

WFTDA STANDARDIZED FLAT TRACK ROLLER DERBY RULES
Version 2.1.1

Version	Changes
2.1	2007 Release
2.1.1	<ul style="list-style-type: none">• 1.3 game roster allows subs for tournaments• 2.9 whistle removed for minor penalties• 3.4 lead jammer updates• 7.3.1.2 and 7.4 updated to mirror 3.4• 6.3.2.1.1 whistle removed for minor penalties• 6.4.2.4 added



1. TEAMS	3
2. GAME PARAMETERS	3
2.1 TRACK	3
2.2. STRUCTURE.....	3
2.3 PERIODS	3
2.4 JAMS.....	3
2.5 OVERTIME	4
2.6 TIMEOUTS.....	4
2.7 PENALTY BOX	4
2.8 CLOCKS	4
2.9 WHISTLES	5
3. PLAYERS	5
3.1 BLOCKER	5
3.2 PIVOT	5
3.3 JAMMER	5
3.4 LEAD JAMMER.....	5
3.5 “PASSING THE STAR”	6
3.6 HELMET COVERS	7
3.7 UNIFORMS	7
3.8 JEWELRY	7
3.9 SKATES.....	7
4. PACK	8
4.1 PACK DEFINITION.....	8
4.2 PRE-JAM FORMATION.....	8
4.3 JAM FORMATION	9
4.4 STARTS	10
5. BLOCKING	10
5.1 GENERAL	10
5.2 CONTACT ZONES	10
5.3 OTHER RESTRICTIONS ON BLOCKING	11
6. PENALTIES.....	11
6.1 GENERAL	11
6.2 DEFINITIONS	12
6.3 PENALTY ENFORCEMENT.....	13
6.4 EXPULSION.....	14
6.5 PENALTY ENFORCEMENT PROCEDURES.....	14
7. SCORING	15
8. OFFICIALS.....	16
8.1 STAFFING	16
8.2. DUTIES.....	16
8.3 REFEREE DISCRETION	18
8.4 REQUIRED EQUIPMENT	18
9. SAFETY	19
9.1. PROTECTIVE GEAR.....	19
9.3 SAFETY PERSONNEL.....	19
9.4 INJURED SKATERS.....	19
9.5 IMPAIRED SKATERS	19
10. GLOSSARY	19



1. TEAMS

- 1.1 Teams shall consist of a maximum of 20 skaters that have passed the standard eligibility requirements established by the Women's Flat Track Derby Association (WFTDA), shown in *Appendix A*.
- 1.2 At most, 14 skaters may be on the roster for a specific game. Leagues may rotate their game roster from their team roster between games.
- 1.3 During a tournament, leagues may substitute alternates from their team roster. If a skater is pulled from the tournament and replaced with an alternate she may not re-enter the tournament in a subsequent game. (Not applicable to skater ejection, see 6.4.2.4.)
- 1.4 A League may have more than one team.

2. GAME PARAMETERS

2.1 TRACK

- 2.1.1 For regulation inter-league games, the track shall be based on the specifications in *Appendix D* but subject to the restrictions of the venue.
- 2.1.2 The track surface shall be clean, flat, and suitable for roller skating. Acceptable surfaces include polished or painted concrete, wood, or sport court floors.
- 2.1.3 The track boundaries should be marked, by a raised boundary at least .25" and no more than 2" height, in such a way that is highly visible to skaters and officials, and does not present a safety hazard to skaters.
 - 2.1.3.1 The track should have a clear demarcation for:
 - Pivot start line (see *Section 2.4* for diagram)
 - Jammer start line
 - 10ft track intervals are strongly encouraged (see *Appendix D* for diagram)
- 2.1.4 The teams will have chairs or benches for their skaters in the infield or on the sidelines in designated team areas. Only those skaters who are on the roster for that game may sit or stand in the designated team area. Up to two support staff (team managers, coaches, or other non-skating players) per team are allowed in this area during game play.
- 2.1.5 There will be a ten foot clearance around the outside of the track for safety. Referees may skate in this area, and/or the infield of the track, according to local custom.
- 2.1.6 For safety and visibility, the track surface, boundaries, safety zone, and penalty area should be clearly lit.
- 2.1.7 The track and the boundary marker are considered in-bounds.

2.2. STRUCTURE

- 2.2.1 A bout or game is composed of 60 minutes of play divided into periods of 20 or 30 minutes played between two teams.
- 2.2.2 The team with the most points at the end of the game wins.
- 2.2.3 Two or more games may be combined in a single "double-header" event.
- 2.2.4 Games can either be staggered by periods or played in full one at a time depending on the agreement between teams involved.

2.3 PERIODS

- 2.3.1 The period begins when the designated referee blows the first jam whistle. The signal will be one long whistle blast.
- 2.3.2 There will be at least a five-minute break between periods to allow for referee rotation and, if applicable, skater warm up.
- 2.3.3 The period ends when the period clock reaches zero or the max length for the period.

2.4 JAMS



- 2.4.1 A period is divided into multiple Jams, which are races between the two teams to score points. There is no limit to the number of jams allowed each period.
- 2.4.2 A jam may last up to two minutes.
- 2.4.3 Between jams, a team has 30 seconds to get into formation.
- 2.4.4 If all skaters are not ready to start the next jam after the allotted time, the jam will start without the missing skater(s) and the team will skate short or out of formation for that jam.
 - 2.4.4.1 Pivots and jammers are considered ready if they are on the track, stationary and are actively putting on their helmet covers when the first whistle of the jam blows (this is the whistle to start the pack rolling).
 - 2.4.4.2 Blockers are considered ready if they are on the track and stationary when the first whistle of the jam blows (this is the whistle to start the pack rolling).
- 2.4.5 If a referee calls off a jam with four short whistle blasts, then the jam is over. The jam will not continue even if the whistle was inadvertent or incorrect.

2.5 OVERTIME

- 2.5.1 If the score is tied at the end of a bout, a final overtime jam will determine the winner. After one minute to regroup, the teams will skate a full two-minute jam. This jam will have no lead jammer, and penalties may be called. Jammers will begin accruing points on their first pass through the pack. The team with the most points at the end of the overtime jam is the bout winner. If the score is still tied, additional jams will be played until the tie is broken.

2.6 TIMEOUTS

- 2.6.1 Each team is allowed three one-minute timeouts per game.
- 2.6.2 To take the timeout, the captain or designated alternate will signal the officials and make a T signal with her hands, to indicate that she is requesting a timeout. Referees will signal for the clock to stop.
- 2.6.3 The timeout may only be taken between jams.
- 2.6.4 Referees may call an officials timeout at any point. This will stop the clock so that referees have time to review a call or adjust the number of skaters on the floor.

2.7 PENALTY BOX

- 2.7.1 For each game, benches or seats must be provided to make up the "Penalty Box." This is the designated area where major penalties will be served. The benches or seats must be capable of accommodating a total of five persons including the penalty timekeeper.
- 2.7.2 The penalty benches must be situated in an easily accessible, neutral area close to the track. Teams may use separate penalty boxes.

2.8 CLOCKS

- 2.8.1 Each game will have separate penalty clocks, jam clocks and period clocks.
- 2.8.2 Period Clock
 - 2.8.2.1 The period clock starts on the first whistle of the first jam.
 - 2.8.2.2 The period clock does not stop between jams unless a timeout is called. The period clock will stop during the timeout.
 - 2.8.2.3 Referees must stop the period clock between jams when time exceeds 30 seconds.
- 2.8.3 Jam Clock
 - 2.8.3.1 The jam clock starts on the first whistle of the jam.
 - 2.8.3.2 The jam clock stops at the end of each jam (on the fourth whistle).
- 2.8.4 Penalty Clocks
 - 2.8.4.1 Each game must have enough time clocks to track up to four penalties simultaneously. (see *Section 6.5* for details on penalty timing procedures)
 - 2.8.4.2 The penalty clock stops between jams (see *Section 6.5.3* for procedure)



2.9 WHISTLES

Description	Whistle Signal
Jam Start – Pack start	One long
Jam Start – Jammer start	Two short
Lead Jammer	Two short
Minor Penalty	None
Major Penalty	One long
Jam Called Off	Four short

3. PLAYERS

Player positions refer to the position a skater is playing in a given jam. A skater is not limited in the number of positions she may play during a bout, but is limited to playing one position at a time.

3.1 BLOCKER

- 3.1.1 A maximum of three blockers from each team are allowed on the track during play. Prior to the start of a jam, blockers line up behind the pivots and ahead of the jammers as specified in *Section 4.2.3 Blocker Starting Positions*. They play a key role in determining the position of the pack and keeping the pack formed. Blockers play a defensive role for their teams. They attempt to hinder the progress of the opposing team's jammer and defend their team's jammer from the defensive maneuvers of the opposing team. They may also directly assist their team's jammer on trips through the pack. Blockers never score points.
- 3.1.2 Blocker identification: Blockers do not wear helmet covers.

3.2 PIVOT

- 3.2.1 A maximum of one pivot skater from each team is allowed on the track during play. Prior to the start of a jam, pivots line up at the front of the pack, as specified in *Section 4.2.2 Pivot Starting Position*. Pivots play a key role in determining the pace of the pack. They act as blockers and assist their jammer out of the pack while attempting to prevent the opposing jammer from leaving the pack. In certain circumstances a pivot may take over the position of jammer for her team according to the specifications in *Section 3.5 Passing the Star*.
- 3.2.2 Pivot identification: Pivots wear a striped helmet cover, as specified in *Section 3.6 Helmet Covers*.

3.3 JAMMER

- 3.3.1 A maximum of one jammer from each team is allowed on the track during play. Prior to the start of a jam, jammers line up at the rear of the pack as specified in *Section 4.2.4 Jammer Starting Position*. A jammer's role is to make her way through the pack, lap the pack, and pass through the pack as many times as she chooses in a jam to score points for her team per the specifications in *Section 7 Scoring*. A jammer may pass her position to her team's pivot according to the specifications in *Section 3.5 Passing the Star*.
- 3.3.2 Jammer Identification: Jammers wear a helmet cover with two stars, one on each side, as specified in *Section 3.6 Helmet Covers*.

3.4 LEAD JAMMER

- 3.4.1 Lead jammer is a strategic position that is established on the jammers' initial pass through the pack during each jam. The lead jammer is the first jammer to legally pass all of the blockers and pivots on both teams that are in play, as defined in *Section 4.3.2 Jam Formation*.
- 3.4.2 In order to gain lead jammer status on her initial pass through the pack, a jammer must pass opposing skaters in bounds, legally, without committing fouls against them.
- 3.4.2.1 Any legal pass counts. If a jammer becomes ineligible for lead by committing a foul or passing while out-of-bounds, she is allowed an opportunity to repass and regain eligibility for lead jammer status, i.e. if the jammer drops back



- behind an opponent that she passed illegally, by being reengaged or repositioning herself, she may attempt to pass her opponent again legally.
- 3.4.2.2 To remain eligible for lead jammer, a jammer must remain in bounds until she is within 20 feet of the pack, the zone in which she may be engaged by a blocker or pivot. No part of her skate(s) may touch the ground outside the track boundary. Until she reaches this "in play" zone, a jammer may be blocked out of bounds by the opposing jammer, rendering her ineligible to become lead jammer. Out of bounds or "track cutting" penalties are outlined in 6.2.2.4
- 3.4.2.3 Once the jammer has cleared the pack by 20 feet, she is no longer eligible to re-pass. If she has not passed all of her opponents legally and in bounds, she will be declared NOT lead jammer at this point.
- 3.4.3 A "pass" is determined by the skaters' hips.
- 3.4.4 If the first jammer to "break through the pack" does not earn lead jammer status on her initial pass through the pack, the second jammer to break through the pack is eligible to become lead jammer, provided that she meets the specified requirements. If the second skater also fails to earn lead jammer status on her initial pass through the pack, there will be no lead jammer for that jam.
- 3.4.5 A jammer who begins the jam in the penalty box is eligible to earn lead jammer status, provided that the other jammer has not already been declared lead jammer.
- 3.4.6 The lead jammer is the only skater who has the privilege of calling off (ending) the jam prior to the expiration of the full two minutes. She may call off the jam at any time after her position has been established, provided that she has not been removed from the jam due to a penalty. She calls off the jam by placing both hands on her hips until the referee signals the end of the jam. The jam is not over until the referee officially calls off the jam. If there is no lead jammer, the jam will run until the full two-minute time limit expires.
- 3.4.7 Once a jammer has been declared lead jammer, she retains lead jammer status for the duration of the jam unless she forfeits the status by:
- 3.4.7.1 Passing the position of jammer to her team's pivot.
- 3.4.7.2 Removing her helmet cover.
- 3.4.7.3 Being removed from play due to a penalty.

3.5 "PASSING THE STAR"

A jammer may pass her position to her team's pivot as a strategic move, allowing said pivot to become the point-scoring skater for her team for the remainder of the jam. Only the position of jammer, and not the status of lead jammer, may be passed to a pivot skater. If the jammer that "passes the star" to her pivot was lead jammer, that status is automatically forfeited and there is no lead jammer for the remainder of the jam. A pivot cannot be lead jammer. Violations of these outlined procedures merit Illegal Procedure penalties, as described in *Section 6*, to be assessed against the skater responsible for the violation.

- 3.5.1 The star may be passed by either jammer.
- 3.5.2 The star may be passed at any time to a pivot who is in play.
- 3.5.3 Pass Procedure
In order to pass the jammer position to the pivot, a jammer must remove her helmet cover and hand it off directly to her team's pivot. The helmet cover may not be handed off via other skaters or thrown. The helmet cover may not be taken off the jammer's head by the pivot or another skater. A jammer who has removed her helmet cover has forfeited:
- 3.5.3.1 Her ability to accrue points.
- 3.5.3.2 Her lead jammer status.
- 3.5.4 A helmet cover pass may be blocked by the opposing team by any means of legal blocking.
- 3.5.5 Incomplete passes and recovery
- 3.5.5.1 If a helmet cover is removed from play by any means (dropped or knocked to the ground) it may only be recovered by the original jammer or original pivot.
- 3.5.5.2 A helmet cover may only be recovered in the normal course of forward skating. Neither backwards nor forwards skating in the clockwise direction is



allowed.

3.5.5.3 If a helmet cover pass cannot be completed for any reason, the original jammer may return the helmet cover to her own helmet and regain her jammer position, but not her lead jammer status. (see *Section 3.5.3 Pass Procedure*)

3.5.6 Pass Completion

3.5.6.1 A pivot who has been passed the star attains jammer status when she has the helmet cover on her helmet. Until the jammer cover is on, she is subject to out of play penalties.

3.5.6.2 A pivot who has been passed the star is now subject to all rules per Section 7.0 Scoring. She picks up where the previous jammer left off on points scored and number of laps through the pack.

3.5.6.3 A pivot who has taken the position of jammer for her team by means of a successful helmet cover pass will play the position of jammer for the duration of the jam.

3.5.6.4 A jammer who successfully completes a helmet cover pass to her pivot will play the position of pivot (without a helmet cover) for the remainder of the jam.

3.6 HELMET COVERS

3.6.1 Pivot: Helmet cover must have a stripe a minimum of two inches wide running from front to back. Helmet cover base color and stripe must be high contrast and easily identifiable.

3.6.2 Jammer: Helmet cover must have two stars that are a minimum of four inches across, from point to point, one each on the left and right side. Helmet cover base color and stars must be high contrast and easily identifiable.

3.7 UNIFORMS

3.7.1 Each skater participating in a bout must visibly display her number on the back of her jersey. The print should be at least four inches tall, so that it is legible and large enough to be read by officials who are positioned anywhere within the track or on its boundary. Name is optional.

3.7.2 It is recommended that each skater participating in a bout visibly display her number on each arm.

3.7.3 Each member of a respective team participating in a bout must wear a uniform which clearly identifies her as a member of her team.

3.8 JEWELRY

3.8.1 Jewelry may be worn during the bout, unless deemed a safety hazard by the referees. It is recommended that jewelry be taped or removed. Jewelry must not interfere with play or cause danger to other players. Jewelry is worn at the risk of the wearer.

3.9 SKATES

3.9.1 Players must wear quad roller skates only. Players may not wear inline or any other type of skate.



4. PACK

4.1 PACK DEFINITION

- 4.1.1 The pack is defined by the largest group of pivots and blockers, skating in proximity, containing members from both teams.
 - 4.1.1.1 The pack is comprised of the pivots and blockers. The jammer is not part of the pack.
 - 4.1.1.2 Proximity is defined as not more than two strides (or ten feet) in front of or behind the nearest pack skater.
- 4.1.2 A split pack is defined as two groups of skaters, equal in number. The diagram below shows one configuration of a split pack. If the pack becomes split, no legal pack is defined. Skaters will be warned to speed or slow to reform the pack and subject to penalties according to *Section 6*.

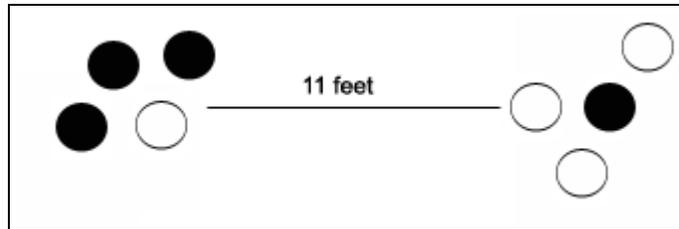


Figure 1: Split Pack Example

4.2 PRE-JAM FORMATION

- 4.2.1 Prior to the start of a jam, all skaters must be in formation with the pivots and blockers in front of the jammers. The Pivot Line is a straight line across the track at the head of the straightaway. The Jammer line is exactly 33 feet behind the Pivot line. The Pivots line up on the Pivot line with the Blockers behind them.
- 4.2.2 Pivot Starting Position: Pivots line up in the front of the pack.
- 4.2.3 Blocker Starting Positions: Blockers line up behind the pivots in two rows.

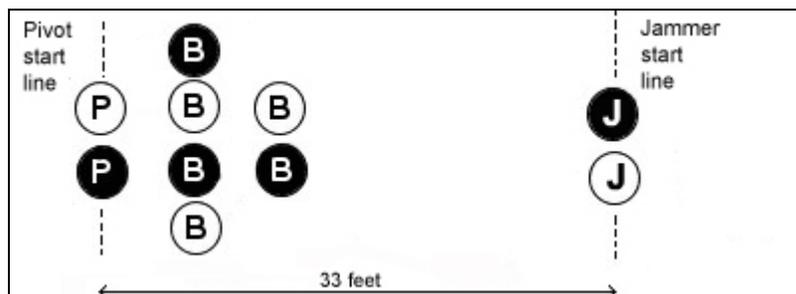


Figure 2: Pre-Jam Formation Example (view from inside track)

- 4.2.4 Jammer Starting Position: Jammers line up on the Jammer line.
- 4.2.5 No rules govern inside/outside positioning. Blockers may line up in any order behind the pivots.



4.3 JAM FORMATION

- 4.3.1 Once the pack is in motion, skaters may change location as long as they stay within the pack.
- 4.3.2 In Play/Out of Play: When a blocker or pivot is positioned more than 20 feet outside the pack or out-of-bounds, she is out of play and subject penalties specified in *Section 6 Penalties*.
- 4.3.2.1. Skaters who are out of play may not engage the opposing jammer or block any opposing players.
- 4.3.2.2. Skaters who are out of play may not assist their jammer or other teammates.
- 4.3.2.3. Skaters who are not part of the pack as defined in *Section 4.1.1*, but still in play may block and assist.

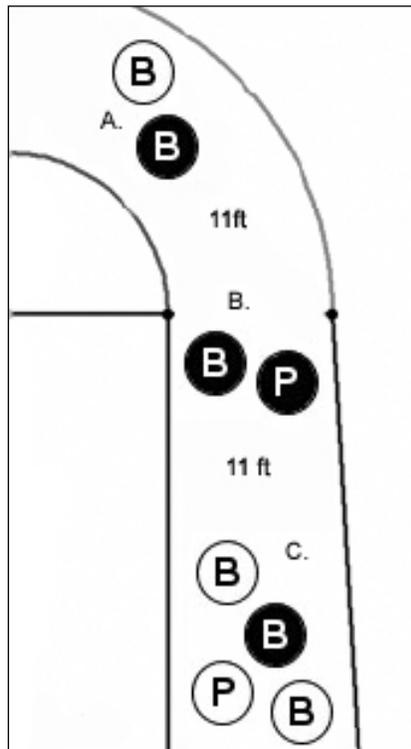


Figure 3: In/Out of Play Example

- In the diagram, Group C is the pack as it is the largest group of pivots and blockers, skating in proximity, containing members of both teams.
- The two skaters in Group B are not part of the pack because they are more than ten feet from the pack, but they are still considered in play as they are within 20 feet of the pack. The skaters are not in danger of an out of play penalty, see *Section 6.2.2.2*.
- The two skaters in Group A are considered out of play since they are more than 20 feet from the nearest pack skater. Skaters in Group A will be warned to rejoin the pack and penalized if they block or assist, see *Section 6.2.2.2*.

- 4.3.3 Blockers and Pivots who are out of play, must slow or speed to rejoin the pack.
- 4.3.3.1 Having been warned about their out of pack position, skaters must yield the right of way to the opposing jammer by physically moving out of the jammer's path. Any engagement, including passive/positional blocking, can result in a penalty per *Section 6 Penalties*.
- 4.3.3.2 A skater who is out of play must rejoin the pack in the opposite way she left.
- 4.3.3.2.1 If the player sprinted forward of the pack, she must drop back to be considered in play.
- 4.3.3.2.2 To regain position in the pack after having fallen behind or recovering from a fall, a skater must catch back up to the back of the pack by skating within the track boundaries to be considered back in play.
- 4.3.3.2.3 Any skater who rejoins the pack in an illegal manner, such as lapping the pack or allowing the pack to catch up after a fall, is subject to penalties per *Section 6 Penalties*.
- 4.3.4. The jammers may engage each other anywhere inside the track boundaries for the duration of the jam. When a jammer is outside of the pack, she may only engage the opposing jammer.



4.4 STARTS

- 4.4.1 The pack begins rolling on a single whistle blast from the referee.
- 4.4.2 Once the rear of the pack has reached the pivot line, the referee signals the jammers to begin their sprint through the pack with two short whistle blasts. The jammer does not begin rolling until the second signal.

5. BLOCKING

5.1 GENERAL

- 5.1.1 Blocking is any movement on the track designed to knock her opponent down or out-of-bounds or impede the opponent's speed or movement through the pack.
- 5.1.2 Blocking includes possible counter-blocking motions. Counter-blocking is treated as a block and held to the same standards and rules.
- 5.1.3 A skater who is in play and stepping or skating may engage an opposing player at any time during the jam after their start whistle has blown.
 - 5.1.3.1 Blockers and pivots begin at the first signal.
 - 5.1.3.2 Jammers begin at the second signal.

5.2 CONTACT ZONES

Contact between opponents is limited to legal blocking zones and legal receiving zones.

- 5.2.1 **Legal** Target Zones—a skater **may** be hit in the following locations:
 - 5.2.1.1 The arm from the shoulder to the elbow
 - 5.2.1.2 The chest and front and side of the torso
 - 5.2.1.3 The hips
 - 5.2.1.4 The upper thigh
- 5.2.2 **Illegal** Target Zones—for safety reasons, a skater **may not** be hit in the following locations:
 - 5.2.2.1 Anywhere above the shoulders
 - 5.2.2.2 On the back of the torso or booty
 - 5.2.2.3 On the knee or below the knee
- 5.2.3 **Legal** Blocking Zones—apply to the body parts of the skater performing a block. Skaters may initiate contact with the following parts of the body:
 - 5.2.3.1 The arm from the shoulder to the elbow
 - 5.2.3.2 The torso
 - 5.2.3.3 The hips and booty
- 5.2.4 **Illegal** Blocking Zones—apply to the body parts of the skater performing a block.
 - 5.2.4.1 Elbows
 - 5.2.4.1.1 When engaging another skater, elbows may not be swung with a forward/backward motion.
 - 5.2.4.1.2 When engaging another skater, elbow may not be swung with upward or downward motion.
 - 5.2.4.1.3 The elbow must be bent while blocking with that arm.
 - 5.2.4.1.4. Contact may not be made exclusively with the point of the elbow (i.e. jabbing).
 - 5.2.4.1.5. Elbows may not be used to hook (draw the arm through the opponent's arm) an opposing player in any way.
 - 5.2.4.2 Forearms/Hands
 - 5.2.4.2.1 Forearms or hands may never be used to grab, hold, or push an opponent.
 - 5.2.4.2.2 Incidental forearm contact between skaters is acceptable when the arms are pulled into the body to absorb the force of a block.
 - 5.2.4.2.3 During forearm contact between skaters, the following are indications that a push has occurred
 - the initiating skater extends her arm
 - the receiving skater is propelled forwards or sideways
 - 5.2.4.3 The head may not be used in blocking.



5.3 OTHER RESTRICTIONS ON BLOCKING

- 5.3.1 No blocking from behind, which includes hitting another skater in the back (*as defined in Section 5.2.2.2*).
- 5.3.2 Out-of-bounds blocking
 - 5.3.2.1 Skaters must be in-bounds when initiating a block
 - 5.3.2.2 Skaters may not pick up momentum for a block until in-bounds.
 - 5.3.2.3 If a skater forces an opponent out-of-bounds while blocking, the initiating blocker must cease blocking when her own skates reaches the track boundary. No part of the initiating blocker's skate may touch the ground outside the track boundary.
 - 5.3.2.4 If blocked out-of-bounds, an opponent must reenter the track without bettering her position relative to other skaters, i.e. the skater may not return in bounds in front of the skater who blocked her out-of-bounds. If in the course of play either player ends up out of play or on the ground, bettering one's position is not a consideration.
 - 5.3.2.5 Skaters may not touch or hit an opponent who is out-of-bounds. Skaters must wait until the opponent crosses the track boundary before initiating contact.
 - 5.3.2.6 A skater that is in-bounds need not yield right of way to the out-of-bounds skater. Skaters that are out-of-bounds must follow *Section 5.3.2.4* and find an entrance back into the pack that does not require in-bounds (in play) skaters to move.
- 5.3.3 Passive blocking (a.k.a Positional, Frontal, or Body Blocking), skating in front of an opposing skater to impede her movement on the track, may only be performed by skaters who are considered in play, as defined in *Section 4.3.2*. Positional blocking need not include contact.
- 5.3.4 Skaters must not skate clockwise in relation to the track when executing a block.
- 5.3.5 Skaters must have at least one skate on the floor when executing a block.
- 5.3.6 Skaters must be stepping or skating (i.e. not down or at a standstill) when executing a block.
- 5.3.7 Skaters may not execute a block on an opponent who is down, falling, or getting up after a fall. After a fall, a skater who is not in a controlled position and skating in the proper direction is considered down.
- 5.3.8 Tripping: Skaters may not trip or intentionally fall in front of another skater.
 - 5.3.8.1 Any contact which lands on an opponent's feet or legs, below the legal target zone, that causes the skater to stumble or fall is considered tripping.
 - 5.3.8.2 Contact between skates and wheels that is part of the normal skating motion will not be considered tripping. However, habitual contact, three or more times, between skates and wheels that is part of the normal skating motion will be considered tripping due to the repeated effect on game play and competition.
 - 5.3.8.3 Skaters must "fall small" in efforts to avoid tripping. Flailing and sprawling skaters that trip opponents will be penalized, regardless of intent.
 - 5.3.8.4 A skater who repeatedly falls in front of opponents will be given tripping penalties even if she "falls small."
- 5.3.9 Skaters may not join arms or hands in a multiple-player block.

6. PENALTIES

6.1 GENERAL

- 6.1.1 A Penalty is a punishment, handicap, or loss of advantage imposed on a team or competitor for a rule infraction or a foul. Penalties are applied to both a player and the position she is currently playing, except when both jammers are penalized, see *Section 6.5.5*.
- 6.1.2 Skaters and teams are assessed penalties due to infractions that are considered illegal. Penalties will be assessed for an attempt to commit a major illegal action, whether or not the action was successful.



- 6.1.3 Penalties are signaled and enforced by the referees as they occur during the jam (see appendix for approved hand signals and *Section 2* for approved whistle signals)
- 6.1.4 No team may have more than two skaters in the penalty box at a time. If a team has more than two penalized skaters, the penalties will be served consecutively, i.e. the third skater will sit out once the first skater has served her penalty. (This may require the third skater to serve her penalty in the next jam.) The third penalized player will be asked to return to the jam according to *Section 6.5.2.2*.
- 6.1.5 Penalties are cumulative for the entire bout. They are not “reset” between periods or before overtime. Penalties do not carry over from bout to bout.

6.2 DEFINITIONS

- 6.2.1 Major Penalties: Assessed if the infraction has extensive impact on safety or game play.
 - 6.2.1.1 Gross misconduct
 - 6.2.1.2 Illegal interference in game-play by skaters not involved in the jam
 - 6.2.1.3 Deliberate and excessive insubordination to a referee
 - 6.2.1.4 Fighting
 - 6.2.1.5 Any form of illegal blocking that has a major impact on safety or game play. Hard hits are not illegal hits. Penalties must be meted out according to the legality of the hit, not the force/speed of the hit or the outcome of the hit. (see *Section 5 Blocking* for details)
 - 6.2.1.6 Illegal Procedures that result in a jam being called off or have a major impact on the game.
 - 6.2.1.6.1 False start
 - 6.2.1.6.2 Too many skaters on the track
 - 6.2.1.6.3 Improper uniform, jewelry, or skates
 - 6.2.1.6.4 Failure to use helmet covers
 - 6.2.1.6.5 Successfully calling off a jam when not lead jammer
 - 6.2.1.6.6 Improper star pass or interference with star pass
- 6.2.2 Minor Penalties: Assessed if the infraction has limited impact on safety or game play.
 - 6.2.2.1 Any form of illegal blocking that has little or no impact on safety or game play
 - 6.2.2.2 Out of Play penalties
 - 6.2.2.2.1 A blocker or pivot engaging, blocking, or assisting outside the pack. A penalty should be applied to each offending blocker or pivot for each action.
 - 6.2.2.2.2 A blocker or pivot re-entering the pack from behind, having lapped the pack. A penalty should be applied to each offending blocker or pivot. (see *Section 4.3.2*)
 - 6.2.2.2.3 A blocker or pivot re-entering the pack from the front, having fallen behind the pack. A penalty should be applied to each offending blocker or pivot. (see *Section 4.3.2*)
 - 6.2.2.2.4 Splitting the pack. If a team or group of skaters does not attempt to reform a legal pack, one penalty will be applied to a single player per team, if applicable, who seems most responsible (or the pivot per *Section 6.3.2.2*).
 - 6.2.2.3 Illegal Procedures that can be rectified without calling the jam or have a minor impact on the game.
 - 6.2.2.3.1 False start–jammer who false starts must yield advantage
 - 6.2.2.3.2 Too many skaters on the track–skater is pulled without stopping the jam
 - 6.2.2.3.3 Attempting to call off a jam when not lead jammer–jam is not called off
 - 6.2.2.4 Intentionally cutting the track or skating out-of-bounds. Skaters must remain in bounds. No part of the skater’s skate(s) may touch the ground outside the track boundary.



6.2.3 Rules of Engagement

The Rules of Engagement apply any time a skater is on the track (before, during, and after the game whether or not the clock is running). Violation of rules of engagement will result in expulsion from the period or bout (see *Section 6.3.3.2*). The following actions are not allowed:

- 6.2.3.1. Intentional, negligent, or reckless contact above the shoulders, including
 - 6.2.3.1.1 Hitting or punching to the face or neck
 - 6.2.3.1.2 Pulling of the head, neck or helmet
 - 6.2.3.1.3 Choking by helmet straps
 - 6.2.3.1.4 Any contact with the head of a player not wearing a helmet
- 6.2.3.2. Kicking another skater
- 6.2.3.3. Intentional tripping with feet or hands
- 6.2.3.4. Biting
- 6.2.3.5. Jumping onto or into a pile of fighting skaters (“dog pile”)
- 6.2.3.6. Serious physical violence or any action deemed by the officials to cause an extraordinary physical threat.

6.2.4 Impact

- 6.2.4.1 A foul has an impact on safety or game play when a measurable physical force or effect can be observed.
- 6.2.4.2 If the illegal action affects a skater but does not cause harm or adversely affect the game, it is treated as a minor penalty.
- 6.2.4.3 If the illegal action causes harm or has a measurable consequence for the game, it is treated as a major penalty.

Example 6.2.5-A: (see *Section 5.3.8* for definition of legal contact)

- Incidental skate-to-skate contact—No Impact
- Illegal contact to the foot or leg of an opponent that causes her to stumble, jump, or change her trajectory but does not change her relative position in the pack—Minor Impact
- Illegal contact to the foot or leg of an opponent that causes her to fall—Major Impact

Example 6.2.5-B: (see *Section 5.2.4.2* for definition of legal contact)

- Contacting an opponent with the forearms pulled into the body to absorb the hit—No Impact
- Illegal forearm contact with an opponent that propels her forward/sideways but does not cause her to lose her relative position within the pack—Minor Impact
- Illegal forearm contact with an opponent that propels her forward/sideways so that a jammer can slip by her—Major Impact

6.3 PENALTY ENFORCEMENT

6.3.1 Major Penalties

- 6.3.1.1 A skater who acquires a major penalty must immediately leave the track and go to the penalty box. Her team must play short, without the skater and the position she was playing until the penalty has expired.
- 6.3.1.2 Major penalties expire after one minute.

6.3.2 Minor Penalties

- 6.3.2.1 A skater on the team, identified by the referee due to her involvement in the infraction, is assessed the penalty. When a minor penalty is assessed:
 - 6.3.2.1.1 Referees will communicate the minor to the skater by hand signal and verbally calling out the penalty to the skater.
 - 6.3.2.1.2 When a skater has earned four minor penalties that skater will be sent to the penalty box. A skater who commits any four minor penalties must serve one minute at the time the 4th minor is assessed/communicated, according to the procedures defined in *Section 6.3.1*.
- 6.3.2.2 If no one player can be singled out to receive the penalty, it will go the



team captain or Pivot.

6.3.2.3 If an illegal procedure, such as a false start, gives an unfair advantage the referee will assess a penalty and stop the jam if the offending team fails to yield the advantage immediately.

6.3.2.3.1 If the jam stops, the period clock should be reset, and the jam should be restarted with the skaters who are currently on the floor. Players on the track may rotate position, but no player substitutions are allowed.

6.3.3 Rules of Engagement

6.3.3.1 All skaters who are actively involved in a fight will be assessed a major penalty. A skater who does not actively engage in the fight and attempts to continue skating will not be penalized.

6.3.3.2 Violation of rules of engagement will result in expulsion from the period or bout. The referees have the authority to punish the penalty based on the severity of the situation.

6.4 EXPULSION

6.4.1 Fouling Out

6.4.1.1 Skaters who are sent to the box an excessive number of times for major offenses will be expelled for the remainder of the period. All major offenses count, not just repetitions of the same offense or family of offenses.

6.4.1.1.1 For three period games, 3 majors per period will be considered excessive.

6.4.1.1.2 For two period games, 4 majors per period will be considered excessive.

6.4.1.2 When a skater fouls out of a game, the expulsion applies to the current game only. It does not carry over to subsequent games.

6.4.2 Ejection/Suspension

6.4.2.1 A skater may be expelled from the bout at the referees' discretion for serious physical violence or any action deemed by the officials to cause an extraordinary physical threat to others.

6.4.2.2 Depending on the severity of the incident, an ejection may result in the player being suspended from their next game.

6.4.2.3 Insubordination can be grounds for ejection, but it will not cause a player to be suspended. Any intentional contact with a referee is grounds for suspension.

6.4.2.4 If a skater is ejected from a game during a tournament, she may not be replaced by a sub from her team roster during the in progress game. Unless suspended, (see 6.4.2.2) she is allowed to play in the next game in the tournament.

6.4.3 Referees do not need to meet with the team captain prior to ejecting a player from the game. However, any suspensions must be recommended by the head ref and signed off by team captains prior to collecting signatures on the game card at the end of the game.

6.4.4 The expelled skater must immediately leave the track and return to the locker room or staging area. She may not remain on the floor with her team or in an area where she can interfere with skaters on the track. Another player from her team must serve the major penalty, forcing her team to skate a player short (see *Section 6.3.1*).

6.5 PENALTY ENFORCEMENT PROCEDURES

6.5.1 Substitutions

No substitutions are allowed if a penalty carries over to the next jam, except for the scenario described in *Section 6.5.5*. The offending player must continue to serve her penalty time. The penalized team skates short until the penalty time expires and the penalized skater re-enters the track.

6.5.2 When a skater is sent to the penalty box, she must immediately exit the track and skate to the penalty box in the counter-clockwise direction.



- 6.5.2.1 Additional penalties will be assessed if she cuts the track or approaches the penalty box from the wrong direction.
- 6.5.2.2 If there are already two players in the box from the penalized skater's team, the skater will be waved off by the penalty timer if there are more than ten seconds left on penalties currently being served. If the skater is waved off she must return to the track as described in *Section 6.5.4*.
- 6.5.3 The penalty clock starts when the skater is seated in the penalty box. The penalty clock only runs when the jam clock is running. If a penalty spans multiple jams, the penalty clock will stop between jams.
- 6.5.4 After serving one minute in the penalty area, a penalized skater may re-enter the track. She must enter the pack from the back.
 - 6.5.4.1 A jammer re-entering play from the penalty box during the same jam may score immediately upon re-entering if she was pulled from the jam after having completed her first pass through the pack.
 - 6.5.4.2 If a jammer is partially through a scoring pass when she is sent to the penalty box, she retains all of the points that she scored in the partial pass. When she re-enters the track, she has the opportunity to complete the pass, only earning points for players that she had not yet passed.
 - 6.5.4.3 A skater may re-enter the track in front of opposing skaters that are out of play. If a jammer is eligible to score (she has completed her first lap prior to being sent to the penalty box), she will immediately earn points for passing out of play blockers upon re-entry.
- 6.5.5 If both jammers are in the penalty box at the start of a jam or are pulled mid-jam, the jam will stop immediately. Both jammers will turn over their helmet covers to alternate teammates on the track who will act as jammers. The penalized jammers in the box will re-enter play as blockers once their penalties have been served.
 - 6.5.5.1 Players on the track may rotate position, but no player substitutions are allowed.
 - 6.5.5.2 Any skater who was in the jam that was stopped may take on the role of jammer. If the pivot takes on the role, she should give the pivot helmet cover to another teammate on the track.

7. SCORING

- 7.1 Only skaters wearing the designated jammer's star helmet cover are eligible to accrue points.
- 7.2 Jammers do not score on their first pass (A.K.A. initial pass) through the pack.
- 7.3 After clearing the pack the first time, jammers score points by passing skaters on each subsequent "scoring pass". Jammers can score a maximum of one point per blocker per scoring pass through the pack. In order to receive a point for passing an opponent the jammer must:
 - 7.3.1 Pass opposing skaters in bounds, legally, without committing penalties.
 - 7.3.1.1 Any legal pass counts. If a jammer becomes ineligible for a point by committing an illegal action or passing while out-of-bounds, she is allowed an opportunity to repass and score the point.
 - 7.3.1.2 Once the jammer has cleared the pack by twenty feet, her pass is complete. (see *Section 3.4.1* for lead jammer details and *Section 4.3* for pack definition).
 - 7.3.2 Pass the opposing blocker's hips.
- 7.4 Jammers will be awarded a point for each opposing skater who is not on the track once she has passed all of the blockers and pivots on both teams that are in play regardless of the number of points she scored on the lap (see *Section 4* for the pack definition). If the jam is called before all blockers and pivots have been passed, the additional points will not be awarded. The following are such circumstances:
 - 7.4.1 Skater who is in the penalty box.
 - 7.4.2 Skater who has failed to be in formation when the jam started.
 - 7.4.3 Skater who has removed herself from play.
 - 7.4.4 Skater who has entered the pack after a penalty served (see *Section 6.5.4* for



entry rule) and the re-entry occurs after a jammer has entered the pack.

7.5 Points

- 7.5.1 Points are earned when the jammer passes each opposing skater, including those who have been knocked to the floor or are out of play.
 - 7.5.2 Points are announced, verbally and by hand signal, once the jammer has cleared the pack.
 - 7.5.3 If the jam is called when the jammer is still in the pack, the points for any passed opponents will be announced immediately.
- 7.6. Grand Slam: If one jammer completely laps the opposing jammer, she will score an additional point each time she fully laps her.

8. OFFICIALS

8.1 STAFFING

- 8.1.1 Each bout will have no less than three **skating** referees and no more than seven referees total. At least one of the officials should be WFTDA certified.
- 8.1.2 One referee is designated Head Referee; the head referee is the ultimate authority in the game. The Head Referee will assign positions and duties to the other referees and non-skating officials.
- 8.1.3 Jammer Referees: Two referees are responsible for observing jammers, one per team.
 - 8.1.3.1 Jammer referees wear an identifier (wrist band, sash, helmet cover, etc.) corresponding to team colors to indicate the team for which the referee is responsible.
 - 8.1.3.2 At the end of a period, the jammer referees switch the team they are responsible for and the colored arm or wrist bands corresponding to each team.
- 8.1.4 Pack Referees: The remaining referees observe the pack. The primary responsibility for pack referees is to call penalties.
 - 8.1.4.1 Inside Positioned Pack Referees
 - 8.1.4.1.1 No more than two pack referees should be stationed inside the track
 - 8.1.4.1.2 Pack referees stationed inside the track must be on skates
 - 8.1.4.2 Outside Positioned Pack Referees
 - 8.1.4.2.1 Pack referees stationed outside the track may be on skates
 - 8.1.4.2.2 Only referees who are on skates may enter the track to pull a skater out
 - 8.1.4.2.3 If referees are not on skates they should be stationary
- 8.1.5 Non-skating officials
 - 8.1.5.1 Scorekeepers: A game will have at least one scorekeeper. The scorekeeper records the points reported by the jammer referees and keeps the official score.
 - 8.1.5.2 Penalty Trackers: A game will have at least one penalty tracker. The penalty tracker records the penalties reported by referees and keeps track of the official penalty tally.
 - 8.1.5.3 Penalty Timing Officials: A game will have at least two officials to oversee the penalty box. The penalty timing officials time penalties and assist referees in ensuring a team skates short when they ought to.
 - 8.1.5.4 Scoreboard Operator: A game will have one scoreboard operator. The scoreboard operator posts the score from the scorekeeper and the penalties from the penalty tracker.
 - 8.1.5.5 Jam Timer: A game will have one jam timer. The jam timer is responsible for starting jams and for timing 30 seconds between jams. The jam timer is also responsible ending jams that run the full two minutes.



- 8.2.1. Assessing team readiness for each jam:
 - 8.2.1.1 The referees are responsible for determining that both teams have the correct number of skaters in the jam, taking into account skaters in the penalty box. (see *Section 2.4.4* for details on starting with too few skaters)
 - 8.2.1.1.1 If the jam starts with too many skaters, the ref should try to pull the last skater who entered the floor; if that skater cannot be identified, the skater that is closest to them can be pulled off of the floor. The team should be penalized according to *Section 6.2.2.3.2*.
 - 8.2.1.1.2 If the jam starts with too many skaters and the extra skater cannot be pulled, the ref should stop the jam. The team should be penalized according to *Section 6.2.1.6.2*.
 - 8.2.1.2 The referees will ensure that the players are wearing all required safety equipment, the correct uniforms, and the correct player designations.
 - 8.2.1.3 The referees will determine that the skaters are in the proper formation.
- 8.2.2 Signaling pack and jammer starts
 - 8.2.2.1 The referees will signal the start of the pack.
 - 8.2.2.2 The referees will signal the start of the jammers.
- 8.2.3 Assigning and communicating lead jammer status
 - 8.2.3.1 The referees determine who has earned lead jammer status. Lead jammer status is indicated by official hand signal, by blowing two short whistle blasts, and by pointing at the lead jammer and calling out "lead jammer."
 - 8.2.3.2. The referee will continue pointing to the lead jammer for the duration of the jam.
- 8.2.4 The jammer referees are responsible for counting and signaling score according to the guidelines laid out in *Section 7 Scoring*. They must communicate this score after each jam to the scorekeeper or scoreboard as per local custom.
- 8.2.5 Safety is the number one priority for Referees. Illegal game play that causes an unsafe environment is not to be tolerated. The referees are to assess and enforce penalties and expulsions as described in *Section 6 Penalties*. Referees will use their discretion and their decisions are binding.
 - 8.2.5.1 Referees will use all officially designated hand signals as means to properly communicate to scorekeepers/penalty trackers, skaters, announcers and fellow referees.
 - 8.2.5.2 Referees will
 - 8.2.5.2.1 Whistle and hand signal for all major penalties.
 - 8.2.5.2.2 Perform hand signals for all penalties.
 - 8.2.5.2.3 Vocally call out for minor penalties.
- 8.2.6 A referee calls off a jam by four short whistle blasts.
 - 8.2.6.1 A referee **may** call off a jam for any of the following reasons:
 - 8.2.6.1.1 Referees call an official time-out
 - 8.2.6.1.2 Injury--Referees should only call off a jam in the case of a serious injury or an injury that could endanger another skater.
 - 8.2.6.1.3 Technical difficulty or mechanical malfunctions (including skate trouble)
 - 8.2.6.1.4 In response to a major penalty
 - 8.2.6.1.5 Any player is unduly interfered with by spectators
 - 8.2.6.1.6 Fighting
 - 8.2.6.1.7 Emergency
 - 8.2.6.1.8 Disruption of the skating surface (debris or spills)
 - 8.2.6.2 A referee **must** call off a jam for any of the following reasons:
 - 8.2.6.2.1 Lead jammer calls off the jam by placing her hands on her hips



- 8.2.6.2.2 End of two minute jam clock or the end of the period.
- 8.2.6.2.3 An injury that is a safety hazard to continued game play.
- 8.2.6.2.4 Fighting that is a safety hazard to continued game play.
- 8.2.6.2.5 Technical difficulty or mechanical malfunction (including skate trouble) that is a safety hazard to continued play.
- 8.2.7 Referees may break up fights at their discretion and resume game play as quickly as possible.
- 8.2.8 Referees have the option of calling an official timeout if they feel that there is a situation that would interfere with safety of the skaters or crowd, or that would interfere with proper game play.
- 8.2.9 In the event that there is a disagreement regarding a referees' call or scoring, only the captains or their designated alternates may discuss the ruling with the referees. Skaters, coaches or managers may act as designated alternates.
- 8.2.10 Official Review: A team request for a review of a referee decision
 - 8.2.10.1 A team captain requests an official review by asking the Head Ref for a timeout.
 - 8.2.10.2 The Head Referee, in order to allow the Official Review, can grant a team timeout, take an officials timeout (not charged to either team, see *Section 2.6.4*), or decide to wait until the end of the period. The Head Referee will never wait until the end of the final period.
 - 8.2.10.3. During the Official Review, all referees will conference with both team captains.
 - 8.2.10.4. The captain requesting the review will explain the grievance.
 - 8.2.10.5. The Head referee will investigate the grievance with the other referees, and together determine merit.
 - 8.2.10.6. The Head Referee will announce a decision. This decision is final.
- 8.2.11 A team may request up to one review per period.

8.3 REFEREE DISCRETION

- 8.3.1 The consensus of the referees will be the final decision on any disputed point that is not clearly spelled out in these rules. The referee may increase the severity of a penalty at their discretion (i.e. in response to potentially harmful game play, an illegal block that normally results in a minor foul could be called as a major foul). Similarly, the referee may decrease the severity of a penalty to a warning as they see fit.
- 8.3.2 If the referee is in doubt on a call, i.e. she/he sees the effects of a hit but does not see the action, she/he should not call a penalty.
- 8.3.3 If the referee is in a position where "intent" must be inferred but is not clear, she/he should assume legal intent.
- 8.3.4 If the referee is not sure whether an action warrants a major or a minor, it should be called a minor.

8.4 REQUIRED EQUIPMENT

- 8.4.1 Referees are permitted to wear inline skates, but are strongly encouraged to wear quad skates.
- 8.4.2 Referees should be uniformed in a manner that makes them easily identifiable as the officials for the bout, e.g. a black and white striped shirt.
- 8.4.3 Each referee participating in a bout must visibly display their name on the back of his or her jersey.
- 8.4.4 Each referee will provide a working regulated sports whistle that will aid in the appropriate whistles for jam play and calling penalties. Fox 40 Brand Strongly encouraged
- 8.4.5 Safety Gear: referees are required to wear the following safety equipment, in addition to that which is required as a minimum by the liability insurer:
 - 8.4.5.1 Helmet
 - 8.4.5.2 Knee Pads
 - 8.4.5.3 Wrist Guards
 - 8.4.5.4 Elbow Pads



9. SAFETY

9.1. PROTECTIVE GEAR

- 9.1.1. Protective gear must be worn while skating on the rink. Helmets and mouth guards may be removed by skaters during team introductions. Failure to wear required protective gear or removal of protective gear, such as a mouth guard, may result in a penalty at the referees' discretion.
- 9.1.2. Protective gear shall include, at a minimum wrist guards, elbow pads, knee pads, mouth guards, and helmets.
- 9.1.3. Optional protective gear such as padded shorts, shin guards, knee or ankle support, and tailbone protectors may be worn at the skaters' discretion as long as they do not impair or interfere with the safety or play of other skaters, support staff, or officials. Skaters are strongly encouraged to secure or tape down loose Velcro on pads.

9.3 SAFETY PERSONNEL

- 9.3.1 The home team must provide at least two licensed or certified medical professionals with expertise in emergency and urgent medical care. These medical professionals will supply necessary the equipment and supplies to handle such injuries or conditions as can be reasonably expected to occur at a roller derby bout. The medical professionals will be present during the entire warm up and game.
- 9.3.2 Team captains are responsible for supplying medical personnel with their skaters' medical and/or emergency contact information as necessary.

9.4 INJURED SKATERS

- 9.4.1 If a skater sustains an injury serious enough that the referees call off the jam the skater must sit out the next three jams.
 - 9.4.1.1 If more than one jam is called off for the same player, she must sit out of the remainder of the period.
- 9.4.2 If a skater is bleeding, she may not participate in a jam until the bleeding has stopped.

9.5 IMPAIRED SKATERS

- 9.5.1 Skaters may not participate in a bout while under the influence of alcohol, narcotics, or illegal drugs.
- 9.5.2 Skaters may not consume alcohol at bouts while wearing skates.

10. GLOSSARY

Assist	Helping one of your teammates improve her position by giving her a push or whip.
Bettering your position	Improving your position while out-of-bounds by passing a skater who is in bounds and entering the track in front of her.
Block	Blocking is any movement on the track designed to impede or dislocate an opponent. Blocking includes the possible counter-blocking motion initiated by the opponent to counteract the block; counter-blocking is treated as a block and held to the same standards and rules. Blocking need not include contact. Impeding the movement of an opposing skater by hitting her or positioning yourself in her path.
Blocking from Behind	Any contact to the back of the torso, booty, or legs of an opponent. It is not considered blocking from behind if the blocker is positioned behind the opponent (as demarked by the hips) but makes contact to a legal target zone.



Break through the Pack	Passing all of the blockers and pivots on both teams that are in play. Emerging from the legally defined pack. (see also "In Play" and "Pack")
Captain / co-captain	The skater(s) identified to speak for the team. They are the only skaters that may talk to the referees, unless designated otherwise. (see <i>Section 8.2.9</i>)
Clearing the Pack	See "Break through the Pack"
Contact Zones	Areas of the body that may be used to give or receive a hit.
Down	After a fall, a skater is considered down until she is in a controlled position and skating in the proper direction.
Ejection	To remove a player from a single game. The ejected skater must immediately leave the track and return to the locker room or staging area. She may not remain on the floor with her team or in an area where she can interfere with skaters on the track.
Engage	Any sort of interaction with another player on the track during a jam. (see also "Assist" and "Block")
Expulsion	See "Ejection"
Fall Small	Falling with the arms and legs controlled, tucked in to the body, and not flailing.
Fouling Out	If a skater is sent to the penalty box too many times, she will no longer be allowed to play in the current game. (see also "Ejection")
Game	A bout or game is composed of 60 minutes of play divided into periods of 20 or 30 minutes played between two teams.
Game Roster	The skaters that are actually suited up and eligible to play on game day. Game rosters are submitted at least four weeks prior to a game.
Grand slam	If one jammer completely laps the opposing jammer, she will score an additional point each time she fully laps her.
Illegal Procedures	Technical infractions that give the offending team an advantage but do not directly impact a specific opponent.
Initial Pass	The first pass a jammer makes through the pack. No score is awarded on this pass; it is only used to establish the lead jammer. (see also "Pass" and "Scoring Pass")
In-Play	When a blocker or pivot is positioned within 20 feet of the nearest pack skater and is in-bounds, she is in of play and may legally block and assist.
Jam	Jams are two minute races between teams to score points.
Lap	A complete pass through the pack; this may require more than trip around the track.
Major Penalty	A foul has that has a measurable physical force or effect which causes harm or adversely affects the game.
Minor Penalty	A foul has that has a measurable physical force or effect but does not cause harm or adversely affect the game.
Out of Play	A blocker or pivot that is positioned more than 20 feet outside the pack, out-of-bounds, or down is out of play. A jammer that is out-of-bounds is out of play.
Pack	The pack is defined by the largest group of pivots and blockers, skating in proximity, containing members from both teams. The jammers are independent of this definition. (see also "Proximity")
Pack it up	A call to let the skaters know that the pack is strung out, and a request that they get tighter and skate closer together. This call is not to be used for official pack warnings.
Pass	To pass is to move in front of an opposing skater by positioning your hips in front of hers. A pass begins with the jammer behind the pack and ends when the jammer "breaks the pack". To begin the next pass, the jammer must fully lap the pack and catch up to the back of the pack. (see also "Scoring Pass" and "Initial Pass")
Penalty	The punishment meted out for misconduct.



Positional Blocking	A.K.A. Body Blocking, Frontal Blocking, Passive Blocking Passive blocking is blocking without contact, positioning yourself in front of an opposing skater to impede her movement on the track. It may also be done unintentionally, if the blocking skater is not aware of the jammer's position behind her.
Proximity	A measure of distance for in play players that is defined as skating not more than two strides (or ten feet) in front of or behind the nearest pack skater.
Reengage	A skater positioning herself in front of a jammer who has already passed her.
Repass	The act of passing an opponent who has already been passed during the current lap. If the jammer drops back behind an opponent that she passed illegally, by being reengaged or repositioning herself, she may attempt to pass her again legally.
Scoring Pass	Any pass a jammer makes through the pack after the initial pass. Points may only be earned on scoring passes. (see also "Pass" and "Initial Pass")
Shorted Skater	The skater serving a penalty in the penalty box.
Split Pack	A pack is split when it has divided into two groups of skaters, equal in number.
Substitutions	Replacing a player on the track or in the penalty box with another player.
Suspension	To remove a player from more than one game. (see also "Ejection")
The Star	The jammer's helmet cover, which has a star on it.
Timeout	Stopping the clock.
Trip	Any contact which lands on an opponent's feet or legs, below the legal target zone, that causes the skater to stumble or fall is considered tripping. Contact between skates and wheels that is part of the normal skating motion may not be considered tripping.
Warnings	A formal verbal indication from the referee that play is improper and that a skater must take corrective action.

