



## **Rules and Policies 2014**

### **1 SKATER REQUIREMENTS:**

- 1.1 Skaters must adhere to attendance and other league requirements in order to be eligible to skate in league bouts.
- 1.2 Skaters are not allowed to skate in a bout or at a special event while they are under the influence of drugs or alcohol.
- 1.3 Protective gear (helmet, elbow/knee pads, wrist guards) must be worn at all times while skating for TXRD. Mouth guards are strongly recommended but not required.

### **2 TEAM REQUIREMENTS:**

- 2.1 Teams are made up of a minimum of ten skaters and a maximum of twelve skaters.
- 2.2 When skating in a bout, each team must begin with a minimum of ten skaters in their line-up.
- 2.3 If a team has fewer than twelve eligible skaters, they must use alternates to make a minimum total of ten skaters or a maximum of twelve skaters in the line-up.
- 2.4 It is suggested that teams have at least one additional skater that can replace another skater in case of injury. This backup skater must be from the alternate pool, be eligible to skate in the bout, and be used only in a case where the injured skater will not be returning to the bout. The backup skater should be in uniform during the game.
- 2.5 Alternates are officially chosen one week before the bout.
- 2.6 No-call, no-show alternates without a documented medical or familial emergency will be removed from the eligibility roster for the remainder of the year.
- 2.7 A maximum of 15 people per team are allowed in the infield during game play, including skaters, managers, coaches, and support staff.

### **3 UNIFORMS:**

- 3.1 Skaters are responsible for procuring their own uniforms that match the theme and color scheme of the team the skater is skating with.
- 3.2 All uniforms must have the skater's name printed clearly on the back. Numbers are optional.
- 3.3 Wrist guards, elbow pads, knee pads, and helmets are all considered part of the uniform.
- 3.4 Skaters will not be allowed to skate in a bout without meeting these requirements.
- 3.5 If any part of a skater's equipment or uniform interferes with gameplay, it should be removed (at the referees' discretion).
- 3.6 Helmet panties must be solid, high-contrast colors.

### **4 BOUT PARTICIPANTS:**

- 4.1 Each team may have a maximum of five players on the track for each jam.
  - 4.1.1 A team must field one jammer and one pivot in each jam.
- 4.2 **Jammer (one per team, per jam)**
  - 4.2.1 The jammer is the point-scorer for each team and is designated by a star on her helmet panty.

- 4.2.2 Lead Jammer Status – The first jammer to break through the pack (as defined in 4.5) will obtain lead jammer status.
- 4.2.3 The lead jammer may call off the jam by placing her hands on her hips. She must be in-bounds to call off the jam.
- 4.2.4 If both jammers are eligible for lead jammer status, this status will be given to the jammer in front/in the lead. If/when the jammer in front is passed by the opposing jammer, lead status will be shifted to the opposing jammer, unless that jammer has rendered herself ineligible.
- 4.2.5 If a jammer skates out of bounds around 2 or more opposing blockers, or the foremost opposing blocker during her initial pass through the pack, she becomes ineligible for lead jammer status.
- 4.2.6 If a jammer passes the opposing jammer while out of bounds at any time during the jam, she becomes ineligible for lead jammer status.
- 4.2.7 A jammer may re-gain eligibility for lead status by slowing and “correcting” her advancement in or in relation to the pack.

#### **4.3 Blocker (three per team, per jam)**

- 4.3.1 The blockers set up plays to help their team’s jammer, or to stop the opposing team’s jammer.

#### **4.4 Pivot (one per team, per jam)**

- 4.4.1 The pivot is considered a specialized blocker and is the pace setter for the pack. She is designated by a stripe down the middle of her helmet panty.
- 4.4.2 During a jam, a jammer may pass her helmet panty to the pivot, who then assumes jammer status (see section 5.10, “Star Pass”).
- 4.4.3 Pivots can never be lead jammer or call off a jam.

#### **4.5 Pack – (blockers from each team)**

- 4.5.1 The pack is defined as the biggest group of blockers on the track that contains members from both teams, skating within 10’ of each other.

### **5 GENERAL RULES:**

- 5.1 A bout is made up of four eight-minute quarters played between two teams. The team with the most points at the end of the bout wins.

#### **5.2 Time:**

- 5.2.1 The clock starts when the whistle blows for jammers and stops when a referee blows the whistle to end the jam or when the 60-second jam has expired (see 5.5 “Jams”).
- 5.2.2 Each team has 30 seconds between jams to get their line-up onto the track. The 30 seconds begins at the end of the previous jam or at the end of a penalty face-off.
- 5.2.3 Any skater not on the track when the whistle blows to start the pack sits out that jam and is counted as a ghost point (see 5.7.5 and 5.7.6 “Ghost Points”).
- 5.2.4 If a skater enters the track after the first whistle, the jam will be called off and the skater will receive a major penalty. The jam will then restart with that skater in the penalty box.
- 5.2.5 If there are 30 seconds or more on the clock at the end of a quarter, another jam will proceed. If not, the quarter will end.

#### **5.3 Overtime:**

- 5.3.1 In the event of a tie at the end of the 4th quarter, there will be a three-minute break followed by a three-minute overtime period.
- 5.3.2 If there is still a tie at the end of an overtime period, another three-minute break ensues followed by another three-minute overtime period.
- 5.3.3 If a major penalty is called in the final jam of a game or an overtime period, the offending team’s jammer forfeits any and all points she has scored in that jam and the jam will be re-skated with the penalized skater in the penalty box.

#### **5.4 Game breaks:**

- 5.4.1 Each game will have a five minute break between the 1st and 2nd quarters, and a five minute break between the 3rd and 4th quarters.
- 5.4.2 There will be a break of a minimum of 20 minutes and a maximum of 30 minutes for half time.

5.4.3 One two-minute time-out per half, per team, may be called by a team Captain or Co-captain. If a time-out is not used in the first half, it does not roll over to the second half.

5.4.4 A team time-out may not be called while the jam clock is running.

5.4.5 The refs may call a team's two-minute time-out to prevent delay of game caused by a penalty dispute or in the event of an injury.

5.4.6 In the event of a tie at the end of the game, there will be a three-minute break prior to the overtime period (see 5.3 "Overtime").

#### **5.5 Jams:**

5.5.1 A single whistle starts the pack.

5.5.2 A double whistle then blows 3 seconds after the single whistle, signaling for the jammers to begin.

5.5.3 In the case of a false start, the jam must be stopped and restarted.

5.5.4 A jam may last up to 60 seconds or until the lead jammer calls it off by placing both hands on her hips.

#### **5.6 Skating:**

5.6.1 Skating is defined as striding, rolling, gliding, stepping, or other purposeful and continual movement in a counter-clockwise direction on the track.

5.6.2 Skaters must be skating while blocking and engaging in multiplayer blocks (see section 8.7 "Illegal Blocking").

#### **5.7 Scoring:**

5.7.1 The jammer is the only player able to score points for her team. She makes one initial (non-scoring) pass through the pack, and scores one point for each opponent she legally passes on subsequent passes through the pack.

5.7.2 A jammer will score one point each time she laps the opposing jammer.

5.7.3 Passing is completed when a jammer's hips and skates are in front of an opposing team member and she is in bounds. The line of passing perspective begins from the point referee in the center of the track and ends at the place on the track where the players in question are at that moment.

5.7.4 The jammer is only able to score points if she is wearing the star on her helmet panty.

5.7.4.1 If a jammer's helmet panty falls off at any time, only the jammer or the pivot may retrieve it (see section 8.10 "Illegal Star Pass" for related penalties).

5.7.5 Ghost points are points earned by a jammer anytime there are fewer than 4 opposing blockers on the track. One ghost point is awarded for each removed skater once the jammer scores her first legitimate point. In the case of two missing blockers, two ghost points may be awarded. In the case of three missing blockers, three ghost points may be awarded.

5.7.6 If a skater removes herself from the track for any reason, the opposing jammer scores one point when she physically passes where the removed skater left the track. If this location cannot be determined by the point referee, the opposing jammer will be given a ghost point when she scores on the first opposing player on her second and any subsequent passes through the pack.

#### **5.8 Stepping off the track:**

5.8.1 A skater is considered out of bounds when any part of her skate or body is touching the red areas outside of the white line or if her hips are past the outside rail.

5.8.2 A jammer who is out of bounds will not receive points for any opposing skater(s) she passes.

#### **5.9 Re-entering the track:**

5.9.1 A blocker or jammer may not re-enter the track ahead of the position in or in relation to the pack where she went out of bounds (see 8.1 "Advancement").

5.9.2 On her scoring pass, the jammer may re-enter the track behind the skaters she passed while out of bounds in order to score those points she missed.

5.9.3 To legally re-enter the track after stepping out of bounds, a skater must re-engage by skating one stroke in-bounds before coming into contact with another player.

5.9.4 Blockers cannot skate out of bounds or cut the track to cut off opposing skaters/jammers.

#### **5.10 Star pass:**

5.10.1 During a jam, a jammer may pass her helmet panty to the pivot, who then assumes jammer status.

- 5.10.2 The star must be removed from the jammer's helmet by the jammer and passed directly to the pivot.
- 5.10.3 The pivot must put the star jammer panty on her helmet before she is able to score points.
  - 5.10.3.1 If the helmet cover is dropped, it may only be recovered by the original jammer or pivot.
- 5.10.4 The pivot must put the star on her helmet before attempting to improve her position in the pack.
- 5.10.5 The pass may be blocked by the opposing team by any means of legal blocking. During the star pass, illegal blocking involving the jammer, the pivot, or the star will result in a penalty (see 8.10 "Illegal Star Pass" for related penalties).
- 5.10.6 The forearm is considered an illegal receiving zone during a star pass.
- 5.10.7 Pivots can never be lead jammer or call off a jam.

#### **5.11 Injuries:**

- 5.11.1 Substitutions by an alternate are only allowed for injuries that require a skater's removal from the bout. Once the substitution for injury has occurred, the injured skater is not allowed to return to skating and the backup alternate will take the place of the injured skater on the team's roster for the remainder of the bout.
- 5.11.2 If a skater sustains an injury serious enough for track officials to call off the jam, or if she removes herself from the track due to an injury sustained during the jam, the skater must sit out the next three jams.
- 5.11.3 If a skater has the jam called off for an injury three times in any single bout, she will be removed from the game (per section 12, "Ejections").

## **6 REFEREES:**

6.1 Texas Roller Derby referees are non-skating and are not required to wear safety equipment. (Please refer to "Texas Roller Derby Referee Best Practices" document for more details).

### **6.2 General Referee Guidelines**

- 6.2.1 Referees determine the severity of a penalty and call major or minor infractions.
- 6.2.2 Referees have final discretion in all calls made during a bout.
- 6.2.3 Before the start of each game, teams must designate 2 players from their active roster (including people acting as managers or bench coaches) to be the only people who can communicate with the referees. Referees discuss team complaints and concerns during the game with the team designates only. If a designate has been ejected or removed from the game due to injury, another skater, manager, or bench coach may be designated as the second person able to communicate with the refs during the game.
- 6.2.4 Designates should report any complaints to the referee as quickly as possible then return to their benches so the referees can consult with each other and make the final call.
- 6.2.5 In the event of a necessary penalty discussion, the referees may call an official two-minute time-out.
- 6.2.6 Referees may end jams or penalty faceoffs due to injury, breach of safety, unnecessary roughness, or misconduct of any kind.
- 6.2.7 Referees can eject a skater at any time during the game, regardless of her penalty situation, depending on the skater's behavior or severity of the infraction (see section 12, "Ejections").
- 6.2.8 Referees must show the same respect to skaters that the skaters show to referees.
- 6.2.9 Referees are held to same restrictions regarding alcohol or controlled substances as any skater during the bout.
- 6.2.10 Questions or comments relating to a Referee's call can be submitted via email from the team Captain or Co-Captain to the Referee Coordinator and Rules Coordinator up to one week after the call in question. The email will be reviewed and responded to within a week.

### **6.3 Point referees**

- 6.3.1 Responsible for counting points scored by jammers and reporting these points to the stats table and the scorekeeper.

6.3.2 Call major penalties committed on or by the jammers, which may stop the jam.

6.3.3 Officiate minor penalty face-offs (see 10.11).

#### 6.4 Penalty referees

6.4.1 Responsible for reporting minor and major penalties after each jam.

6.4.2 One Penalty Referee is designated as the Head Referee and has final say in all penalty and point disputes.

#### 6.5 Line referees

6.5.1 Responsible for reporting minor and major penalties seen from outside of the track.

6.5.2 Stand on the outside of the track by the corners.

6.5.3 Report penalties to the Penalty Referees in the middle of the track after each jam.

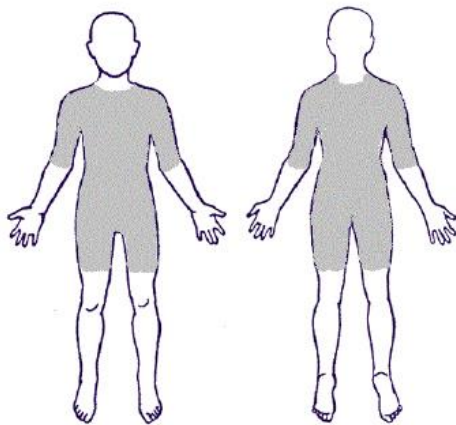
### **7 LEGAL MANUEVERS:**

7.1 The legal blocking zones are defined as the receiving zone (areas of the body where one can legally receive a block from an opponent) and the giving zone (areas of the body that can be used to legally block an opponent).

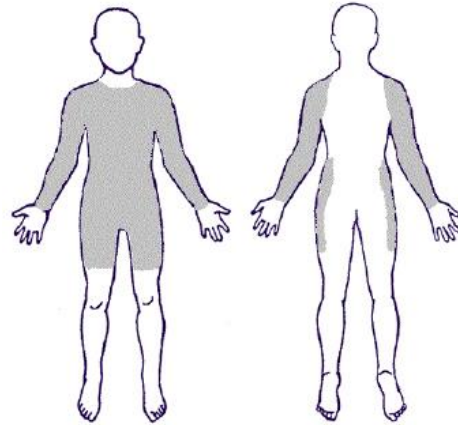
7.1.1 The legal giving zone includes the shoulders, torso, upper arms and elbows, hips, butt, and upper thighs.

7.1.2 The legal receiving zone includes the front and side of the body from below the collar bone to the upper thighs, the shoulders, upper arms, elbows, and hips. The forearm is also a legal receiving zone, unless contact is made during a star pass (see sections 5.10 and 8.10).

**Legal Giving Zone**



**Legal Receiving Zone**



7.2 Arms: Any block using the arm from the elbow to the shoulder.

7.3 Elbow: Any block using the elbow, with the arm bent.

7.4 Whip: An assist given using any part of the body, including legs, arms, elbows, hands, and hips. Skaters may also grasp their own teammates' clothing or equipment (including belts) to execute whips.

7.5 Arm whips: A skater holds her arm behind her back, while another skater grabs her arm and is propelled forward. A jammer may legally take an arm whip from an opposing blocker if the blocker is not paying attention to whom she is offering the whip. Other types of whips may not be taken from an opposing team member.

7.6 Shoulders: Any block using the shoulder in a backwards or sideways motion.

7.7 Body: Any block using the torso.

7.8 Multi-player Block: One or more skaters hold a teammate, her clothing, or equipment to form a wall in order to block opposing skaters. Skaters may not hold hands, hook elbows, or grasp belts during a multi-player block.

7.9 Rail Block: a skater takes another skater to the rail using her shoulder, torso and/or hips. The blocker must disengage after the block is complete and may not hold the opposing skater at the rail. Primary use of the forearm is not legal in taking a skater to the rail.

- 7.10 **Positional Block:** Strategic positioning of one or multiple players to impede another skater's path through or in relation to the pack.
- 7.11 Players may use teammates as objects to stop opposing players (e.g. pushing a teammate into a member of the opposing team to block her).
- 7.11.1 If a skater is pushed into an opponent by a teammate, the pushed skater is still responsible for any illegal contact she may make.
- 7.12 Players must keep one skate on the ground in order to maintain control of their bodies when executing blocks so as to not endanger other skaters.
- 7.13 Players may block while facing forward or backward.
- 7.14 Players are allowed to block up to 20 feet ahead of or behind the pack (see 8.8 "Illegal Engagement").

## **8 PENALTIES:**

- 8.1 **Advancement:** When a skater re-enters the track ahead of her original position in, or in relation to, the pack. A skater who reenters from out of bounds ahead of her place in the pack can get out of the way and re-enter at or behind her position (in or in relation to the pack) at the time she went out of bounds.
- 8.2 **Delay of Game:** Any activity that consists of an individual or multiple individuals deliberately stalling game play, either during or between jams.
- 8.3 **Failure to Yield:** If a blocker is "running" from the opposing jammer, once she is more than 20' away from the pack, she must yield to the jammer when the jammer becomes within 5' of her. To show that she is yielding, she must yield high, allowing enough room for the jammer to pass easily on the inside line. If, in this process, this blocker "runs" to where she is within 20' of the rearmost member of the pack, she is again able to block and does not have to yield to this jammer.
- 8.4 **Forearms:** Blocking with a forearm.
- 8.5 **High Blocking:** Blocking above the collar bone.
- 8.6 **Holding:** Use of the hands or body to pin a skater to the track, ground, or rail; use of the hands to immobilize a skater; illegal whips taken off an opposing skater.
- 8.7 **Illegal Blocking:** Blocking using illegal giving or receiving zones, blocking while not skating (see section 5.6 "Skating"), or grasping belts during multi-player blocks (see section 7.8 "Multi-player Block").
- 8.8 **Illegal Engagement:**
- 8.8.1 Blocking an opposing jammer more than 20 feet away from the pack. If a blocker is in front of the pack, 20' will be measured from the front-most member of the pack. If the blocker is behind the pack, 20' will be measured from the rear-most member of the pack. In the event that there is not a clear majority of skaters in a pack, 20' may be measured from the nearest opposing blocker. A jammer may engage the opposing jammer at any point on the track.
  - 8.8.2 Blocking while out of bounds.
  - 8.8.3 Blocking a skater who is out of bounds.
  - 8.8.4 Blocking after returning to the track from out of bounds without first skating a stroke.
- 8.9 **Illegal Procedure:** Called when procedural violations occur:
- 8.9.1 Too many skaters on the track after the pack starting whistle has been blown.
  - 8.9.2 Entering the track after the pack starting whistle has been blown.
  - 8.9.3 Fielding an incorrect lineup following a major penalty.
  - 8.9.4 An ineligible skater's return to or introduction into game play (per section 2, "Team Requirements").
  - 8.9.5 Not fulfilling uniform and safety equipment requirements while on the track (per section 3, "Uniforms").
  - 8.9.6 Skating in a clockwise direction on the track.
- 8.10 **Illegal Star Pass:**
- 8.10.1 A skater who is not the jammer or pivot handing or throwing the star to another skater.
  - 8.10.2 Any attempt or action committed by a jammer's or pivot's own team member or an opposing team member with the intent to hold, remove, or retrieve a jammer's or pivot's helmet panty.
  - 8.10.3 Any action performed with the intent to hide the jammer panty at any time.

8.10.4 Failure by the pivot to put on the jammer panty before attempting to improve her position in the pack.

8.10.5 An illegal block performed on an opposing jammer or pivot as the star is being passed.

8.11 **Obstruction:** Any activity that impedes the forward progress of the pack during a jam. Remaining on the track while fighting or repairing an equipment malfunction, causing the jam to be called off when the pack approaches, are examples of obstruction.

8.12 **Pushing:** Any movement of the hands or arms used to propel an opposing skater. Also, movement of the body into the back of a skater, propelling her forward or sideways.

8.13 **Tripping:** Contact with a skater below her upper thighs, resulting in a fall or significant loss of position in or in relation to the pack. If a skater trips another skater but has “fallen small” by pulling in her arms and legs, no penalty will be given. However, if a skater is involved in multiple tripping incidents even while falling small, a penalty may be given.

8.14 **Unnecessary Roughness:** Called when a skater uses excessive or unnecessary force. Late hits (after the jam-ending whistle), blocking a skater while not skating (see section 5.6 “Skating”), and slide tackles are examples of unnecessary roughness.

8.15 **Unsportswomanlike Conduct:** Called when a skater is being disrespectful to the referees or opposing team, including removing another skater’s clothing.

8.16 **Multiple Infractions:** Called when a skater commits 2 or more different penalties during a single jam.

8.17 If it cannot be determined which skater is at fault, the penalty is assigned to either the skating Captain, skating Co-Captain, or pivot of the jam in question, in that order. If the Captain, Co-Captain, and pivot already have 2 major penalties, the offending team must skate down a player in the following jam, but a major penalty is not assigned to any one skater.

## **9 FIGHTING:**

9.1 Fighting is an acceptable element of roller derby.

9.2 The rules regarding roughness and conduct still apply.

9.3 Actions which are considered legal while fighting include punching or slapping the helmet, and taking a skater down from behind.

9.4 Actions which are considered illegal while fighting include punching above the collar bone, choking with hands or helmet strap, biting, any type of penetration, pulling hair, and kicking a downed skater.

9.5 Although fighting is an acceptable element of roller derby, skaters may be penalized or ejected from the game for Unnecessary Roughness or Unsportswomanlike Conduct (per 8.14 and 8.15). For example, a skater taking another skater down from behind with a headlock may be penalized for either unsportswomanlike conduct or unnecessary roughness, depending on the specific situation.

## **10 MINOR PENALTIES:**

10.1 Minor penalties are called if an illegal action has a minor effect on gameplay.

10.2 If a skater has acquired 2 minor penalties during a bout, her third minor penalty will be escalated to a major penalty.

10.3 When a skater is called for a minor penalty, she must complete the penalty face-off selected by the penalty mistress.

10.3.1 Penalty face-offs must be between skaters from active rosters. See rule 5.11 for clarification on alternate substitutions.

10.4 The penalty mistress may not stop the penalty wheel. If the wheel is spun and lands on a penalty face-off that has been completed twice in the bout, the penalty mistress may re-spin the wheel.

10.5 The penalized skater must go first in the penalty challenge.

10.6 If the penalized team loses the penalty challenge, her team will lose one point. If both skaters/teams disqualify themselves during a penalty challenge, no points are taken from either team.

10.7 If two or more skaters on the same team receive a minor penalty during a single jam, all skaters should go to the penalty wheel. In the event that tug-of-war is selected, two skaters will compete in the penalty (per 10.11.5.1). In the event the penalty challenge can only be completed by one person, one of the skaters will compete.

10.7.1 The number of skaters at the wheel will equal the number of points which can be lost in a faceoff.

10.7.2 Tag-outs will double the number of points lost.

10.8 Skaters/teams may be disqualified if any other teammates interfere in any way in a penalty face-off, if a skater cuts the track during races, or if a skater violates the safety rules while fighting; the rules regarding 8.14 Unnecessary Roughness, 8.15 Unsportsmanlike Conduct, and 9 Fighting still apply.

10.9 Spank Alley (selected from raffle ticket holders) will act as judges for the audience participation penalties. The head referee still has the final say on who wins a penalty dispute, regardless of audience participation and/or judge's choice.

#### **10.10 Refusing Penalties**

10.10.1 No player is allowed to refuse penalties. Following the determination of the penalty face-off, each team has 30 seconds to field a skater who will participate in the face-off. If a team fails to present a player within 30 seconds, they will automatically lose the penalty face-off.

10.10.2 If the player feels she is unable to perform the penalty assigned, she may "tag out" to another team member. If that skater loses the challenge, her team will lose 2 points (refer to 10.7 for multiple skater tag-out situations). Each team may only "tag out" players once every quarter for a total of four times per team per game.

#### **10.11 Possible minor penalty challenges to be given by the Penalty Mistress:**

##### **10.11.1 Long Jump**

10.11.1.1 One skater from each team skates 1 lap and jumps before hitting the rear pack line.

The player who jumps the farthest wins.

10.11.1.2 Both skates must leave the track before hitting the rear pack line.

10.11.1.3 The first part of the skater's body to touch the track will be judged as the distance jumped.

##### **10.11.2 Pillow Fight**

10.11.2.1 The pillow fight begins at the whistle and lasts up to 30 seconds.

10.11.2.2 The rules regarding roughness and conduct still apply.

10.11.2.3 Referees will end and may re-start a pillow fight if a skater's helmet is removed or comes off.

10.11.2.4 The Judges in Spank Alley decide the winner of the pillow fight.

10.11.2.5 The head referee has the final say, to account for skater disqualification during the challenge, and denotes the winner.

##### **10.11.3 Arm wrestling**

10.11.3.1 Arm wrestling begins at the whistle.

10.11.3.2 Skaters must remove their wrist guards while arm wrestling.

10.11.3.3 Each player must remain seated for the duration of the wrestling match.

10.11.3.4 Elbows cannot lift off the elbow pad.

10.11.3.5 Players' non-wrestling arm may rest on the table or hold the arm wrestling grip while arm wrestling or, if no grip is present, they may grip the end of the table.

10.11.3.6 If skaters cannot agree on whether to use their right arm or left arm, a coin will be flipped to decide.

10.11.3.7 Referees may call rematch for false starts.

##### **10.11.4 Two-Lap Duel**

10.11.4.1 The two-lap-duel is not just a race; skaters must engage with one another by fighting or other physical contact. If players simply race each other, they may be disqualified.

10.11.4.2 Laps begin at the whistle, and skaters begin and finish at the rear pack line. The winner is the skater who crosses the finish line first without being disqualified.



10.11.4.3 If a skater crosses the finish line without making contact with her opponent, she will be disqualified. Skater to skater contact must result in at least one of the skaters touching at least one knee to the track.

10.11.4.4 If fighting continues for an extended amount of time, the referees may blow the whistle to separate the skaters. At this point, the skaters must stand up and complete the race.

10.11.4.5 Referees will end and may re-start a two-lap duel if a skater's helmet is removed or comes off.

#### **10.11.5 Tug-of-war**

10.11.5.1 Tug-of-war may be between two or four skaters, depending on how many minor penalties a team has in a single jam (see 10.7).

10.11.5.2 Each skater will hold one end of the rope and line up with the mid-line marker of the rope over the designated line on the track.

10.11.5.3 The rope must be held taut by both skaters before the whistle is blown to start the tug-of-war.

10.11.5.4 If any part of the skater's body crosses the designated line or if the skater lets go of the rope, the skater will lose the challenge.

10.11.5.5 Skaters who hold on to or use any part of the track for leverage will be disqualified.

#### **10.11.6 Push Cart**

10.11.6.1 Push cart is a race between two teams and consists of two laps around the track.

10.11.6.2 The race begins and ends at the rear pack line, and the first skater to pass the finish line wins.

10.11.6.3 The skater who committed the penalty must do the pushing while another team mate becomes the "cart." The skater acting as the cart must crouch while being pushed, and must not stride, slalom, or otherwise propel herself during the race.

10.11.6.4 No blocking is allowed during the race, but benign side to side contact between carts is expected and allowed.

10.11.6.5 The pusher and the cart are not required to maintain contact during the race.

#### **10.11.7 Relay Race**

10.11.7.1 The relay race is a race between two teams of 3 people each. The first team to finish the relay wins the race.

10.11.7.2 The relay begins and ends at the jammer start line. Skater one starts at the jammer start line and skaters two and three line up in the infield. Skaters enter the track and take her position at the jammer start line once the skater in front of them takes off. Each skater skates one lap in bounds around the track, passes the baton to the next skater in the exchange zone and exits the track while the next skater skates one lap until all skaters have completed one lap.

10.11.7.3 The penalized skater must skate on the relay team. The other two skaters must be from the team's active skating line up for the game.

10.11.7.4 The exchange zone stretches from the jammer start line to the front pack line. The skaters must pass the baton within the exchange zone or their team will be disqualified.

10.11.7.5 Once a skater passes the baton, she must leave the track immediately, without interfering in the race in any way.

10.11.7.6 If the baton is dropped, the receiving skater must retrieve it and continue the race.

10.11.7.7 Normal giving and receiving zones while blocking apply during the relay race.

10.11.7.8 Blocking is not allowed during the baton pass, in the exchange zone.

10.11.7.9 Referees will announce any disqualification after the relay race is complete.

#### **10.11.8 Judges' Choice**

10.11.8.1 At the beginning of each half, a panel of "judges" will be chosen via random selection. When the "Judges' Choice" category is selected on the penalty wheel, the judges must choose one of the penalties for the penalized skater, using a simple majority vote.

10.11.8.2 The penalty mistress will coordinate the voting and announce the penalty decided.

## **11 MAJOR PENALTIES:**

- 11.1 A referee may elevate any minor infraction to a major if the skater's actions:
  - 11.1.1 Significantly affect the point scoring capabilities of either jammer
  - 11.1.2 Are considered intentional
  - 11.1.3 Are perceived to jeopardize the safety of any skater
- 11.2 Three major penalties by any one skater will result in ejection from the game (per section 12, "Ejections").
- 11.3 Major penalties result in a repeat of the jam with the penalized skater sitting in the penalty box.
  - 11.3.1 If a skater cannot re-skate a jam due to injury, she may be substituted. The injured skater must then sit out 3 jams.
- 11.4 If 4 or 5 skaters on a team receive a major penalty in a single jam, all major penalties will be documented, but only 3 skaters will sit in the penalty box, and the game will move on to the next jam.
- 11.5 If a jammer received the major penalty, both teams may field a replacement jammer. The replacement must be a skater from that jam's original line-up.
- 11.6 In the re-skated jam, jammers score one point for the skater in the penalty box if any opposing skater is scored upon in that jam (see 5.7 "Scoring").
- 11.7 If a skater commits a major penalty against a jammer, the jam may be called off immediately. If a skater commits a major penalty against a blocker, the penalty might not be called until the jam is over.
  - 11.7.1 If a skater attempts to end a jam using illegal means when her team is at a disadvantage due to having multiple people in the penalty box, the jam will be called off immediately. The player at fault will receive a penalty, and the skaters who were in the penalty box during the jam will remain in the penalty box for the following jam.
- 11.8 No single jam will be repeated more than once due to a major penalty.
  - 11.8.1 In the event of a major penalty in a jam that is being re-skated due to a previous major penalty, the penalized team will skate one player down for each major penalty received in the next jam.
- 11.9 Any one team that receives one or more major penalties in three successive jams will lose one point in that jam and every immediately succeeding jam in which the team commits another major penalty. Re-skate policies apply per rule 11.8.
- 11.10 If a major penalty is committed in the final jam of the 4th quarter or overtime period, the offending team's jammer forfeits any and all points scored in that jam and the jam will be re-skated with the penalized skater sitting in the penalty box.

## **12 EJECTIONS:**

Referees can eject a skater at any time during the game, regardless of her penalty situation, depending on the skater's behavior or severity of the infraction.

- 12.1 Referees may eject a skater from the bout if the skater's behavior is perceived to be unsafe.
- 12.2 Three major penalties by any one skater will result in ejection from the game (per 11.2).
- 12.3 If a skater has the jam called off for an injury three times in any single bout, she will be ejected from the game (per section 5.11, "Injuries").
- 12.4 Referees may eject a team manager or coach from the game if he/she is deemed to be acting in an unsafe manner, or if he/she does not heed warnings about appropriate behavior in the infield. When a manager or coach is ejected, no further penalty will be assigned to the team as a result of the incident.
- 12.5 An ejected skater, manager, or coach must leave the track before the next jam starts.