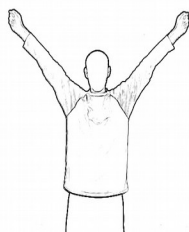


1. Foul 犯規  
"Foul"

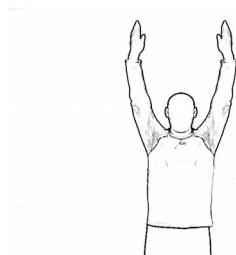
Hold one arm straight out and chop the other forearm across the straight arm inward, the straight arm  
一隻手臂伸直，另一隻手橫切伸直那隻手的前臂



2. Violation 違例  
"Violation"

Hands above head forming a V, closed fists

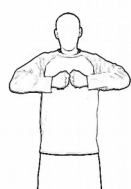
雙手握拳向上伸直過頭成"V"字  
手掌心朝內



3. Goal 得分  
"Goal"

Raise both arms, fully straight up, palms facing

雙臂向上完全伸直，手掌攤開，雙



4. Contest 爭議  
"Contest"

Two fists bumped together in front of chest, back of hands extended down  
motion

facing outward

雙手握拳對接於胸前，手背朝外  
伸出，手掌平攤、掌心朝上



5. Uncontested 無異議  
"Uncontested"

Forearms extended in front of body, elbows tight against torso

with palms facing upwards

雙手手肘緊貼身體兩側，前臂向前  
擺動，手掌攤開、掌心朝下

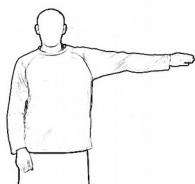


6. Retracted/Play On 撤回/比賽繼續  
"Retracted" "Play On"

Sweeping crossover motion with both arms extended down

in front of body

雙手手臂向下延伸在身體前方交叉



7. In/Out-of-bounds - 界內/界外  
Out of end zone 得分區內/外  
"In" "Out"

Point with one arm extended, vertical flat palm, thumb parallel to fingers, towards playing field (in)



8. Disc down 飛盤落地  
"Down"

Index finger straight arm pointing down at 45 degree

單手伸出食指，在身體前方手



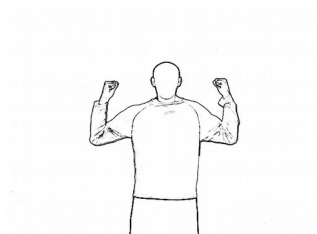
9. Disc up 飛盤未落地  
"Up"

Elbow down forearm index finger pointing upward

單手伸出食指，在身體前方手

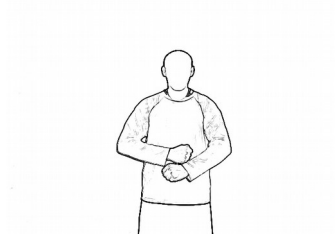
肘

or away from playing field (out). 臂伸直指向下方 45 度 朝下、前臂朝上指向上方  
向身體側面平伸一隻手臂，手掌攤開  
、掌心朝下、五指併攏；手指指向場  
地方向或場外方向



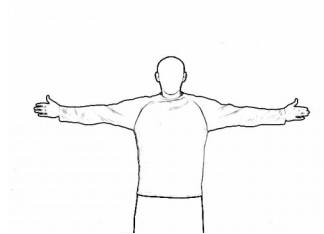
10. Pick 阻擋  
“Pick”

Arms raised, elbows bent, fists



11. Travel 走步  
“Travel”

Closed fists, rotate wrists



12. Marking Infraction 防盤者的違規  
“Fast Count” “Straddle” “Disc

Space” “Wrapping”

“Double

facing head

雙手握拳，手臂向身體兩側平舉  
，前臂向上伸直、拳心朝向頭部

around in a vertical circle

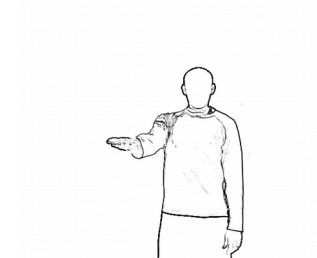
雙手握拳，兩前臂在身體  
前方不停旋轉

Team” “Vision”

“讀秒過快”、“跨越軸心腳”、“未保持  
一個飛盤的距離”、“手臂向前侵犯到  
持盤者”、“3 公尺內超過一個人防守”  
、“阻擋視線”

Arms extended to side, palms  
facing front

手臂向兩側平舉，手掌攤開、掌心朝前



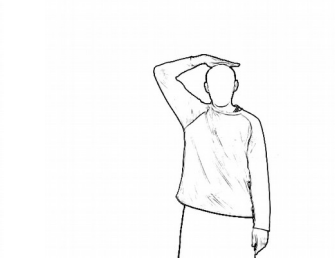
13 Turnover 盤權轉換  
“Turnover”

Right arm extended in front of  
body, palm facing up and then  
overhead in an

rotate to palm facing down

fist,

右手臂向前平舉，手掌攤開，掌心朝  
上然後翻轉為朝下(數次)

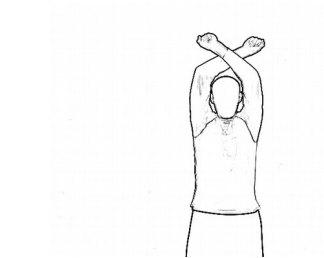


14. Timing Violation 時間違規  
“Stall” “Violation”

“持盤者 10 秒未出手”、“違例”

Tap head with open hand.

手掌攤開，掌心朝下輕拍頭頂



15. Off side 越位(發盤時  
“進攻方/防守方”越線)

“Off side”

Arms crossed

“X”, hands closed in a

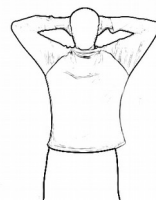
雙手握拳，高舉在頭部上方交叉成  
“X”字



16. Time-out 暫停



17. Spirit of the Game Stoppage



18. Stoppage 比賽

停止

“Time-out”

運動精神暫停

“Injury” “Technical”

Form a T with the hands, or a hand and the disc behind head,

“Spirit of the Game Stoppage”

“選手受傷”、“技術性問題”

hand and the disc behind head,

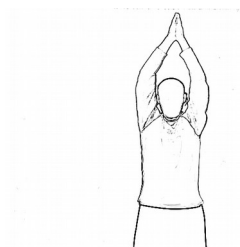
Upside down T formed by the hands

Hands cupped

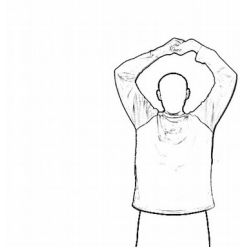
雙手手掌攤開擺成“T”字或用飛盤與手掌形成“T”字

雙手手掌攤開擺成顛倒的“T”字

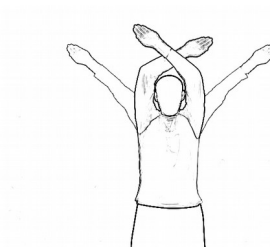
elbows out to side  
雙手手肘向身體兩側舉起，兩手掌置於頭部後方



19. 4 men, 3 women



20. 3 men, 4 women



21. Play has stopped 比賽中

止

4 男 3 女上場

3 男 4 女上場

“4 Men”

“4 Women”

Palms together, arms raised straight above head

Hands clasped and raised above head, arms bent

Wave both arms crosswise overhead

straight above head

head, arms bent

crosswise overhead

雙臂向上完全伸直，手掌攤開，雙手掌心朝內緊貼

雙手向上高舉過頭，雙手手指在頭部上方緊扣

雙手向上高舉，手掌攤開，在頭部上方不停交叉揮動



22. Match Point 決勝分  
“Match Point”



23. Who made the call  
誰做了申訴

Both arms pointing straight up to the left, palms facing down

“Called by Offence/Defence”

defended by the team

Pointing with two arms straight out, towards the end zone being

左手伸直、右手置於胸前，同時向  
左上方舉起，手掌攤開、掌心朝下

雙手向前伸直，手掌攤開、掌心相對  
同時指向提出申訴之選手