the pivot at the location where the disc was contacted unless requested to by the opposition.

对方可以通过口头或指向正确的位置来要求在碰到飞盘的位置建立轴心。比赛不会停止并且不需要验盘（类似于没有争议的 travel（规则 18.2.6））。如果是进攻方改变飞盘位置，他们就不应该到接触飞盘的位置建立轴心，除非对手要求。

### 8.3 Standing over the disc after a turnover 攻防转换后站在飞盘前 (8.5.1)

**What** A turnover has occurred and the new intended thrower is standing over the disc, waiting for their team to set up.

攻防转换后，持盘手站在飞盘前等他的队友站好位。

**Result** The defence should remind the player they need to put the disc into play. Intentional delay of game is against spirit of the game and should be discussed by the captains as soon as possible.

防守方应该提醒持盘手应尽快开始比赛。故意延迟比赛是违反飞盘精神的，应该尽快由双方队长讨论。

**Why** Rule 8.5 says that the new thrower must not delay when picking up the disc.

规则 8.5 规定新的持盘手在捡盘时不得拖延。

**Extra** If other players are still moving towards the disc (a common situation after a

turnover), the closest player can decide not to pick up the disc – this is not in itself a breach of the rules. If no player on offense has been walking towards the disc since the turnover occurred, this is a breach of the rules.

It is recommended that the opposing team provide a warning to the opposition and make sure they are aware of the rule before enforcing any time limits.

如果有其他选手朝飞盘移动（攻防转换后的常见情况），离盘最近的选手可以不捡盘 - 这本身并不违反规则。如果在攻防转换后没有任何进攻选手走向飞盘，就属于违规。建议在执行任何时间限制之前先向拖延比赛的队伍发出警告并确保他们了解该规则。

#### **8.4 Starting a stall count after a delay of game 拖延比赛后开始延迟计数 (8.5.4)**

**Note** After the “delay of game” call the offence should be given two (2) seconds to remedy the breach before the stall count is commenced.

在示意“拖延比赛”之后，防盘人在开始计数之前应该给予进攻方 2 秒的时间来纠正。

#### **8.5 Time limits after a turnover 攻防转换后的时间限制 (8.5.2)**

**Note** To enforce the 10 and 20 second time limits the defence should loudly count down the time limit in 5-second intervals. The player who calls the time limits does not need to be the same player who becomes the marker.

为了强制执行 10 秒和 20 秒的时间限制，防守方应以 5 秒的间隔大声计数。执行时间限制（倒数）的选手可以不是防盘人。

**Extra** For events where the “WFDF Rules of Ultimate 2017 – Appendix” are in use, the penalties also apply to discs that are out-of-bounds, and for the pull. Refer to A5.8 for details.

It is recommended that the opposing team provide a warning to the opposition and make sure they are aware of the rule before enforcing any time limits.

If the offence believes that the time limits are being counted too quickly, they can call a fast count.

If the disc lands out-of-bounds and then rolls back and stops in the playing field, the time limits in 8.5.2 do not apply.

对于使用“WFDF 极限飞盘规则 2017 版附录”的比赛，该处罚也适用于发盘出界的情况，详参 A5.8。建议在执行任何时间限制之前先向拖延比赛的队伍发出警告并确保他们了解该规则。如果进攻方认为时间限制计数太快，他们可以示意“fast count”。如果飞盘落地出界然后滚回比赛场地停止，则 8.5.2 中的时间限制不再适用。

### **9. Stall Count 延迟计数**

#### **9.1 When to start the stall count 什么时候开始延迟计数 (9.3)**

**What** The marker can start the stall count as soon as the thrower has caught the disc. 一旦持盘手拿盘，防盘手就可以开始延迟计数。

**Result** Even if the thrower still has to stop, get up after a dive, or even come back into the field because they ran out of the field, the marker may start the count. 即使持盘手仍在减速，或在飞扑后起身，或因为跑出场地回来，防盘手都可以开始计数。

**Extra** If the offensive player needs some time to recover because they had to avoid an object outside the field (for safety, there shouldn't be any, but in practice this may be the case) the marker should not count until the player has had that time.

If the thrower regains possession of an accidentally dropped disc before it contacts the ground without another player touching the disc, that possession is considered continuous. If the thrower regains possession of an accidentally dropped disc before it contacts the ground and after another player touches it, it is considered a new possession.

If the thrower catches a pass in the central zone, but momentum takes them out-of-bounds, the marker can start/continue the stall count if they are within 3 metres of the pivot spot, even if they are not within 3 metres of the thrower.

如果进攻方由于避开场外的物体需要一些时间来恢复比赛（为安全起见，不应该有任何场外物体，但实际上可能存在这种情况），防守方就不应该开始计数，直到问题解决。持盘手在飞盘接触地面之前重新接住飞盘（无意脱手），如果没有其他人碰到，则计数

继续。如果被另一个人碰到，则重新开始计数。如果持盘手接盘后跑出界外，防盘人可以在正确的轴心 3m 之内开始计数，而不需要离持盘手 3m 之内。

## 9.2 Other calls 其他示意 (9.5.4)

Note All other calls includes:

- ☐ Contested foul
- ☐ Contested goal
- ☐ Contested turnover (excluding stall-out)
- ☐ Violation for sideline obstruction (2.7)
- ☐ Injury
- ☐ Technical

其他示意包括：有争议的犯规、得分、攻防转换（超时除外），边线障碍，受伤，技术暂停。

## 9.3 Stall counts 延迟计数 (9.6)

What If, after a call, a stall count is to be restarted at maximum 6 and:

1. the stall count was stopped at 4, the stall count restarts on “Stalling 5”
2. the stall count was stopped at 8, the stall count restarts on “Stalling 6”

延迟计数最多从 6 开始，即，计数在 4 停止，则从 “Stalling 5” 重新开始，如果计数在 8 停止，则从 “Stalling 6” 重新开始。

Extra There does not need to be a gap between “stalling” and the number of the count.  
在 “stalling” 和数字之间不需要间隔

## 10. The Check 验盘

### 10.1 Faulty Equipment 装备问题 (10.3)

Note Faulty equipment includes, for example, untied shoelaces, a bent disc or a shoe that has come off. However, it is players' responsibility to minimise such disruptions by ensuring their personal equipment is secure.

有缺陷的装备包括散开的鞋带，弯掉的盘或脱落的鞋。但是，选手有责任确保个人装备的正常使用来最大限度地减少这种中断。

### 10.2 When a check is not required 什么时候不用验盘 (10.1)

Note A check is not required after the pull or after a turnover, even when the thrower must walk to the location of the correct pivot point. The thrower can make a pass, and the marker can start the stall count, as soon as the pivot is established at the correct position.

If the pivot is not established at the correct position, this is a travel infraction.

If the marker starts the stall count before the pivot is established, this is a fast count infraction.

To ensure play is not interrupted, it is recommended that either the thrower or marker point to the spot where they think the pivot should be established, prior to it being established.

发盘或攻防转换后不需要验盘，即使持盘手需要捡盘走向正确的轴心点。只要已经建立了正确的轴心，持盘手就可以传盘，防盘手也可以开始计数。如果没有在正确的位置建立轴心，就是 travel。如果防盘手在建立轴心之前开始计数，就是 fast count。为了确保比赛不被打断，建议在建立轴心之前，持盘手或防盘手指向应该建立轴心的位置。

Extra “Specified turnover” refers to those listed in 13.2.  
特定的攻防转换参考规则 13.2。

### 10.3 “Delay of Game” for a check 拖延比赛示意后的验盘 (10.4.1)

- What** An unnecessary delay includes discussing team tactics (who is guarding whom, who should attempt to catch the next pass). A discussion to resolve the outcome of a call is not an unnecessary delay.  
不必要的拖延包括讨论队伍战术（谁防谁，谁来接下一个盘）。但解决示意结果的讨论不属于不必要的拖延。
- Result** After a “Delay of Game” called against the defence where the unnecessary delay continues, the thrower may call “Disc In” and then immediately make a pass.  
如果防守方有不必要的拖延并且在示意“拖延比赛”之后仍在继续，持盘手可以示意“Disc in”后马上传盘。
- Extra** The person checking the disc in must still ensure that all players are stationary and in the correct position before checking the disc in.  
验盘之前，验盘的人必须确保所有人在正确的位置静止不动。
- Note** It is recommended that the opposing team provide a warning to the opposition, and make sure they are aware of the rule, before enforcing this rule.  
建议在应用这条规则之前先向拖延比赛的队伍发出警告并确保他们了解该规则。

### 10.4 Losing possession on ground touch 敲地过程的掉盘 (10.5.1.2)

- Note** If the thrower loses possession as a result of touching the disc to the ground, they can re-establish possession.  
如果持盘手在敲地过程中掉盘，他可以重新建立盘权（不算是攻防转换）。

### 10.5 Preferred process for checking the disc in 验盘的推荐流程 (10.5)

- Note** It is recommended that the following steps be undertaken before checking the disc in:
- ☐ “Is the offence ready?”
  - ☐ “Is the defence ready?”
  - ☐ “The stall count is starting on ‘x’”
  - ☐ “Disc In, in 3...2...1”
  - ☐ Touch the disc, touch the disc to the ground, or say “Disc In”, as appropriate.
- 建议按以下流程验盘：进攻方 ok 吗；防守方 ok 吗；计数从 x 开始；disc in, 3, 2, 1；触盘或敲地。

### 10.6 Calling a violation of 10.2 对规则 10.2 示意违例 (10.6)

- Note** A player cannot call a violation of 10.2 because a player on their own team (including themselves) is in the wrong position, or is moving before the check.  
选手不能因为自己队伍的人（包括自己）在不正确的位置或在验盘前移动而示意基于规则 10.2 违例。

## 11. Out-of-Bounds 界外

### 11.1 The “Greatest Play in the World” 世上最伟大的好盘 (11.3.1.)

- What** An offensive player realises that they cannot catch the disc in-bounds and jumps from an in-bounds position, catches the disc and throws it before they land out-of-bounds.  
一名进攻方选手意识到他无法在界内抓住飞盘，因此他从界内起跳抓住飞盘并在自己落到界外之前将飞盘扔出去。
- Result** This is a valid pass. 这是一个合规的传盘。
- Why** Rule 11.3.1. states that an airborne player who jumped from in-bounds is still in-bounds. This lasts until the player lands out-of-bounds and by that time the player has already released the disc. Therefore, the disc is not out.  
A player is allowed to throw the disc while in the air, according to rule 18.2.1.1.

根据规则 11.3.1，从界内起跳的选手在空中仍视为界内，界内状态一直持续到选手落到界外为止，而在那之前选手已经释放了飞盘。因此，盘没有出界。根据规则 18.2.1.1，允许选手在空中传盘。

- Extra** A player may not catch their own “greatest” throw. That is a turnover (13.2.5). If there is a contested call regarding the catch after a “greatest”, the player who threw the “greatest” should be treated as the last thrower. They should establish a pivot at the point on the field closest to where they released the disc (or on the goal line if this would result in a pivot in their attacking end zone).
- 选手不能接自己的“greatest”盘，这是一个攻防转换（13.2.5）。如果接到“greatest”盘后存在争议，那么传出“greatest”盘的选手应被视为最后一个传盘手，应该在距离他们释放飞盘位置最近的场地上建立轴心（如果这个点在他们进攻的得分区内，就在得分线上建立轴心）。

## 11.2 Leaving the playing field 离开比赛场地 (11.6)

- Note** Players are allowed to leave the playing field to make a play on the disc and may re-enter the field at any point. However it is a turnover if an offensive player jumps from out-of-bounds and contacts the disc before they contact the playing field (Rule 11.3.1/ 11.5/ 12.3.1).
- 允许选手离开比赛场地对飞盘做出反应，并且可以在任何时候重新进入场地。然而，如果进攻选手从界外起跳并在接触比赛场地之前接触到飞盘（规则 11.3.1 / 11.5 / 12.3.1），那这是一次攻防转换。
- Extra** It is bad spirit to intentionally leave the playing field and use players/objects on the sideline to disguise your location.
- 故意离开比赛场地并使用边线上的选手/物体掩饰你的位置是一种糟糕的精神。

## 11.3 Disc goes out of bounds 飞盘出界 (11.7)

- What** A long throw from the sideline doesn't come back in field. Where do you set your pivot correctly and continue to play?
- 在边线的一个长传没有回到场上，你应该在何处建立轴心继续比赛？
- Result** A defender is always in bounds when making a play on the disc (11.2). This means that if a defender touches the disc whilst out of bounds – the disc is then played from nearest point on the central zone (11.7.2). Note: if a defender hits the disc but the wind takes the disc back in field - the disc is still live.
- 防守方在对飞盘作出反应时总被视为界内（11.2）。这意味着如果防守方在界外时碰盘 – 则在中心区域的最近的点开始比赛（11.7.2）。注意：如果防守方碰到盘后飞盘回到界内 – 这时候飞盘视为活盘。进攻方出界时就是出界（11.5）。这意味着如果盘在界外时进攻方首先碰盘，那么这是一个攻防转换，并且盘要回到越过边线的位置（即最后的界内位置）。（11.7.1）。如果一名进攻方选手从界内起跳并在落地之前碰到盘，则在盘处于界内的位置建立轴心。如果接盘手没有建立盘权造成了攻防转换，则在场地内离进攻方碰到盘的位置最近的地方建立轴心；如果接盘手接住盘并在空中扔出来，盘落到界内，则在盘落地的位置建立轴心。
- Offensive players can become out of bounds (11.5). This means in the same situation if offence touches the disc first then it is a turnover and the disc goes back to where it crossed the perimeter line (i.e. was last in-bounds). (11.7.1).
- If an offensive player jumps from in-bounds and touches the disc before landing, then that establishes a point where the disc was in-bounds. If this results in a turnover, without the receiver ever establishing possession, the disc will come into play at the point nearest to where the offensive player touched the disc. If the receiver catches the pass and throws it while in the air, and the disc lands in-bounds, then that establishes the disc as being back in-bounds.
- Note** If players who had good perspective on the play cannot agree on where the disc went out-of-bounds, the mid point between the two proposed locations should be used.
- 如果有着良好视角的选手不同意盘出界的位置人，则取两个提议位置的中间点建立轴心。

- Extra** If a defender jumps, intercepts a pass, and then lands out-of-bounds, this is not a “double turnover” - the defender still retains possession.  
如果防守方起跳截获飞盘后再落到界外，不视为双重攻防转换，防守方依旧持有盘权。

## **11.4 Non-player retrieving an out-of-bounds disc 非场上选手接住界外盘 (11.8)**

- What** A non-player retrieves an out-of-bounds disc and returns it to the thrower who is standing on the perimeter line.

非场上选手接住飞到界外的飞盘并把它传给边线上的持盘手。

- Result** Rule 11.8 allows non-players to retrieve the disc, however the thrower must carry the disc the last 3 metres. Therefore the thrower should walk 3 metres away from the field and then return. They may then establish a pivot at the correct spot and continue play.

规则 11.8 允许非场上选手接盘，但是持盘手应该带着盘走完最后三米。因此持盘手应该走到离场地三米远的位置然后返回，然后在正确位置建立轴心开始比赛。

- Extra** If the thrower commences play without going 3 metres away the opposition may call violation and play will restart with a check.  
However if the opposition does not feel they have been disadvantaged by the disc being returned to the thrower, they can allow play to continue.  
Non-players may also stop an out-of-bounds rolling disc that is more than 3 metres from the pivot point.

The team in possession may choose to substitute a disc if the disc is out-of-bounds, and it will save time to substitute it. The thrower must still carry the disc the last 3 metres to the field.

如果持盘手没有走完最后 3 米就开始比赛，防守方可以示意违例并以验盘开始比赛。如果防守方不认为进攻方因为有人帮忙捡盘而占据优势，可以允许继续比赛。非场上选手应该帮忙停止离边线三米以上的界外盘的滚动。如果换盘相较于捡盘能节省时间，拥有盘权的队伍可以选择换盘，但持盘手仍旧应该带盘走完最后 3 米。

- Note** Non-players should not intentionally touch a disc until it has become out-of-bounds.  
非场上选手不应该故意触碰飞盘直到确认这个盘已经出界。

## **12. Receivers and Positioning 接盘选手和站位**

### **12.1 What to call when in or out 界内或界外时示意什么 (12.3)**

- Note** If an opponent believes an offensive player has caught the disc out-of-bounds they should make a call immediately by saying “Out-of-bounds” or “Out” for short.  
“Check feet” is not a call and this call does not stop play.  
If it is unclear if the player was out-of-bounds then play should stop as the players with best perspective discuss the call. Players may ask for perspective from people on the side-line, however it is still up to the players involved to make the final call.  
If the call is contested the disc shall be returned to the previous thrower.  
如果防守方认为进攻方接盘出界，他们应该立马示意“出界”，“Check feet”不是有效的示意也不会停止比赛。如果不确定是否出界，则需要停止比赛，有着最佳视角的选手进行讨论，选手可以寻求场外人的观点，但最后的示意仍旧取决于相关的场上人员。如果对示意有争议则回盘给前一个传盘手。

- Extra** For games played on unlined fields the receiver should be given the benefit of the doubt for close “Out-of-bounds” calls.  
在没有边线的场地比赛时，如果对很接近的出界有争议，则接盘方有利。

### **12.2 Player positioning 选手站位 (12.7.1)**

- What** Player A, who is making a play on the disc, is allowed to slow down and to impede a opponent’s movement to make a play on the disc. However Player A must not move in a way that the opponent could not reasonably avoid them – this is a Blocking foul (17.8).

Some incidental contact may occur in these circumstances but incidental contact is not a foul.

正在对飞盘做出反应的 A 选手允许减速并阻止对手对飞盘作出反应。但是 A 不能以对方无法合理躲避的路径移动 – 这视为一次阻挡犯规（17.8）。在这种情况下可能会发生偶然的接触，但这种接触不算犯规。

**Extra** If Player A is not making a play at the disc, but is instead allowing a teammate to make a play at the disc, Player A may not move to impede an opponent. However if Player A is stationary, or does not intend to impede, this is not a violation, even if their actions do in fact impede an opponent.

如果 A 没有对飞盘做出反应，而是帮助队友对盘做出反应，则 A 不能移动去阻挡对手。但是如果 A 处于静止状态，或者不是有意阻止，就不算是违例，即使他们的行为实际上阻碍了对手。

**Note** The key word in this rule is ‘solely’. The intent of the player’s movement can be partly motivated to prevent an opponent from taking an unoccupied path to the disc, so long as it is part of a general effort to make a play on the disc.

这条规则中的关键词是“独自”。选手移动的意图可以是防止对手以未被占据的路径对盘做出反应，只要他也在对盘做出反应。

### 12.3 Player positioning 选手站位 (12.7)

**What** 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. 每个选手都有权占据场上未被对手占据的任何位置，只要他们在占位时不发起身体接触。

**Note** If a player does initiate contact in taking such a position, this is a Blocking foul (17.8). 如果选手在占位时发起身体接触，就视为阻挡犯规。

### 12.4 Making a play on the disc 对盘做出反应 (12.8)

**Note** A player can be deemed to be “making a play on the disc” (Rule 12.8) when the disc is in the air and they are attempting to make contact with the disc in anyway e.g. to catch it or block it.

When making a play at a disc, players need to insure that they will not cause non incidental contact with another player (neither their stationary position, nor their expected position based on their established speed and direction), before, during or after the attempt at the disc.

Non incidental contact is any contact that is either dangerous in nature or affects the outcome of a play, regardless of whether the contact occurred after possession was established.

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 – eg if the player would not have been able to intercept the pass without causing significant contact with their opponent, or the opponent would have been able to make a play at the disc had the player not caused contact with them.

The relative skill, height and/or athletic ability, of the players involved should not typically be taken into account when considering if something affected the play or not.

当盘还在空中，选手为了接住或防下盘而尝试碰盘的行为可以视为对盘做出反应。当对盘做出反应的过程中，选手需要确保不会造成与其他选手的非偶然接触（不管是他们的静止位置，还是按照他们现有速度和方向可能的位置）。非偶然接触是指性质上危险或影响比赛结果任何接触，无论是不是在盘权确立之后发生。如果有理由认为如果违规没有发生，比赛结果会显著不同，则认为这个违规会影响比赛 - 例如，选手在没有与对手发生重大身体接触的情况下也无法接住传盘，或者如果没有产生身体接触，对方就能够对飞盘做出反应。在判断是否影响比赛时不应考虑选手的相对技巧，身高或者运动能力。

### 12.5 Resting a hand on an opponent 把手放在对方身上 (12.8)

**What** A defender is resting a hand in their opponents back to enable them to know where their opponent is, even if they are not looking at them.

防守方将手放在对手背上以确保在没有看对手时能确认他们的位置。

|        |  |
|--------|--|
| Result | This is a violation. 这是一个违例。   |
| Why    | It is not necessarily a foul, but it is a violation of rule 12.8 that says “All players must attempt to avoid contact with other players, and there is no situation where a player may justify initiating contact”.<br>规则 12.8 规定任何选手必须避免身体接触，没有任何情况可以为发起身体接触辩护。这种情况没有必要示意犯规，可以示意违例。 |

## 12.6 Player positioning when the disc is in the air 盘在空中时选手站位 (12.6 – 12.9)

Overall note on player positioning: All players have a responsibility to avoid initiating contact, even if that means that they must pull out of making a play on the disc.

对选手站位的总体说明：任何选手有责任避免发起身体接触，即使这会让他们放弃对飞盘做出反应。

|        |   |
|--------|---|
| What   | Player A is chasing after the disc and slows down to ensure they can remain between Player B and the disc. Player B runs into the back of Player A and they both trip over.<br>A 在追盘时减速以确保处于 B 和盘之间，B 在 A 后面追，最后两个人都绊倒了。  |
| Result | Player B has fouled Player A. B 对 A 犯规。   |
| Why    | Player A is allowed to slow down to make a play on the disc. Player B could have reasonably avoided Player A and is therefore initiating contact.<br>允许 A 减速对盘做出反应，B 可以从后面合理地躲开 A，因此视为 B 发起接触。  |
| What   | Player A is chasing after the disc and stops suddenly and runs immediately backwards into their approaching defender. Player B runs into the back of Player A.<br>A 追盘时突然停住并往后跑向接近他们的防守人，B 在 A 后面追并撞到 A。  |
| Result | Player A has fouled Player B. A 对 B 犯规。   |
| Why    | Player B could not reasonably have avoided Player A, therefore Player A has initiated contact.<br>B 不可能合理地躲开 A，因此视为 A 发起身体接触。   |
| What   | Player A is chasing after the disc and slows down and moves from side to side to prevent Player B from getting around them and making a play at the disc (eg ‘Boxing out’). Player B runs into the back of Player A. Player A catches the disc.<br>A 在追盘时减速并左右移动以阻止 B 靠近对盘做出反应，B 在 A 后面追并撞到 A，但最后 A 接到了盘。 |
| Result | Player B has fouled Player A. Player A has possession so does not need to make a call, or should call “play on” if they had made a call.<br>B 对 A 犯规，但 A 持有盘权因此没有必要示意犯规，或者在已经示意犯规之后示意比赛继续。  |
| Why    | Player A is allowed to slow down and to impede a player’s movement to make a play on the disc. Player B could have reasonably avoided Player A and is therefore initiating contact.<br>允许 A 减速并阻止对手移动以对盘做出反应，B 可以合理地躲开 A，因此视为 B 发起接触。   |
| Extra  | Impeding a player’s movement is different from initiating contact. Some incidental contact may occur in these circumstances but incidental contact is not a foul.<br>阻止对手移动与发起身体接触不一样，在这个情况下可能发生偶然的接触但不应该视为犯规。  |
| What   | Player A and Player B are teammates and are chasing after the disc. Player B slows  |

down and moves from side to side to prevent an opponent, Player C, from getting around them and making a play at the disc. Player A catches the disc.  
A 和 B 是队友并且都在追盘，B 减速并且左右移动以阻止对手 C 靠近对盘做出反应，最后 A 接到盘。

- Result** Player C can call a violation against Player B. C 可以示意 B 违例。
- Why** Player B is not making a play for the disc. Player C is making a play on the disc and therefore Player B is not allowed to intentionally impede their movement.  
B 没有对盘做出反应因此不能故意阻止对盘做出反应的 C 的移动。
- Extra** If Player B is stationary they are allowed to remain there, even if that impedes Player C's attempt to make a play at the disc. However if Player B sticks out their arms to impede Player C – that is still considered a movement to impede Players C's movements and is a violation.  
如果 B 没有移动，就允许 B 留在原地，即使这阻碍了 C 对盘做出反应。但如果 B 伸手阻挡 C，这仍将被视为阻碍 C 移动的行为，因此是一次违例。
- What** Player A is stationary and waiting to catch the disc. Player B is running towards Player A, then jumps, intercepts the pass, and then collides with Player A.  
A 保持不动等着接盘，B 冲向 A，起跳，接住了盘，然后撞到了 A。
- Result** Player B has fouled Player A. B 对 A 犯规。
- Why** Rule 12.8 expressly says that making a play for the disc is not a valid excuse for initiating contact with other players.  
规则 12.8 规定对盘做出反应不是对其他选手发起身体接触的合理解释。
- Extra** When making a play at a disc, players need to insure that they will not cause an unavoidable collision with another player's position, if stationary, or their established speed and direction, before, during or after the attempt at the disc.  
在对盘做出反应之前，之中和之后，选手需要确保他们不会与其他选手（不管是静止位置，还是按照现有速度和方向可能在的位置）造成不可避免的身体接触。
- What** Player A is stationary and waiting to catch the disc. Player B is running and then jumps in a way that would avoid player A and intercepts the pass. Player A moves into Player B's path while Player B is in the air. There is contact between Player A and Player B.  
A 保持不动等着接盘，B 以不会撞到 A 的路径起跳接盘，A 在 B 仍在空中时移动到 B 的落地方位上，导致 A 和 B 的身体接触。
- Result** Player A has fouled Player B. A 对 B 犯规。
- Why** Player A has initiated contact by moving to a position that a moving opponent will be unable to avoid. This is a blocking foul.  
A 移动到 B 不能避开的位置上导致身体接触，属于阻挡犯规。

## **12.7 Moving towards a single point simultaneously 同时向一个位置移动(12.9)**

- What** Two opposing players are moving towards the same point in order to make a play on the disc. They are both aware of each other and are aware that minor body contact may occur. Minor body contact does occur.  
为了对盘作出反应，双方选手都向同一位置移动。他们都注意到了彼此且都意识到可能发生轻微的身体接触，最后发生了轻微的身体接触。
- Result** Even though contact has occurred, this is not necessarily a foul.  
虽然发生了身体接触，但不算是一个犯规。

**Why** In circumstances where one player clearly initiates contact with another, the person who initiates the contact is the person who caused the foul (ie one player is stationary and another runs into them, or one player clearly has a right to a space and an opponent changes direction and impedes that space in an unavoidable way). However there are times when both players have a right to a space and neither player can be deemed to have initiated contact. In these circumstances, if minor body contact occurs (ie players bump shoulders or hips) this is not necessarily deemed a foul, as both players were responsible for initiating the contact and both players were aware that contact may occur.

在一名选手明显对另一名选手发起身体接触的情况下，发起接触的人就是造成犯规的人（即一名选手静止而另一名选手冲向他，或者一名选手明显占有某个空间而对手改变方向并以不可避免的方式阻碍那个空间）。然而，有时候两名选手都有可能占有那个空间，因此两名选手都不能被认为是发起身体接触的一方。在这些情况下，如果发生轻微的身体接触（即球员撞到肩膀或臀部），这不必被视为犯规，因为两名选手都对发起接触负有责任并且两名选手都注意到可能发生身体接触。

**Scenario 1:**

Both players initiate contact and only minor body contact occurs.

**Result:**

The result of the play should stand.

**Scenario 2:**

Both players initiate contact but the body contact is not minor (ie causes a player to fall over, or is potentially dangerous).

**Result:**

This is a foul by both players and it to be treated as an Offsetting Foul (17.10.2).

The disc shall be returned to the thrower.

**Scenario 3:**

Both players initiate body contact and only minor body contact occurs.

However one player hits the arms of the other as they make a play for the disc.

**Result:**

Even though both players initiated body contact, the player who initiated contact with the arms has caused a foul as this directly affects the outcome of the play.

场景 1：两名选手都发起了身体接触且只发生了轻微的身体接触。

结果：比赛继续，当前结果成立。

场景 2：两名选手都发起了身体接触但不是轻微的身体接触（即导致选手摔倒，或存在潜在危险）。

结果：双方选手犯规，并被视为抵消犯规（17.10.2）。应该回盘给上一个持盘手。

场景 3：两名球员都发起了身体接触且只发生了轻微的身体接触。然而，在对飞盘作出反应时一名选手打中了另一名选手的胳膊。

结果：尽管两名选手都发起了身体接触，但是打中胳膊的选手犯规，因为这直接影响了比赛的结果。

**Extra** These scenarios should only be taken into account when both players have initiated contact simultaneously. If one player clearly initiated the contact, that player has caused the foul.  
If one player is not aware that contact is going to occur, the player who is aware that contact will occur should avoid the contact and call a Dangerous Play foul if appropriate.

只有当两个选手同时发起身体接触时才应考虑以上场景。如果一名选手明显发起了身体接触，则是该选手造成了犯规。如果一名选手没有意识到会发生身体接触，那么意识到的选手应该避免接触，并在适当的时候示意 Dangerous Play 犯规。

Players involved in these incidents should be mindful that they often do not have the best perspective on who initiated the contact and should ask nearby players for their perspective.

这些事件涉及的选手应该注意，他们通常对谁发起身体接触没有最佳视角，因此应该向附近的选手询问他们的观点。

## **12.8 Assisting a players movement or using equipment 帮助队友移动或使用装备 (12.11)**

**Note** If an offense player physically assists the movement of another, or uses an item of equipment to assist in contacting the disc, this is a turnover – see rules 13.2.6, 13.2.7, and 13.7.4.  
If a defender physically assists the movement of another, or uses an item of equipment to assist in contacting the disc (e.g. throwing a hat in the direction of the disc), this is a violation. The intended receiver should be awarded possession.  
如果进攻选手协助他人的移动，或者使用装备来帮助接触飞盘，则视为攻防转换 - 详见规则 13. 2. 6, 13. 2. 7 和 13. 7. 4。如果防守方协助他人的移动，或者使用装备来帮助接触飞盘（例如朝飞盘的方向扔帽子），这视为违例。预期的接盘手获得盘权。

## **13. Turnovers 攻防转换**

### **13.1 Disc down while not in possession of an offensive player 进攻方还未获得盘权时的掉盘 (13.1.1)**

**Note** It is not a turnover if a player fumbles the disc prior to fully establishing possession when attempting to gain possession of the disc after a turnover, or after a pull that has already contacted the ground.  
在攻防转换或者落地的发盘之后，持盘手完全获得盘权（未回到正确轴心位置）之前不小心掉盘，不视为攻防转换。

### **13.2 Double touch turnovers 两次触盘失误 (13.2.5)**

**What** The thrower accidentally releases the disc while pivoting, and then catches it again, without any other player touching the disc.  
持盘手在建立轴心过程不小心释放飞盘，然后在没有任何人碰到的情况下再次接住。

**Result** This is not a double touch turnover. The marker can continue the stall count. If the thrower has moved their pivot foot a travel infraction can be called.  
这不是两次触盘失误，防守方可以继续计数，如果持盘手轴心脚移动，可以示意 travel。

**Why** A double touch turnover can only occur after the thrower has attempted a pass. A pass is defined (under Throw) as “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”. As the disc was not in flight after a throwing motion or fake attempt, no pass has occurred and therefore 13.2.5 does not apply.

只有在持盘手尝试传盘时才可能出现两次触盘失误。参考传盘的定义：任何导致持盘手和飞盘之间失去接触并使飞盘飞行的投掷行为，包括假动作和故意掉盘。由于在投掷动作或假动作后飞盘没有飞行，因此不算是传盘，规则 13. 2. 5 不适用。

**Extra** If the disc is accidentally released during the throwing motion as part of a fake attempt, the thrower cannot catch the disc unless it has been touched by another player.

The thrower may touch a disc they have thrown, for example to prevent an opponent from catching it, or to tap it to a teammate.

If the thrower does catch their own pass, the turnover location is where the thrower is when they caught the pass.

如果飞盘在做传盘假动作时意外释放，持盘手不能接住飞盘除非有其他选手碰到。但持盘手可以碰触自己传出的盘，以防止防守方截获飞盘或者将盘拍给队友。如果持盘手接住自己的传盘，那么就在接到飞盘的位置发生攻防转换。

### **13.3 Contested dropped pull 有争议的发盘掉盘 (13.1.4)**

**Note** If a “dropped pull” is contested the pulling team may choose to repeat the pull or retract the call.

对于有争议的发盘掉盘，防守方可以选择重新发盘或者收回示意。

### 13.4 Continuing play after an uncontested “stall out” 超时之后的继续比赛 (13.2.2)

**Note** The marker calling the stall out takes possession of the disc where the stall occurred and then may either:

- (1) place the disc on the ground and after acknowledgment by the defense, touch the disc and loudly announce “Disc in” or
- (2) retain possession and have the former thrower restart play with a check.

示意超时的防盘手获得盘权并且他们可以选择：1. 在知会防守方后把盘放到地上，碰盘并大声示意 “Disc in”；2. 保留盘权并由之前的持盘手验盘开始比赛。

### 13.5 Contesting a “stall-out” turnover 对超时提出争议 (13.3)

**Note** A “stall out” turnover should typically only be contested by the thrower.  
只能由持盘手对超时提出争议。

### 13.6 Ground stripped interception 截获飞盘后掉盘 (13.5.1)

**Note** If, in attempting to intercept a pass, a defender from Team A loses control of the disc due to ground contact, or accidentally drops the disc, then the catch is deemed to have not occurred and any player on Team A may take possession of the disc.

如果防守方截获飞盘后由于与地面接触或者意外失去对盘的控制，则认为他没有接住飞盘，任何防守方选手都可以持盘。

### 13.7 Intentionally dropped disc 故意掉盘 (13.6)

**What** Player A intercepts a pass and then intentionally drops the disc, or places the disc on the ground to allow their teammate to become the thrower.  
Player A retrieves an out-of-bounds disc and then intentionally drops the disc at the location of the intended pivot to allow their teammate to become the thrower.  
A 在截获飞盘后故意掉盘或放到地上，以此让他的队友持盘。A 去捡界外的飞盘然后故意把盘放到预定的轴心位置让他的队友持盘

**Result** This is not a “double turnover”. The opposition can call a Violation in which case play stops and Player A must take possession of the disc. Play must restart with a check.  
这不是攻防转换，但对手可以示意违例停止比赛，要求 A 重新持盘并以验盘开始。

**Extra** However if Player A attempts a pass directly after the interception, and this pass is incomplete, this is a turnover.  
然而 A 在截获飞盘之后尝试直接传盘但没成功，就视为攻防转换。

**Note** If there is any uncertainty as to whether the players’ loss of possession was due to attempting to allow a teammate to become the thrower, or that they were in fact attempting a pass that was incomplete, the player should be given the benefit of the doubt.  
如果不确定这名选手是由于想让队友持盘还是尝试传盘没有成功而失去盘权，那么应该进攻方有利。

### 13.8 Where to establish a pivot foot – disc out-of-bounds 出界时在哪建立轴心 (13.8)

**Note** The official spot is just next to the line (since the line is not part of the playing field), but a pivot foot on the line is also acceptable. Given the fact that perimeter lines are only a few centimetres wide, the “error” is too small to be significant. While the rules state that the pivot point should be established in-bounds, rule 11.3.2 also says that it is not a problem that the pivot foot contacts an out-of-bounds area.  
官方位置是在边线旁边（因为边线不是比赛场地的一部分），但在边线上建立轴心脚也是可以接受的。鉴于边线只有几厘米宽，“误差”很小。虽然规则规定轴心点应该建立在界内，但规则 11.3.2 也说轴心脚可以接触界外区域。

**Extra** If the disc flew out the side of the end zone, there is a cone on the spot where the

pivot point should be established. Rule 2.6 states that the edge of the central zone must be marked by that cone, so the player should not move it. Therefore the pivot point should be established on the end zone line next to the cone. Players should not move the cone. Note that the player is allowed to have enough room to turn on their pivot foot (otherwise unsafe situations might occur during pivoting).

如果飞盘从得分区边线出界，而在应该建立轴心的位置上会有一个角锥。规则 2.6 规定中心区域的边缘必须用角锥标记，因此选手不应该移动角锥。因此，轴心脚应建立在角锥旁边的得分区线上。选手不应该移动角锥。请注意，允许选手留出足够的空间来转动轴心脚（否则在转动过程中可能会发生不安全的情况）。

### **13.9 Where to establish a pivot foot after a turnover – disc in-bounds 攻防转换后界内盘在哪建立轴心脚 (13.9)**

**What** A disc is turned over and the pivot is to be established in the Central Zone.

攻防转换后在要中间区域建立轴心。

**Result** The thrower establishes a pivot foot at the same location as the disc.

持盘手在盘所在的位置建立轴心。

**Why** Rule 13.7 tells the thrower to establish a pivot at the turnover location.

规则 13.7 规定持盘手应该在攻防转换的位置建立轴心。

**Extra** The pivot should be as close to the disc's location as possible. Players should not place their right foot at the turnover location and then use their left foot as their pivot. This is a travel infraction (18.2.5.1)

轴心脚应该尽量靠近盘的位置，选手不能将右脚放在盘的位置而使用左脚作为轴心脚，这被视为 travel。

### **13.10 Hand signal after a turnover in defending end zone 在防守得分区攻防转换后的手势 (13.11.2.1)**

**Note** The goal line signal can be useful to communicate to all players that the goal line option will be taken. If the signal is made, the thrower must move to the goal line. However it is a voluntary signal. The intended thrower may still establish the pivot at the goal line even if they do not signal the goal line option.

The defence may ask the intended thrower if they intend to choose the goal line option and it is good spirit to provide a response (via hand signal), however it is not required.

指向得分线可用于向所有选手传达将选择得分线上开始的信号。如果做出示意，则持盘手必须移动到得分线。然而，这是一个自愿的选择，即使持盘手没有发出得分线选项的信号，他仍然可以在得分线上建立轴心。防守方可以询问预定的持盘手他的选择，如果持盘手打算选择得分线选项并且给予回应（通过手势信号），这是一种好的精神，但这不是必须的。

### **13.11 Establishing a pivot foot after a turnover in defending end zone 在防守得分区攻防转换后建立轴心脚 (13.11.3)**

**Note** If the thrower breaches rule 13.11.3, this should be treated as a travel infraction. Play does not stop, but the thrower must return to the correct pivot.

The thrower cannot pick up the disc, look and see if there are any players to pass to, and then move to the goal line.

如果持盘手违反规则 13.11.3，将被视为 travel。比赛不会停止，但持盘手必须返回正确的轴心位置。持盘手不能捡盘后先看有没有能传盘的队友，然后又走向得分线，这将被视为 travel。

## **14. Scoring 得分**

### **14.1 “Callahan” Goals 卡拉汉得分 (14.1)**

|        |  |
|--------|--|
| What   | The offence throws the disc, but a defender intercepts the pass in the Offence's defending end zone (which is the Defence's attacking end zone).<br>进攻方传出的盘被防守方在进攻方防守的得分区截获。   |
| Result | The defence scores a goal. 防守方得一分。   |
| Why    | Rule 14.1 states that the goal is scored when a player catches a legal pass and the first contact with the ground is inside their attacking endzone. It does not state that the pass has to be from a teammate.<br>规则 14.1 表明选手在接到合理的传盘后与场地的首次接触位于他们进攻的得分区内，就是一次得分。并没有说明传盘必须来自于队友。 |
| Extra  | The term Callahan Goal is an unofficial term for this type of goal.<br>卡拉汉得分并不是官方术语。   |

## 14.2 Goal call and time cap 得分示意和时间帽子 (14.3)

|      |   |
|------|---|
| Note | If there is discussion about a goal, and after discussion the goal is confirmed, for the purposes of time cap rules, the point is deemed to have ended when the catch occurred and the player in possession was in contact with the endzone. However the time limits between points will not commence until the discussion is resolved.<br>如果发生了关于得分的讨论，并且在讨论后确认得分有效，对时间帽子规则来说，当选手接到盘并且与得分区接触时就认为这一分已经结束。但是，在讨论结束之前，两分之间的 75s 时间限制不会开始。 |
|------|---|

## 14.3 Contested Goal 有争议的得分 (14.1.1)

|       |   |
|-------|---|
| Note  | After a contested or retracted goal call where the receiver maintains possession, all players should return to where they were when the pass was caught.<br>在接盘手获得盘权的有争议或收回的得分后，所有选手应回到接住盘时他们所在的位置。   |
| Extra | If a player could reasonably assume that they have scored a goal, and behaves as if they have scored a goal (for example, by celebrating a goal) this should be treated as a "goal" call. This "goal" call is a stoppage of play and the result of any additional play does not stand.<br>如果一名选手合理地假设他们已经得分，并且表现得好像他们已经得分（例如庆祝得分），应被视为已经示意“得分”。这个“得分”示意会停止比赛，其他任何行为产生的结果都不成立。 |

## 14.4 Throwing the disc after a score 在得分后传盘 (14.1)

|        |   |
|--------|---|
| What   | A player catches the disc in the attacking end zone, but does not know this and throws the disc.<br>一名进攻方选手在得分区接到盘但没有意识到，并且继续传盘。  |
| Result | It is a goal, no matter the result of the additional pass.<br>这视作得分，不管之后的传盘结果如何。  |
| Why    | Rule 14.1 does not say that the player scoring the goal must be aware of it. So if somebody has a clear perspective on it and declares it a goal, it is a goal. The disc cannot be thrown away after a goal is scored, so that action can be disregarded.<br>规则 14.1 并未说明得分的选手必须意识到已经得分。因此，如果有人对此有清晰的视角并宣布它是一个得分，那就是一个得分。在得分后不能再把飞盘传出去，因此之后的传盘动作可以忽略。 |
| Note   | If it is unclear if the player scored (ie there is no agreement on the player who had best perspective, and there are opposing view points on the play) the result of the additional play stands.<br>如果不清楚选手是否得分（即具有最佳视角的选手没有达成一致，并且在比赛中存在相反的观点），则之后行为产生的结果就会成立。  |
| Extra  | Players may ask for perspective from people on the side-line to determine if the pass   |

was caught in the endzone, however it is still up to the players involved to make the final call.

选手可以寻求 sideline 的观点来确定是否在得分区接到盘，但最后的示意仍然需要有关选手作出。

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

### **15.1 Accidental Contact 偶然接触 (15.1)**

**Note** Non-incidental contact that occurs accidentally is still a foul – it does not need to be intentional. In fact there should be no intentional contact in Ultimate.

偶然发生的非偶然接触仍视为犯规--并不需要是故意的。实际上极限飞盘不应该有故意的身体接触。

### **15.2 Informing opponent of a breach 告知对方违规 (15.4)**

**Note** If a breach is committed and not called, the player committing the breach should inform the opponent or their team. However play must not be stopped to do so.

如果发生了违规而没有被示意，违规的选手应该在不停止比赛的前提下主动告知对手。

### **15.3 Making Infraction Calls 防持盘人违规 (15.5)**

**Note** Only the thrower may call marking infractions. If other players notice the marking infraction they may alert the thrower of this, however this call will have no affect. The thrower may subsequently make the call themselves, in which case the opposition should respond accordingly.

Any opposing player may make a travel infraction call, however if the call is not made by the marker, the call should be made loud enough for the thrower and marker to hear.

只有持盘手可以示意防盘手违规，如果其他场上选手注意到防盘手违规，他们可以提醒持盘手，但是他们的示意无效，持盘手随后可以根据提醒做出示意，防盘手则需要给予回应。任何对方选手可以示意 travel，但如果不是由防盘手示意，则需要足够大声让持盘手和防盘手听到。

### **15.4 Calling a breach immediately 立即示意违规 (15.8)**

**Note** If a player who is unable to make the call recognises it, such as a receiver in the case of a double team, the breach can still be called once the player who can make the call recognises it (ie the thrower in this example). However if, for example, the marker recognises that the thrower has established a pivot at the incorrect spot, they cannot wait until the stall count gets to 6 before they call a travel.

If play has stopped for a discussion, a player can still make a call during the discussion or at the end of the discussion.

如果不能进行示意的选手注意到违规，例如接盘手注意到 double，则可以在能进行示意的选手（即持盘手）注意到违规后进行示意。然而，如果防盘手注意到持盘手在不正确的位置建立轴心，他不能等到计数到 6 之后才示意 travel。如果比赛因为讨论停止，选手仍可在讨论期间或讨论结束时进行示意。

### **15.5 Initiating a stoppage incorrectly 不正确地停止比赛 (15.9)**

**Note** If there is disagreement over who initiated the stoppage incorrectly, then the disc should be returned to the last non-disputed thrower.

如果对于是谁不正确地停止比赛意见不一致，则应该回盘到上一个没有争议的持盘手。

## **16. Continuation after a Foul or Violation Call 犯规或违例后的比赛继续**

### **16.1 What occurs after play continues in these scenarios 在以下场景中继续比赛后会发生什么 (16.2)**

- What** The marker calls a foul against the thrower and then the thrower attempts a pass. The pass is incomplete.  
防盘手示意持盘手犯规后持盘手仍旧尝试传盘，并且没有成功。
- Result** The turn over stands. Play does not stop. 攻防转换成立，不用停止比赛。
- Why** Rule 16.2.4.1. – the team that called the foul gained possession so play continues.  
根据规则 16. 2. 4. 1，示意犯规的队伍获得盘权，因此比赛继续。
- What** The thrower calls a foul against the marker during the act of throwing. The throw comes out fine and heads straight for its intended target - an unguarded offensive player. The offensive player drops an easy catch.  
持盘手示意传盘过程中防盘手犯规，但传盘没有受影响且飞向预期的没有被防守的进攻选手，但进攻选手没接住。
- Result** The turnover stands. Play restarts with a check. 攻防转换成立，需要验盘开始。
- Why** Rule 16.3. – the team that called the foul has lost possession, however the foul did not actually affect the turnover – that was caused by the player dropping an easy catch.  
根据规则 16. 3，示意犯规的队伍丢掉盘权是因为进攻选手没有接住一个简单的传盘，犯规并没有影响这次攻防转换。
- Extra** If the foul actually caused the throw to change direction or come out ‘wobbly’ then it is reasonable that the foul affected play. Therefore the disc should go back to the thrower, as per rule 16.2.4.2.1.  
如果犯规导致传盘改变方向或者盘变得很不稳定，则有理由认为犯规影响了比赛，根据规则 16. 2. 4. 2. 1，应该回盘给持盘手。
- What** A Pick occurs in the stack on the left of the field at the same time the disc is thrown down the right side of the field - the disc is in the air at the time of the call. An offensive player catches the disc.  
在场地的左边发生了 Pick，同时在场地右边盘已经传出来了，示意作出来时盘在空中，进攻选手接到盘。
- Result** The completion stands and the player who called Pick gets to move where they think they should have been.  
接盘成立，示意 Pick 的人可以移动到他们认为应该处于的位置。
- Why** Rule 16.3. - The Pick did not affect the possession.  
根据规则 16. 3，Pick 没有影响接盘。
- Extra** If the offensive player had dropped the disc, this would be a turnover (16.2.4.1.)  
If the pick was called before the throw (or the act of throwing) and neither the pick nor the pick call affected the play - the turnover stands (16.3).  
如果进攻选手掉盘，则这是一次攻防转换（16. 2. 4. 1）。如果 Pick 是在传盘之前或传盘过程中示意的，但是 Pick 本身和 Pick 的示意都没有影响比赛，攻防转换仍旧成立（16. 3）。

### **16.2 Call affecting the play 示意影响比赛 (16.3)**

- Result** A foul, violation or call affects the outcome if the outcome would have been meaningfully different had it not occurred. For example, a call affected the play if a receiver is aware that the call has been made before the throw and therefore slows down and fails to complete the pass.

During a stoppage to discuss these situations it is reasonable for a player to ask the opposition if they think the foul, violation or call affected the outcome. If the opposition thinks that it was affected, they should be able to provide some form of valid justification.

如果在犯规，违规或示意没有发生时比赛结果会大不相同，那么视为其会影响结果。例如，如果接盘手在传盘之前已经注意到了示意并因此减慢而没有接到盘，则认为示意影响了比赛。在讨论这些情况时，选手可以询问对方是否觉得犯规，违例和示意影响了结果。如果对方认为确实有影响，他们需要提供某种形式的有效证据。

### **16.3 Play had not completely stopped 比赛没有完全停止 (16.3)**

**Note** If players have already stopped to discuss the call, and then play restarts incorrectly as per 10.6, then 16.3 does not apply.

如果选手已经停下来讨论示意，但是比赛又错误地重新开始，例如 10.6 的情况，那么规则 16.3 不再适用。

### **16.4 Play on called before possession established 在建立盘权之前示意了比赛继续 (16.2.4.1)**

**Note** If “play-on” is called before possession is established, and then the team that called the breach does not gain/retain possession, the “play on” call should be ignored and play should stop. The players involved must still determine if the breach actually affected the outcome, before determining whether the play should stand.

如果在盘权确定之前示意“比赛继续”，然后示意的队伍没有获得/保留盘权，则应该忽略“比赛继续”示意并停止比赛。在确定结果是否应该成立之前，所涉及的选手必须确定违规行为是否影响了结果。

### **16.5 More than one pass 超过一次传盘 (16.3)**

**Note** There is no specific limit on how many passes can occur before 16.3 no longer applies. However once more than one pass has been completed, it becomes increasingly unlikely that the breach, or call, will not affect the outcome.

规则 16.3 不再适用之前的传盘次数并没有特别限制。但是，一旦完成一次以上的传盘，就很难说违规或示意没有对结果产生影响。

### **16.6 Foul by the marker before a throw 传盘之前的防盘手犯规 (16.2)**

**Note** If the thrower calls a foul before they are in the act of throwing, play must stop. If the thrower does incorrectly continue play, the disc must come back to the thrower unless 16.3 applies - this applies to both a completed pass, and a turnover. 如果持盘手在传盘前示意犯规，比赛必须停止。如果持盘手不正确地继续比赛，必须回盘到持盘手，除非规则 16.3 适用——不管结果是接住盘或者攻防转换。

**Extra** If the thrower is fouled before throw, but the foul continues to occur during throw, then 16.2 applies. If the foul occurs before the throw, but the thrower waits to call the foul during the act of throwing, 15.9 applies.

如果持盘手在传盘前被犯规，并且延续到传盘时，那么规则 16.2 适用。如果犯规发生在传盘前，但持盘手等到传盘时才示意，那么规则 15.9 适用。

### **16.7 Team that gains/retains possession can choose to stop play 获得/保留盘权的队伍可以选择停止比赛 (16.2.4.1)**

**Note** If the team that called the foul gains or retains possession, but the foul has impacted on their ability to continue play, they can call an indirect foul once possession has been established. This will stop play and enable them to make up any positional disadvantage caused by the foul.

如果示意犯规的队伍获得/保留盘权，但是犯规影响了他们继续比赛，他们可以在盘权获得后示意间接犯规。这将会停止比赛并使他们能够弥补由于犯规造成的位置上的劣势。

## **17. Fouls 犯规**

### 17.1 Foul for non-incidental contact 非偶然接触犯规 (17)

**Note** Any reference in section 17 to 'contact' is considered to be a reference to non-incidental contact, as, per 15.1, a foul is specifically defined as "non-incidental contact".

第 17 节中任何提及“接触”都被认为是非偶然接触，因为根据 15.1，犯规被明确定义为“非偶然接触”。

### 17.2 Contact on releasing the disc (Defensive or Offensive foul) 传盘时的接触 (防守或进攻犯规) (17.4, 17.7)

**Note** If the thrower moves into a non-moving marker who is legally positioned, this a foul by the thrower. i.e. if the thrower moves into a space the marker has already occupied when the thrower started the throwing motion, and the marker is not in breach of; straddle, disc space, wrapping.

如果持盘手侵犯一个合理站位的没有移动的防盘手，这是持盘手犯规。即如果持盘手在尝试传盘时侵犯防盘手已经占据的空间，并且防盘手没有跨越，包裹和飞盘空间等违规。

**Extra** If a thrower intentionally makes contact with a legally positioned marker this is an offensive foul and also a breach of the most important rule – Spirit of the Game. If the marker is legally positioned and is moving their arm directly away from the thrower, and the thrower initiates contact with the markers arm, this is a foul by the offence.

如果持盘手故意想一个合理站位的防盘手发起身体接触，这是进攻犯规，也是对飞盘精神的违反。如果防盘手站位合理，并且手臂正在远离持盘手，而持盘手故意向他们的手臂发起接触，这也是进攻方的犯规。

### 17.3 Making a 'contact' call 发出“身体接触”示意 (17.4.1.3)

**What** A defensive player initiates non-incidental contact with the thrower prior to the act of throwing, but the thrower does not wish to stop play.

防盘手在传盘之前对持盘手发起非偶然接触，但持盘手不想停止比赛。

**Result** The thrower can call a contact infraction as per rule 17.4.1.3. If uncontested, play does not stop, but the stall count must be resumed at 1.

持盘手可以根据规则 17.4.1.3 示意接触违规，如果没有争议，比赛不停止，但计数必须从 1 开始。

**Extra** The thrower may also choose to call a foul (rule 17.4) on this contact, in which case play stops.

If the thrower accidentally calls "Contact" when the contact occurred during the throwing motion this should be treated as foul as per rule 17.4.

Contact should only be called when the contact is non incidental – e.g. it affects the ability of the thrower to freely pivot, fake, or prepare to throw.

For incidental contact, the thrower may choose to call a disc space infraction.

持盘手也可以选择对这种身体接触示意犯规（规则 17.4），这种情况下比赛停止。如果持盘手在传盘时发生身体接触并意外示意“Contact”，根据规则 17.4 将其视为犯规。只有发生非偶然接触才可以示意“Contact” – 例如它会影响持盘手自由转动，做假动作或准备传盘的能力。对于偶然接触，持盘手可以选择示意飞盘空间违规。

### 17.4 Blocking Fouls 阻挡犯规 (17.8)

**Note** Every player has space reserved in the direction of their movement. The size of this space depends on a lot of things (speed, direction of view, playing surface, etc) and is as large as the answer to the question "if a tree suddenly materialized in this space, could the player avoid contact (without a manoeuvre risking the health of their joints)?"

Moving in a way that this space becomes unreasonably large (running full speed with your eyes closed without checking frequently where you are going would be an extreme example) is considered reckless.

每个选手在自己的运动方向都保留有一定的空间。这个空间的大小取决于很多东西（速度，视野方向，比赛场地等），并且应该与这个问题的答案一样大“如果这个空间

突然出现一棵树，选手是否可以避免接触（以一种没有危害的动作）？”以一种使这个空间变得不合理的大的方式移动（闭着眼睛全速跑动而不经常查看你的去向是一个极端的例子）被认为是鲁莽的。

If two players have the same space reserved at the same time and contact occurs, whoever caused the conflict of reservations (i.e. whoever last moved so that their reserved space clashed with the other players reserved space - usually the player who got the reservation last) is guilty of the foul.

Players are free to move any way they like as long as this does not cause an unavoidable collision.

A collision is avoidable for a player if the player could have reacted in time and avoided it, given the circumstances involving their speed and line of sight.

如果两个选手同时保有相同的空间并且发生了接触，那么引发接触的人（即后一个移动的人使得他们的预留空间与其他选手预留空间冲突 -）应该对这个犯规负责。只要不会导致不可避免的碰撞，选手可以自由移动。如果选手可以及时做出反应并在考虑对方速度和视线的情况避免碰撞，则认为这个碰撞可以避免。

### 17.5 Dangerous play 危险动作 (17.1)

**Note** Dangerous Play fouls can be called before an event to avoid a potential collision e.g. a defender runs/layouts in a way that an accident would occur if the offence were to continue. When this occurs it is correct to not make a play on the disc & to call a 'dangerous play' foul.

Players calling a Dangerous Play foul before a potential incident need to have reasonable grounds for doing so. They should actually be able to see the on coming player and have some reason to believe that player will not avoid contact – this could include a previous history of that player to not avoid contact.

可以在事件发生之前示意危险动作犯规以避免潜在的碰撞，例如 防守方以一种如果进攻方继续进攻将会发生意外的方式跑动或者飞扑。当这种情况发生时，放弃对飞盘做出反应并且示意“危险动作”犯规才是正确的。在可能发生潜在碰撞之前示意危险动作犯规的选手需要有合理的理由这样做。他们应该能够看到过来的选手并且有理由相信这个选手不能避免接触 - 这可能包括该选手之前没能避免身体接触的历史。

**Extra** You cannot call dangerous play if you feel you could have made a play on the disc, but that would have resulted in you initiating contact. In that instance, you should just refrain from making the play.

如果你觉得你本来可以对盘作出反应，但是会导致你发起身体接触。在那种情况下，你不能示意危险动作，而应该放弃对盘作出反应。

### 17.6 Defensive Receiving fouls when it is unclear the disc was catchable 不确定盘是否能被接住的防守接盘犯规 (17.2)

**What** A player on offence is chasing after a long throw and is tripped over, while running, by the defence. It is unclear if the offence player would have been able to get to the disc had there been no foul.

一名进攻选手在追长传时被防守方绊倒， 但是不确定如果没有犯规，进攻选手是否能够接住飞盘。

**Result** If the offence player believes they had a reasonable chance of getting to this disc had the trip not occurred they can call a foul.

If the defence player accepts that they caused the offence player to trip over, but they do not believe the offence player had a reasonable chance at catching the disc, they may contest the foul. The disc is returned to the thrower and the players return to where they were when the disc was released (rule 10.2.2).

如果进攻选手认为如果没有犯规他有合理的机会接住飞盘，他可以示意犯规。如果防守选手承认他绊倒了进攻方，但是不认为能接住飞盘，他可以不同意犯规。此时需要回盘给持盘手并且所有选手回到盘释放时他们所在的位置。

**Why** If tripping over did not affect the play, then the contact is deemed to be incidental and therefore not a foul (rule 15.1).

如果绊倒没有影响比赛，可以认为这次接触是偶然的，因此不是犯规（规则 15.1）。

- Extra** If it is clear to other players that the offence player did not have any chance at making the catch had there been no foul, they should encourage the offence player to retract the call and let the turnover stand.  
If the foul is uncontested, the offence player gains possession where the foul occurred, not where they would have caught the pass.  
如果其他选手明白即使没有犯规进攻选手也没有任何机会接到盘，他们应该鼓励进攻选手撤回示意，让攻防转换成立。如果犯规没有争议，那么进攻选手在犯规发生的地方获得盘权，而不是他们将接住飞盘的位置。

## **17.7 Defensive and offensive receiving fouls 防守/进攻接盘犯规(17.2, 17.6)**

- Note** A receiving foul can be deemed to have occurred if any player involved in the foul is attempting to make contact with the disc in anyway i.e. to catch it or block it.  
Non incidental contact that occurs directly after the attempt at the disc (i.e. a defender catches the disc and then collides with an offence player) is considered to be a receiving foul. Minor contact with the opponent's arms after the block occurs could reasonably be considered as incidental, and therefore not a foul.  
If the disc is in the air but the players involved in the foul were running to receive or defend the next pass after possession has been established, this should be treated as an Indirect foul (rule 17.9).  
An uncontested offensive receiving foul is a turnover (rule 17.6.2); however an uncontested indirect foul by the offence is not (rule 17.9.2).  
如果涉及犯规的任何选手试图以任何方式与盘接触，即抓住或防下它，则可以认为已经发生接盘犯规。在对盘反应后直接发生的非偶然接触（即防守方抓住盘然后与进攻选手碰撞）被认为是接盘犯规。在阻挡发生后与对手手臂的轻微接触可被认为是偶然的，因此不是犯规。如果飞盘在空中，但犯规涉及的选手是在对盘权确定后的下一次传盘进行反应，则应将其视为间接犯规（规则 17.9）。没有争议的进攻接盘犯规是一次攻防转换（规则 17.6.2）；然而，没有争议的进攻方间接犯规不是（规则 17.9.2）。

## **17.8 Offsetting receiving fouls 抵消接盘犯规 (17.10.2)**

- Note** There are times when both players have a right to a space and neither player can be deemed to have initiated contact. In these circumstances, if body contact occurs that affects the outcome of the play, this is to be treated as an Offsetting Foul (17.10.2).  
The disc shall be returned to the thrower.  
有时候两名选手都有权占有某个空间，并且不能认为他们任何一方发起身体接触。在这种情况下，如果发生影响比赛结果的身体接触，则将其视为抵消犯规（17.10.2）。飞盘应回给持盘手。
- Extra** Incidental contact may occur as two or more players move towards a single point simultaneously but this should not be considered a foul.  
Players involved in these incidents should be mindful that they often do not have the best perspective on who initiated the contact and should ask nearby players for their perspective.  
当两个或多个选手同时向某一点移动时可能会发生偶然接触，但这不应被视为犯规。这个事件涉及到的选手应该注意，关于是由谁发起接触，他们通常没有最佳视角，应该向附近的选手询问他们的观点。

## **17.9 Indirect Fouls 间接犯规 (17.9)**

- What** An offensive player accidentally runs into a defensive player and knocks them over.  
The thrower has not released the disc. The defensive player calls a foul.  
进攻方选手突然跑向防守选手并把他们撞倒，但是持盘手没有出盘，防守选手示意犯规。
- Result** Play stops. The defensive player makes up any positional disadvantage caused by the foul (Rule 17.9).  
比赛停止，防守选手可以弥补由于犯规造成的位置上的劣势（规则 17.9）。
- Why** The foul did not occur before, during, or directly after, an attempt to catch the disc and is therefore not an offensive receiving foul.  
犯规并不是在尝试接盘之前，之中或之后发生，因此不算是进攻接盘犯规。
- Extra** If the disc had been in the air when the foul occurred, but the foul did not occur

before, during, or directly after, an attempt by those players to catch the disc, then play would continue until possession was established. If the offensive team retained possession, the defensive player should then make up any positional disadvantage caused by the foul and play would restart with a check (16.3.2).

If the offense commits a foul after establishing possession in the air, but the foul was caused by actions not related to the process of making the catch (eg while attempting to intentionally land in the end zone), this should be treated as an indirect foul.

盘在空中时发生犯规，但是犯规不是在尝试接盘的选手接盘之前，之中或之后发生，则比赛继续直到盘权确定。如果进攻队保有盘权，防守方可以弥补由于犯规造成的位置劣势并以验盘开始比赛（16.3.2）。如果进攻方在空中接到盘后造成犯规，但这个犯规不是由于接盘过程的动作造成的（比如尝试故意跳进得分区），这个犯规应视为间接犯规。

### **17.10 Strip foul on Callahan attempt 对卡拉汉的剥夺犯规 (17.5.2)**

**Note** If an uncontested strip foul occurs where the offence causes the defence to drop a pass they have intercepted in the defences attacking end zone, this should be treated as a goal for the defence.

如果防守方在他们进攻的得分区接到盘，但由于进攻方没有争议的剥夺犯规造成掉盘，这应该视为防守方得分。

### **17.11 Teammate causes a foul 队友造成犯规 (17.2, 17.6)**

**Note** If Player A initiates contact with an opponent (Player B) that is the cause for Player B contacting Player A's teammate (Player C), then Player C cannot call a foul on Player B as they did not initiate the contact.

A 对对手 B 发起身体接触导致 B 撞到 A 的队友 C，C 不能示意 B 犯规，因为不是 B 发起的接触。

### **17.12 End zone possession after an uncontested defensive receiving foul 得分区没有争议的防守接盘犯规盘权归属 (17.2.2)**

**Note** After an uncontested defensive receiving foul in the offense's attacking end zone, the receiver gets possession of the disc in the end zone. The disc is checked in there, and they must then walk to the nearest spot on the goal line, as per 14.2. All players may move once the disc is checked in, and the marker may only start the stall count once the pivot is established at the goal line.

在进攻的得分区发生没有争议的防守接盘犯规后，接盘手在得分区内获得盘权。按照规则 14.2，需要在原地验盘，然后接盘手必须走到得分线上最近的位置开始比赛。一旦验盘，所有选手可以移动，但只有在得分线建立轴心后防盘手才可以开始计数。

## **18. Infractions and Violations 违规和违例**

### **18.1 Double team 双重防守 (18.1.1.5)**

**What** Two or more defensive players are within 3 metres of the thrower and are not guarding any other players.

两个或以上防守选手在持盘手 3 米以内并且没有在防守自己的人。

**Result** The thrower may call "double team" unless all "extra" defenders can claim they are

guarding (within three meters of an offensive player and are reacting to that offensive player) another offensive player, or if they are merely running across the area.

持盘手可以示意 "double"，除非所有额外的防守人都能表明他们在防守（离进攻选手 3 米以内并对该名进攻选手作出反应）另一个进攻选手，或者他们仅仅是穿过这片区域。

**Note** In zone defence it is common for a defender to come within 3 metres of the thrower when another offensive player enters into that same area. To avoid a double team the defender must be guarding that offensive player, which can include attempting to stop a pass to that offensive player.

If the defence does not believe they have committed a double team infraction they may call contest and play shall stop – they cannot just ignore the call.

Any number of defensive players are allowed to guard the same offensive receiver.

在 zone 防守时，当进攻选手进入持盘手 3m 以内时通常防守方也会进入那个区域，为了避免双重防守，防守人应该确保自己在防守那个进攻选手，并可以尝试干扰给他的传盘。防守方可以对 double 产生争议，这时需要停止比赛而不能直接无视这个示意。允许多名防守选手防守同一个进攻接盘手。

**Extra** When a double team is called and is uncontested, the marker must first wait for the illegal positioning to be corrected (18.1.4) and then resume the stall count with the number last fully uttered before the call, minus one (1) (18.1.3).

对于没有争议的 double，防盘手首先应该等不合理的站位纠正（18.1.4），然后在示意之前最后完整数出的数字上减 1 恢复计数。

## **18.2 Wrapping 包裹 (18.1.1.4)**

**Note** The marker is allowed to stand with arms stretched out to attempt to ‘force’ the thrower to throw in a particular direction, as long as they are legally positioned. 允许防盘手伸直胳膊逼迫持盘手向特定的方向传盘，只要他们的站位合理。

## **18.3 Resuming the stall count after Marking Infractions 防盘手违规后恢复计数 (18.1.3)**

**Note** To resume the stall count with the number last uttered before the call minus one, is the same as subtracting two seconds from the stall count eg. Stalling One, Two, Three, Fast Count, Two, Three etc.

在示意之前最后完整数出的数字上减 1 恢复计数，相当于在计数上减 2 秒。例如，Stalling One, Two, Three, Fast Count, Two, Three。

**Extra** If more than one marking infraction is called during the same thrower possession it does not impact how the stall count is adjusted – the marker must still resume the stall count with the number last fully uttered before the call, minus one (1).

如果在同一持盘手拿盘期间发生不止一个防盘手违规，不会影响计数的调整，防盘手必须在示意之前最后完整数出的数字上减 1 恢复计数。

## **18.4 Marker does not adjust the stall count after a marking infraction 防盘手违规后没有调整计数 (18.1.5)**

**Extra** If the marker does not adjust the stall count the thrower should call a fast count infraction (18.1.1.1). If the marker still fails to adjust the stall count the thrower may call a Violation. Play stops and the breach should be explained to the marker.

如果防盘手没有调整计数，持盘手可以示意 fast count (18.1.1.1)，如果防盘手仍旧没有调整计数，则持盘手可以示意违例停止比赛并且应该跟防盘手解释违规原因。

## **18.5 Starting from the incorrect number 从不正确的数字开始计数 (18.1.1.5)**

**Note** If a fast count infraction is called because the marker started the stall count from the incorrect number (e.g. when they are not within 3 metres of the thrower, or after moving more than 3 metres from the thrower) the marker should automatically reset the stall count at the correct number, even if that means reducing the count by more than 2 seconds.

If a marking infraction is called before the stall count reaches 2, the marker must reduce the stall count to 1 (it should not result in a “negative stall count”).

如果持盘手因为防盘手从不正确的数字开始计数而示意计数过快违规（例如，当他们不在持盘手 3 米以内，或者离开持盘手超过 3 米后）时，防盘手应自动调整到正确的数字重新计数，即使这意味着减少超过 2 秒。如果在计数达到 2 之前示意防盘手违规，则防盘手必须将计数减少到 1（而不应导致“负的计数”）。

## **18.6 Egregious marking infractions 严重的防盘手违规 (18.1.5.3)**

**Note** This includes flagrant breaches such as four defenders being around the thrower, the

marker completely surrounding the thrower with their arms, and the marker only taking two seconds to reach “stalling 6”.

严重的违规包括四个防守人围着持盘手，或者防盘手用胳膊完全包住持盘手，或者防盘手只花了 2 秒就数到 6，这些都视为违例。

### **18.7 Passing while still moving after catching the disc 接到盘后在移动过程传盘 (18.2.2.1)**

- What** An offensive player catches the disc while running and passes the disc while still in the process of slowing down.  
进攻选手跑着接到盘后在减速过程中传盘。
- Result** This is allowed, provided that the player was attempting to slow down as quickly as possible and they maintain contact with the playing field throughout the throwing motion.  
这是允许的，只要进攻选手在尽快减速并在传盘过程中持续和地面保持接触。
- Extra** Once the thrower has released the disc they do not need to come to a stop.  
持盘手传完盘后没有必要完全停下来。

### **18.8 Continuing play after a Travel call 走步示意后的比赛继续(18.2.6)**

- What** An uncontested Travel infraction is called and the thrower has not released the disc.  
场上示意走步并且持盘手没有把盘传出来。
- Result** Play does not stop. The thrower must establish the pivot at the correct spot as per rule 18.2.6.  
比赛不会停止，根据规则 18.2.6，持盘手必须在正确的位置建立轴心。
- Extra** If uncontested, all players, except the thrower, are free to move anywhere on the field.  
If contested, play stops and players should return to where they were when the travel was called.  
If the thrower fails to establish the pivot at the correct spot before throwing the disc, this is violation as per rule 18.2.7. If the pass is incomplete, play continues. If the pass is completed, play stops and the disc is returned to the thrower.  
如果对走步没有争议，除持盘手之外的所有选手都可以自由移动。如果有争议，比赛停止且所有选手应该回到示意时他们所在的位置。如果持盘手在传盘前没有在正确的位置建立轴心，根据规则 18.2.7，这是一次违例。如果传盘没有成功，比赛继续。如果传盘成功，比赛停止且需要回盘给持盘手。

### **18.9 Making a Travel call 示意走步 (18.2.5)**

- Note** The defence should not call travel under section 18.2 unless they have evidence that the player was not trying to stop while in possession of the disc. In particular:
- a player who catches and throws the disc while entirely in the air does not need to slow down
  - the length of a player's strides should decrease as they slow down
  - a player is not allowed to maintain a constant speed while catching and throwing the disc, unless they catch and throw in the air
  - it should never take a player more than 5 steps to come to a stop
- Unless the defence has evidence along those lines, they should not call travel.  
防守方不应示意走步，除非他们有证据表明进攻选手在接盘后没有试图停下来。尤其是：
- 完全在空中接到和扔出飞盘的选手不需要减速；
  - 当选手减速时，他的步幅应该变小；
  - 除非在空中接到和扔出飞盘，否则选手不允许在接到和扔出飞盘时保持一样的速度；
  - 选手从不会超过 5 步才能停下。
- 除非防守方有这方面的证据，否则他们不应该示意走步。

Players should also take into consideration that a player may change direction after they have established a pivot – any change of direction after a pivot has been established should not be called a travel.

In some situations, a receiver may need to maintain speed briefly or change direction slightly to avoid contact with a diving defender or to jump over a player on the ground. This is expected in such situations and should not be considered a travel.

选手还应该考虑到持盘手可以改变轴心脚方向 - 在建立轴心脚之后任何方向的改变都不应该被示意走步。某些情况下，接盘手可能需要暂时保持速度或略微改变方向以避免与飞扑的防守人发生接触或跳过地上的选手。在这种情况下这是合理的，不应被视为走步。

If the travel is caused solely by contact that is initiated by an opponent, this should not be considered a travel.

如果是由对方发起的身体接触导致的走步，就不应该被视为走步。

**Extra** If play has stopped, the thrower may change the part of their body that they have in contact with the pivot spot. This is not a travel.

如果比赛停止，持盘手可以改变与轴心点接触的身体部位，这不是走步。

### **18.10 Resuming play after a travel violation 走步违例后的比赛恢复 (18.2.7)**

**Note** After a travel violation the thrower must return to the location occupied at the time of the infraction, not to the spot they should have been at.

在走步违例后，持盘手必须返回违规时他们所在的位置，而不是他们应该在的位置。

**Extra** After a turnover out-of-bounds, if the thrower is called for a travel because they established the pivot on the side line, instead of on the goal line, and they have thrown a completed pass, play must stop. The disc must be returned to the thrower and the disc must be checked in where the infraction occurred, ie on the side line. Once the disc is checked in, they must move to the goal line to establish a pivot at the correct spot. All other players may move once the disc is checked in. The disc is considered to be dead until the pivot is established.

在出界的攻防转换之后，持盘手在边线而不是得分线上建立轴心并且完成了传盘，因此被示意走步，则必须停止比赛。必须回盘给持盘手，并在违规发生的地方也就是边线上验盘。验盘后，持盘手必须移动到得分线并在正确的位置建立轴心。验盘后，所有的选手都可以移动。在建立轴心之前，飞盘都被认为是死盘。

### **18.11 Thrower lying on the ground 躺在地上的持盘手 (18.2.4)**

**Note** A thrower lying on the ground will have several points that could be their pivot, but they do not have to declare which point is their pivot, unless they choose to. If they subsequently decide to stand up, they can choose which point was their pivot, and establish their foot as their pivot at that point.

躺在地上的持盘手将有几个可能是他们的轴心的点，但他们不必声明哪个点是他们的轴心，除非他们选择声明。如果他们随后决定站起来，他们可以选择一个点作为轴心点，并把脚放到那个点作为轴心。

### **18.12 Tipping 拍盘 (18.2.5.6)**

**Note** Any contact with the disc that is not a clean catch can be considered tipping (the rules also use the terms bobbling, fumbling, and delaying).

If a player intentionally tips the disc to themselves into the endzone so that they can score, this is a travel infraction.

If a player tips the disc so a team-mate can catch it in the end zone, this is a goal.

If a player fumbles with a disc while catching it and finally manages to get control over it in the end zone, this is a goal, unless the fumbling was intentional.

If they tip the disc solely in order to assist themselves to catch a disc that they otherwise would not have been able to gain possession of, that is not a travel.

任何不属于纯粹的接盘产生的和飞盘不的接触都可以被视为 Tipping（规则也使用术语“失误，漏接和延缓”）。如果选手故意把盘拍给自己以进入得分区分，这视为 travel。如果选手拍盘让队友在得分区分接住，这视为得分。如果选手在抓盘时没抓稳但最终在得分区分控制住盘，这视为得分，除非他是故意漏接。如果他们只是为了让自己接住本来无法接住的盘而拍盘，就不视为 travel。

### **18.13 Calling a Pick 示意阻挡 (18.3.1)**

- Note** A pick should only be called if the obstructed player is within 3 metres of the player they were guarding at the time they were obstructed. However they do not need to be less than 3 metres away at the time of the call because the obstruction may cause this distance to quickly grow before the call can be made.  
Obstruction may result from contact with, or the need to avoid, the obstructing player.  
A pick cannot be called by the offense.  
A pick should not be called by a defender who was obstructed while attempting to make a play on the disc, that is not related to their ability to move towards/with the player they are guarding (however a defender may call a violation under Rule 12.7 if applicable).  
只有在离自己正在防守的选手 3 米以内时被阻挡的选手可以示意 Pick，但示意时他们不必离自己的防守人 3 米以内，因为阻挡可能导致两者之间的距离迅速扩大。阻挡可能是由于要避开或接触到阻挡人造成的。进攻方不能示意 Pick。当防守方尝试对盘作出反应时被阻挡，不应该示意 Pick，因为这与他向/和他正在防守的人移动的能力无关（但防守方可以依据规则 12.7 示意违例，如果适用的话）。
- Extra** If the offence retains possession after an uncontested pick, the picked defender may go to the agreed place where they would have been without the obstruction. All other players, including the offensive player that the defender was guarding, should be located according to Rule 10.2.  
If the offence retains possession after a contested pick, all players, including the player who made the pick call, should be located according to Rule 10.2  
If the defender does delay the pick call according to 18.3.1.1, the pick is still deemed to have been called when it was actually called, and not when it occurred. If the defender waits longer than two seconds, 15.9 applies.  
如果在没有争议的 Pick 之后进攻方保有盘权，则被阻挡的防守人可以前往他们没有阻挡发生时他们应该在的位置。所有其他选手，包括被阻挡的防守人正在防守的进攻选手，应根据规则 10.2 留在原地。如果在有争议的 Pick 之后进攻方保有盘权，所有选手，包括示意 Pick 的选手，应根据规则 10.2 留在原地。如果防守方确根据 18.3.1.1 推迟示意 Pick，这个 Pick 视为在实际示意的时候示意，而不是在 Pick 发生的时候示意的。如果防守方推迟示意的时间超过两秒，则规则 15.9 适用。

## 19. Stoppages 比赛中断

### 19.1 Injury substitution 受伤换人 (19.1.3)

- Notes** The injured player must choose one of the two options provided; however if their team has no time-outs remaining, they must be substituted.  
To 'charge their own team with a time-out' means that a time-out is deducted from those allowed for that half, however the team does not get the opportunity to discuss tactics or have a break as per a standard 75 second time-out.  
If there is a dispute over who caused the injury, then the 19.1.4 is deemed to apply.  
If Player A is substituted for an injury, and then an additional injury substitution is required during the same point, Player A can return to play.  
If an injury time-out is called during a team time-out, the opposing team must be notified as soon as the injury is discovered.  
受伤的选手必须在提供的选项中二选一，但如果他们的队伍没有多余的暂停，则他们必须被替换。“给他们队伍加一次暂停”意味着从那个半场允许的暂停中扣除一个，但队伍没有机会按照标准的 75 秒时间讨论战术或休息。如果对谁造成受伤存在争议，则认为规则 19.1.4 适用。如果选手 A 因为受伤替换下场，然后在同一分需要额外的受伤替换，则 A 可以重返比赛。如果在队伍暂停期间示意受伤中断，则必须在发现受伤时立即通知对方。

### 19.2 Injury stoppage and continued play 受伤中断和继续比赛 (19.1.7)

- Note** If an injury is called while the disc is in the air, as a result of a serious injury, and players stop to care for the severely injured player, it is reasonable to treat this as a technical stoppage and allow the disc to be returned to the thrower.

当盘在空中时示意 injury，由于是严重的受伤，场上选手停下来查看严重受伤的选手，应该将这种情况合理地视作技术中断，并允许回盘给之前的持盘手。

### **19.3 Technical Stoppage for a severely damaged disc 严重损坏的飞盘导致的技术中断 (19.2.2)**

**Note** A severely damaged disc is one that is cracked, torn, deeply gouged, creased, punctured or badly warped (“tacoed”); a slightly warped, wet or dirty disc does not qualify. However an existing stoppage may be extended to correct a warped disc (rule 10.3). 严重损坏的飞盘意味着破裂，撕裂，深凿，褶皱，刺破或严重翘曲的飞盘；略微翘曲，潮湿或脏的飞盘不符合条件。但是，可以延长现有的比赛中断以修正翘曲的飞盘（规则 10.3）。

## **20. Timeouts 队伍暂停**

### **20.1 Time-out between points 两分之间的暂停 (20.5)**

**Note** If a team calls “time-out” between points but their team has none remaining, then the time-out call has no affect. 如果队伍在没有剩余暂停的情况下在两分之间叫暂停，则暂停无效。

### **20.2 Calling a time-out during play 比赛之中叫暂停 (20.4)**

**Note** If the thrower must/can move to establish a pivot at a different spot to where they established possession, they can call a time-out before they establish the pivot at that spot. This means that if the thrower picks up the disc after a turnover, and the turnover location is not in the central zone, they can call a timeout straight away. If they do so, they must place the disc at the spot where they will establish a pivot after the time-out. 如果投掷者必须/可以移动到与他们获得盘权位置不同的地方建立轴心，他们可以在那个位置建立轴心之前示意暂停。这意味着如果持盘手在攻防转换后捡起飞盘，并且攻防转换的位置不在中心区域，他们可以直接示意暂停。如果他们这样做，他们必须将飞盘放在他们在暂停后即将建立轴心的位置。

### **20.3 Delay of play after a time-out 暂停后的拖延比赛 (20.4)**

**Note** The delay of game rules from section 10.4.1 also apply to the restart of play after a time-out. 在规则 10.4.1 中提到的拖延比赛规则同样适用于暂停后的重新开始。