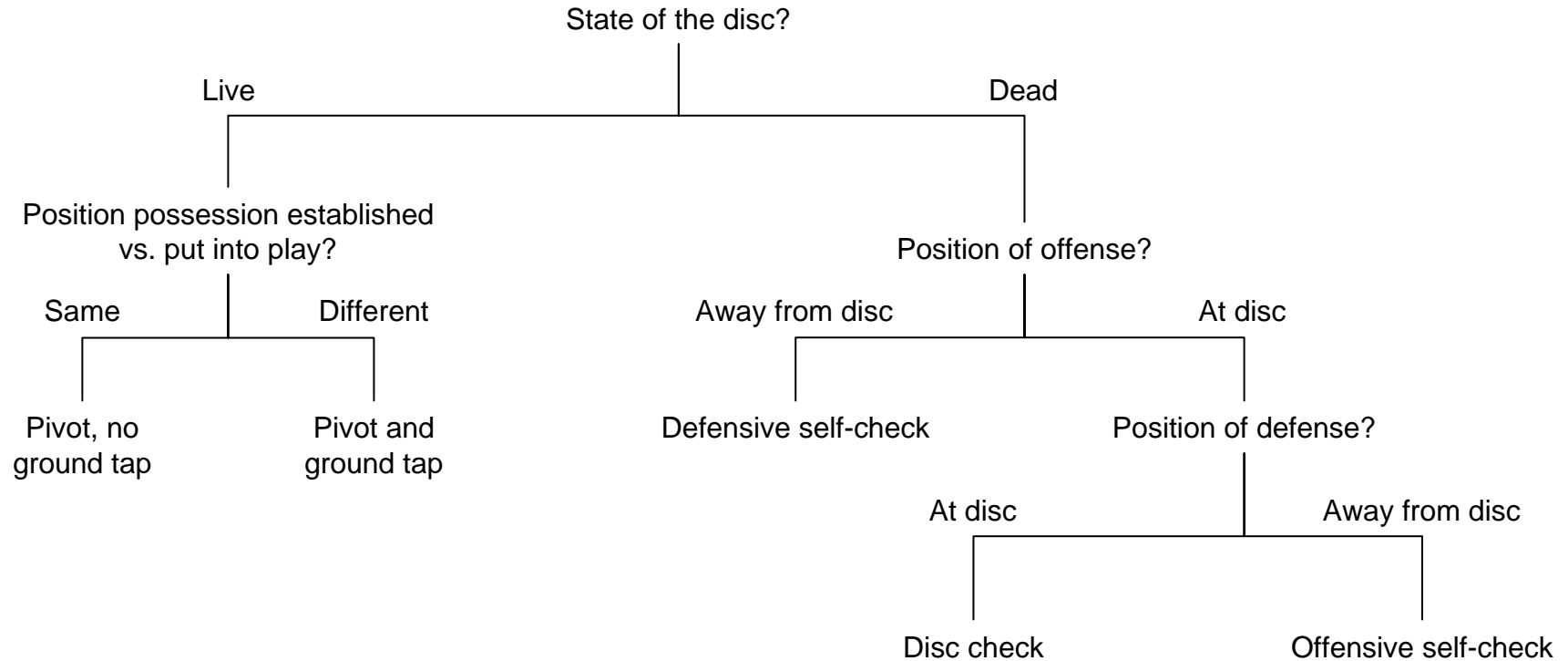




<http://www.ocua.ca>

# Disc Checks and Ground Taps



## Notes:

- Check: The disc is offered by the thrower to the defender for him to touch it to restart play.
- Self Check: The self check can be accomplished by either the offense or the defense. In each case a self-check should be used when the other team does not have a player near enough to touch the disc.
  - By offense: The offensive player must check that the defense acknowledges readiness. The thrower then establishes a pivot, touches to the disc to the ground and announces that the disc is in play.
  - By defense: The disc is placed at the appropriate spot on the field. The defensive player closest to the disc checks to see if the offense acknowledges readiness. The defender then announces that the disc is in play.