



HOW DOES DERBY WORK?

Players and Starting Positions

Unlike traditional roller derby, flat track roller derby is played on just that - a flat track. Skaters race around the oval track in a full-contact sport on wheels. Each team has no more than 5 players on the track at a time, and there are 3 types of players:



One Jammer: Wears a helmet cover with a star. Jammers are the only players who can score points - they start 20 ft behind the pack.

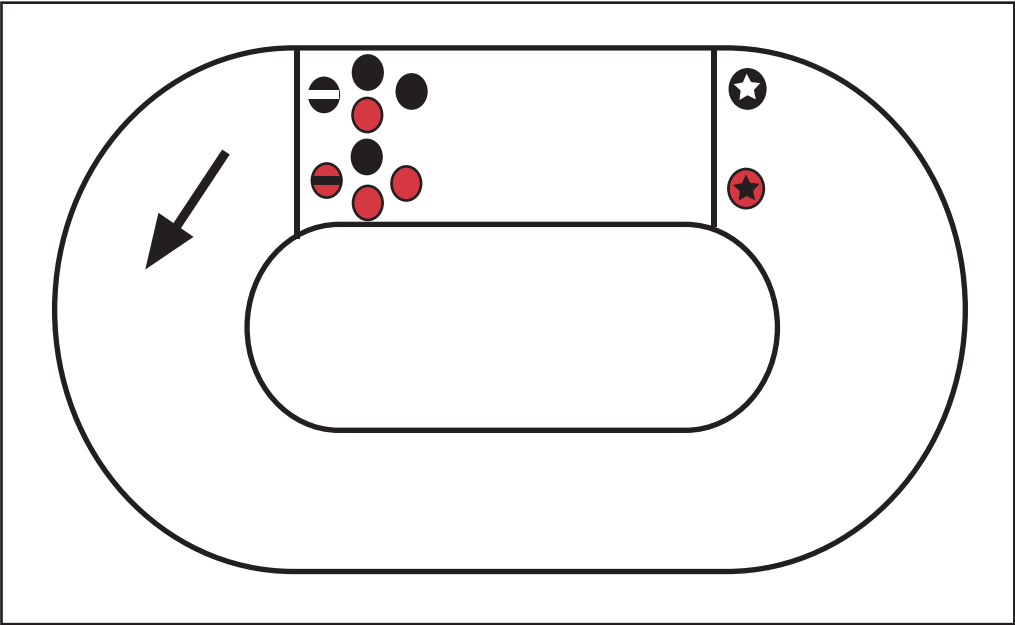


One Pivot: Wears a striped helmet cover. Pivots start at the front of the pack. They control the pace of the pack and are the last line of defence against the opposing jammer.



Three Blockers: No helmet cover. Blockers make up the rest of the pack. Their job is to help their jammer through the pack, while keeping the opposing jammer back.

Track:



Is this for real?: No part of what the Terminal City Rollergirls do is staged. The scores, the hits, and the bruises are all real. Imagine getting hip-checked at 30km/h - now that's real!

Jams, Periods and Bouts

In roller derby, games are called "bouts". Each bout is separated into either two or three 20 minute periods. Each period is then separated into an unlimited number of jams, each jam lasting no longer than 2 minutes.

Lead Jammer

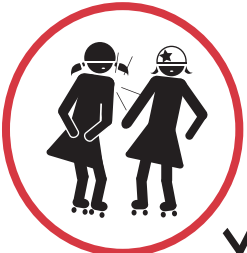
The title of "lead jammer" is given to the first jammer to "break" (pass through) the pack cleanly (remaining inbounds and having performed no illegal moves). Lead jammer has the strategic advantage of being able to call off the jam at any time by placing her hands on her hips. If neither jammer becomes lead jammer, the jam will run the full 2 minutes.



Help Your Jammer!

In addition to blocking the opposing jammer, it is also the blocker's job to help their jammer through the pack. Pushes and "whips" (pulling the jammer through) are common methods used.

Legal Blocking



Shoulder Check ✓



Hip Check ✓

Illegal Blocking



No blocking from behind X



No tripping intentionally or blocking while down X



No sexual misconduct (also NoHolding) X



No using elbows or forearms to block X