



# THE RULES OF FLAT TRACK ROLLER DERBY

## SKATER RULES TEST

FEBRUARY 15, 2017 EDITION

All Skaters on a WFTDA charter must complete this test with a passing grade of 80% (40 questions correct) to meet WFTDA charter requirements.

1. **True or False:**  
**A late hit penalty should be given to a Skater who, after the end of a Jam, blocks an opponent so they are forced off the track but do not stumble or fall.**  
  
A. True  
B. False
2. **True or False:**  
**A Jammer who starts skating before the Jam-Starting Whistle and is gaining speed in a counterclockwise direction when the whistle blows has committed a False Start.**  
  
A. True  
B. False
3. **A Jammer passes the Star to a Non-Pivot Blocker. Which Skater should be assessed the Star Pass violation?**  
  
A. Jammer  
B. Non-Pivot Blocker  
C. Pivot  
D. Player closest to the Referee making the call
4. **Of the following, who is able to call a Team Timeout?**  
  
A. A fouled-out Captain  
B. A Captain not serving a penalty  
C. A Designated Alternate  
D. The Pivot  
E. Both B and C
5. **True or False:**  
**A Skater may push through a wall leading with their helmet.**  
  
A. True  
B. False
6. **When does a Skater's penalty time start?**  
  
A. When the penalty is called  
B. When the Skater leaves the track  
C. When the Skater sits in the Penalty Box  
D. When a Skater sits in the **correct** Penalty Box seat
7. **If a Jam is called off for a Skater's injury (other than a suspected concussion) for the first time in a game, how long before that Skater may return to play?**  
  
A. As soon as the Skater feels well enough  
B. A minimum of three Jams  
C. The beginning of the next period  
D. After the medics have cleared the Skater to play

**8. If the score is tied at the end of a game, what happens?**

- A. The second period is extended by at least one overtime Jam.
- B. The game ends in a tie.
- C. The last Jam is replayed.
- D. The team with the fewest penalties is declared the winner.

**9. When may a Skater be sent to the Penalty Box as a substitute for a fouled-out Skater?**

- A. As soon as the foul out occurs
- B. When the fouled-out Skater's penalty time expires
- C. When the Jam is over
- D. At the beginning of the next period

**10. When must a penalized Skater leave the track?**

- A. When the illegal action occurs
- B. When the Official says the Skater's color and number
- C. Upon completion of the correct hand signal and verbal cue from the Official
- D. After regaining legal position on the track

**11. When both Jammers sit in the Penalty Box simultaneously, how much penalty time must be served before they return to the track?**

- A. 10 seconds
- B. 20 seconds
- C. 30 seconds
- D. 0 seconds

**12. During the Jam, where may a Jammer keep the Star?**

- A. Visibly in their hand
- B. On their helmet
- C. Inside their uniform shirt or pocket
- D. A and B only

**13. True or False:**

**A team may use their Official Review as a Team Timeout.**

- A. True
- B. False

**14. True or False:**

**If a Jam ends with less than 30 seconds on the period clock and there is an Official Timeout, there will always be another Jam.**

- A. True
- B. False

**15. The Official Score is:**

- A. Kept by the Scorekeepers
- B. The score visible to teams, Officials, and spectators
- C. Only the final score posted on the scoreboard
- D. None of the above

**16. When is a penalized Skater considered no longer on the track?**

- A. Immediately upon committing the penalty
- B. When they enter the Penalty Box
- C. When they sit in the Penalty Box
- D. When they leave the track

**17. True or False:**

**A penalized Jammer continues to earn points until they exit the track.**

- A. True
- B. False

**18. Who is assessed a penalty in the following situation: White Skater falls. Red Skater then initiates and forcibly makes contact with White Skater, who is down.**

- A. A penalty for White Skater
- B. A penalty for Red Skater
- C. A penalty for both
- D. Neither gets a penalty

**19. Red Jammer earns Lead Jammer upon completing their initial pass. On Red Jammer's second trip, they are caught in the pack and complete a legal Star Pass. At the same time, White Jammer skates through the pack on their second trip. Which Jammer is Lead Jammer?**

- A. Red Jammer
- B. White Jammer
- C. Neither
- D. Both

**20. While serving a penalty, a White Blocker stands after serving 15 seconds without being told to do so, what is the outcome?**

- A. They receive an additional penalty.
- B. They are expelled.
- C. They are released after 10 seconds of standing.
- D. The timer is paused until they sit down again and complete their penalty.

**21. True or False: Red Jammer's helmet cover is knocked to the floor by an opponent on their initial trip. They pick it up, put it back on, and complete their initial trip legally before the White Jammer. Red Jammer is now lead.**

- A. True
- B. False

**22. Red Jammer legally passes four opposing White Blockers in a scoring pass, but is then absorbed back into the pack. Red Jammer fights their way back past two White Blockers and a third White Blocker has gone to the Penalty Box. How many points will Red Jammer receive for this scoring pass?**

- A. 5
- B. 4
- C. 7
- D. 6

**23. True or False: A team can field five Blockers and no Jammer.**

- A. True
- B. False

**24. True or False:**

**Red Blocker 1 is 9 feet (2.74 meters) behind White Blocker and 9 feet (2.74 meters) in front of Red Blocker 2. Red Blocker 1 leaves the track to fix a knee pad that has fallen down their leg, causing a No Pack to occur. Red Blocker 1 should receive a Game Structure penalty.**

- A. True
- B. False

**25. When are Not-On-The-Track (NOTT) points awarded?**

- A. As soon as the opposing Blocker sits in the Penalty Box
- B. As soon as the Jammer earns a pass on any opposing Blocker
- C. When the Jammer's pass is completed and points are shown to the Scorekeeper
- D. As soon as the Jammer passes any Blocker, even those on their team

**26. Which one of the following does not receive a False Start warning?**

- A. As the Jam-Starting Whistle sounds, the Jammer's skate has rolled forward past the Jammer Line.
- B. White Pivot is lined up completely in front of the Pivot Line.
- C. Red Pivot lines up behind White Blockers with Red Pivot's skate on the Pivot Line.

**27. True or False:**

**A team Captain is issued a penalty for altering the flow of the game if their team fails to field a Jammer when legally able to do so.**

- A. True
- B. False

**28. Which part of the body is a legal blocking zone?**

- A. The forearm
- B. The chest
- C. The thigh
- D. The upper arm
- E. B, C and D

**29. Which of the following actions will render Blockers unable to block, causing a Skater to be penalized?**

- A. Destroying the Pack
- B. Skating out of bounds to avoid a hit
- C. Remaining outside the Engagement Zone
- D. All of the above
- E. None of the above

**30. Red Blocker exits the Penalty Box and is half a lap behind the Pack. Red Blocker initiates a whip to help Red Jammer gain speed and the whip is completed. Who should receive an Out of Play penalty?**

- A. Red Blocker
- B. Red Jammer
- C. Both
- D. Neither

**31. Red Blocker initiates contact with White Blocker in the center of their back. White Blocker does not fall, but the action allows Red Jammer to pass White Blocker. What penalty is assessed, if any?**

- A. Forearm
- B. Back Block
- C. No Penalty
- D. Cutting the Track

**32. While attempting to pass a wall of Red Blockers, White Jammer initiates contact to the buttocks of the Red Blockers with the point of their knee, but neither passes nor knocks down any Red Blockers. Is a penalty assessed to White Jammer?**

- A. Yes
- B. No

**33. True or False:**

**Red Pivot skates around a downed White Pivot and in doing so, goes out of bounds. Red Pivot returns in front of White Pivot. Red Pivot should receive a Cutting the Track penalty.**

- A. True
- B. False

**34. True or False:**

**Red Pivot blocks the White Jammer to the inside of the track. White Jammer attempts to stay out of bounds but enters the track, then immediately leaves the track again. The White Jammer is not assessed a penalty.**

- A. True
- B. False

**35. True or False:**

**White Blocker is correctly assessed a penalty with the correct verbal cue and hand signal. White Blocker willfully fails to leave the track despite repeated calls. White Blocker receives an additional penalty.**

- A. True
- B. False

**36. True or False:**

**Each team can only use an Official Review once per half.**

- A. True
- B. False

**37. When may the Pivot receive the helmet cover from the Jammer?**

- A. When the Pivot is out of bounds while the Jammer remains in bounds
- B. When the Jammer is kneeling in bounds
- C. When both the Pivot and the Jammer are upright, in bounds and the Pivot is In Play.
- D. When the Pivot removes it from the Jammer's helmet

**38. What is the official whistle signal for Lead Jammer?**

- A. One short whistle
- B. Two rapid whistles
- C. One long whistle
- D. Four rapid whistles

**39. True or False:**

**A Skater may skate out of bounds to avoid a hit.**

- A. True
- B. False

**40. What must a Pivot do to legally become the Jammer after picking up the Star from the track?**

- A. Return it to the Jammer, who in turn passes it back to the Pivot.
- B. Put it on their helmet
- C. Hold the Star in their hand
- D. Throw it to the Jammer

**41. What differentiates an Overtime Jam from a regular Jam?**

- A. No Lead Jammer is declared
- B. Both Jammers begin scoring on their first pass
- C. Only three Blockers are allowed on the track
- D. A and B

**42. Before the Jam-Starting Whistle, there are three White Blockers completely on the track and the fourth White Blocker has one foot in bounds and one foot out of bounds, straddling the line. The Jam-Starting Whistle is blown. What happens to the straddling White Blocker?**

- A. Nothing, legal play
- B. The straddling White Blocker is given a False Start warning.
- C. The straddling White Blocker is told to return to their bench.
- D. The straddling White Blocker is given an Illegal Positioning penalty.

**43. True or False:**

**Penalties assessed to a Captain on behalf of another Skater are counted towards the Captain fouling out.**

- A. True
- B. False

**44. True or False:**

**Jammers may initiate contact with the opposing Jammer outside the Engagement Zone.**

- A. True
- B. False

**45. White Blocker is knocked off balance and grabs hold of Red Blocker's jersey in an attempt to regain their balance. Red Blocker remains standing, but is significantly slowed by the pulling on their jersey. White Blocker regains their balance as a result of this action. What will this action result in?**

- A. Red Blocker is penalized.
- B. White Blocker is penalized.
- C. No Impact, No Penalty

**46. If the White team calls an Official Review in the first half and wins that review, how many more Official Reviews can they take in the first period?**

- A. Unlimited, if they keep winning reviews
- B. One more
- C. None. Teams only get one review per period regardless of the result.
- D. Two more. Teams get three Official Reviews per period.

**47. True or False:**

**A Skater who is bleeding may return to play.**

- A. True
- B. False

**48. True or False:**

**The proximity of a Skater in relation to other Skaters is measured by the distance of their skates.**

- A. True
- B. False

**49. Which of the following will be considered a penalty even if there is no impact on the game, or no gain or loss of relative position?**

- A. Use of Forearms and Hands
- B. Cutting the Track
- C. Blocking with the Head
- D. None of the above

**50. True or False:**

**No Non-Pivot Blockers may be touching the Jammer or Pivot Lines at the Jam-Starting Whistle.**

- A. True
- B. False