



1. Foul 犯規
“Foul”

Hold one arm straight out and chop the other forearm across 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



3. Goal 得分
“Goal”

Raise both arms, fully extended straight up, palms facing inward,

雙臂向上完全伸直，手掌攤開，雙手掌心朝內



4. Contest 爭議
“Contest”

Two fists bumped together in front of chest, back of hands facing outward

雙手握拳對接於胸前，手背朝外



5. Uncontested 無異議
“Uncontested”

Forearms extended in front of body, elbows tight against torso with palms facing upwards

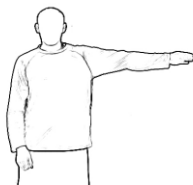
雙手手肘緊貼身體兩側，前臂向前伸出，手掌平攤、掌心朝上



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擺動，手掌攤開、掌心朝下



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, flat palm, thumb parallel to fingers, towards playing field (in) or away from playing field (out).

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



8. Disc down 飛盤落地
“Down”

Index finger straight arm pointing down at 45 degree

單手伸出食指，在身體前方手臂伸直指向下方 45 度



9. Disc up 飛盤未落地
“Up”

Elbow down forearm vertical index finger pointing upward

單手伸出食指，在身體前方手肘朝下、前臂朝上指向上方



10. Pick 阻擋

“Pick”

Arms raised, elbows bent, fists 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

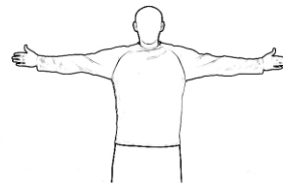


11. Travel 走步

“Travel”

Closed fists, rotate wrists around in a vertical circle

雙手握拳，兩前臂在身體前方不停旋轉



12. Marking Infraction 防盤者的違規

“Fast Count” “Straddle” “Disc

Space” “Wrapping” “Double 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 rotate to palm facing down

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 overhead in an “X”, hands closed in a fist,

雙手握拳，高舉在頭部上方交叉成“X”字



16. Time-out 暫停

“Time-out”

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

雙手手掌攤開擺成“T”字或用飛盤與手掌形成“T”字



17. Spirit of the Game Stoppage

運動精神暫停

“Spirit of the Game Stoppage”

Upside down T formed by the hands

雙手手掌攤開擺成顛倒的“T”字



18. Stoppage 比賽停止

“Injury” “Technical”

“選手受傷”、“技術性問題”

Hands cupped behind head, 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
4 男 3 女上場
“4 Men”

Palms together, arms raised straight above head

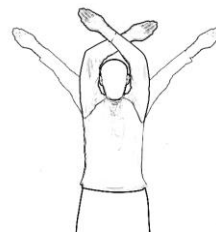
雙臂向上完全伸直，手掌攤開，雙手掌心朝內緊貼



20. 3 men, 4 women
3 男 4 女上場
“4 Women”

Hands clasped and raised above head, arms bent

雙手向上高舉過頭，雙手手指在頭部上方緊扣



21. Play has stopped 比賽中止

Wave both extended arms crosswise overhead

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”

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

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



23. Who made the call
誰做了申訴

“Called by Offence/Defence”

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

雙手向前伸直，手掌攤開、掌心相對同時指向提出申訴隊伍防守之得分區（即發盤時選手站立之得分區）