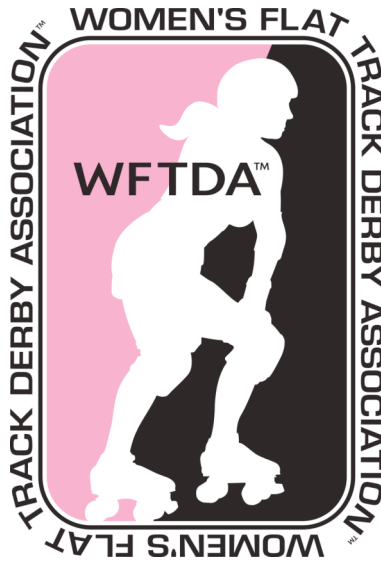


WFTDA STANDARDIZED FLAT TRACK ROLLER DERBY RULES

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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).

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 cannot re-enter the tournament in a subsequent game. (Not applicable to ejections, see *Section 6.5.2.4*.)

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 B* but subject to the restrictions of the venue. The method of marking dimensions (tape, rope, etc), including suggested 10' marks are subject to the restrictions of the venue, however the track must be the standardized dimensions.

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:

2.1.3.1.1 Pivot start line (see *Section 4* Figure 2 for diagram)

2.1.3.1.2 Jammer start line

2.1.3.1.3 Ten foot track intervals (are strongly encouraged, see *Appendix B* 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. If there is a rail, wall, or barrier between the track and the crowd that completely prevents contact between spectators and contestants, a five foot clearance is permissible. Referees may skate in this area, and/or the infield of the track, according to local custom. The clearance cannot be less than five feet.

2.1.6 For safety and visibility, the track surface, boundaries, safety zone, and penalty box 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.

2.2.3.1 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 Official 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 last jam reaches its natural conclusion (see *Section 2.4*). This may extend past the point when the period clock reaches zero.

2.3.4 If 30 seconds or fewer remain on the period clock when a jam ends, there will not be another jam started for that period, unless a timeout is called (See *Section 2.6.5*).

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. Jams end on the 4th whistle of the jam-ending signal, *see Section 2.9 Whistles*.

2.4.3 Between jams, a team has 30 seconds to get into formation.

2.4.4 If all skaters are not in position and 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 Jammers are considered in position and ready if they are on the track when the first whistle of the jam blows (this is the whistle to start the pack rolling) but are subject to false start penalties if they are not behind the Jammer line (*see Section 6.2.8.2.1*).

Jammers are permitted to put on their helmet covers after the jam has started.

2.4.4.1.1 If the Jammer is on the track but not in position at the start of the jam, she will receive an illegal procedure minor penalty (*see Section 6.2.8*).

2.4.4.1.2 If the Jammer is not on the track when the jam starting whistle blows, the Jammer will not be permitted to join the jam in progress. No penalty will be issued.

2.4.4.2 Pivots and Blockers are considered in position and ready if they are on the track when the first whistle of the jam blows (this is the whistle to start the pack rolling) but are subject to false start penalties if they are not behind the Pivot line and in front of the Jammer line, (*see Section 6.2.8.2.2*). Pivots are permitted to put on their helmet covers after the jam has started.

2.4.4.2.1 If a Pivot or Blocker is not on the track when the jam starting whistle blows, that player will not be permitted to join the jam in progress. No penalty will be issued.

2.4.5 When 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 will 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 remains tied, additional overtime jams will be played until the tie is broken.

2.5.2 Overtime is an extension of the final period i.e., it is not a new period.

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. (*See Section 2.8.2.2*)

2.6.3 Timeouts 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.

2.6.5 After a timeout the period clock does not resume until the next jam starts.

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 penalty time will be served. The benches or seats must be capable of accommodating a total of 6 players, 3 from each team.

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 time all penalties simultaneously (see *Section 6.4* for details on penalty timing procedures).
 - 2.8.4.2 All penalty clocks stops between jams (see *Section 6.4.3* 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
4 th Minor Penalty	One long
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 designated position at a time.

3.1 BLOCKER

3.1.1 A maximum of four Blockers (including the Pivot Blocker, see *Section 3.2.1*) 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. Only the Pivot Blocker may become eligible to score points, according to the specifications in *Section 3.5 Passing the Star*.

3.1.2 Blocker identification: Non-Pivot Blockers do not wear helmet covers.

3.2 PIVOT BLOCKER

3.2.1 A maximum of one Pivot Blocker from each team is allowed on the track during play. The Pivot is special subset of Blocker with the extra ability of receiving a star pass. 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. 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*. The Pivot is a specialized class of Blocker—they are Blockers in all senses and practices, with the additional ability to receive a Star Pass.

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*. The 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 established on the Jammers' initial pass through the pack during each jam. The Lead Jammer is the first Jammer to pass the foremost in-

play Blocker legally and in bounds, having already passed all other Blockers legally and in bounds.

3.4.1.1 Lead Jammer status will be signaled immediately after it is earned. See *Section 3.4.2.3* for 'Not Lead Jammer'.

3.4.1.2 A Jammer must be ahead of the foremost in-play Blocker, as demarked by the hips, in order to become Lead Jammer.

3.4.1.3 Jammers do not need to pass Blockers ahead of the legal Engagement Zone in order to become Lead Jammer.

3.4.1.4 During a split pack or no pack situation the Jammer must pass all Blockers to become Lead Jammer.

3.4.2 In order to gain Lead Jammer status on her initial pass through the pack, a Jammer must pass all in-play Blockers 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 re-pass 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 Engagement Zone, the zone in which she may be engaged by a Blocker. No part of her skate(s) may touch the ground outside the track boundary. Until she reaches the Engagement 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 *Sections 6.2.9 and 6.2.10*.

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.

3.4.2.4 See *Section 6.4.2.2.1* for further information on how a player sent to the penalty box affects Lead Jammer.

3.4.3 A pass is determined by the skaters' hips.

3.4.4 If the first Jammer to emerge from the pack does not earn Lead Jammer status on her initial pass through the pack, the second Jammer 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. A Jammer sent to the penalty box while making her initial pass through the pack is not eligible to become Lead Jammer upon re-entering the jam.

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 repeatedly placing both hands on her hips until the referee whistles 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 Removing her helmet cover for any reason.

3.4.7.2 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 6.2.8 Illegal Procedures*, 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 counter-clockwise 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. The helmet cover must be on the new Jammer's helmet and the stars must be visible in order for the new Jammer to accrue points.

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 Blocker 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 uniform. 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 Each skater participating in a bout must visibly display her number on each sleeve or 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.

3.7.4 The team Captain must visibly display a "C" on her uniform or arm. The team Captain's Designated Alternate must display an "A" on his or her uniform or arm.

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 Blockers, skating in proximity, containing members from both teams.

4.1.1.1 The pack is comprised of the 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.

4.1.1.3 In order to form a pack, a team must have at least one Blocker on the track at all times.

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 up or slow down to reform the pack and are subject to penalties (see *Section 6.2.11.4*).

4.1.2.1 If only one group meets the criteria for a pack as defined in *Section 4.1.1* there is **not** a split pack.

4.1.2.2 If both groups meet the criteria for a pack as defined in *Section 4.1.1* there is a split pack.

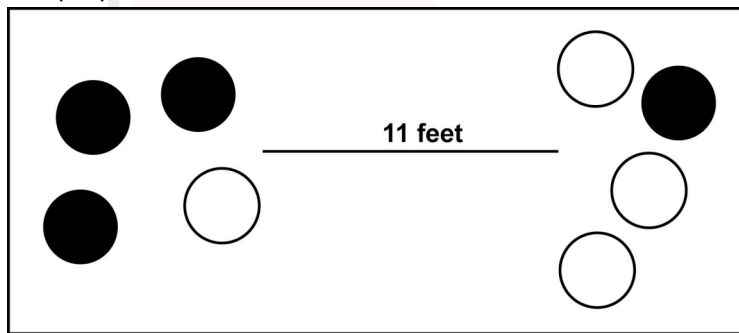


Figure 1: Split Pack Example

4.2 PRE-JAM FORMATION

4.2.1 Prior to the start of a jam, all skaters must be in formation with the 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 30 feet behind the Pivot line. The Pivots line up behind 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.

4.2.4 Jammer Starting Position: Jammers line up behind the Jammer line.

4.2.5 No rules govern inside/outside positioning. Blockers may line up in any order behind the Pivots.

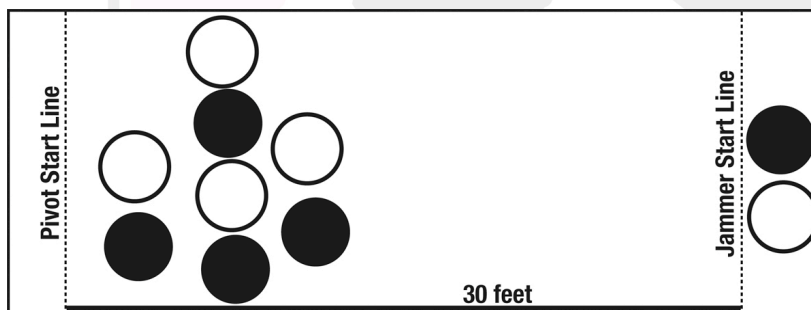


Figure 2: Pre-Jam Formation Example

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 is positioned more than 20 feet outside the pack or out-of-bounds, she is out of play and subject to penalties specified in *Section 6.2.11*.

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 are still in play, may block and assist.

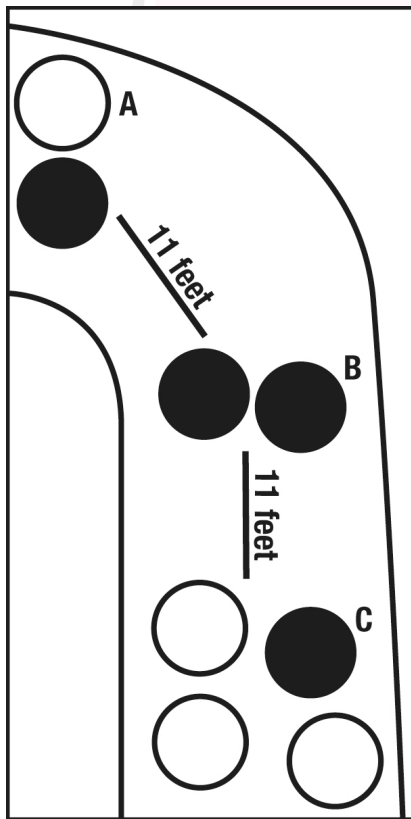


Figure 3: In/Out of Play Example

- In the diagram, Group C is the pack as it is the largest group of 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 6.2.11*.
- 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 will be penalized if they do not return. If they block or assist, they will also receive out of play penalties (see *Section 6.2.11*).

4.3.3 Blockers who are out of play must slow or speed to rejoin the pack.

4.3.3.1 A skater who is 20 feet in front of or behind the pack may receive an out of play warning by a referee; however, a referee is not required to issue a warning prior to giving a penalty. Once out of play, a skater 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 see *Section 6.2.11*.

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 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 lap her after a fall, is subject to penalties see *Section 6.2.11.2 and 6.2.11.3*.

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 Engagement Zone, 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 whistles the Jammers to begin their sprint through the pack with two short whistle blasts. The Jammers do not begin their sprint until the second whistle.

5. BLOCKING

5.1 GENERAL BLOCKING

5.1.1 Blocking is any movement on the track designed to knock the opponent down or out-of-bounds or impede the opponent's speed or movement through the pack.

5.1.1.1 Counter-blocking is any motion/movement towards an oncoming block by the receiving skater which is designed to counteract an opponent's block. Counter-blocking is treated as blocking and held to the same standards and rules.

5.1.1.2 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.

5.1.2 The skater who makes contact with a target zone of an opponent is considered the *initiator of the block*. The *initiator of the block* is always responsible for the legality of the contact.

5.1.3 A skater who is in play and stepping or skating (i.e. not down or at a standstill) may block or engage an opposing player at any time during the jam after their start whistle has blown.

5.1.3.1 Blockers begin at the first whistle.

5.1.3.2 Jammers begin at the second whistle.

5.1.4 To ensure safety, skaters may not use dangerous blocking techniques.

5.1.4.1 Skaters may not block from behind, which includes hitting another skater in the back (as defined in *Section 5.2.2.2*).

5.1.4.2 Skaters must not skate clockwise in relation to the track when executing a block.

5.1.4.3 Skaters must have at least one skate on the floor when executing a block.

5.1.4.4 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.

5.2 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 arms and hands

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

5.2.1.5 The mid thigh

5.2.2 **Illegal** Target Zones—for safety reasons, a skater **must 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, booty or thigh

5.2.2.3 Below the mid-thigh.

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, see *Section 6.2.2* for restrictions on use.

5.2.4.2 Forearms/Hands, see *Section 6.2.3* for restrictions on use.

5.2.4.3 The head may not be used in blocking.

5.3 BLOCKING ZONE DIAGRAMS

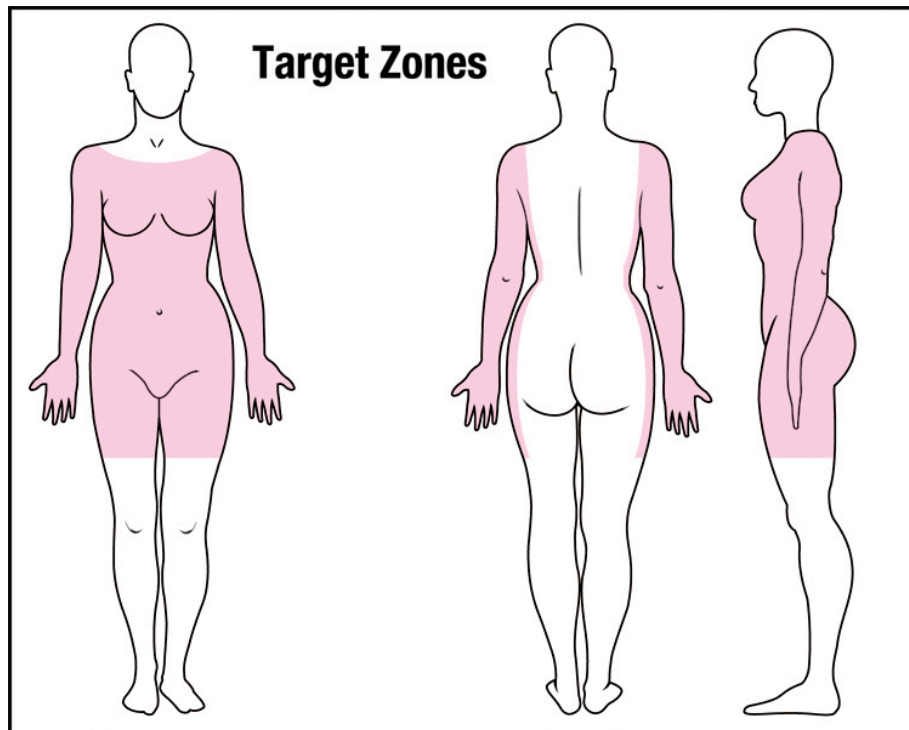


Figure 4: Legal Target Zones. The shaded regions are the legal areas to block, hit or check an opponent

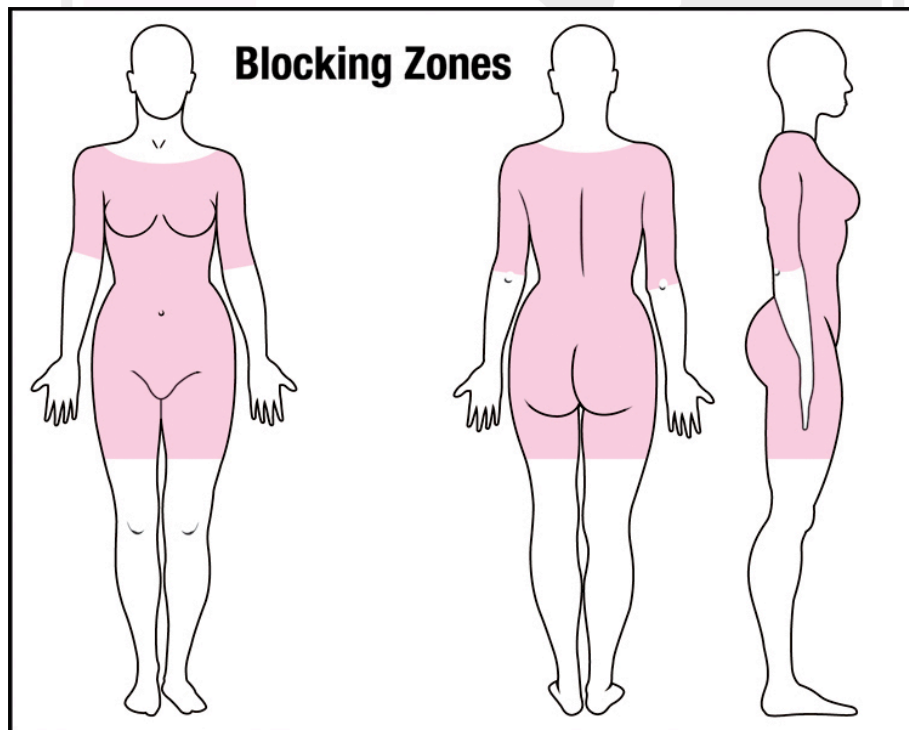


Figure 5: Legal Blocking zones. The shaded regions are the legal areas with which a player can block, hit or check.

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 6.4.5*).

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 C* for approved hand signals and *Section 2.9* for approved whistles)

6.2 TYPES OF PENALTIES

The following penalties are addressed in detail in the sections listed below. These sections hold specific examples that are to be followed explicitly. Illegal actions not specified below must be enforced using these specifics as guiding examples.

6.2.1 Back Blocking and Blocking from Behind

6.2.2 Illegal Blocking with Elbows

6.2.3 Illegal Use of Forearms and Hands

6.2.4 Out-of-bounds Blocking

6.2.5 Tripping

6.2.6 Skating Clockwise to Block

6.2.7 Multiple Player Blocks

6.2.8 Illegal Procedures

6.2.9 Skating Out-of-bounds

6.2.10 Cutting the Track

6.2.11 Out of Play Penalties

6.2.12 Blocking with the Head

6.2.13 Gross Misconduct

6.2.14 Fighting

6.2.1 BACK BLOCKING AND BLOCKING FROM BEHIND: Hitting an opponent in the back of the torso, back of the legs or booty is prohibited (*refer to Illegal Target Zones Section 5.2.2*).

No Impact/No Penalty

6.2.1.1 Incidental contact to the back from an opponent that does not force the opponent to adjust her skating stance or position in any way.

6.2.1.2 Hitting an opponent, with a legal blocking zone into a legal target zone, while positioned behind said opponent.

Minor Penalty

6.2.1.3 Any contact to the back of an opponent that forces the receiver off balance, forward, and/or sideways, but does not cause her to lose her relative position.

Major Penalty

6.2.1.4 Any contact to the back from an opponent that forces the receiver out of her established position. This includes forcing a skater down, out-of-bounds, or out of position.

6.2.2 ILLEGAL BLOCKING WITH ELBOWS

6.2.2.1 When engaging another skater, elbows may not be swung with a forward/backward motion.

6.2.2.2 When engaging another skater, elbows may not be swung with upward or downward motion.

6.2.2.3 The elbow must be bent while blocking with that arm.

6.2.2.4 Contact may not be made exclusively with the point of the elbow (i.e. jabbing).

6.2.2.5 Elbows may not be used to hook (draw the arm through the opponent's arm) an opposing player in any way.

No Impact/No Penalty

6.2.2.6 Incidental contact of elbows, that falls within legal target zones, that does not force the opponent to adjust her skating stance or position in any way.

Minor Penalty

6.2.2.7 Any illegal contact with the elbow or swinging motion of the elbow, that falls within the legal target zones that forces the receiver off balance, forward and/or sideways but does not cause her to lose her relative position.

Major Penalty

6.2.2.8 Any illegal contact with the elbow or swinging motion of the elbow that lands above the shoulders.

6.2.2.9 Any illegal swinging motion of the elbow or illegal elbow contact that forces the receiver off balance, forward and/or sideways and causes her to lose her relative position.

6.2.2.10 Use of the elbow or arm to pin an opponent's arm or drawing an arm through an opponent's arm, impeding her mobility.

6.2.3 ILLEGAL USE OF FOREARMS AND HANDS

6.2.3.1 Forearms or hands may never be used to grab, hold, or push an opponent.

6.2.3.2 Incidental forearm contact between skaters is acceptable when the arms are pulled into the body to absorb the force of a block.

6.2.3.3 During forearm contact between skaters, the following are indications that a push has occurred:

6.2.3.3.1 The initiating skater extends her arm during contact

6.2.3.3.2 The receiving skater is propelled forwards or sideways

No Impact/No Penalty

6.2.3.4 Incidental contact of forearms or hands that falls within legal target zones, that does not force the opponent to adjust her skating stance or position in any way.

6.2.3.5 Contact made with the forearms when forearms are pulled in to the body to absorb a hit.

6.2.3.6 A block initiated with the shoulder, in which there is forearm contact to the opponent, but no observable push with the forearm.

Minor Penalty

6.2.3.7 Illegal forearm or hand contact to an opponent, that falls within the legal target zones that forces the receiver off balance, forward, and/or sideways but does not cause her to lose her relative position. This includes:

6.2.3.7.1 A slight but observable push with the hands or forearms.

6.2.3.7.2 A block initiated with the shoulder, in which there is either a simultaneous or subsequent push with the forearm. A push is indicated by the initiating skater extending her arms while making contact with the forearms, resulting in the receiving skater being propelled forward or sideways.

Major Penalty

6.2.3.8 Any illegal contact with hands or forearms above the shoulders.

6.2.3.9 Any illegal forearm or hand contact to an opponent that forces the receiver off balance, forward, and/or sideways and causes her to lose her relative position. This includes:

6.2.3.9.1 Contact with hands or forearms, as indicated by the initiating skater extending her arms, resulting in the receiving skater being propelled forwards or sideways.

6.2.3.10 Use of hands or forearms to grab or hold an opposing skater impeding that skater's mobility, causing her to lose advantage and/or forcing that skater to the ground.

6.2.4 OUT-OF-BOUNDS BLOCKING:

6.2.4.1 Skaters must be in-bounds when initiating a block.

6.2.4.2 Skaters may not pick up momentum for a block until in-bounds.

6.2.4.3 If a skater forces an opponent out-of-bounds while blocking, the initiating Blocker must cease blocking when her own skates reach the track boundary. No part of the initiating Blocker's skate may touch the ground outside the track boundary.

6.2.4.4 A skater that is in-bounds need not yield right of way to the out-of-bounds skater.

6.2.4.5 A skater may not initiate contact with an opponent who is completely outside the track boundary.

6.2.4.6 An in-bounds skater may actively block or hit a returning skater when any part of the returning skater's skates are touching the floor inside the track boundary. The returning player has crossed the track boundary but remains out-of-bounds by definition. However, by entering the track, she becomes a target and can be hit.

6.2.4.7 A skater who is straddling the line may not engage, block, or assist because she has one foot down outside the track boundary and is out-of-bounds by definition.

6.2.4.8 A skater who is straddling the line may be hit by a player who is on the track since she has one foot down inside the track boundary.

6.2.4.9 If a player jumps, and ceases all contact with the ground, her prior in-bounds/out-of-bounds status is maintained until contact with the ground re-establishes in-bounds/out-of-bounds status. *See Section 7.9 Scoring.*

No Impact/ No Penalty

6.2.4.10 Beginning a jump from in-bounds and landing in-bounds, as long as the skater's body or equipment does not touch outside the track boundary. This is not considered out-of-bounds.

6.2.4.11 A skater with one skate in-bounds and one hanging over the track boundary, but not touching outside the track boundary is not considered out-of-bounds.

Minor Penalty

6.2.4.12 Any contact from out-of-bounds that does not cause the receiving skater to fall or lose her relative position.

6.2.4.13 Continuing a block after any part of the initiating Blocker is touching the ground outside the track boundary.

6.2.4.14 Any contact with an opponent who has no part of her skate touching the ground inside the track boundary that does not affect the skater's ability to re-enter play. (See Section 6.2.4.8)

Major Penalty

6.2.4.15 Any contact from out-of-bounds that causes the receiving skater to fall or lose her relative position.

6.2.4.16 Continuing a block after any part of the initiating Blocker is touching the ground outside the track boundary that causes the receiving skater to fall.

6.2.4.17 Any contact with an opponent who has no part of her skate touching the ground inside the track boundary that causes her to fall or affects the skater's ability to re-enter play. (See Section 6.2.4.8)

6.2.5 TRIPPING: Skaters may not trip or intentionally fall in front of another skater. 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.

No Impact/No Penalty

6.2.5.1 Contact between skates and wheels that is part of the normal skating motion.

6.2.5.2 A skater who "falls small" in an effort to avoid tripping.

Minor Penalty

6.2.5.3 Any contact outside of the normal skating motion which lands below the legal target zone that causes a skater to stumble.

6.2.5.4 Contact between skates and wheels that is not part of the normal skating motion.

Major Penalty

6.2.5.5 Any contact outside of the normal skating motion which lands below the legal target zone that causes a skater to fall.

6.2.5.6 Flailing and sprawling skaters that trip an opponent, regardless of intent.

6.2.5.7 Habitual contact, three or more times, between skates and wheels that is part of the normal skating motion that causes a skater to stumble or fall.

6.2.5.8 A skater who repeatedly falls in front of opponents even if she "falls small".

6.2.6 SKATING CLOCKWISE TO BLOCK: Skaters must not skate in the opposite direction of the pack (clockwise) when executing a block.

No impact/No penalty

6.2.6.1 Incidental contact from skater getting spun around from another block.

Minor Penalty

6.2.6.2 If the illegal block affects a skater but does not cause harm or does not cause skater to fall or adversely affect the game.

Major Penalty

6.2.6.3 If the illegal block causes harm or causes skater to fall or has a measurable consequence for the game.

6.2.7 MULTIPLE-PLAYER BLOCKS

6.2.7.1 Skaters may not grab and hold each other's uniform or equipment in a multi-player block.

6.2.7.2 Skaters may not use their hands, arms, or legs in any grabbing, holding, linking or joining fashion in a multi-player block.

6.2.7.3 Touching and assisting teammates that does not create a wall to impede an opponent is not a multi-player block.

No impact/No penalty

6.2.7.4 Temporarily grabbing a teammate's clothing, equipment or body part to push or pull, thereby adjusting the player's speed or the teammate's speed.

6.2.7.5 Touching, but not grabbing and/or holding, a teammate while blocking.

Minor Penalty

6.2.7.6 Maintaining a multi-player block to impede an opponent for less than three seconds but NOT causing her to fall or lose her relative position.

Major Penalty

6.2.7.7 Maintaining a multi-player block to impede an opponent, causing her to fall or lose her relative position.

6.2.7.8 Maintaining a multi-player block to impede an opponent, for more than three seconds but not **necessarily** causing her to fall or lose her relative position.

6.2.8 ILLEGAL PROCEDURES

Technical infractions that give the offending team an advantage but do not directly impact a specific opponent.

No Impact/No Penalty

6.2.8.1 A Blocker who is on the track, between the Jammer and Pivot lines, but not in position before the first whistle blows -- she is skating into her position when the jam actually starts

Minor Penalties.

6.2.8.2 False start--Jammer or Blocker who false starts must yield advantage

6.2.8.2.1 A Jammer false starts when she crosses the Jammer line before the Jammer starting whistle.

6.2.8.2.2 A Blocker false starts when she crosses the Pivot line before the pack starting whistle.

6.2.8.3 Too many skaters on the track--skater is pulled without stopping the jam.

6.2.8.4 Attempting to call off a jam when not Lead Jammer--jam is not called off.

6.2.8.5 Jammer who is on the track, but not behind the Jammer line before the first whistle blows.

6.2.8.6 A skater exiting the penalty box and re-entering the track in front of one pack skater.

Major Penalties

6.2.8.7 False start-Jammer or Blocker who does not yield advantage.

6.2.8.8 Forcing jam to be called off due to too many skaters on the track before Jammer enters the pack.

6.2.8.9 Improper uniform, jewelry, or skates

6.2.8.10 Successfully calling off a jam when not Lead Jammer

6.2.8.11 Improper star pass or illegally blocking a star pass

6.2.8.12 A skater exiting the penalty box and re-entering the track in front of more than one pack skater.

6.2.9 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.

No Impact/No Penalty

6.2.9.1 Being forced out-of-bounds by an opponent's block.

6.2.9.2 Skating out-of-bounds as the result of a missed or successful block. (Blocking out-of-bounds criteria still apply; see *Section 6.2.4.*)

Minor Penalty

6.2.9.3 Skating out-of-bounds in an attempt to avoid a block.

6.2.9.4 Skating out-of-bounds to maintain or increase speed.

Major Penalty

6.2.9.5 Skating across the track infield in a manner which substantially cuts short the lap distance. It is not necessary to pass an in-bounds skater to commit a 'skating out-of-bounds' major penalty.

6.2.10 CUTTING THE TRACK

A skater that is in-bounds need not yield the right of way to an out-of-bounds skater. Skaters that are out-of-bounds must find an entrance back into the pack that does not require in-bounds skaters to move. When blocked out-of-bounds, an opponent must re-enter the track without bettering her position relative to other skaters. The skater may not return in-bounds in front of the skater who blocked her out-of-bounds, unless that skater is considered "in the box," having been sent off the track for a penalty (see *Section 6.4.2.2.1*). Cutting the track penalties are issued when any part of the returning skater's skates, body or equipment are touching the floor inside the track boundary.

No Impact/No Penalty

6.2.10.1 A skater cutting around a downed or out-of-bounds player is not bettering her position.

6.2.10.2 A skater cutting around a player who is "in the box," having been sent off the track for a penalty.

Minor Penalties

6.2.10.3 A skater improving her position by re-entering the track from out-of-bounds in front of one skater.

Major Penalties

6.2.10.4 A skater improving her position by re-entering the track from out-of-bounds in front of multiple skaters.

6.2.10.5 A skater improving her position by re-entering the track from out-of-bounds in front of the foremost opposing Blocker.

6.2.11 OUT OF PLAY PENALTIES

6.2.11.1 A Blocker engaging, blocking, or assisting outside the legal Engagement Zone. A penalty should be applied to each offending Blocker for each action.

6.2.11.2 A Blocker re-entering the pack from behind, having lapped the pack. A penalty should be applied to each offending Blocker. (see *Section 4.3.2*)

6.2.11.3 A Blocker re-entering the pack from the front, having fallen behind the pack. A minor penalty should be applied to each offending Blocker. (see *Section 4.3.2*)

6.2.11.4 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*).

6.2.11.5 Intentionally skating more than 20' from the pack after being warned. A penalty should be applied to each offending Blocker.

6.2.11.6 Issuing penalties takes priority over issuing warnings. A warning does not have to be issued in order for a penalty to be given. (see *Section 8.3.1.1*)

Minor Penalty: If the out of play action affects a skater but does not cause harm or adversely affect the game, it is treated as a minor penalty.

Major Penalty: If the out of play action causes harm or has a measurable consequence for the game, it is treated as a major penalty.

6.2.12 BLOCKING WITH THE HEAD

The head may not be used to block an opponent. Blocking with the head is dangerous for the initiator and the receiver.

No Impact/No Penalty

6.2.12.1 Incidental contact by the initiator's head that does not force the opponent to adjust her skating stance or position in any way.

Minor Penalty

6.2.12.2 Contact by the initiator's head that forces the receiver off balance, forward and/or sideways, but does not cause her to lose relative position.

Major Penalty

6.2.12.3 Contact by the initiator's head that forces the receiver off balance, forward, and/or sideways and causes her to lose her relative position.

6.2.12.4 Initiating a block with the head, regardless of impact or advantage.

6.2.13 GROSS MISCONDUCT**No Impact/No Penalty**

6.2.13.1 Not Applicable

Minor Penalty

6.2.13.2 Not Applicable

Major Penalty

6.2.13.3 Any contact with both skates off of the ground. Jumping and leaping contact is unsafe for the initiator and the receiver.

6.2.13.4 Executing a block on an opponent who is down.

6.2.13.5 Any block with initial contact landing above the shoulders.

Expulsion

6.2.13.6 Gross misconduct defined as an indiscretion so serious that it justifies the instant ejection of a skater, even on the first occurrence.

6.2.13.7 Illegal interference in game-play by skaters not involved in the jam

6.2.13.8 Deliberate and excessive insubordination to a referee

6.2.14 FIGHTING

Fighting is an automatic ejection for all participants and may result in a suspension (see *Section 6.5.2*). A fight is defined as a physical struggle that is not part of regular game play. A skater that only defends blows and does not engage in the fight will not be penalized.

No Impact/No Penalty

6.2.14.1 Not Applicable

Minor Penalty

6.2.14.2 Not Applicable

Major Penalty

6.2.14.3 Not Applicable

Expulsion or Suspension

The following egregious acts will be automatic game expulsions, even if not during a fight, and can be punished as multi-game suspensions (see *Section 6.5.2.2*).

6.2.14.4 Intentional, negligent, or reckless contact above the shoulders

6.2.14.5 Hitting or punching to the face or neck

6.2.14.6 Pulling of the head, neck or helmet

6.2.14.7 Choking by helmet straps

6.2.14.8 Any contact with the head of a player not wearing a helmet

6.2.14.9 Kicking another skater

6.2.14.10 Intentional tripping with feet or hands

6.2.14.11 Biting

6.2.14.12 Jumping onto or into a pile of fighting skaters ("dog pile")

6.2.14.13 Slide Tackling an opponent

6.2.14.14 Holding or pinning another skater to the ground

6.2.14.15 Serious physical violence or any action deemed by the officials to cause an extraordinary physical threat.

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 (With exceptions defined in *Section 6.4.2.*)

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. The fourth minor is signaled with a whistle.

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 6.4.* Minor penalties carry over into the following period. They are not “reset” between periods.

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* gives an unfair advantage, the referee will assess a penalty and *may* 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.

6.4 PENALTY ENFORCEMENT PROCEDURES

6.4.1 Substitutions

No substitutions are allowed if a penalty carries over to the next jam, except for the scenario described in *Section 6.4.5 Jammerless Jam*. 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. See *Section 6.5.4* for rules on expulsion.

6.4.2 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.

6.4.2.1 Additional penalties will be assessed if she cuts the track or approaches the penalty box from the wrong direction.

6.4.2.2 No team may have more than two Blockers and one Jammer in the penalty box at a time. If a team has more than two penalized Blockers, the penalties will be served consecutively, i.e. the third Blocker will sit out once the first Blocker has served her penalty. (This may require the third Blocker to serve her penalty in the next jam.) The third penalized Blocker will be asked to return to the jam according to *Section 6.4.2.3.*

6.4.2.2.1 The moment the penalized player is directed off the track she is considered “in the box” for scoring, Lead Jammer, and cutting the track rule purposes (See *Section 6.2.10* and *6.4.2.2.*) However, her penalty time will not start until she is seated in the box.

6.4.2.2.2 In order to form a pack, a team must have at least one Blocker on the track at all times. If there is only one Blocker from a given team that player will not be sent to the penalty box even if the penalty box cap has not been reached until another Blocker returns to the track.

6.4.2.2.2.1 The penalized player should be sent to the box as soon as there is room in the box, provided another Blocker from her team is on the track.

6.4.2.3 If there are already two Blockers in the box from the penalized Blocker’s team, the 3rd Blocker will be waved off by the penalty timer. If there are less than ten seconds left on penalties currently being served, the penalty timer should hold the 3rd Blocker in the box and start timing the penalty. If the skater is waved off she must return to the track as described in *Section 6.4.4.* A Jammer can never be waved off from the penalty box.

6.4.3 The penalty clock starts when the skater is seated in the penalty box (with exceptions *see Section 6.4.2.3*). The penalty clock only runs when the jam clock is running. If a penalty spans multiple jams, the penalty clock will stop between jams.

6.4.3.1 When there are ten (10) seconds remaining on the penalty clock of a penalized skater, she will be instructed by the penalty timer to stand. She must stand.

6.4.4 After serving one minute in the penalty box, a penalized skater may re-enter the track. She must enter the pack from the back.

6.4.4.1 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.

6.4.4.2 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.

6.4.4.3 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 that are behind her upon re-entry.

6.4.4.4 If a Jammer begins the jam in the box and her penalty time expires after the first whistle blows, but before the Jammer whistle blows, the Jammer coming out of the penalty box must enter behind the opposing Jammer.

6.4.5 JAMMERLESS JAM

If both Jammers are in the penalty box at the start of a jam or are pulled mid-jam, both Jammers will turn over their helmet covers to alternate teammates on the track who will serve as Jammers, and a new jam will start. The penalized Jammers in the box will re-enter play as Blockers once their penalties have been served. This rule applies to all circumstances when both Jammers are missing from the track. The jam is not whistled dead until the second Jammer has reached the penalty box, is seated, and her penalty time has begun. The jam will **not** be stopped and **will** continue should the first penalized Jammer have 10 seconds or less remaining on her penalty (*see Section 6.4.3.1*).

6.4.5.1 Players on the track may rotate position, but no player substitutions from the bench are allowed.

6.4.5.2 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.

6.4.5.3 During a Jammerless jam, when one or both Jammers fail to be on the track when the jam starts, both teams will play a Jammer in the new jam.

6.4.5.3.1 No substitutions will take place. The team(s) must skate short, however they are permitted to field a Jammer from one of the Blockers that played in the stopped jam.

6.4.5.4 If a Jammerless jam occurs when the penalty box is filled to capacity for either team, the Jammer seat in the penalty box should remain clear, so that there is always room for a Jammer.

6.4.5.4.1 Last Penalized Jammer's team has 2 Blockers in the box: When the Jammerless jam is called the Jammer must hand over her helmet cover as described in section 6.4.5 and play the re-started jam as a Blocker. When one of her team's Blockers exits the penalty box, she must leave the track to serve her penalty.

6.4.5.4.2 First Penalized Jammer's team has 2 Blockers in the box: When the Jammerless jam is called the Jammer must hand over her helmet cover as described in section 6.4.5 and play the re-started jam as a Blocker. When one of her team's Blockers exits the penalty box, she must leave the track to serve the remainder of her penalty.

6.5 EJECTION AND EXPULSION

6.5.1 Ejection/Fouling Out

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

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

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

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

6.5.1.2.1 For three period games, 12 minors per period will be considered excessive.

6.5.1.2.2 For two period games, 16 minors per period will be considered excessive.

6.5.1.3 Skaters who are sent to the box for an excessive amount of combined major and minor offenses will be ejected for the remainder of the period. All major and minor offenses count, not just repetitions of the same offense or family of offenses.

6.5.1.3.1 For three period games, 4 combined trips to the penalty box per period will be considered excessive.

6.5.1.3.2 For two period games, 5 combined trips to the penalty box per period will be considered excessive.

6.5.1.3.3 If a penalty spans two periods, it should be included in the combined period total for the period in which the penalty timer begins timing the penalty.

6.5.1.3.4 The 12th (for 3 period game) or 16th (for 2 period game) minor in a period may not always fall on the fourth minor for purposes of 1 minute in the penalty box.

(example: A skater begins the 2nd period of a 3 period game with 2 minors. That skater then earns 2 more minor penalties and is sent to the box. She earns another 8 minor penalties and is sent to the box twice more. This skater now has a total of 10 minor penalties for the period. The skater earns 2 more minor penalties in the 2nd period and is ejected for the remainder of the period.)

6.5.1.5 When a skater fouls out of a game, the ejection applies to the current period only. It does not carry over to subsequent periods or games. 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. Another player from her team must serve any applicable penalty time; this substitute must serve in the same position (Pivot, Blocker or Jammer) as the ejected skater. If applicable, her team must skate a player short (see *Section 6.3.1*).

6.5.2 Expulsion and Suspension

6.5.2.1 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.

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

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

6.5.2.4 If a skater is expelled 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 6.5.2.2), she is allowed to play in the next game in the tournament.

6.5.2.5 Coaches and managers are held to the same standard of sportsmanlike behavior as players.

6.5.3 Referees do not need to meet with the team Captain prior to expelling a player from the game. However, any suspensions must be recommended by the Head Referee and signed off by team Captains prior to collecting signatures on the IBRF at the end of the game.

6.5.4 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, this substitute must serve the penalty in the same position (Pivot, Blocker or Jammer) as the expelled skater. Her team must skate a player short (see *Section 6.3.1*).

7. SCORING

- 7.1 Only skaters wearing the designated Jammer's star helmet cover with visible stars 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 re-pass and score the point.
 - 7.3.1.2 Once the Jammer has cleared the foremost pack skater by 20 feet, her scoring pass is complete. (see *Section 3.4.1* and *3.4.2* for Lead Jammer details and *Section 4* for pack definition).
 - 7.3.2 Pass the opposing Blocker's hips.
- 7.4 The Jammer earns a point for each opposing **skater** who is not on the track immediately upon scoring her first point on an opposing blocker. If the jam ends before the Jammer scores, the additional points will not be awarded. The following are such circumstances when the Jammer will earn points in this manner:
 - 7.4.1 Opponents in the penalty box. (The moment a penalized player is directed off the track she is considered "in the box" for scoring purposes.)
 - 7.4.2 Opponents who have failed to be on the track when the Jammer starting whistle blows.
 - 7.4.3 Opponents who have removed themselves from play.
 - 7.4.4 Opponents sent to the penalty box that have not yet been scored upon in that scoring pass.
 - 7.4.5 Opponents returning from the penalty box behind the Jammer.
 - 7.4.5.1 Standard scoring rules and requirements apply to opponents returning from the penalty box who skate ahead of the Jammer before the Jammer is able to earn her first point in that scoring pass.
- 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 ends when the Jammer is still in the pack, the points for any passed opponents will be announced immediately.
 - 7.5.3.1 The Jammer will also be awarded points for players ahead of the pack and out of play if said players were not previously scored on during that scoring pass.
 - 7.5.4 Once a Jammer earns a point that point can never be taken away. (Note: this does not apply to points awarded in error.)
 - 7.5.5 When the Jammer finishes serving a penalty she continues her scoring pass exactly where she left off. For example: If the Jammer has scored on opposing Blockers A and B when sent to the penalty box, she retains those points. When the penalty finishes in the same jam, the Jammer remains on the same scoring pass and can only score on opposing Blockers C and D. (See *Section 3.4.1* for Lead Jammer details.)
 - 7.5.5.1 When the Jammer's penalty spans into the next jam she starts all of her passes over. Her points are announced at the end of the one jam and in the next jam she begins her initial pass when leaving the penalty box.
 - 7.5.6 Grand Slam: If one Jammer completely laps the opposing Jammer, she will score an additional point each time she fully laps her.
 - 7.5.7 At the end of the jam the Jammer will score on Blockers ahead of the pack and out of play who were not previously scored upon during that scoring pass.
 - 7.5.8 Points are earned until the 4th whistle of the jam ending signal.

7.5.9 In order to earn points for passing while airborne the Jammer must maintain in-bounds status after landing. *See Section 6.2.4.9 Out-of-Bounds Blocking.*

7.5.10 Jammers cannot accrue points while in the penalty box.

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 referees 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.

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. DUTIES

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 6.2.8*.

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 6.2.8*.

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 whistle the start of the pack.
- 8.2.2.2 The referees will whistle 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, ejections 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, hand signal and vocally call out 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 Emergency
 - 8.2.6.1.7 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 repeatedly 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.
 - 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 play will resume 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 Referee 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 his or her 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 s/he sees fit.

8.3.1.1 Issuing penalties takes priority over issuing warnings. A warning does not have to be issued in order for a penalty to be given. Issuing penalties is always the priority over issuing a warning of any sort.

8.3.1.2 Referee discretion is intended ONLY to allow referees to keep the game safe, fair, and consistent in the event that an unexpected situation arises. Discretion does not allow referees to change rules.

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 must be uniformed in a manner that makes them easily identifiable as the officials for the bout, e.g. a black and white striped shirt.

8.4.2.1 Non-Skating Officials are strongly encouraged to dress in an un-obtrusive uniform differentiating themselves from Referees.

8.4.3 Each referee participating in a bout must visibly display his/her 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 Classic* 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 track. 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.

9.2 SAFETY PERSONNEL

9.2.1 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 the necessary 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.

9.2.2 Team Captains are responsible for supplying medical personnel with their skaters' medical and/or emergency contact information as necessary.

9.3 INJURED SKATERS

9.3.1 If a skater sustains an injury serious enough that the referees call off the jam the skater must sit out the next three jams.

9.3.1.1 If more than one jam is called off for the same player, she must sit out of the remainder of the period.

9.3.2 If a skater is bleeding, she may not participate in a jam until the bleeding has stopped.

9.3.3 If a skater removes herself or is removed from a jam during play for equipment issues, she may re-enter the jam once the issue has been resolved. If she removes herself or is removed for injury or any other reason, she may not re-enter the jam.

9.3.3.1 A skater who removes herself from the track due to equipment issues must re-enter the pack from the back and is subject to penalties per *Section 6.2.8, Illegal Procedures*.

9.3.4 Skaters who are injured prior to the bout may play if they have received clearance from their doctor.

9.3.4.1 A Skater may not wear an appliance, cast, or brace that causes a danger to other skaters (as determined by the head ref).

9.4 IMPAIRED SKATERS

9.4.1 Skaters may not participate in a bout while under the influence of alcohol, narcotics, or illegal drugs.

9.4.2 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.
Blocker	Blockers are the positional players that form the pack. The Pivot Blocker is one of the four Blockers per team allowed in each jam. (<i>See Section 3.1 Blocker.</i>)
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.
Blocking Zones	Areas of the body that may be used to hit an opponent when performing a block. (<i>See Figure 5.</i>)
Captain	The skater(s) identified to speak for the team. Only the Captain and the Designated Alternate may confer with the referees. (<i>See Section 8.2.9.</i>)
Contact Zones	Areas of the body that may be used to give or receive a hit. (<i>See "Blocking Zones" and "Target Zones"</i>)
Counter-Block	Counter-blocking is any motion/movement towards an oncoming block by the receiving skater which is designed to counteract an opponent's block. Counter-blocking is treated as a block and held to the same standards and rules. Standing up, turning away, ducking, etc is not considered counter-blocking.
Designated Alternate	The Captain selects an additional person to act in their stead; this person is the Designated Alternate. The Designate Alternate may be another skater, coach or manager. The Designated Alternate must be one of the sixteen individuals described in <i>Section 2.1.4</i> . A team shall only have one Designated Alternate.
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 the remainder of the period. 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. This is the equivalent to “fouling out” for excessive minor penalties, major penalties or combined trips to the penalty box. (<i>See Section 6.5.1 for complete details.</i>) An ejected skater’s penalty must be served by a substitute from the team’s bench, and the team plays short until the penalty is finished.
Engage	Any sort of interaction with another player on the track during a jam. (<i>see also “Assist” and “Block.”</i>)
Engagement Zone	The zone in which players may legally engage. The legal Engagement Zone extends from 20’ behind the rearmost pack member to 20’ in front of the foremost pack member, between the inside and outside track boundaries. Jammers may engage each other outside of the Engagement Zone.
Expulsion	To remove a player from the remainder of the game, regardless of period or time left on the clock. 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. 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. (<i>See Section 6.5.2 for complete details.</i>) Another player from her team must serve the major penalty, forcing her team to skate a player short (<i>see Section 6.3.1</i>).
Fall Small	Falling with the arms and legs controlled, tucked in to the body, and not flailing.
Fouling Out	A skater “fouls out” for excessive minor penalties, major penalties or trips to the penalty box. (<i>See Ejection.</i>)
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.
Gross Misconduct	An indiscretion so serious that it justifies the instant ejection of a skater, even on the first occurrence.
Illegal Procedures	Technical infractions that give the offending team an advantage but do not directly impact a specific opponent.
Impact	A foul has an impact on safety or game play when a measurable physical force or effect can be observed. (<i>See Major Penalty and Minor Penalty.</i>)
In-bounds	A skater is in-bounds as long as all parts of the skater’s body and equipment that are in contact with the ground are within or on the track boundary. If a player jumps, and ceases all contact with the ground her prior in-bounds/out-of-bounds status is maintained until contact with the ground re-establishes in-bounds/out-of-bounds status.
Initiator of the Block	The skater who makes contact with a target zone of an opponent is the <i>initiator of the block</i> . The initiator of the block is always responsible for the legality of the contact.
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. (<i>See Pass and Scoring Pass.</i>)
In-Play	When a Blocker is positioned within 20 feet of the nearest pack skater and is in-bounds, she is in play and may legally block and assist.
In Position	When a player is on the track, in the designated area for their position, when the first whistle of the jam blows. Blockers are <i>in position</i> when they are on the track, between the Pivot and Jammer start lines. Jammers are “in position” when they are on the track behind the Jammer line. Players are permitted to put on helmet covers after the jam has started. Players not <i>in position</i> before the Jammer starting whistle may not join the jam after in progress.



Jam	Jams are two minute races between teams to score points.
Jammer	Jammers are the point scorers for their teams. Each team is permitted one Jammer per jam. The Jammers are identified by stars on their helmet cover. (<i>See Section 3.3 Jammer.</i>)
Lap	A complete pass through the pack; this may require more than one trip around the track.
Lead Jammer	Lead Jammer is a strategic position established on the Jammers' initial pass through the pack during each jam. The Lead Jammer is the first Jammer to pass the foremost in-play Blocker legally and in bounds, having already passed all other Blockers legally and in bounds.
Major Penalty	A foul has that has a measurable physical force or effect which causes harm or adversely affects the game. Assessed if the infraction has extensive impact on safety or game play.
Minor Penalty	A foul has that has a measurable physical force or effect but does not cause harm or adversely affect the game. Assessed if the infraction has limited impact on safety or game play.
Multi-Player Block	Blocking with multiple players via a grabbing, holding, linking or joining fashion that impedes an opponents' movement through the pack. Touching and assisting teammates that does not create a wall to impede an opponent is not a multi-player block.
Out-of-Bounds	A skater is out-of-bounds when any part of the skater's body or equipment is touching the ground beyond the track boundary. If a player jumps, and ceases all contact with the ground her prior in-bounds/out-of-bounds status is maintained until contact with the ground re-establishes in-bounds/out-of-bounds status.
Out of Pack	A skater is out of pack when she is more than 10 feet from the nearest pack skater but within 20 feet of the nearest pack skater.
Out of Play	A Blocker 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 Blockers, skating in proximity, containing members from both teams. The Jammers are independent of this definition. (<i>See also Proximity.</i>)
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 has cleared the pack by twenty feet. To begin the next pass, the Jammer must fully lap the pack and catch up to the back of the pack. (<i>See Scoring Pass and Initial Pass.</i>)
Penalty	The punishment meted out for misconduct.
Pivot Blocker	Commonly referred to as the Pivot. The Pivot is a Blocker, as defined in <i>Section 3.1 Blocker</i> , with extra abilities and responsibilities as outlined in <i>Section 3.2 Pivot</i> .
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.
Re-engage	A skater positioning herself in front of an opponent who has already passed her.
Re-pass	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 completed initial pass. Points may only be earned on scoring passes. A Grand Slam is independent of this definition. (<i>See Grand Slam, Pass and Initial Pass.</i>)
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. (<i>See Ejection.</i>)
The Star	The Jammers' helmet cover, which has a star on it.
Target Zones	Areas of the body on an opponent that a skater may hit when performing a block. (<i>See Figure 4.</i>)
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.

