

WFTDA STANDARDIZED FLAT TRACK ROLLER DERBY RULES

Version 4.0
Updated April 19, 2009

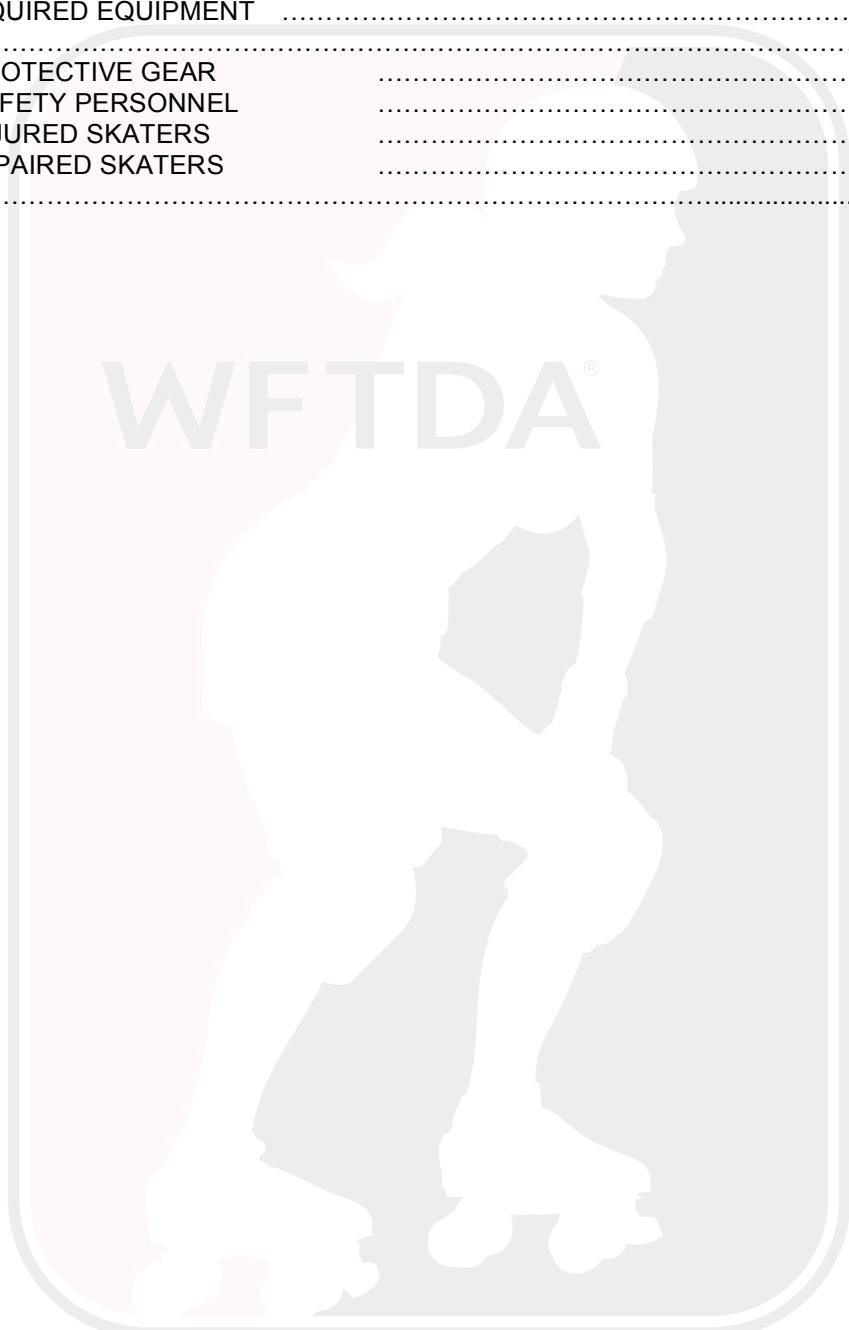


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1 TEAMS

- 1.1 Teams shall consist of a maximum of 20 skaters that have passed the Minimum Skill 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 may re-enter the tournament in a subsequent game.

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*. 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 game 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. The track boundary line width must be at least 1" and no greater than 3".
 - 2.1.3.1 The track must have a clear demarcation for:
 - 2.1.3.1.1 Pivot start line
 - 2.1.3.1.2 Jammer start line
 - 2.1.3.2 Ten foot track intervals are strongly encouraged, see *Appendix B*.
- 2.1.4 The track area will include chairs or benches in designated team areas, either in the infield or on the sidelines. 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 a bout.
- 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. 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 line are considered in bounds.

2.2 STRUCTURE

- 2.2.1 A bout or game is composed of 60 minutes of play divided into two periods of 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. Games can either be staggered by periods or played in full, one at a time depending upon 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 in 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 There are 30 seconds between jams.
- 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 for that jam.
 - 2.4.4.1 Jammers are considered in position and ready if they are in bounds when the first whistle of the jam (i.e., the whistle to start the pack rolling) is blown. Jammers are subject to false start penalties if they are not on or behind the Jammer line (see Section 6.12.4 for specific penalty details). Jammers are permitted to put on their helmet covers after the jam has started. However, each Jammer must have her helmet cover in hand before the jam starting whistle. A helmet cover cannot enter a jam in progress.
 - 2.4.4.1.1 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 in bounds when the first whistle of the jam blows (this is the whistle to start the pack rolling). They are subject to false start penalties if they are not behind the Pivot line and in front of the Jammer line (see Section 6.12.4 for specific penalty details). Pivots are permitted to put on their helmet covers after the jam has started. However, each Pivot must have her helmet cover in hand before the jam starting whistle. A helmet cover cannot enter a jam in progress.
 - 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 The jam is over when a referee calls it off with four short whistle blasts—the jam ends on the fourth whistle. 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. There is one minute between any additional overtime jams.
 - 2.5.1.1 If an overtime jam ends before two minutes for any reason, the bout ends immediately and the score stands. Additional jams can only be played if the score remains tied.
- 2.5.2 Overtime is not a new period. Overtime is an extension of the final period.

2.6 TIMEOUTS

- 2.6.1 Each team is allowed three one-minute timeouts per game.
- 2.6.2 To take a timeout, the Captain or Designated Alternate will signal the officials and make a T signal with her/his hands, to indicate that she/he is requesting a timeout. Referees will signal for the clock to stop. If the Designated Alternate is a manager, she/he is permitted to call a timeout (see Section 2.8.2.2).
- 2.6.3 Teams may take timeouts only between jams.
- 2.6.4 Referees may call an Official 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 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 Official Period Clock
 - 2.8.2.1 The official period clock starts on the first whistle of the first jam.
 - 2.8.2.2 The official period clock does not stop between jams unless a timeout is called. The period clock stops during a timeout.
 - 2.8.2.3 Officials must stop the official period clock between jams when time exceeds 30 seconds.
 - 2.8.2.4 The official period clock must be highly visible to referees, teams and fans.
- 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).
 - 2.8.3.3 The jam clock must be highly visible to referees, teams and fans.
- 2.8.4 Penalty Clocks
 - 2.8.4.1 Each game must have enough time clocks to time all penalties simultaneously (see *Section 7.3.3* for details on penalty timing procedures).
 - 2.8.4.2 All penalty clocks stop between jams (see *Section 7.3.3* for procedure).
 - 2.8.4.3 Penalty clocks are not required to be visible to referees, teams and fans. While in the Penalty Box, players may request knowledge of how much penalty time they have remaining.

2.9 WHISTLES

Description	Whistle Signal
Jam Start – Pack start	One long
Jam Start – Jammer start	Two rapid
Lead Jammer	Two rapid
Minor Penalty	None
4 th Minor Penalty	One long
Major Penalty	One long
Jam Called Off/Ended	Four rapid

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. A maximum of four Blockers and one Jammer from each team are allowed on the track during play; only one of the Blockers may be a Pivot Blocker (*see section 3.2 and 3.3*).

3.1 BLOCKER

- 3.1.1 Prior to the start of a jam, Blockers line up behind the Pivots and ahead of the Jammers. 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 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*. 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. It is not mandatory to field a Blocker as a Pivot.
- 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 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 8 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*. A player lined up in the *Jammer Starting Position* will not be considered an active Jammer unless she is wearing a helmet cover with visible stars.
 - 3.3.2.1 A Jammer who is not active has the advantage of all Jammer abilities except scoring points (*Section 8*) and earning Lead Jammer status (*Section 3.4*).

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 demarcated 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 no pack situation (*as per Section 4.1.2*), 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 the foremost in-play Blocker legally and in bounds, having already passed all other Blockers legally and in bounds.
 - 3.4.2.1 Any legal pass counts. If a Jammer becomes ineligible for Lead Jammer 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 repositions herself behind a Blocker that she passed illegally, by being reengaged or repositioning herself, she may attempt to pass that player 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, a.k.a. the Engagement Zone, the area in which she may be legally engaged by a Blocker. No part of her skate(s) may touch the ground outside the track boundary before she initially enters the Engagement Zone. Until she initially reaches the Engagement Zone, a Jammer may be blocked out of bounds by the opposing Jammer, rendering her ineligible to become Lead Jammer.

- 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 the players on both teams legally and in bounds, she will be declared NOT Lead Jammer at this point.
- 3.4.2.4 See *Section 3.4.7 and 7.3.2.2.1* 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, unless she has been removed from the jam due to a penalty or her helmet cover has been removed. If the helmet cover is removed by an opponent's action, the Jammer may replace the helmet cover and regain Lead Jammer status. 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 transfer her position to her team's Pivot, allowing said Pivot to become the point-scoring skater for her team for the remainder of the jam. This is commonly referred to as "Passing the Star." Only the position of Jammer, and not the status of Lead Jammer, may be transferred to a Pivot Blocker. 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. It is illegal to transfer the star outside of the Engagement Zone. A Pivot cannot be Lead Jammer. The position of Pivot cannot be transferred by passing the Pivot helmet cover. Violations of these outlined procedures merit Illegal Procedure penalties, as described in *Section 6.12 Illegal Procedures*, to be assessed against the skater responsible for the violation.

- 3.5.1 The star may be transferred by either Jammer while in the Engagement Zone. Jammers and pivots must be within the Engagement Zone play to pass the star.
- 3.5.2 The star may only be transferred to a Pivot who is in play.
- 3.5.3 The initiator of the star pass is always responsible for the legality of the star pass.
 - 3.5.3.1 Jammers may not transfer the star while in route to or while in the penalty box.
 - 3.5.3.2 Jammers may transfer the star upon returning to play from the penalty box.
- 3.5.4 Pass Procedure

In order to transfer the Jammer position to the Pivot, a Jammer must remove her helmet cover and hand it 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:

 - 3.5.4.1 Her ability to accrue points, unless she returns the helmet cover to her head with visible stars.
 - 3.5.4.2 Her Lead Jammer status.
- 3.5.5 Jammer status is transferred when the Pivot is wearing the helmet cover on her helmet.
- 3.5.6 Once Jammer status is transferred, it cannot be transferred back to the original Jammer.
- 3.5.7 A star pass may be blocked by the opposing team by any means of legal blocking.

- 3.5.8 Incomplete star passes and recovery
 - 3.5.8.1 If a helmet cover falls to the ground, or is removed from play by any means, it may only be recovered by the Jammer or Pivot.
 - 3.5.8.1.1 The Pivot is eligible to obtain Jammer status by retrieving a dropped helmet cover and placing it on her helmet.
 - 3.5.8.2 A helmet cover may only be recovered in the normal course of counter clockwise skating. Neither backwards nor forwards skating in the clockwise direction to retrieve a dropped helmet cover is allowed.
 - 3.5.8.3 If a star pass cannot be completed for any reason, the Jammer may return the helmet cover to her own helmet and regain her active Jammer position, but not her Lead Jammer status. (see *Section 3.5.3 Pass Procedure*)
- 3.5.9 Pass Completion
 - 3.5.9.1 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.
 - 3.5.9.2 A Pivot who has been passed the star and has become the Jammer is now subject to all rules per *Section 8.0 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.
 - 3.5.9.3 A Pivot who has taken the position of Jammer for her team by means of a successful helmet cover transfer will play the position of Jammer for the duration of the jam.
 - 3.5.9.4 A Jammer who successfully completes a helmet cover transfer to her Pivot will play the position of Blocker for the remainder of the jam.
- 3.5.10 Passing the Star Penalty Procedures
 - 3.5.10.1 If, in a given jam, the Jammer who received a star pass (formerly the Pivot) is sent to the penalty box, she remains her team's Jammer when her penalty spans into the next jam. A different player is permitted to play as Pivot in the next jam.
 - 3.5.10.2 If, in a given jam, the Blocker who transferred the star (formerly the Jammer) is sent to the penalty box, she remains a Non-Pivot Blocker when her penalty spans into the next jam. Different players are permitted to play Jammer and Pivot in the next jam.

3.6 HELMET COVERS

- 3.6.1 A team's helmet cover colors must meet the definition of high contrast beyond a reasonable doubt or the Head Referee shall request that the team use helmet covers that meet the definition. The Jammer and/or Pivot's helmet cover colors are of high contrast if there is a large degree of visual difference between the star/stripe color and the base color of the cover such that the star/stripe color stands out from the base color.
- 3.6.2 A team's helmet covers are easily identifiable if they can be readily distinguished by Officials, other players, and fans from the helmets of the Blockers on the track. Blockers' helmets may be of the same color as the base color of a team's helmet covers.
- 3.6.3 All helmet covers used by one team must be of the same color scheme. E.g., a team cannot use black base and yellow star/stripe in one jam then yellow base and black stripe in the next jam, or mix color schemes in the same jam.
- 3.6.4 The Pivot's helmet cover must have a single, solid stripe a minimum of two inches wide running from front to back. Helmet cover base color and stripe must be of high contrast and easily identifiable.
 - 3.6.4.1 Only the Pivot's helmet cover may have stripes on it that run the length of the helmet in any direction or any marks that might be confused with stripes.
- 3.6.5 The Jammer's helmet cover must have two stars that are a minimum of four inches across, from point to point. Helmet cover base color and stars must be of high contrast and easily identifiable.

- 3.6.5.1 Only the Jammer's helmet cover may have stars on it or any marks that might be confused with stars. (Player numbers are permitted on helmets per *Section 3.7.2.2*).
- 3.6.6 Helmet Covers must be on the player's helmet or in the player's hand before the jam starting whistle. Helmet covers cannot enter a jam in progress.

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.
 - 3.7.1.1 A player's number must be of a readable font. A number is of readable font if it can be easily read and distinguished from the other players' numbers by the officials, other players, and fans.
 - 3.7.1.2 A team's jersey numbers must meet the definition of high contrast beyond a reasonable doubt or the Head Referee shall request that the team provide an alternative that meets the definition.
 - 3.7.1.2.1 A team's jersey numbers are of high contrast if there is a large degree of visual difference between the color of the number and the base color of the jersey such that the number significantly stands out from the base color of the jersey.
- 3.7.2 Each skater participating in a bout must visibly display her number on each sleeve or arm. Numbers must be of high contrast and easily legible. Handwritten numbers on the arm are acceptable.
 - 3.7.2.1 Numbers may be placed on the hip or thigh in addition to the arm/sleeve.
 - 3.7.2.2 Numbers may be placed on the helmet in addition to the arm/sleeve.
 - 3.7.2.3 The minimum height for a player's number on the arm/sleeve is 2 inches.
 - 3.7.2.4 The maximum height for a player's number on the arm/sleeve is 4 inches.
- 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.
 - 3.7.3.1 All uniforms shall be in good repair and shall not cause a hazard to other skaters. All patches and numbers must be securely fastened to said uniform. Safety pins are not permitted.
- 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 THE PACK

4.1 PACK DEFINITION

- 4.1.1 The pack is defined by the largest group of in bounds 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 ten feet (as measured from the hips) 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 When two or more groups of Blockers equal in number are on the track; are more than 10 feet from one another; and no single group meets the pack definition, no pack can be defined. Skaters will be issued a penalty for intentionally creating a no pack situation i.e. destroying the pack (see *Section 6.5.7*). Both teams are responsible for maintaining a legally defined pack.

4.2 PRE-JAM POSITIONING

- 4.2.1 Prior to the start of a jam, all skaters must be in position 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.
- 4.2.2 Pivot Starting Position: Pivots generally line up in the front of the pack. Only the Pivots may line up on the Pivot line.
- 4.2.3 Non-Pivot Blocker Starting Positions: Blockers line up behind the Pivots as demarcated by the hips. If a Pivot is not on the Pivot line, Non-Pivot Blockers are not required to line up behind her.
- 4.2.4 Jammer Starting Position: Jammers line up on or behind the Jammer line.
- 4.2.5 No rules govern inside/outside positioning. Blockers may line up in any order behind the Pivots.

4.3 JAM POSITIONING

- 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 6.5*.
 - 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 illustrated in *Figure 1*, but are still in play, may block and assist.
 - 4.3.2.4 Skaters may assist downed teammates within the Engagement Zone.
 - 4.3.2.5 Skaters may not assist teammates outside the Engagement Zone.

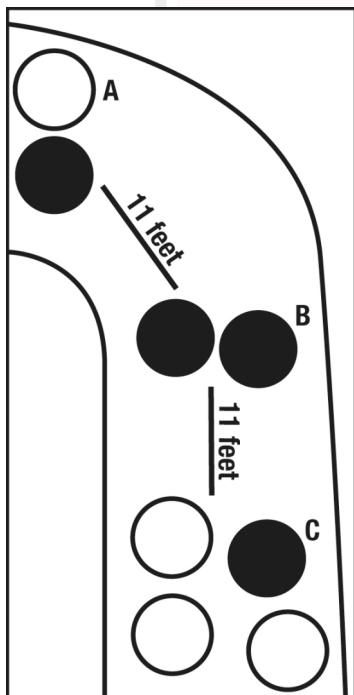


Figure 1: In/Out of Play Example

- 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 6.5*).
- 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 6.5*).

- 4.3.3 Blockers who are out of play must slow or speed up to rejoin the pack.
 - 4.3.3.1 A skater who is more than 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 6.5*).
 - 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 to lap her after a fall, is subject to penalties (see *Section 6.5.2 and 6.5.3*).
- 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 (See *Section 6.5.8 and 6.5.9*).

4.4 STARTS

- 4.4.1 The pack begins rolling on a single whistle blast from the Official.
- 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. Jammers may not be accelerating at the Jammer starting whistle. They are, however, permitted to be moving, coasting or braking.

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 to 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 Only skaters who are in play (as defined in *Section 4.3.2*) may skate in front of an opposing skater to impede her movement on the track (aka Passive, Positional, Frontal, or Body Blocking). 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 her 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 to 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 target 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, front and side of the torso
- 5.2.1.3 The hips
- 5.2.1.4 The upper thigh (including the inner portion)
- 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
- 5.2.3.4 The mid and upper thigh

- 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* for restrictions on use.
- 5.2.4.2 Forearms/Hands, see *Section 6.3* for restrictions on use.
- 5.2.4.3 The head may not be used to block.

5.3 BLOCKING ZONE DIAGRAMS

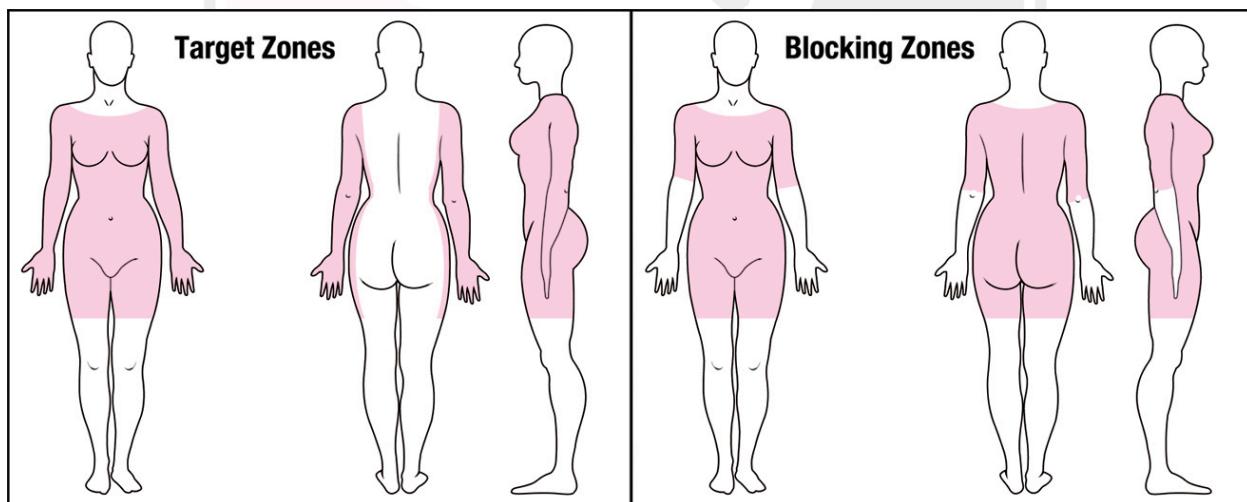


Figure 2:

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

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

6 PENALTIES

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. Skaters and teams are assessed penalties due to infractions.

Penalties are signaled and enforced by the referees as they occur during a bout (see *Appendix C* for approved hand signals and *Section 2.9* for approved whistles). When a player commits an illegal act she must receive and serve her appropriate penalty. The initiator of a block is always responsible for the legality of her contact.

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 penalized using these specifics as guiding examples.

- 6.1 Blocking to the Back
- 6.2 Use of Elbows
- 6.3 Use of Forearms and Hands
- 6.4 Blocking with the Head
- 6.5 Out of Play Penalties
- 6.6 Skating Clockwise to Block
- 6.7 Multiple Player Blocks
- 6.8 Cutting the Track
- 6.9 Out of bounds Blocking
- 6.10 Tripping and Low-Blocking
- 6.11 Skating Out of Bounds
- 6.12 Illegal Procedures
- 6.13 Misconduct and Gross Misconduct
- 6.14 Insubordination
- 6.15 Fighting

6.1 BLOCKING TO THE BACK

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

- 6.1.1 Incidental contact to the back from an opponent that does not force the opponent to adjust her skating stance or position in any way.
- 6.1.2 Hitting an opponent with a legal blocking zone into a legal target zone while positioned behind said opponent.

Minor Penalty

- 6.1.3 Any contact to the back of an opponent that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.

Major Penalty

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

6.2 USE OF ELBOWS

- 6.2.1 When engaging another skater, elbows may not be swung with a forward/backward motion.
- 6.2.2 When engaging another skater, elbows may not be swung with upward or downward motion.
- 6.2.3 The elbow must be bent while blocking with that arm.
- 6.2.4 Contact may not be made exclusively with the point of the elbow (i.e. jabbing).
- 6.2.5 Elbows may not be used to hook an opposing player in any way (such as by wrapping one's arm around an opponent's arm).

No Impact/No Penalty

- 6.2.6 Incidental contact with the elbow that falls within legal target zones and does not force the opponent to adjust her skating stance or position in any way.

Minor Penalty

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

Major Penalty

- 6.2.8 Any illegal contact with the elbow or swinging motion of the elbow that lands above the shoulders.
- 6.2.9 Any illegal swinging motion of the elbow or illegal elbow contact that forces the receiving opposing skater off balance, forward and/or sideways and causes her to lose her relative position.
- 6.2.10 Use of an elbow or arm to pin or hook an opponent's arm in a manner as to impede her mobility.

6.3 USE OF FOREARMS AND HANDS

- 6.3.1 Forearms or hands may never be used to grab, hold, or push an opponent.
- 6.3.2 Incidental forearm contact between skaters is acceptable.
- 6.3.3 During forearm contact between skaters, the following are indications that a push has occurred:
- 6.3.3.1 The initiating skater extends her arm during contact
 - 6.3.3.2 The receiving skater is propelled forwards or sideways

No Impact/No Penalty

- 6.3.4 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.
- 6.3.5 Contact made with the forearms when forearms are pulled in to the body to absorb a hit.
- 6.3.6 A block initiated with the shoulder in which there is forearm contact to the opponent but no observable push with the forearm.

Minor Penalty

- 6.3.7 Illegal forearm or hand contact to an opponent falling within the legal target zones that forces the receiving opposing skater off balance, forward, and/or sideways but does not cause her to lose her relative position. This includes:
- 6.3.7.1 A slight but observable push with the hands or forearms.
 - 6.3.7.2 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

- 6.3.8 Any illegal contact with hands or forearms above the shoulders.
- 6.3.9 Any illegal forearm or hand contact to an opponent that forces the receiving opposing skater off balance, forward, and/or sideways and causes her to lose her relative position. This includes:
- 6.3.9.1 Contact with hands or forearms, as indicated by the initiating skater extending her arms, resulting in the receiving skater being propelled forwards or sideways.
 - 6.3.9.2 Use of hands or forearms to grab or hold an opposing skater, either impeding that skater's mobility, causing that skater to lose advantage, or forcing that skater to the ground.

6.4 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

- 6.4.1 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

- 6.4.2 Incidental contact by the initiator's head that forces the receiving opposing skater off balance, forward and/or sideways, but does not cause her to lose relative position.

Major Penalty

- 6.4.3 Incidental contact by the initiator's head that forces the receiving opposing skater off balance, forward, and/or sideways and causes her to lose her relative position.
- 6.4.4 Initiating a block with the head, regardless of impact or advantage.

6.5 OUT OF PLAY PENALTIES

Out of play penalties are applied for actions occurring outside the legal Engagement Zone. All actions are to be penalized equally regardless of position (Blocker vs. Jammer). Out of play actions include but are not limited to blocking, assisting, and destroying the pack.

- 6.5.1 A Blocker engaging, blocking, or assisting outside the legal Engagement Zone. A penalty should be applied to each offending Blocker for each action.
- 6.5.2 A Blocker re-entering the pack from behind, having lapped the pack. A penalty should be applied to each offending Blocker (see *Section 4.3.3*).
- 6.5.3 A Blocker re-entering the pack from the front, having fallen behind the pack. A penalty should be applied to each offending Blocker (see *Section 4.3.3*).
- 6.5.4 No pack. If a team or group of skaters does not rapidly 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 7.1.2 and 7.2.4*).
- 6.5.5 Continuing to intentionally skate more than 20' from the pack after being warned. A penalty should be applied to each offending Blocker.
- 6.5.6 A skater who is more than 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. 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 9.3.1.1*).
- 6.5.7 Intentionally destroying the pack. If a player, team, or group of skaters intentionally destroys the pack with a conscious and orchestrated effort, one penalty will be applied to a single player who is most responsible (or the Pivot per *Section 7.1.2 and 7.2.4*).
 - 6.5.7.1 Examples of intentionally destroying the pack, or creating a "no pack" situation, may include but are not limited to: one team running away, one team braking or coasting to fall more than 10ft behind the opposing team, a skater taking a knee, intentionally falling, or intentionally skating out of bounds in such a manner that the legally defined pack is destroyed.
 - 6.5.7.2 Forcing an opponent down or out of bounds is NOT to be considered illegal destruction of the pack; however, players still must reform a pack immediately or be subject to out of play penalties per 6.5.4.
- 6.5.8 Jammers may initiate engagement with Jammers outside the Engagement Zone.
- 6.5.9 Jammers may not initiate engagement with Blockers outside the Engagement Zone. If a Blocker initiates engagement with a Jammer outside the Engagement Zone, the Jammer may counter-block and go unpenalized.

No Impact/No Penalty

- 6.5.10 Incidental blocking or contact while out of play that does not force the opponent to adjust her skating stance or position in any way.
- 6.5.11 No Pack situations without a measurable impact on game play.

Minor Penalty

- 6.5.12 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

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

6.6 SKATING CLOCKWISE TO BLOCK

Skaters must not skate in the opposite direction of the pack (clockwise) when executing a block.

No impact/No penalty

- 6.6.1 Incidental contact from skater getting spun around as a result of another block.
- 6.6.2 A clockwise block that does not force the opponent to adjust her skating stance or relative position in any way.

Minor Penalty

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

Major Penalty

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

6.7 MULTIPLE-PLAYER BLOCKS

- 6.7.1 Skaters may not grab and hold each other's uniform or equipment in a multi-player block.
- 6.7.2 Skaters may not use their hands, arms, or legs in any grabbing, holding, linking, or joining fashion in a multi-player block.
- 6.7.3 Touching and assisting teammates that does not create a wall to impede an opponent is not a multi-player block.

No impact/No penalty

- 6.7.4 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.
- 6.7.5 Touching, but not grabbing and/or holding, a teammate while blocking.

Minor Penalty

- 6.7.6 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

- 6.7.7 Maintaining a multi-player block to impede an opponent, causing her to fall or lose her relative position.
- 6.7.8 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.

6.8 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 in bounds that does not require in bounds skaters to move. When out of bounds, skaters must re-enter the track without bettering their position in relation to other skaters. Out of bounds players are subject to skating out of bounds penalties even if they do not cut the track (See Section 6.11).

This section addresses penalties for cutting the track. Skaters must be upright and skating to receive cutting the track penalties. See Section 6.9 for downed players re-entering and illegally blocking and Section 6.10 for Tripping/Low Blocking.

Downed players that have re-entered the track are subject to applicable cutting the track penalties when they return to an in bounds, upright and skating position. Downed skaters are not to be penalized with cutting the track penalties, but are still subject to low blocking and blocking from out of bounds penalties. Skaters cannot drop back while in-play in efforts to undo or avoid cutting the track penalties.

6.8.1 Re-entering behind the initiator of the block

When sent out of bounds by a block, an opponent must re-enter the track without bettering her position in relation to other skaters. Re-entering the track from out of bounds in front of the initiator of the block is improving your relative position, regardless of who is in front when the block is executed. An in bounds skater who forces an opponent out of bounds earns and establishes superior position. A skater may not return in bounds in front of the skater who blocked her out of bounds, except under the following circumstances where no penalty is to be issued:

- 6.8.1.1 When the initiating skater is considered "in the box," having been sent off the track for a penalty (see Section 7.3.2.2.1)
- 6.8.1.2 When the initiating skater goes out of bounds at any time after the initiating block

- 6.8.1.3 When the initiating skater downs herself or falls at any time after the initiating block
- 6.8.1.4 When the initiating skater exits the Engagement Zone at any time after the initiating block

The outcome and aftermath of a block are complete when the receiving skater has re-established control of her own self on the track. If the receiving skater exits the track after the outcome and aftermath of a block, she is not required to re-enter behind the initiator of the previous block. She is however, still subject to skating out of bounds penalties.

6.8.2 Players straddling the track boundary line

Players are straddling the track boundary line when they are simultaneously touching both inside and outside the track boundary line. Straddling players are subject to cutting the track penalties when they are in bounds, upright and skating. The boundary line is considered in bounds. Airborne players are not considered straddling skaters. See Section 6.9.9 for the in bounds/out of bounds status of airborne players.

No Impact/No Penalty

- 6.8.3 A skater who has re-entered the track in front of a downed, out of bounds, or out of play player is not bettering her position. However, such skaters are subject to cutting the track penalties for other in-play skaters and are still subject to skating out of bounds penalties.
- 6.8.4 A skater who has re-entered the track in front of a player who is “in the box,” having been sent off the track for a penalty.
- 6.8.5 A skater straddling the track boundary line who then completely exits the track, regardless of which, or how many, skaters she has passed while straddling.
- 6.8.6 An out of bounds skater that steps one foot inside the track boundary to become a straddling skater and then steps back completely out of bounds, never removing her out of bounds contact with the floor.
- 6.8.7 Any of the scenarios in Sections 6.8.1.1 – 6.8.1.4.

Minor Penalties

- 6.8.8 An in bounds, upright and skating player who has re-entered the track from out of bounds in front of one in-play skater.
- 6.8.9 An upright player straddling the track boundary who passes one in-play player, and then ceases her out of bounds contact with the floor.

Major Penalties

- 6.8.10 An in bounds, upright and skating player who has re-entered the track from out of bounds in front of multiple in-play skaters.
- 6.8.11 An in bounds, upright and skating player who has re-entered the track from out of bounds in front of the foremost in-play opposing Blocker.
- 6.8.12 An upright player straddling the track boundary who passes multiple in-play skaters, and then ceases her out of bounds contact with the floor.
- 6.8.13 An upright player straddling the track boundary who passes the foremost opposing Blocker, and then ceases her out play contact with the floor.

6.9 OUT OF BOUNDS BLOCKING:

- 6.9.1 Skaters must be in bounds when initiating a block.
- 6.9.2 Skaters may not pick up momentum for a block until in bounds.
- 6.9.3 If a skater forces an opponent out of bounds while blocking, the initiating Blocker must cease blocking before her own skates touch outside the track boundary. No part of the initiating Blocker’s skate may touch the ground outside the track boundary.
- 6.9.4 A skater who is in bounds need not yield right of way to the out of bounds skater.
- 6.9.5 A skater may not initiate contact with an opponent who is completely outside the track boundary.
- 6.9.6 An in bounds skater may actively block or hit a returning skater when any part of the returning skater’s skate is touching any in bounds track territory. The returning player has crossed the track boundary but remains out of bounds by definition as long as any

- part of her skates are still touching any out of bounds territory. However, by entering the track, she becomes a target and can be hit.
- 6.9.7 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.
 - 6.9.8 A skater who is straddling the line may be hit by a player who is on the track, since the straddling skater has one foot down inside the track boundary.
 - 6.9.9 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.
 - 6.9.10 Downed skaters re-entering the track are subject to blocking out of bounds penalties, even if the downed skater has fallen small.

No Impact/No Penalty

- 6.9.11 There is no penalty for blocking a skater who has jumped off both skates and left contact with the track from in bounds.
- 6.9.12 A skater initiating or continuing a block while hanging a skate or other body part over the track boundary, but not touching outside the track boundary, is not blocking from out of bounds.
- 6.9.13 A skater who re-enters the track from out-of bounds while down, without making contact to any opponents or forcing them to fall or lose relative position, is not blocking from out of bounds.

Minor Penalty

- 6.9.14 Any contact from out of bounds that does not cause the receiving opposing skater to fall or lose her relative position.
- 6.9.15 Continuing a block after any part of the initiating Blocker is touching the ground outside the track boundary.
- 6.9.16 Any contact with an opponent who is touching the track exclusively outside the track boundary that does not affect the opposing skater's ability to re-enter play.
- 6.9.17 Any contact to opponents initiated by a downed skater re-entering the track from out of bounds that does not force opposing in-play skaters to fall or lose relative position.

Major Penalty

- 6.9.18 Any contact or blocking from out of bounds that causes the receiving opposing skater to fall or lose her relative position.
- 6.9.19 Continuing a block which causes the receiving skater to fall where there is continued blocking contact past the point where any part of the initiating Blocker is touching out of bounds.
- 6.9.20 A downed skater re-entering the track from out of bounds who forces any opposing in-play skaters to fall or lose relative position.
- 6.9.21 Any contact with an opponent who is touching the track exclusively outside the track boundary that causes her to fall or affects the opposing skater's ability to re-enter play.

6.10 TRIPPING AND LOW BLOCKING

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 and/or low blocking. Downed skaters re-entering the track are subject to tripping/low blocking penalties even on the first instance, and even if the downed skater has fallen small.

No Impact/No Penalty

- 6.10.1 Contact between skates and wheels that is part of the normal skating motion.
- 6.10.2 A skater who "falls small" in an effort to avoid tripping.

Minor Penalty

- 6.10.3 Any contact outside of the normal skating motion which lands below the legal target zone that causes an opposing skater to stumble.
- 6.10.4 Contact between skates and wheels that is not part of the normal skating motion that causes an opponent to stumble but not fall.
- 6.10.5 A downed skater re-entering the track that causes an opposing skater to stumble.

Major Penalty

- 6.10.6 Any contact outside of the normal skating motion which lands below the legal target zone that causes an opposing skater to fall.
- 6.10.7 Flailing and sprawling skaters that trip an opponent, regardless of intent.
- 6.10.8 Habitual contact, three or more times during the course of a bout, between skates and wheels that is part of the normal skating motion that causes an opposing skater to stumble or fall.
- 6.10.9 A skater who habitually, three or more times during the course of a bout, falls in front of opponents, causing them to lose relative position, even if she "falls small."
- 6.10.10 A downed skater re-entering the track that causes an opposing skater to fall or lose relative position.

Expulsion

- 6.10.11 Intentional tripping with feet or hands. Expulsions will be issued for a conscious attempt to trip an opponent, whether or not the action was successful.

6.11 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. Skaters may not pick up momentum for a block until in bounds (see *Section 6.9.2*).

No Impact/No Penalty

- 6.11.1 Being forced out of bounds by an opponent's block.
- 6.11.2 Skating out of bounds as the result of a missed or successful block. (Blocking out of bounds criteria still apply; see *Section 6.9*.)
- 6.11.3 Maintaining or increasing speed while skating to and from the penalty box.

Minor Penalty

- 6.11.4 Skating out of bounds in an attempt to avoid a block.
- 6.11.5 Skating out of bounds to maintain or increase speed.

Major Penalty

- 6.11.6 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.

6.12 ILLEGAL PROCEDURES

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

No Impact/No Penalty

- 6.12.1 A Blocker who is on the track, between the Jammer and Pivot lines, skating into her position when the first whistle blows.
- 6.12.2 Assisting a downed teammate within the Engagement Zone.
- 6.12.3 A skater exiting the penalty box before her penalty time finishes because she was incorrectly instructed to do so by the penalty box official. The skater must return to the box and finish her penalty.

Minor Penalties.

- 6.12.4 False start—A Jammer or Blocker who false starts must yield advantage.
 - 6.12.4.1 A Jammer false starts for being out of position at the Jammer starting whistle when she is touching beyond the Jammer line.
 - 6.12.4.2 A Non-Pivot Blocker false starts for being out of position at the pack starting whistle when she:
 - 6.12.4.2.1 is touching beyond the Pivot line
 - 6.12.4.2.2 is touching behind the Jammer line
 - 6.12.4.2.3 lines up in front of a Pivot Blocker who is on the Pivot line
 - 6.12.4.3 A Pivot Blocker false starts for being out of position at the pack starting whistle when she:
 - 6.12.4.3.1 is touching beyond the Pivot line
 - 6.12.4.3.2 is touching behind the Jammer line

- 6.12.5 Too many skaters on the track—skater is pulled without stopping the jam. (The penalty is issued to the pulled skater.)
- 6.12.6 A Jammer attempting to call off a jam when she is not Lead Jammer, and the jam is not called off.
- 6.12.7 A skater exiting the penalty box and re-entering the track in front of one pack skater.
- 6.12.8 A skater, after being waived off of a full penalty box, re-entering the track in front of one pack skater.
- 6.12.9 A skater, after addressing mid jam equipment malfunction, re-entering the track in front of one pack skater.

Major Penalties

- 6.12.10 A false start by a Jammer or Blocker who does not yield advantage.
- 6.12.11 Forcing a jam to be called off due to too many skaters on the track. (The Penalty is issued to the Pivot in that jam. If there is no Pivot in that jam the team Captain will receive the penalty.)
- 6.12.12 Improper uniform, jewelry, or skates
- 6.12.13 A Jammer successfully calling off a jam when she is not Lead Jammer
- 6.12.14 Violations of the Passing the Star procedures outlined in Section 3.5. The initiator of the star pass receives the penalty for the illegal star pass.
- 6.12.15 Illegally blocking a star pass.
- 6.12.16 A skater exiting the penalty box and re-entering the track in front of more than one pack skater.
- 6.12.17 A skater, after being waived off of a full penalty box, re-entering the track in front of more than one pack skater.
- 6.12.18 A skater, after addressing mid jam equipment malfunction, re-entering the track in front of more than one pack skater.
- 6.12.19 A skater exiting the penalty box before her penalty time finishes. (Note: If the penalty box official instructs the skater to leave early, this penalty does not apply.)
- 6.12.20 Too many skaters and/or team support staff in the designated team area. The penalty is issued to the team Captain.
- 6.12.21 Removing required safety equipment (see Section 10.1.1).

6.13 MISCONDUCT AND GROSS MISCONDUCT

No Impact/No Penalty

- 6.13.1 Not Applicable

Minor Penalty

- 6.13.2 Not Applicable

Major Penalty (Misconduct)

- 6.13.3 Initiating contact with both skates off of the ground. Jumping and leaping contact is unsafe for the initiator and the receiver.
- 6.13.4 Executing a block on an opponent who is down.
- 6.13.5 Any block with initial contact landing above the shoulders.
- 6.13.6 The use of obscene, profane, or abusive language or gestures directed at an official, mascot, or audience member.
- 6.13.7 The excessive use of obscene, profane, or abusive language or gestures directed at an opposing player, manager, or coach.

Expulsion (Gross Misconduct)

- 6.13.8 Gross misconduct is defined as an indiscretion so serious that it justifies the instant expulsion of a skater, even on the first occurrence.
- 6.13.9 Illegal interference in game-play by skaters not involved in the jam
- 6.13.10 The repeated use of obscene, profane, or abusive language or gestures directed at an official, mascot, or audience member.
- 6.13.11 The repetitive and excessive use of obscene, profane, or abusive language or gestures directed at an opposing player, manager, or coach.
- 6.13.12 Intentional tripping with feet or hands. Expulsions will be issued for a conscious attempt to trip an opponent, whether or not the action was successful.

6.14 INSUBORDINATION

Insubordination is willfully failing to comply with a referee's orders. Examples of insubordination include but are not limited to failure to leave the track for a penalty or failure to leave the floor for an ejection.

No Impact/No Penalty

6.14.1 Intentionally committing an illegal procedure is not insubordination and should not be penalized as such.

Minor Penalty

6.14.2 Not Applicable

Major Penalty

6.14.3 Willfully failing to leave the track for a penalty.

Expulsion

6.14.4 Willfully failing to leave the floor for an ejection.

6.14.5 Deliberate and excessive insubordination to a referee.

6.15 FIGHTING

Fighting is an automatic expulsion for all participants and may result in a suspension (see *Section 7.5.2*). 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

6.15.1 Not Applicable

Minor Penalty

6.15.2 Not Applicable

Major Penalty

6.15.3 Not Applicable

Expulsion or Suspension

The following egregious acts will be automatic game expulsion, even if not during a fight, and can be punished as multi-game suspensions (see *Section 7.5.2.2*). Expulsions will be issued for a conscious attempt to commit any of the following egregious acts, whether or not the attempt was successful. (e.g. A swing-and-a-miss).

6.15.4 Intentional, negligent, or reckless contact above the shoulders

6.15.5 Punching another skater

6.15.6 Pulling of the head, neck, or helmet

6.15.7 Choking by helmet straps

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

6.15.9 Kicking another skater

6.15.10 Intentional tripping with feet or hands

6.15.11 Biting

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

6.15.13 Slide Tackling an opponent

6.15.14 Holding or pinning another skater to the ground

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

7 PENALTY ENFORCEMENT

7.1 Minor Penalties

7.1.1 Referees assess minor penalties to skaters based on their involvement in an infraction. When a minor penalty is assessed:

7.1.1.1 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.

7.1.1.2 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 7.3*. Minor penalties carry over into the following period. They are not “reset” between periods.

- 7.1.2 If no one player can be singled out to receive the penalty. It will go to the active Pivot, if there is no Pivot, it will go to the Team Captain.

7.2 Major Penalties

- 7.2.1 When a skater has earned a major penalty, that skater will be sent to the penalty box. Her team must play short, without the skater and the position she was playing, until the penalty has expired. See *Section 7.3.2*.
- 7.2.2 Major penalties expire after one minute served in the penalty box.
- 7.2.3 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.
- 7.2.4 If no one player can be singled out to receive the penalty, it will go to the active Pivot. If there is no Pivot it will go to the Team Captain.

7.3 Penalty Enforcement Procedures

7.3.1 Substitutions

No substitutions are allowed if a penalty carries over to the next 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.

7.3.1.1 Penalized players must be substituted in the case of an ejection, expulsion, or injury. See *Section 7.5.1*, *7.5.4* and *10.3.1* respectively. These substitutions may only take place between jams. An ejected player is not permitted to return to play and her team must skate a player short for the remainder of the jam (see *Section 7.5.1.1*).

- 7.3.2 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.

7.3.2.1 Penalty timing will not begin until the penalized player legally enters the penalty box from the appropriate counter-clockwise direction.

7.3.2.2 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 7.3.2.3*.

7.3.2.2.1 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 3.4.2.2*). However, her penalty time will not start until she is seated in the box.

7.3.2.2.2 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.

7.3.2.2.2.1 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.

7.3.2.3 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 7.3.4*. A Jammer can never be waved off from the penalty box.

- 7.3.3 The penalty clock starts when the skater is seated in the penalty box (with exceptions noted in *Section 7.3.2.3*). The penalty clock only runs when the jam clock is running. If a penalty spans multiple jams, the penalty clock will stop between jams.

- 7.3.3.1 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.
- 7.3.4 After serving one minute in the penalty box, a penalized skater may re-enter the track. She must enter the pack from the back.
 - 7.3.4.1 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.
 - 7.3.4.2 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.
 - 7.3.4.3 A skater may re-enter the track in front of opposing skaters that are out of play. If a Jammer is eligible to score (having completed her initial pass 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.
 - 7.3.4.4 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.

7.4 Both Jammers Penalized/Both Jammers Off The Track

Concurrent Jammer penalties shorten the penalty time of both Jammers. Both Jammers will serve the same exact amount of time before they are each allowed back into play. When the second Jammer is seated in the penalty box, the first Jammer, who has already been serving her time, is released back into play by the penalty box official. The exact amount of time the first Jammer served before she was released will be the exact amount of time the second Jammer will serve before she is released back into play. (rule 7.4.4 is still applicable)

Example: Jammer A has served 45 seconds when Jammer B is seated in the penalty box. Jammer A is released from the penalty box and Jammer B begins to serve 45 seconds. The actual time both Jammers serve will always be equal with the only exception being the end of the game as the final jam is whistled dead.

- 7.4.1 If the first penalized Jammer is sent back to the box after being released from the penalty box while the second penalized Jammer is still serving her required time, the game will continue without a Jammer on the track for the duration of any penalty time that is required to be served.
 - 7.4.1.1 If the jam clock expires with both Jammers in the box serving their required time, a new jam will begin without Jammers on the Jammer line. Both Jammers will return to play following completion of any required penalty time. They cannot enter the jam until the Jammer starting whistle.
- 7.4.2 If both Jammers are seated in the box at the same exact moment, both Jammers will serve ten (10) seconds before they are simultaneously released back into play by the penalty box official. In all other cases no minimum time to serve will be required.
- 7.4.3 If any jam ends with one Jammer in the box and the second Jammer on her way to the box after being sent off the track, the penalty time for the Jammer that is already in the box will end with the jam ending whistle. She will start the new jam from the penalty box as her team's Jammer, and will be allowed to re-enter play behind the pack after the second whistle in the new jam. The second Jammer will begin the new jam in the box to serve her required time.
 - 7.4.3.1 A team may not make a substitution for either Jammer.
- 7.4.4 If a penalized Jammer exits the penalty box before she is officially dismissed by an official, she will be required to return to the box and serve any unserved time, no matter how small. Per Section 6.12.20 she will also be assessed a major penalty.
- 7.4.5 If one team's Jammer does not make it on to the track in time to participate in the jam and during the course of that jam the opposing team's Jammer is sent off for a penalty, the jam will be whistled dead when the penalized Jammer is seated in the penalty box.

She will begin the new jam in the box, and the team that did not field a Jammer in the previous jam will be allowed to field a Jammer in the new jam.

7.4.5.1 In the new jam, player substitutions from the bench are allowed, with the exception of the penalized jammer.

7.4.6 With one Jammer already in the box, if the opposing team's Jammer *removes herself* from the jam due to an injury, equipment failure, or because she has decided to quit, the jam will be whistled dead after it has been determined by the referee that she will not again be re-entering play. A new jam will be started with the penalized Jammer still in the box serving the remainder of her required penalty time, and the opposing team fielding a new Jammer.

7.4.6.1 In the new jam, player substitutions from the bench are allowed, with the exception of an injured jammer, who must now sit for either 3 jams (per *Section 10.3.1*), or the remainder of the period (per *Section 10.3.1.1*).

7.4.7 If the first penalized Jammer has been ejected from the period or expelled from the game, when the second penalized Jammer is seated in the box the jam will be whistled dead. The first penalized Jammer's team will field a new Jammer in the new jam, and the second Jammer will remain in the box at the start of the new jam and she will serve an amount of time equal to the first.

7.4.7.1 Players may be substituted in the new jam.

7.4.8 When a penalized Jammer is serving more than one consecutive minute in the penalty box, and the opposing Jammer arrives in the penalty box when the first penalized Jammer has more than a minute of penalty time remaining to serve, the arriving Jammer will be released back into play by the penalty box official immediately after she has taken her seat in the penalty box. The remaining penalty time of the first Jammer is reduced by one minute.

7.4.8.1 If the opposing Jammer arrives during the timing of the final minute of the first penalized Jammer's consecutive penalty minutes, normal rules apply to the second penalized Jammer (see *Section 7.4*).

7.5 Expulsion and Fouling Out

7.5.1 Fouling Out/Ejection

7.5.1.1 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.

7.5.1.1.1 A player is ejected from the period for five penalty turns in the penalty box in that period.

7.5.1.1.2 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.

7.5.1.2 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. Substitutions for ejected players cannot happen during an in-progress jam. The ejected player is not permitted to return to play and her team must skate a player short for the remainder of the jam (see *Section 7.1.1*).

7.5.2 Expulsion and Suspension

7.5.2.1 A skater may be expelled from the bout at the Head Referee's discretion for serious physical violence or any action deemed by the officials to cause an extraordinary physical threat to others.

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

- 7.5.2.3 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.
- 7.5.2.4 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 *Section 7.5.2.2*) she is allowed to play in the next game in the tournament.
- 7.5.2.5 Coaches and managers are held to the same standard of sportsmanlike behavior as players. If a coach or manager is expelled, that team's Captain will serve a one minute penalty. However that penalty does not count towards the player's penalty cap in *Section 7.5.1*.
- 7.5.3 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.
- 7.5.4 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 while the penalty is being served.

8 SCORING

- 8.1 Only skaters wearing the designated Jammer's star helmet cover with visible stars are eligible to accrue points.
- 8.2 Jammers do not score on their first pass (A.K.A. initial pass) through the pack.
- 8.3 After clearing the pack and completing her initial (first) pass, Jammers score points by passing skaters on their second and each subsequent pass. These are considered "scoring passes." 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:
 - 8.3.1 Pass opposing skaters in bounds, legally, without committing penalties.
 - 8.3.1.1 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.
 - 8.3.1.2 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.)
 - 8.3.2 Pass the opposing Blocker's hips.
- 8.4 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:
 - 8.4.1 Opponents in the penalty box. (The moment a penalized player is directed off the track she is considered "in the box" for scoring purposes.)
 - 8.4.2 Opponents who have failed to be on the track when the Jam starting whistle blows.
 - 8.4.3 Opponents who have removed themselves from play.
 - 8.4.4 Opponents sent to the penalty box that have not yet been scored upon in that scoring pass.
 - 8.4.5 Opponents returning from the penalty box behind the Jammer.
 - 8.4.5.1 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.
 - 8.4.6 Points for opponents who have not yet been scored upon in an incomplete scoring pass by a penalized Jammer, who themselves are penalized while the Jammer is serving penalty time, will be awarded to the penalized Jammer upon her legal in bounds re-entry

onto the track in the same jam. If the jam ends before the Jammer legally re-enters the track in bounds, points for those opponents will not be awarded.

8.5 Points

- 8.5.1 Points are earned when the Jammer passes each opposing skater, including those who have been knocked to the floor or are out of play.
- 8.5.2 Points are announced, verbally and by hand signal, once the Jammer has cleared the pack.
- 8.5.3 If the jam ends when the Jammer is still in the pack, the points for any passed opponents will be announced immediately.
 - 8.5.3.1 The Jammer will also be awarded points for Blockers on the track and ahead of the Engagement Zone if said Blockers were not previously scored on during that scoring pass.
- 8.5.4 Once a Jammer earns a point that point can never be taken away. (Note: this does not apply to Points Awarded in Error.)
 - 8.5.4.1 Points Awarded in Error are points that have not been legally earned by a Jammer and have been awarded to her and her team incorrectly and/or erroneously by a referee, an official, or as the result of a technology malfunction.
- 8.5.5 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.)
 - 8.5.5.1 A Jammer exiting the penalty box will still be on the same pass she was on when she was penalized, even if all points for a pass have been awarded.
 - 8.5.5.2 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.
- 8.5.6 Grand Slam: If one Jammer completely laps the opposing Jammer, she will score an additional point each time she fully laps her.
- 8.5.7 At the end of the jam the Jammer will score on Blockers ahead of the Engagement Zone who were not previously scored upon during that scoring pass.
- 8.5.8 Points are earned until the 4th whistle of the jam ending signal.
- 8.5.9 In order to earn points for passing while airborne, the Jammer must maintain in bounds status after landing. See *Section 6.9 Out of Bounds Blocking*.
- 8.5.10 Jammers cannot accrue points while in the penalty box.

9 OFFICIALS

9.1 Staffing

- 9.1.1 Each bout will have no less than three **skating** referees and no more than seven referees total. It is strongly encouraged that at least one referee be WFTDA Certified.
 - 9.1.1.1 In tournament play each bout must have at least one WFTDA Certified Referee.
- 9.1.2 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.
- 9.1.3 Jammer referees: Two referees are responsible for observing Jammers, one per team.
 - 9.1.3.1 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.
 - 9.1.3.2 At the end of a period, the Jammer referees switch the team they are responsible for and the identifier corresponding to each team.
- 9.1.4 Pack referees: The remaining referees observe the pack. The primary responsibility for Pack referees is to call penalties. Pack referee assignments and specifics regarding

Pack referee positioning can be found in the [WFTDA Referee and Officiating Best Practices](#) document.

9.1.4.1 Inside Positioned Pack Referees

9.1.4.1.1 No more than two Pack referees should be stationed inside the track.

9.1.4.1.2 Pack referees stationed inside the track must be on skates.

9.1.4.2 Outside Positioned Pack Referees

9.1.4.2.1 Pack referees stationed outside the track may be on skates.

9.1.4.2.2 Only referees who are on skates may enter the track to remove a skater for penalty.

9.1.4.2.3 If referees are not on skates they should be stationary.

9.1.5 Non-Skating Officials

9.1.5.1 Scorekeepers: A game will have at least one scorekeeper. The scorekeeper records the points reported by the Jammer referees and keeps the official score.

9.1.5.2 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.

9.1.5.3 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.

9.1.5.4 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.

9.1.5.5 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 for ending jams that run the full two minutes.

9.2 Duties

9.2.1 Assessing team readiness for each jam

9.2.1.1 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.)

9.2.1.1.1 If the jam starts with too many skaters, the referees should try to pull the last Blocker who entered the floor; if that skater cannot be identified, the Blocker that is closest to the referees can be pulled off of the floor. The team should be penalized according to *Section 6.12.5*.

9.2.1.1.2 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 6.12.12*.

9.2.1.1.3 Referees do not warn teams when too many skaters line up on the track.

9.2.1.1.4 Referees do not warn players or teams when they line up out of position (e.g. Blockers lining up in front of the Pivot line).

9.2.1.2 The referees will ensure that the players are wearing all required safety equipment, the correct uniforms, and the correct player designations.

9.2.1.3 The referees will determine that the skaters are in the proper formation.

9.2.2 Signaling pack and Jammer starts

9.2.2.1 The officials will whistle the start of the pack.

9.2.2.2 The officials will whistle the start of the Jammers.

9.2.3 Assigning and communicating Lead Jammer status

9.2.3.1 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."

- 9.2.3.2 The referee will continue pointing to the Lead Jammer for the duration of the jam.
- 9.2.4 The Jammer referees are responsible for counting and signaling score according to the guidelines laid out in *Section 8 Scoring*. They must communicate this score after each jam to the scorekeeper or scoreboard as per the WFTDA Referee and Officiating Best Practices document.
- 9.2.5 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 and Section 7 Penalty Enforcement Procedures*. Referees will use their discretion and their decisions are binding.
- 9.2.5.1 Referees will use all officially designated hand signals as means to properly communicate to scorekeepers/penalty trackers, skaters, announcers and fellow referees.
- 9.2.5.2 Referees will:
- 9.2.5.2.1 Whistle, hand signal and vocally call out all major penalties.
- 9.2.5.2.2 Perform hand signals for all penalties.
- 9.2.5.2.3 Vocally call out minor penalties.
- 9.2.5.2.4 Exclusively use a player's team color and charter number for calling penalties on that player.
- 9.2.5.3 Referees will not:
- 9.2.5.3.1 Use officiating numbers or other abbreviations or systems outside of a player's charter name and number and team color.
- 9.2.6 A referee calls off a jam by four short whistle blasts.
- 9.2.6.1 A referee **may** call off a jam for any of the following reasons:
- 9.2.6.1.1 Referees call an Official Timeout
- 9.2.6.1.2 Injury--Referees should only call off a jam in the case of a serious injury or an injury that could endanger another skater.
- 9.2.6.1.3 Technical difficulty or mechanical malfunctions (including skate trouble)
- 9.2.6.1.4 In response to a major penalty
- 9.2.6.1.5 Any player is unduly interfered with by spectators
- 9.2.6.1.6 Emergency
- 9.2.6.1.7 Disruption of the skating surface (debris or spills)
- 9.2.6.1.8 Too many skaters on the track. After the jam has started referees should expeditiously pull any extra skaters so that the jam does not have to be called off (See *Section 9.2.6.2.6*).
- 9.2.6.2 A referee **must** call off a jam for any of the following reasons:
- 9.2.6.2.1 Lead Jammer calls off the jam by repeatedly placing her hands on her hips.
- 9.2.6.2.2 End of two minute jam clock or the end of the period's final jam.
- 9.2.6.2.3 An injury that is a safety hazard to continued game play.
- 9.2.6.2.4 Fighting.
- 9.2.6.2.5 Technical difficulty or mechanical malfunction (including skate trouble) that is a safety hazard to continued play.
- 9.2.6.2.6 Too many skaters on the track that gives that team a competitive advantage.
- 9.2.7 Declaring a Forfeit
- 9.2.7.1 The Head Referee may call a forfeit for the following reasons:
- 9.2.7.1.1 A team has five or fewer un-injured rostered skaters remaining due to expulsions.
- 9.2.7.1.2 A team refuses to field skaters on the track to continue play.
- 9.2.7.2 The Head Referee must call a forfeit for the following reasons:
- 9.2.7.2.1 A team fails to show up to a WFTDA sanctioned bout or tournament. The Head Referee must make this decision in conjunction with WFTDA Game Committee Representatives.

- 9.2.7.2.2 A team elects to forfeit rather than continue play.
- 9.2.8 Referees may break up fights at their discretion and play will resume as quickly as possible.
- 9.2.9 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.
- 9.2.10 In the event that there is a disagreement regarding a referee's 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.
- 9.2.11 Official Review: A team request for a review of a referee decision
- 9.2.11.1 A team Captain or Designated Alternate requests an Official Review by asking the Head Referee for a timeout.
- 9.2.11.2 The Head Referee, in order to allow the Official Review, can grant a team timeout, take an Official 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.
- 9.2.11.3 During the Official Review, all referees will conference with both team Captains.
- 9.2.11.4 The Captain requesting the review will explain the grievance.
- 9.2.11.5 The Head referee will investigate the grievance with the other referees, and together determine merit.
- 9.2.11.6 The Head Referee will announce a decision. This decision is final.
- 9.2.12 A team may be granted up to one Official Review per period.
- 9.2.13 Official Reviews must be requested before the following jam starts. Only the immediately preceding jam is subject to Official Review.

9.3 Referee Discretion

- 9.3.1 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.
- 9.3.1.1 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.
- 9.3.1.2 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.
- 9.3.2 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.
- 9.3.3 If the referee is in a position where "intent" must be inferred but is not clear, she/he should assume legal intent.
- 9.3.4 If the referee is not sure whether an action warrants a major or a minor, it should be called a minor.

9.4 Required Equipment

- 9.4.1 Referees are permitted to wear inline skates, but are strongly encouraged to wear quad skates.
- 9.4.2 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.
- 9.4.2.1 Non-Skating Officials are strongly encouraged to dress in an un-obtrusive uniform differentiating themselves from Referees.
- 9.4.3 Each referee participating in a bout must visibly display his/her name on the back of his or her jersey.
- 9.4.4 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.

- 9.4.5 Safety Gear: referees are required to wear the following safety equipment with hard protective shells or inserts, in addition to that which is required as a minimum by the liability insurer:
- 9.4.5.1 Helmet
 - 9.4.5.2 Knee Pads
 - 9.4.5.3 Wrist Guards
 - 9.4.5.4 Elbow Pads

10 SAFETY

10.1 Protective Gear

- 10.1.1 Protective gear must be worn while skating in a jam, including to and from the penalty box. Failure to wear required protective gear or removal of protective gear, such as a mouth guard, will result in a penalty (see *Section 6.12.22*).
- 10.1.2 Protective gear shall include, at a minimum: wrist guards, elbow pads, knee pads, mouth guards, and helmets.
 - 10.1.2.1 Wrist guards, elbow pads, knee pads and helmets must have a hard protective shell or inserts.
 - 10.1.2.2 Skaters are strongly encouraged to secure or tape down loose Velcro on pads.
- 10.1.3 Optional protective gear such as padded shorts, chin guards, form fitting face shields such as nose guards, shin guards, knee or ankle support, turtle shell bras, 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.
 - 10.1.3.1 Chin guards, form fitting shields such as nose guards, turtle shell bras, tailbone protectors and shin guards may have a hard protective shell. No other optional protective gear may have hard protective shells.
 - 10.1.3.2 Non-form fitting face shields such as hockey style full face shields, half face shields or face cages are strictly prohibited

10.2 Safety Personnel

- 10.2.1 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.
- 10.2.2 Team Captains are responsible for supplying medical personnel with their skaters' medical and/or emergency contact information as necessary.

10.3 Injured Skaters

- 10.3.1 If a skater sustains an injury serious enough that the referees call off the jam the skater must sit out the next three jams.
 - 10.3.1.1 If more than one jam is called off for the same player, she must sit out of the remainder of the period.
- 10.3.2 If a skater is bleeding, she may not participate in a bout until the bleeding has stopped.
- 10.3.3 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.
 - 10.3.3.1 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 6.12, Illegal Procedures*.
- 10.3.4 Skaters who are injured prior to the bout may play if they have received clearance from their doctor.
 - 10.3.4.1 A Skater may not wear an appliance, cast, or brace that causes a danger to other skaters (as determined by the head ref).

10.4 Impaired Skaters

- 10.4.1 Skaters may not participate in a bout while under the influence of alcohol, narcotics, or illegal drugs.
- 10.4.2 Skaters may not consume alcohol at bouts while wearing skates.

11 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 an upright and skating player who is in bounds and re-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. (See Section 3.1 <i>Blocker</i> .)
Blocking to the Back	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 demarcated 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. (See <i>Figure 2</i> .)
Captain	The skater identified to speak for the team. Only the Captain and the Designated Alternate may confer with the referees. (See Section 9.2.10.)
Contact Zones	Areas of the body that may be used to give or receive a hit. (See “Blocking Zones” and “Target Zones”)
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 Designated Alternate may be another skater, coach or manager. The Designated Alternate must be one of the sixteen individuals described in Section 2.1.4. A team shall only have one Designated Alternate.
Down	Skaters are considered down if they have fallen, been knocked to the ground or have taken a knee. Skaters on one knee are considered down. After downing herself or falling, a skater is considered down until she is standing, stepping, and/or skating. Stationary standing players are not considered down.
Ejection	To remove a player from the remainder of the period. This is the equivalent to “fouling out” for combined trips to the penalty box. (See Section 7.5 for complete details.) 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. 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.
Engage	Any sort of interaction with another player on the track during a jam. (see also “Assist” and “Block.”)
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 Head Referees' discretion for serious physical violence or any action deemed by the officials to cause an extraordinary physical threat to others. (See Section 7.5.2 for complete details.) Another player from her team must serve the major penalty, forcing her team to skate a player short (see Section 7.5.2 and 7.5.4).
Fall Small	Falling with the arms and legs controlled, tucked in to the body, and not flailing.
Fouling Out	A skater "fouls out" for five penalty turns served in the penalty box. (See Ejection.)
Game	A bout or game is composed of 60 minutes of play divided into two periods of 30 minutes played between two teams.
Game Roster	The skaters that are actually suited up and eligible to play on game day.
Grand Slam	If one Jammer completely laps the opposing Jammer, she will score an additional point each time she fully laps her. Exceptions occur when the opposing Jammer is not on the track (See Section 8.4).
Gross Misconduct	An indiscretion so serious that it justifies the instant expulsion 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. (See Major Penalty and Minor Penalty.)
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. In bounds skaters are not necessarily in-play.
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 a 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. (See Pass and Scoring Pass.)
In-Play	When a skater is positioned within the Engagement Zone and is in bounds, she is in play and may legally block and assist. Downed players are not in play. Jammers may engage each other anywhere inside the track boundaries for the duration of the jam, but must be within the Engagement Zone in order to legally initiate engagement with Blockers.
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 in progress.
Insubordination	Willfully failing to comply with a referee's orders.
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. (See Section 3.3 Jammer.)
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.
Loss of Relative Position	When a skater's position in relation to other skaters on the track is lost for a sustained period of time due to the actions of an opponent, such as a legal block or an illegal block. Being forced out of bounds is always to be considered a loss of relative position.
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.
Misconduct	Wrongful or improper behavior motivated by intentional purpose or obstinate indifference to the rules.
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.
No Pack	There is no pack when there is not a group of Blockers (from both teams) skating within proximity to each other or when there are two or more equally numbered groups of Blockers not skating within proximity to each other. (See Proximity.)
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 Bounds skaters are not In-Play.
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. (See also Proximity.)
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. (See Scoring Pass and Initial Pass.)
Penalty	The punishment meted out for misconduct.
Pivot Blocker	Commonly referred to as the Pivot. The Pivot is a Blocker, as defined in Section 3.1 Blocker, with extra abilities and responsibilities as outlined in Section 3.2 Pivot.
Points Awarded in Error	Points that have not been legally earned by a Jammer and have been awarded to her and her team incorrectly and/or erroneously by a referee, an official, or as the result of a technology malfunction.
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 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.
Relative Position	The position a skater holds in relation to other skaters on the track.
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.
Straddling Players	Players are straddling the track boundary line when they are simultaneously touching both inside and outside the track boundary line.
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 2.</i>)
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.

WFTDA Minimum Skills Requirements

Version 2.0

Updated July 14, 2009



Each WFTDA member league that intends to enter into a WFTDA-sanctioned interleague bout must designate a league member who is responsible for ensuring that each skater entering into the interleague bout meets the skill requirements listed below. The league member may be the head of the training/coaching committee, travel team captain, or other league official. This designated league official must sign off on each skater's individual assessment sheet. Skaters must be assessed prior to their first interleague competition and re-assessments must be done at least annually thereafter. WFTDA leagues must maintain signed records of successful testing of their rostered skaters and be able to provide these records to the WFTDA upon request.

1 Basic Skating Skills

The skater must demonstrate proficiency in the following areas:

1.1 Skating Posture

- 1.1.1 Bends at knees and hips with shoulders back
- 1.1.2 Swings arms fluidly

1.2 Stride

- 1.2.1 Has steady, confident, fluid strides
- 1.2.2 Uses both feet to push forward on straight-aways

1.3 Crossovers

- 1.3.1 Performs smooth crossovers while skating at a brisk pace going into and coming out of turns
- 1.3.2 Uses both feet to push during crossovers

1.4 Speed and Endurance

- 1.4.1 Skates 25 Laps around regulation track within five minutes
(based on WFTDA regulation track)

1.5 Stops

Skater must come to a complete stop from a brisk pace, using proper form and without losing her balance. Must be able to complete both stops effectively.

- 1.5.1 T-Stop
- 1.5.2 Plow Stop

1.6 Other skills

- 1.6.1 Performs one-foot glides with each foot for the length of the straightaway with good balance.
 - 1.6.1.1 Skater must be in derby stance with one foot completely off the floor
 - 1.6.1.2 Skater maintains sufficient speed and does not flail limbs
- 1.6.2 Has the ability to propel self while keeping all eight wheels on the floor
- 1.6.3 Can move easily and fluidly from one side of the skating lane to the other

1.6.3.1 Can perform smooth quick cuts, crossing the track at least three times on each straight-away and twice on each turn

2 Falls

Skater must perform the following falls safely, correctly, and naturally.

2.1 Single Knee Falls

2.1.1 Left

2.1.2 Right

2.1.3 Recovers from each fall without using hands to get up

2.1.4 Skater is able to return to active skating within two seconds

2.2 Double Knee Falls

2.2.1 Skater is able to return to active skating within two seconds

2.3 Figure 4/Baseball Slide

2.3.1 Both legs stay on or near the ground during the fall

2.3.2 Skater is able to return to active skating within three seconds

2.4 180 Degree Turn Single Knee Fall

2.4.1 Exhibits control to complete the fall in exact opposite direction

2.4.2 Skater is able to return to active skating within two seconds

2.5 Four point fall

2.5.1 Hands are kept in front of the body, fingers closed into fists

2.5.2 Skater is able to return to active skating within two seconds

3 Balance/Agility

Skater must demonstrate the ability to perform the following tasks without losing her balance or falling.

3.1 Stepping from a standstill

3.1.1 Forward and Backward

3.1.2 Side to side in both directions

3.2 Squatting

Skater achieves a 90 to 120 degree angle at the knee during each squat. Feet and knees are hip width or wider. Eyes look forward, chest is out and back is flat.

3.2.1 Squats and coasts through the entire straightaway and turn

3.2.2 Squats and propels self on straightaways and around turns

3.3 Hopping

3.3.1 Hops over an object at least 3 inches in height without touching the object or losing balance while skating at a moderate pace

3.3.1.1 Skater's feet must leave the ground simultaneously, then land simultaneously

3.3.2 Skater hops from one foot to the other while moving forward

3.4 Focus

3.4.1 Can look left, right, and behind quickly and unexpectedly while maintaining regular skating stride at a moderate pace

3.5 Weaving

3.5.1 Maneuvers through 10 cones placed six feet apart, covering both straight-aways and turns

4 Skating With Others

Skater must demonstrate the ability to perform the following skills legally and safely while skating at a moderate pace.

4.1 Whips

4.1.1 Giving whips

4.1.1.1 Giving inside whip

4.1.1.2 Giving outside whip

4.1.2 Receiving whips

4.1.2.1 Receiving inside whip

4.1.2.2 Receiving outside whip

4.1.3 Hip whips

4.1.3.1 Giving hip whips

4.1.3.2 Receiving hip whips

4.2 Pushes

4.2.1 Giving pushes

4.2.2 Receiving pushes

4.3 Pacing

4.3.1 Skater adjusts to the variable speeds (decrease/increase) of a paceline, while maintaining an arms length distance between herself and the skaters in front of and behind her without falling, tripping, overtaking or running into another skater.

4.4 Weaving Around Moving Obstacles

4.4.1 Demonstrates weaving through a single-file line of moving skaters who are each an arm's length apart.

4.5 Unexpected Obstacles

4.5.1 Skating within a pack of at least four other skaters who fall in front of the skater at various unexpected times. Skater must deal with the fallen skaters by avoiding or safely falling without hurting self or the fallen skater, and without causing an unnecessary hazard for any of the pack skaters.

4.6 Leaning

4.6.1 Skates while leaning shoulder to shoulder with another skater while maintaining an upright position and propulsion without tripping, falling, or becoming unsteady.

4.7 Bumping

4.7.1 Maintains or recovers balance, without falling, while being bumped into and having wheels bumped by other skaters.

5 Blocking

Skater must demonstrate the ability to perform the following skills legally and safely while skating at a moderate pace.

5.1 Taking Hits

5.1.1 Responds safely (without flailing or grabbing other skaters, if falling, she falls safely, accurately, and small, without sprawling unnecessarily, and with 2 to 4 second recoveries) to repeated heavy hip checks and shoulder checks.

5.1.2 Demonstrates the above in a pack situation, without causing an unnecessary hazard for pack skaters.

5.2 Positional Blocking/Frontal Blocking/Stall Blocking

5.2.1 Performs with good posture and without loss of balance or focus

5.3 Checks

Performs checks with legal body parts delivered within legal blocking zones with moderate to heavy force while skating at a brisk pace.

5.3.1 Hip checks

- 5.3.1.1 Left hip
- 5.3.1.2 Right hip

5.3.2 Shoulder checks

- 5.3.2.1 Left shoulder
- 5.3.2.2 Right shoulder

6 - Rules Test

WFTDA official rules v4.0

Administer the following test, shown here with answers and citations, to each skater individually. Skaters should not have access to notes or WFTDA rules documents during the exam. The minimum required score to pass the rules test is 85% (six incorrect answers).

1. True or False - Team A does not get their jammer onto the track in time for the whistle signaling the start of the jam. Team A is allowed to send their jammer from their bench onto the track to play in the in-progress jam.

- A) True
- B) False

B 2.4.4.1.1

2. True or False - Players may legally re-enter the track in front of the opponent who forced them out of bounds, if that opponent went out of bounds herself at any point after the initiating block.

- A) True
- B) False

A 6.8.1.2

3. True or False - A player may skate clockwise while out of bounds to position herself to re-enter the pack.

- A) True
- B) False

A WFTDA rules do not explicitly forbid skating clockwise while out of bounds in order to re-enter the pack, therefore it is legal

4. Team X's jammer drops her helmet cover. The helmet cover may be retrieved legally by:

- A) Team X's jammer
- B) Team X's pivot
- C) Team Y's jammer
- D) all of the above
- E) A and B

E 3.5.8.1

5. A pack is defined by:

- A) the largest group of blockers from both teams within 20 feet of each other
- B) the largest group of blockers from both teams within 10 feet of each other
- C) the largest group of blockers within 20 feet of each other
- D) the largest group of blockers within 10 feet of each other

B 4.1.1, 4.1.1.2

6. True or false: A downed skater who slides out-of-bounds and then back in-bounds while still down may be penalized for cutting.

- A) True
- B) False

B 6.8 Skaters must be upright and skating to receive cutting the track penalties.

7. True or false: A skater skates out of bounds while rounding a turn. In doing so, she does not pass an in-bounds skater, but she does substantially cut short the lap distance. For this action, she could receive a major penalty.

- A) True
- B) False

A 6.11.6

8. When can a skater outside the zone of engagement block another skater?

- A) never
- B) when she is a blocker coming out of the penalty box and ends up next to a jammer
- C) when she is a jammer engaging another jammer
- D) when a jammer counterblocks a hit initiated by a blocker
- E) C and D

E 6.5.8, 6.5.9

9. Which of the following is a legal block?

- A) a shoulder check to a skater with two feet out of bounds
- B) a hip check with one foot off the floor
- C) a shoulder check executed before the starting whistle
- D) none of the above

B 6.9.1, 5.1.4.3, 5.1.3

10. In which of the following situations could a ref call a minor penalty?

- A) a jam starts and one team has 5 blockers on the track
- B) a jammer starts at the first whistle, then yields to the opposing jammer
- C) a blocker skates out of bounds to avoid a block
- D) all of the above
- E) A and B only

D 6.12.5 , 6.12.4, 6.1.1.4

11. Which part of the body is illegal to use when blocking another skater?

- A) back
- B) buttocks
- C) elbow
- D) hip

C 5.2.4.1

12. Which part of the body is considered an **illegal blocking zone**?

- A) chest
- B) upper arm
- C) hip
- D) above the shoulder

D 5.2.2.1

13. Who can ‘pass the star’?

- A) only the lead jammer
- B) either jammer
- C) anyone
- D) no one

B 3.5.1

14. A blocker must be within ____ ft of the pack to execute a legal block.

- A) 10
- B) 15
- C) 20
- D) There is no limit

C 4.3.2

15. How many time outs does each team have per game?

- A) one
- B) two
- C) three
- D) none

C 2.6.1

16. Which of the following parts of the body may be used to block another skater?

- I. elbow
- II. triceps
- III. forearm
- IV. feet

- A) none
- B) I, II, III, and IV
- C) IV and II
- D) IV only
- E) II only
- F) II, III, and IV

E 5.2

17. Which of the following must a player re-entering the track from the penalty box do?

- A) re-enter at the front of the pack
- B) skate onto the track immediately, regardless of where the pack is
- C) re-enter at the back of the pack
- D) none of the above

C 7.3.4

18. A skater may be expelled from the game for:

- I. fighting
- II. any action deemed by officials to cause a serious physical threat to others
- III. blatant disregard for the rules

- A) I and III only
- B) II and III only
- C) I and II only

- D) III only
- E) I, II, and III

E 6.15 , 7.5.2

19. Minor penalties (for the purposes of going to the penalty box, not for fouling out of the game):

- A) carry over into the following period and are not “reset” between periods
- B) are reset between periods
- C) are reset before overtime
- D) carry over from bout to bout

A 7.1.1.2

20. Which of the following are illegal procedure penalties?

- A) false start
- B) too many skaters on the track
- C) improper uniform
- D) removing required equipment
- E) all of the above

E 6.12

21. True or False - When initiating a block, a skater must be in-bounds, but it is ok for her to pick up momentum from out of bounds prior to returning to the track from out of bounds.

- A) True
- B) False

B 6.9.2

22. A skater must have at least this number of skates on the floor to initiate a legal block.

- A) one
- B) two
- C) three
- D) none

A 5.1.4.3

23. True or False - A jammer earns points only when passing opposing **skaters** who are on the track (i.e. not in the penalty box, etc.)

- A) True
- B) False

B 8.4

24. Which of the following methods of blocking is prohibited?

- I. joining arms and/or hands in a multi-player block
- II. tripping
- III. intentionally falling in front of another skater
- IV. blocking into the back of another skater

- A) I only
- B) I and III only
- C) I, II, and IV
- D) IV only
- E) I, II, III, and IV

E 6.7, 6.10, 6.10.9, 6.1

25. Before they are within 20 feet of the pack, what can Jammer A do to Jammer B to make Jammer B ineligible for lead jammer?

- A) pass her
- B) knock her down in-bounds
- C) force her out of bounds
- D) steal her helmet cover

C 3.4.2.2

26. True or false: A skater who is lead jammer may call off the jam as she is being removed from play due to a penalty.

- A) True
- B) False

B 3.4.6

27. How many accumulated penalty turns per period is considered excessive and grounds for ejection?

- A) There is no limit

- B) One
- C) Ten
- D) Five

D 7.5.1.1.1

28. What is the maximum number of players from one team that can be seated in the penalty box at one time?

- A) Three
- B) Four
- C) Five
- D) Two

A 7.3.2.2

29. Which of the following statements could apply to a blocker or pivot who is out of play?

- A) The blocker or pivot is more than 20 feet away from the pack
- B) The blocker or pivot cannot aid her jammer
- C) The blocker or pivot can engage other blockers, but not the jammers
- D) All of the above
- E) A and B only

E 6.5

30. A player will receive a major for cutting the track when she does which of the following:

- A) Cuts around the rearmost blocker in play
- B) Cuts in front of two or more players
- C) Cuts in front of the foremost opposing blocker in play
- D) Cuts the other jammer before reaching the pack
- E) Cuts in front of the foremost teammate in play
- F) B and C

F 6.8.10, 6.8.11

31. Which of the following could be examples of intentionally destroying the pack?

- I. one team's blockers speeding up to skate more than 10ft in front of the opposing blockers
- II. one team braking or coasting to drop more than 10ft behind the opposing blockers
- III. a skater taking a knee
- IV. intentionally falling or intentionally skating out of bounds

- A) I only
- B) I and II only
- C) I, II, and IV, but not III
- D) I, II, III and IV

D 6.5.7.1

32. What happens when a jammer who is not the lead jammer successfully calls off the jam?

- A. She receives a minor penalty
- B. She receives a major penalty
- C. Nothing
- D. The team captain receives a minor penalty

B 6.12.13

33. In an overtime jam, jammers begin scoring points

- A) in the second pass through the pack
- B) in the first pass through the pack

B 2.5.1

For questions 34 through 38, write the letter of the answer that matches the referee hand signal in each picture.

- A) Go to the locker room (Expulsion/Ejection)
- B) Go to the penalty box (for 4 minors)
- C) Go to the penalty box (for a major)
- D) Return to the bench (too many skaters on the track)
- E) Lead jammer

34. C Appendix C



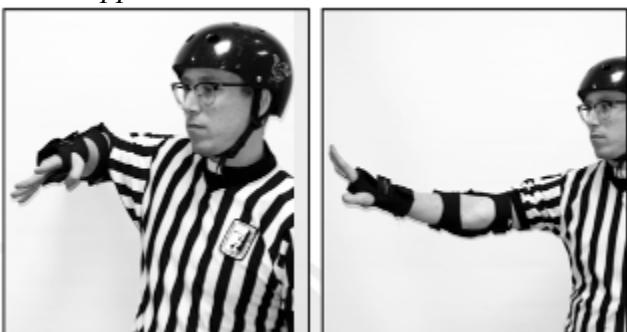
35. E Appendix C



36. A Appendix C



37. B Appendix C



38. D Appendix C



39. What is the referee whistle signal for the end of a jam?

- A) One long whistle blast
- B) Four rapid whistle blasts
- C) Three rapid whistle blasts
- D) Two rapid whistle blasts

B 2.9

40. What is the referee whistle signal for a major penalty?

- A) No whistle signal
- B) Two rapid whistle blasts
- C) One long whistle blast
- D) Two long whistle blasts

C 2.9

Appendix B: WFTDA Track Design and Specifications

I. Procedure: Creating the boundaries of the WFTDA Roller Derby Track

Track Circumference:

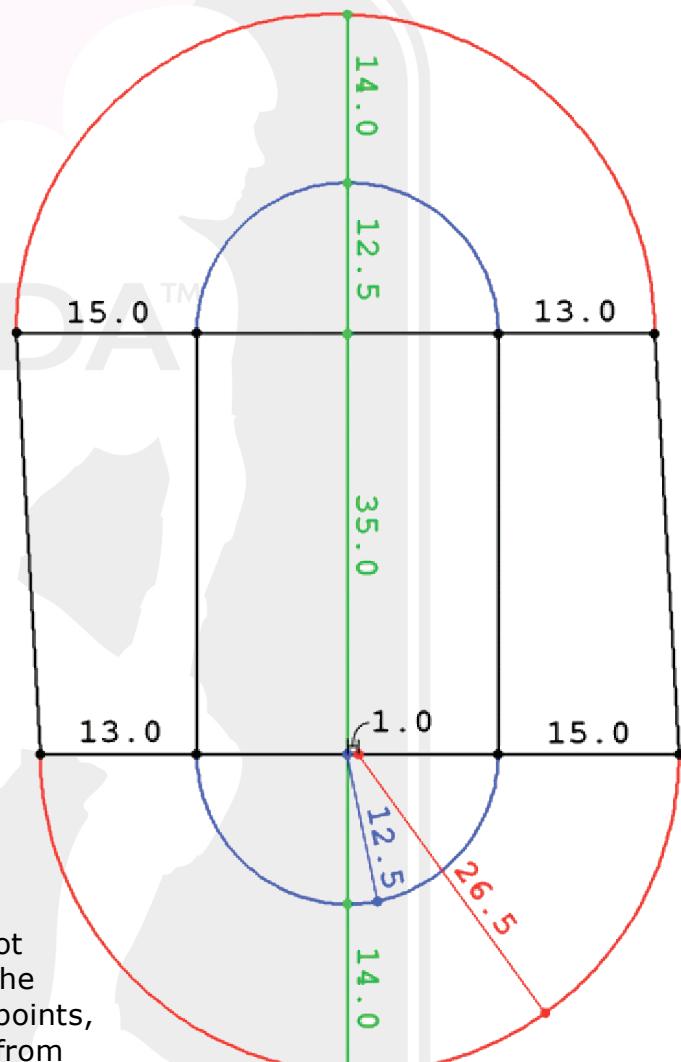
Inside = 148.5' Outside = 236.5'

Materials Required:

- 100' tape measure
- Marking tape, chalk, or some other method of making marks
- At least 385' of rope, rope light or boundary-making material; the WFTDA rules specify boundary height required for bouts
- At least two people; faster with 4-6

Procedure:

1. Centerline: Lay the tape measure down the middle of the track, measuring the entire 88' length of track and marking at 44' (center).
2. Inside arc compass: From the center mark 17.5' lengthwise in both directions. Using the mark as the compass point, draw the arc of the inside line 12.5' from straightaway edge to straightaway edge.
3. Outside arc compass: Measure one foot to the left of the bottom and right of the top, and mark. From those compass points, draw the arc of the outside line 26.5' from straightaway edge to straightaway edge.
4. Connect straight-aways



II. Procedure: Drawing 10' lines on the WFTDA Derby Track

Procedure

Using the diagram (figure 2) as a guide, the 10' increments can be marked through the following basic steps. Note that the circled numbers on the diagram correspond to both the step numbers and any numbers represented in parentheses below:

First Straightaway

1. Starting at the center points for the inside-track arcs, draw the PIVOT line from the center point to the end of the straightaway and continue this across the track to the outside edge.
2. Measure back 10' from the center line and from the inside straightaway from the first mark (1). Use these two new marks to extend a line across the derby track.
3. Measure back 10' from the center line and from the inside straightaway from the last mark (2). Use these two new marks to extend a line across the derby track.
4. Measure back 10' from the center line and from the inside straightaway from the first mark (3). Use these two new marks to extend a line across the derby track. This is your JAMMER LINE.

Second Straightaway

5. Starting at the other center point for the inside-track arcs, draw a line from the center point to the end of the straightaway and continue this across the track to the outside edge.
6. Measure back 10' from the center line and from the inside straightaway from the last mark (5). Use these two new marks to extend a line across the derby track.
7. Measure back 10' from the center line and from the inside straightaway from the last mark (6). Use these two new marks to extend a line across the derby track.
8. Measure back 10' from the center line and from the inside straightaway from the last mark (7). Use these two new marks to extend a line across the derby track.

First Curve

9. From the point (1) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. Note that this distance is a straight-line measurement, and should not follow the curve. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the

Appendix B: WFTDA Track Design ©2005 Women's Flat Track Derby Association
Track Layout and Design ©2002 Electra Blu/Amy Sherman, Texas Rollergirls, used here with permission.

way across the track.

10. From the point (9) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the way across the track.

11. From the point (10) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the way across the track.

12. From the point (11) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the way across the track.

13. From the point (12) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the way across the track.

The remaining section (partially curved and partially straight) are also 10'. Since they are different in shape than the others (all straight or all curved) we work our way into them instead of drawing / measuring them directly. Any errors you've made or limitations of your measuring tools will end up in this section. As it does look different, those inconsistencies will not be noticed.

Second Curve

14. From the point (5) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. Note that this distance is a straight-line measurement, and should not follow the curve. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the way across the track.

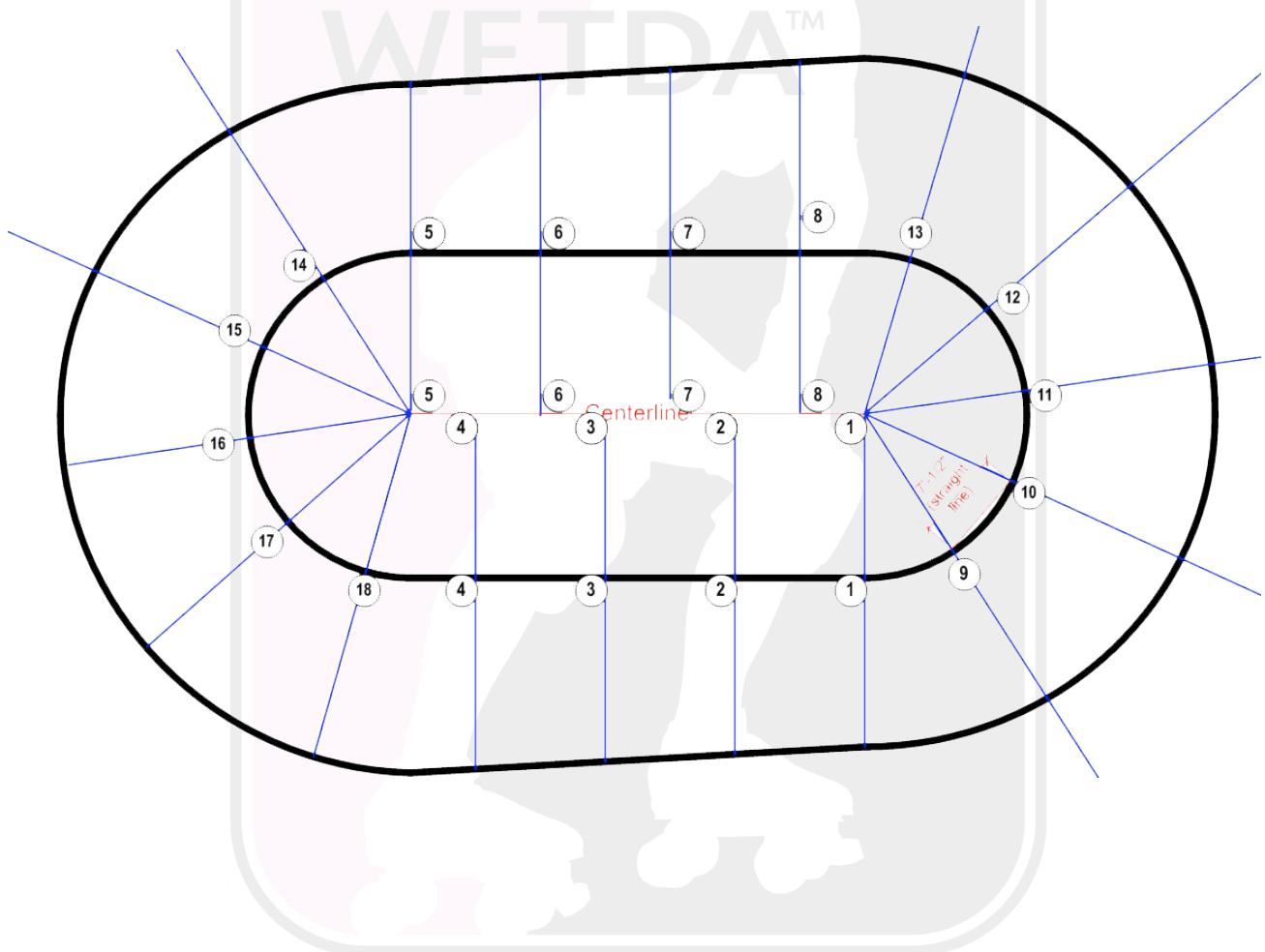
15. From the point (14) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the way across the track.

16. From the point (15) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the way across the track.

17. From the point (16) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the way across the track.

18. From the point (17) on the inside track, use a ruler to measure a distance of 7' 1/2" along the arc. At the point where the 7' 1/2" intersects the curve is the position to mark on the track. Extend a line from the center point through this mark and all the way across the track.

The remaining section again is where any and all minor errors will be concealed due to its different shape



Appendix C: Hand Signals

Unless specified below, all hand signals are performed at the time of the infraction. Hand signals are also used at other times as communication between the officiating crew.

Section 2



2.6.2 TEAM TIMEOUT

A "T" is made with both hands perpendicular and with palms open.



2.6.4 OFFICIAL TIMEOUT

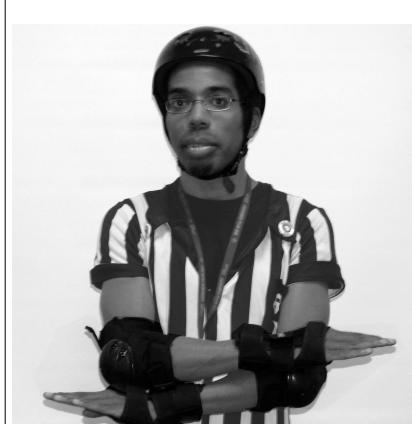
Both hands touch the top of their respective shoulder.

Section 3



3.4.1 LEAD JAMMER

Right arm is extended with the index finger pointing towards the Lead Jammer, while the left arm is held straight up in the air with the hand making an "L" shape with the index finger and the thumb. This is held until the Jammer reaches the Engagement Zone at the back of the pack on her first scoring pass.



3.4.2.3 NOT LEAD JAMMER

Arms are waved in front of the body back and forth. This is repeated until the Jammer reaches the engagement zone on her first scoring pass.

Section 4



4.1.1 PACK IS HERE

Both arms are extended with palms open and facing. The forward palm should indicate the front of the pack, while the back palm indicates the back of the pack.



4.1.2 NO PACK

Both arms are raised so that the forearms are vertical with palms open and facing one another.

Section 6



6.1 BLOCKING TO THE BACK

Arms are forward and bent at a 90 degree angle. They are then extended to a 45 degree angle. This motion is then repeated.

6.2 USE OF ELBOWS

The right arm is bent at the elbow, with the elbow pointing forward. The left hand contacts the right elbow.

6.3 USE OF FOREARMS AND HANDS

The right arm is forward and bent at the elbow. The left hand contacts the right forearm.



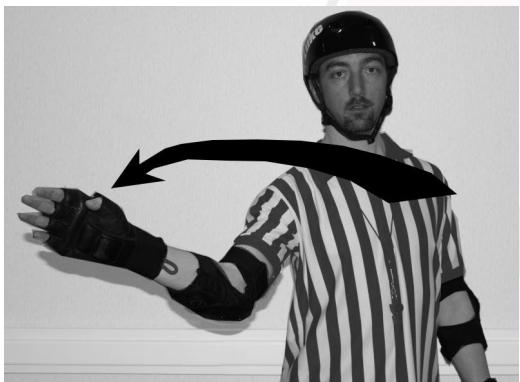
6.4 BLOCKING WITH THE HEAD

The right hand is held against the back of the helmet, palm open, with the bent elbow held out to the side.



6.5 OUT OF PLAY PENALTIES

The arm is held out with the elbow bent at a 90 degree angle. This is a visual warning given when a skater or skaters are out of play. When a penalty is committed, the arm is dropped in a chopping motion. This chop is done once per penalty.



6.6 SKATING CLOCKWISE TO BLOCK

The right arm is held out, forearm extended, palm down. The elbow remains stationary while the forearm rotates a full 180 degrees back and forth.



6.7 MULTIPLE-PLAYER BLOCK

Fingers of both hands are clasped with forearms held out perpendicular to the body.



6.8 CUTTING THE TRACK

Arms are held out with the forearms crossed in front of the body.



6.9 OUT OF BOUNDS BLOCKING

Hands are held parallel over the shoulder and moved across the body to the opposite hip.



6.10 TRIPPING AND LOW BLOCKING

The right arm is forward across the body and bent at the elbow. The right hand contacts the body just below the left shoulder.

6.11 SKATING OUT OF BOUNDS

Hands are held parallel to one another, near the head, and towards the side of the track where the infraction occurred, with fingers facing upward. Wrists are then bent toward the side of the track where the infraction occurred.



	6.12 ILLEGAL PROCEDURES Fists are held out in front of the chest with forearms perpendicular to the body and moved together in a circular motion.
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**6.13 MISCONDUCT (6.13.1-6.13.7)**

The left hand is placed on the left hip with the elbow bent and away from the body. The right arm is held out straight with the index finger of the right hand extended.

6.13 GROSS MISCONDUCT (6.13.8-6.13.12)

As with any Misconduct penalty, the left hand is placed on the left hip with the elbow bent and away from the body. However, because the penalty for Gross Misconduct is an expulsion, the right arm is extended with the thumb up, then the right elbow is bent and the hand moved up toward the shoulder, as in the expulsion signal (see Section 7).



6.14 INSUBORDINATION

The left arm is held out straight, aimed at the floor at an angle. The right hand is made into a flat palm with all fingers extended and placed on the left shoulder, then the right hand is brushed down to the left hand.



6.15 FIGHTING

The left elbow is bent with the left hand fingers extended and palm, parallel to the body, facing the right hand. The right hand is made into a fist with elbow bent, perpendicular to the body. The fist is smacked into the open palm multiple times.

Section 7



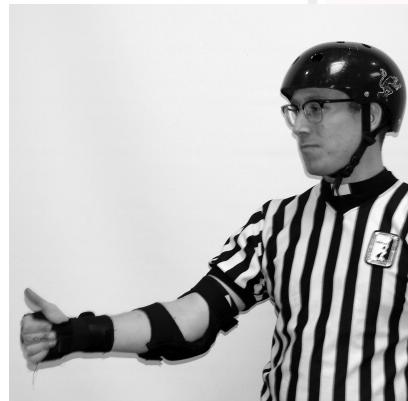
7.1.1.2 FOURTH MINOR

Right arm is held outward with the elbow bent and index finger extended. The elbow is then straightened and the arm is extended upward in a swooping motion. This signal should begin with a point to the skater accompanied by a whistle, followed by the appropriate penalty signal and verbal announcement, and then the swoop, to begin repeating the whole.



7.2.1 MAJOR

Right arm is held outward with the elbow bent and index finger extended. The elbow is then straightened and the arm is extended upward in a swooping motion. This signal should begin with a point to the skater accompanied by a whistle, followed by the appropriate penalty signal and verbal announcement, and then the swoop, to begin repeating the whole.



7.5.2 EXPULSION

The right arm is extended with the thumb up. The elbow is bent and the hand is moved up with the thumb pointing toward the shoulder.

Section 8



8.5.6 GRAND SLAM

A tapping on the helmet with the palm, done by the Jammer Referee whose Jammer is being lapped, as the other Jammer Referee passes them on the infield. The sound of the wrist guard on the helmet may also alert the other Jammer Referee to the potential point scoring opportunity.

This is not a signal that the Jammer has scored, but is communication from one referee to another that she is eligible to score.

Other Hand Signals



PENALTY BOX TIME

To indicate to a penalty box operator that a skater must serve more than one minute. The left arm is held out in a fist, palm down, in front of the torso. Two fingers are extended from the right hand and tapped twice on the left wrist. The number of minutes the skater must serve are shown with the right hand. Two fingers from the right hand are tapped twice a second time on the left wrist.



RETURN TO YOUR BENCH

Right arm is held perpendicular to the body with the palm open and facing outward. The elbow is then straightened and the arm is extended away from the body.



REMAIN ON THE TRACK

To indicate to a skater that she may remain on the track. The right arm is extended in front of the chest with the elbow bent slightly, fingers extended and palm facing the body. Bending at the elbow, the hand is waved toward the body.

