**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 5.6.5 and 5.6.6 “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 Scoring:**

5.6.1 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.

5.6.2 In addition to blockers, a jammer who laps the opposing jammer will score one point for lapping that player.

5.6.3 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.

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

5.6.5 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.

5.6.6 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 scores the point when she reaches the rear pack line. Following the initial point-scoring pass, the removed skater is considered a regular ghost point for the remainder of the jam.

**5.7 Stepping off the track:**

5.7.1 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.

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

5.8 Re-entering the track:

5.8.1 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”).

5.8.2 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.

5.8.3 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.

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

**5.9 Star pass:**

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

5.9.2 The star must be removed from the jammer’s helmet by the jammer and passed directly to the pivot.

5.9.3 The pivot must put the star jammer panty on her helmet before she is able to score points.

5.9.4 The pivot must put the star on her helmet before attempting to improve her position in the pack.

5.9.5 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 8.9 “Illegal Procedures”)

5.9.6 The forearm is considered an illegal receiving zone during a star pass.

5.9.7 Pivots can never be lead jammer or call off a jam.

**5.10 Injuries**:

5.10.1 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.

5.10.2 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.

5.10.3 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”).

5.6.4.1 If a jammer’s helmet panty falls off at any time, only the jammer or the pivot may retrieve it (see section 8.9 “Illegal Procedures” for related penalties).

5.9.3.1 If the helmet cover is dropped, it may only be recovered by the original jammer or pivot.