

**Junior Roller Derby Association (JRDA) Rules Version 4.0**  
**(Skill Level 2 Version 2.0)**  
**August 3rd, 2011**



**Adapted with permission from Rules version 4.0 of  
the Women's Flat Track Derby Association (WFTDA)  
© 2010 Women's Flat Track Derby Association**



## TABLE OF CONTENTS

<b>1 SAFETY/EQUIPMENT ..... 3</b>	<b>7.2 SEVERITY OF PENALTY ..... 21</b>
1.1 PROTECTIVE GEAR..... 3	7.2.1 Impact/No Penalty ..... 21
1.2 HELMET COVERS ..... 3	7.2.2 Minor Penalty ..... 21
1.3 UNIFORMS ..... 4	7.2.3 Major Penalty ..... 21
1.4 JEWELRY ..... 4	7.2.4 Expulsion ..... 21
1.5 SKATES ..... 4	<b>7.3 BLOCKING OUT OF CONTROL ..... 21</b>
1.6 SAFETY PERSONNEL..... 5	<b>7.4 BLOCKING TO THE BACK ..... 22</b>
1.7 INJURED SKATERS ..... 5	<b>7.5 USE OF ELBOWS ..... 23</b>
<b>2 TEAM ROSTERS .....5</b>	<b>7.6 USE OF FOREARMS AND HANDS ..... 24</b>
<b>3 PLAYERS ..... 6</b>	<b>7.7 BLOCKING WITH THE HEAD ..... 24</b>
3.1 BLOCKER ..... 6	<b>7.8 OUT OF PLAY PENALTIES ..... 25</b>
3.2 PIVOT BLOCKER ..... 6	<b>7.9 SKATING CLOCKWISE TO BLOCK ..... 26</b>
3.3 JAMMER ..... 6	<b>7.10 ACCELERATING INTO A BLOCK ..... 28</b>
3.4 LEAD JAMMER ..... 6	<b>7.11 MULTIPLE-PLAYER BLOCK ..... 30</b>
3.5 PASSING THE STAR ..... 8	<b>7.12 CUTTING THE TRACK ..... 31</b>
<b>4 GAME PARAMETERS ..... 9</b>	<b>7.13 OUT OF BOUNDS BLOCKING ..... 33</b>
4.1 TRACK ..... 9	<b>7.14 TRIPPING AND BLOCKING ..... 33</b>
4.2 STRUCTURE ..... 10	<b>7.15 SKATING OUT OF BOUNDS ..... 35</b>
4.3 PERIODS ..... 10	<b>7.16 ILLEGAL PROCEDURES ..... 36</b>
4.4 JAMS ..... 10	<b>7.17 MISCONDUCT AND GROSS MISCONDUCT ..... 36</b>
4.5 OVERTIME ..... 11	<b>7.18 INSUBORDINATION ..... 36</b>
4.6 TIMEOUTS ..... 11	<b>7.19 FIGHTING ..... 37</b>
4.7 PENALTY BOX ..... 12	<b>8 PENALTY ENFORCEMENT ..... 37</b>
4.8 CLOCKS ..... 12	8.1 MINOR PENALTIES ..... 37
4.9 WHISTLES ..... 12	8.2 MAJOR PENALTIES ..... 37
<b>5 OFFICIALS ..... 13</b>	<b>8.3 PENALTY ENFORCEMENT PROCEDURES ..... 38</b>
5.1 STAFFING ..... 13	<b>8.4 BOTH JAMMERS PENALIZED AND OFF THE TRACK ..... 39</b>
5.2 DUTIES ..... 14	<b>8.5 EXPULSION AND FOULING OUT ..... 41</b>
5.3 REFEREE DISCRETION ..... 17	8.5.1 Fouling Out/Ejection ..... 41
<b>6 BLOCKING ..... 17</b>	8.5.2 Expulsion and Suspension ..... 41
6.1 CONTACT ZONES ..... 17	<b>9 GLOSSARY ..... 43</b>
6.2 BLOCKING ZONE DIAGRAMS ..... 19	
<b>7 PENALTIES ..... 19</b>	
7.1 TYPES OF PENALTIES ..... 20	

### 1 SAFETY/EQUIPMENT

## 1.1 PROTECTIVE GEAR

1.1.1 Protective gear must be worn securely 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.

1.1.2 Protective gear shall include, at a minimum: wrist guards, elbow pads, knee pads, mouth guards, and helmets.

1.1.2.1 Wrist guards, elbow pads, knee pads and helmets must have a hard protective shell or inserts.

1.1.3 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.

1.1.3.1 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.

1.1.3.2 Non-form fitting face shields such as hockey style full face shields, half face shields or face cages are strictly prohibited.

## 1.2 HELMET COVERS

1.2.1 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.

1.2.2 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.

1.2.3 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.

1.2.4 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. 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.

1.2.5 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. Only the Jammer's helmet cover may have stars on it or any marks that might be confused with stars.

1.2.6 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.

### **1.3 UNIFORMS**

1.3.1 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.

1.3.1.1 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.

1.3.1.2 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.

1.3.2 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.

1.3.2.1 Numbers may be placed on the hip or thigh in addition to the arm/sleeve.

1.3.2.2 Numbers may be placed on the helmet in addition to the arm/sleeve.

1.3.2.3 The minimum height for a player's number on the arm/sleeve is 2 inches.

1.3.2.4 The maximum height for a player's number on the arm/sleeve is 4 inches.

1.3.3 Each member of a respective team participating in a bout must wear a uniform which clearly identifies her as a member of her team.

1.3.3.1 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 the uniform. Safety pins are not permitted.

1.3.4 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.

### **1.4 JEWELRY**

1.4.1 Jewelry has been deemed a potential safety hazard. 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.

### **1.5 SKATES**

1.5.1 Players must wear quad roller skates only. Players may not wear inline or any other type of skate.

### **1.6 SAFETY PERSONNEL**

Parents (including legal guardians), coaches, and medical staff may remove a skater from play at any time for safety concerns. Consensus agreement is not required for removal from play. A parent/legal guardian may only remove their own child from play. If a skater's parent is not present, the coach assumes responsibility.

1.6.1 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.

1.6.2 Coaches are responsible for supplying medical personnel with their skaters' medical and/or emergency contact information as necessary.

1.6.3 Parents must sign a waiver authorizing medical treatment in the case of an injury, and specify who exactly can obtain and/or administer medical treatment or drugs - even over-the-counter drugs, like ibuprofen.

## **1.7 INJURED SKATERS**

1.7.1 If a skater sustains an injury serious enough that the referees call off the jam the skater must sit out the next three jams and must be cleared by the medical professional and Coach before returning to play..

1.7.1.1 If more than one jam is called off for the same player, she must sit out of the remainder of the period.

1.7.2 If a skater is bleeding, they must be removed from play. That skater may not return to play until the bleeding is controlled, the wound is properly covered, and there is consensus agreement between the parents, medical staff, and Coach.

1.7.3 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.

1.7.3.1 A skater who removes herself from the track due to equipment issues must reenter the pack from the back and is subject to penalties per Illegal Procedures.

1.7.4 Skaters who are injured prior to the bout may play if they have received clearance from their doctor, parent, and coach in addition to signing a waiver.

1.7.4.1 A Skater may not wear an appliance, cast, or brace that causes a danger to other skaters (as determined by the head ref).

## **2 ROSTERS**

**2.1** A Team Roster shall consist of a maximum of 20 skaters that have passed the Minimum Skill Requirements established by the Junior Roller Derby Association (JRDA)

**2.2** A Game Roster shall consist of a minimum of 11 and maximum of 15 skaters selected from the team roster for a specific game. Leagues may rotate members of their game roster from

their team roster between games.

**2.3** During a tournament, leagues may substitute alternates from their team roster. If a skater is substituted for with an alternate in one game, she may re-enter the tournament in a subsequent game.

### **3 PLAYERS/POSITIONS**

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.

#### **3.1 BLOCKER**

3.1.1 Prior to the start of a jam, Blockers line up behind the Pivot line and ahead of the line that is 10 feet in front of the Jammer line. They play a key role in determining the position of the pack and keeping the pack formed. 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. Blocker identification: Non-Pivot Blockers do not wear helmet covers.

#### **3.2 PIVOT BLOCKER**

3.2.1 Prior to the start of a jam, Pivots line up at the front of the pack immediately behind the Pivot line. The Pivot is special subset of Blocker. They are Blockers in all senses and practices with the extra ability of becoming the Jammer for their team during a jam by receiving a Star Pass (see section 3.5). It is not mandatory to field a Blocker as a Pivot. Pivot identification: Pivots wear a striped helmet cover.

#### **3.3 JAMMER**

3.3.1 Prior to the start of a jam, Jammers line up at the rear of the pack behind the Jammer line. The Jammer's role is to lap as many members of the opposing team as possible in a jam to score points for her team. A Jammer may pass her position to her team's Pivot via a Star Pass. Jammer Identification: Jammers wear a helmet cover with two stars, one on each side.

3.3.2. 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. A Jammer who is not active has the advantage of all Jammer abilities except scoring points and earning Lead Jammer status.

#### **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.

3.4.1.2 A Jammer must be ahead of the foremost in-play Blocker, as demarked 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. The Jammer must pass all Blockers to become Lead Jammer.

3.4.1.5 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.

3.4.1.6 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.

3.4.1.7 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 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.

3.4.3 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.

3.4.4 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.

3.4.5 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:

3.4.5.1 Removing her helmet cover for any reason.

3.4.5.2 Being removed from play due to a penalty.

### **3.5 PASSING THE STAR (or STAR PASS)**

3.5.1 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. Only the position of Jammer, and not the status of Lead Jammer, may be transferred to a Pivot Blocker. If the Jammer who "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. The position of Pivot cannot be transferred by passing the Pivot helmet cover. Violations of these outlined procedures merit Illegal Procedure penalties.

3.5.2 The star may be transferred by either Jammer while in the Engagement Zone. Jammers and pivots must be in play and within the Engagement Zone play to pass the star.

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 en route to the penalty box or while serving a penalty..

3.5.3.2 Jammers may transfer the star upon returning to play from the penalty box.

3.5.4 Star Pass Procedure - To transfer the Jammer position to the Pivot, the following conditions must be met:

3.5.4.1 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 position of jammer is relinquished as soon as the helmet cover is removed. The helmet cover may not be taken off the Jammer's head by the Pivot or another skater.

3.5.4.2 The pivot must place the star helmet cover over the pivot helmet cover. Jammer status is transferred at the moment the Pivot is wearing the star helmet cover on their helmet. Until the Jammer cover is on, she is subject to out of play penalties.

3.5.5 A Jammer who has removed her helmet cover has forfeited:

3.5.5.1 Her ability to accrue points, unless she returns the helmet cover to her head with the stars visible.

3.5.5.2 Her Lead Jammer status.

3.5.6 A star pass may be blocked by the opposing team by any means of legal blocking.

3.5.7 Incomplete star passes and recovery

3.5.7.1 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.

3.5.7.1.1 The Pivot is eligible to obtain Jammer status by retrieving a dropped helmet cover and placing it on her helmet.

3.5.7.2 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.

3.5.7.3 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.

3.5.8 A Pivot who has been passed the star and has become the Jammer is now subject to all jammer rules per. 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 A Pivot who has taken the position of Jammer for her team by means of a successful star pass will play the position of Jammer for the duration of the jam. Once Jammer status is transferred, it cannot be transferred back to the original Jammer.

3.5.10 A Jammer who successfully completes a helmet cover transfer to her Pivot will play the position of Blocker for the remainder of the jam.

3.5.11 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.

3.5.12 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.

## **4 GAME PARAMETERS**

### **4.1 TRACK**

4.1.1 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.

4.1.2 The track surface shall be clean, flat, and suitable for roller skating. Acceptable surfaces include polished or painted concrete, masonite, wood or game court floors.

4.1.3 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".

4.1.3.1 The track must have a clear demarcation for:

4.1.3.1.1 Pivot start line

4.1.3.1.2 Jammer start line

4.1.3.2 Ten foot track intervals are strongly encouraged for skill level 3, see

## Appendix B.

4.1.4 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 game roster for that particular 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.

4.1.5 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.

4.1.6 For safety and visibility, the track surface, boundaries, safety zone, and penalty box should be clearly lit.

4.1.7 The track and the boundary marker line are considered in bounds.

### **4.2 STRUCTURE**

4.2.1 A bout or game is composed of 40 minutes of play divided into two periods of 20 minutes played between two teams.

4.2.2 The team with the most points at the end of the game wins.

4.2.3 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.

### **4.3 PERIODS**

4.3.1 The period begins when the designated Official blows the first jam whistle.

4.3.2 There will be at least a ten-minute break between periods to allow for rehydration, referee rotation and, if applicable, skater warm-up.

4.3.3 The period ends when the last jam reaches its natural conclusion. This may extend past the point when the period clock reaches zero.

4.3.3.1 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.

### **4.4 JAMS**

4.4.1 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.

4.4.2 A jam may last up to two minutes. Jams end on the 4th whistle of the jam-ending signal.

4.4.3 There are 45 seconds between jams.

4.4.4 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 their team will skate short for that jam.

4.4.4.1 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. 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 Jammer helmet cover cannot enter a jam in progress.

4.4.4.2 Pivots and Blockers are considered in position and ready if they are in bounds when the first whistle of the jam blows. They are subject to false start penalties if they are not behind the Pivot line and the line 10 feet in front of the Jammer line. 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 Pivot helmet cover cannot enter a jam in progress.

4.4.4.3 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.

4.4.5 The jam is over when a referee calls it off the jam ends on the fourth whistle. The jam will not continue even if the whistle was inadvertent or incorrect.

## **4.5 OVERTIME**

4.5.1 If the score is tied at the end of a bout, a final overtime jam may be played to determine the winner if both teams agree or in tournament play. Otherwise a tie is an acceptable outcome in which both teams win. 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.

4.5.2 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.

4.5.3 Overtime is not a new period. Overtime is an extension of the final period.

## **4.6 TIMEOUTS**

4.6.1 Each team is allowed two two-minute timeouts per half.

4.6.2 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.

4.6.3 Teams may take timeouts only between jams.

4.6.4 Referees may call an Official Timeout at any point. This will stop the period clock so that referees have time to review a call or adjust the number of skaters on the floor.

4.6.5 After a timeout the period clock does not resume until the next jam starts.

## 4.7 PENALTY BOX

4.7.1 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 3 players from each team. 2 seats are reserved for blockers only and one seat is reserved for the jammer only.

4.7.2 The penalty benches must be situated in an easily accessible, neutral area close to the track. Teams may use separate penalty boxes.

## 4.8 CLOCKS

4.8.1 Each game will have separate penalty clocks, jam clocks and period clocks.

### 4.8.2 Official Period Clock

4.8.2.1 The official period clock starts on the first whistle of the first jam.

4.8.2.2 The official period clock does not stop between jams unless a timeout is called. The period clock stops during a timeout.

4.8.2.3 Officials must stop the official period clock between jams when time exceeds 45 seconds.

4.8.2.4 The official period clock must be highly visible to referees, teams and fans.

### 4.8.3 Jam Clock

4.8.3.1 The jam clock starts on the first whistle of the jam.

4.8.3.2 The jam clock stops at the end of each jam (on the fourth whistle).

4.8.3.3 The jam clock must be highly visible to referees, teams and fans.

### 4.8.4 Penalty Clocks

4.8.4.1 Each game must have enough time clocks to time all penalties simultaneously.

4.8.4.2 All penalty clocks stops between jams

4.8.4.3 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.

## 4.9 WHISTLES

Description	Whistle Signal
Jam Start – Pack start	One long
Jam Start – Jammer start	Two rapid
Lead Jammer	Two rapid

Minor Penalty	None
4th Minor Penalty	One long
Major Penalty	One long
Jam Called Off/Ended	Four rapid

## 5 OFFICIALS

### 5.1 STAFFING

5.1.1 Each bout will have no less than three skating referees and no more than seven referees' total.

5.1.2 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.

5.1.3 Jammer referees: Two referees are responsible for full-time observation of Jammers to track point scoring and jammer penalties, one per team

5.1.3.1 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.

5.1.3.2 At the end of a period, the Jammer referees switch the team they are responsible for and the identifier corresponding to each team.

5.1.4 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 JRDA Referee and Officiating Best Practices document.

#### 5.1.4.1 Inside Positioned Pack Referees

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

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

#### 5.1.4.2 Outside Positioned Pack Referees

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

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

5.1.4.2.3 Referees who are not on skates should be stationary.

#### 5.1.5 Non-Skating Officials

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

official score.

5.1.5.2 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.

5.1.5.3 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 mandated.

5.1.5.4 Scoreboard Operator: A game will have one scoreboard operator. The scoreboard operator posts the score from the scorekeeper on a large-form medium viewable to the audience. When possible, they will also post penalties from the penalty tracker.

5.1.5.5 Jam Timer: A game will have one jam timer. The jam timer is responsible for starting jams and for timing 45 seconds between jams. The jam timer is also responsible for ending jams that run the full two minutes

## **5.2 DUTIES**

### **5.2.1 Assessing team readiness for each jam**

5.2.1.1 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.

5.2.1.1.1 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.

5.2.1.1.2 If the jam starts with too many skaters and the extra skater cannot be pulled, the ref should stop the jam.

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

5.2.1.1.4 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).

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

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

### **5.2.2 Signaling pack and Jammer starts**

5.2.2.1 The officials will whistle the start of the pack with one long blast.

5.2.2.2 The officials will whistle the start of the Jammers with 2 short blasts.

### **5.2.3 Assigning and communicating Lead Jammer status**

5.2.3.1 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."

5.2.3.2 The referee will continue pointing to the Lead Jammer for the duration of the jam.

5.2.4 The Jammer referees are responsible for counting and signaling score according to the guidelines. They must communicate this score after each jam to the scorekeeper or scoreboard as per the JRDA Referee and Officiating Best Practices document.

5.2.5 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. Referees will use their discretion and their decisions are binding.

5.2.5.1 Referees will use all officially designated hand signals as means to properly communicate to scorekeepers/penalty trackers, skaters, announcers and fellow referees.

5.2.5.2 Referees will:

5.2.5.2.1 Whistle, hand signal and vocally call out all major penalties.

5.2.5.2.2 Perform hand signals for all penalties.

5.2.5.2.3 Vocally call out minor penalties.

5.2.5.2.4 Exclusively use a player's team color and charter number for calling penalties on that player.

5.2.5.3 Referees will not:

5.2.5.3.1 Use officiating numbers or other abbreviations or systems outside of a player's charter name and number and team color.

5.2.6 A referee calls off a jam by four short whistle blasts.

5.2.6.1 A referee may call off a jam for any of the following reasons:

5.2.6.1.1 Referees call an Official Timeout

5.2.6.1.2 Injury--Referees should only call off a jam in the case of a serious injury or an injury that could endanger another skater.

5.2.6.1.3 Technical difficulty or mechanical malfunctions (including skate trouble)

5.2.6.1.4 In response to a major penalty

5.2.6.1.5 Any player is unduly interfered with by spectators

5.2.6.1.6 Emergency

5.2.6.1.7 Disruption of the skating surface (debris or spills)

5.2.6.1.8 Too many skaters are on the track after the jam has started and referees have failed to expeditiously pull any extra skaters

5.2.6.2 A referee must call off a jam for any of the following reasons:

5.2.6.2.1 Lead Jammer calls off the jam by repeatedly placing her hands on her hips.

5.2.6.2.2 End of two minute jam clock or the end of the period's final jam.

5.2.6.2.3 An injury that is a safety hazard to continued game play.

5.2.6.2.4 Fighting.

5.2.6.2.5 Technical difficulty or mechanical malfunction (including skate trouble) that is a safety hazard to continued play.

5.2.6.2.6 Too many skaters on the track that gives that team a competitive advantage.

5.2.7 Declaring a Forfeit

5.2.7.1 The Head Referee may call a forfeit for the following reasons:

5.2.7.1.1 A team has five or fewer remaining rostered skaters remaining due to injuries or expulsions.

5.2.7.1.2 A team refuses to field skaters on the track to continue play.

5.2.7.2 The Head Referee must call a forfeit for the following reasons:

5.2.7.2.1 A team fails to show up to a JRDA sanctioned bout or tournament..

5.2.7.2.2 A team elects to forfeit rather than continue play.

5.2.8 Referees must stop play to break up fights. Once the fight participants are separated and escorted to their benches, play will resume as quickly as possible.

5.2.9 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.

5.2.10 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.

5.2.11 Official Review: A team request for a review of a referee decision. Can be requested by a Team Captain, Designated Alternate or coach.

5.2.11.1 The Head Referee, in order to allow the Official Review, can grant a team timeout, take an Official Timeout (not charged to either team) or decide to

wait until the end of the period. The Head Referee will never wait until the end of the final period.

5.2.11.2 During the Official Review, all referees will conference with both team Captains.

5.2.11.3 The team representative requesting the review will explain the grievance.

5.2.11.4 The Head referee will investigate the grievance with the other referees, and together determine merit.

5.2.11.5 The Head Referee will announce a decision. This decision is final.

5.2.11.6 A team may be granted up to one Official Review per period.

5.2.11.7 Official Reviews must be requested before the following jam starts. Only the immediately preceding jam is subject to Official Review.

### **5.3 REFEREE DISCRETION**

5.3.1 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.

5.3.1.1 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.

5.3.1.2 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.

5.3.2 If the referee is in doubt on a call, i.e. she/he sees the effects of a block but does not see the action, she/he should not call a penalty.

5.3.3 If the referee is in a position where "intent" must be inferred but is not clear, she/he should assume legal intent.

## **6 BLOCKING**

### **6.1 CONTACT ZONES**

6.1.1 Contact between opponents is limited to legal blocking zones and legal target zones.

6.1.2 Legal Target Zones—a skater may receive a block in the following locations:

6.1.2.1 The arms and hands

6.1.2.2 The chest, front and side of the torso

6.1.2.3 The hips

6.1.2.4 The side of the mid and upper thigh (excluding the inner portion)

6.1.3 Illegal Target Zones—for safety reasons, a skater must not be receive a block in the following locations:

6.1.3.1 Anywhere above the shoulders

6.1.3.2 On the back of the torso, booty or thigh

6.1.3.3 Below the mid-thigh

6.1.4 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:

6.1.4.1 The arm from the shoulder to just above the elbow

6.1.4.2 The torso

6.1.4.3 The hips and booty

6.1.4.4 The mid and upper thigh

6.1.5 Illegal Blocking Zones—apply to the body parts of the skater performing a block.

6.1.5.1 Elbows

6.1.5.2 Forearms/Hands

6.1.5.3 The head may not be used to block.

## 6.2 BLOCKING ZONE DIAGRAMS

Legal Target Zones: The shaded regions are the legal areas to receive a block or check from an opponent.

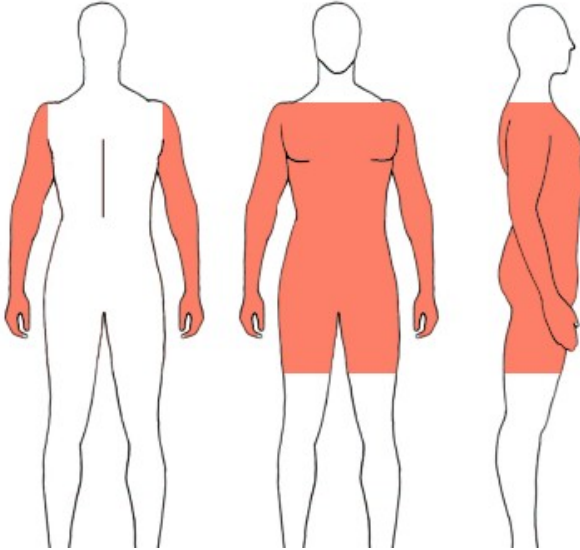
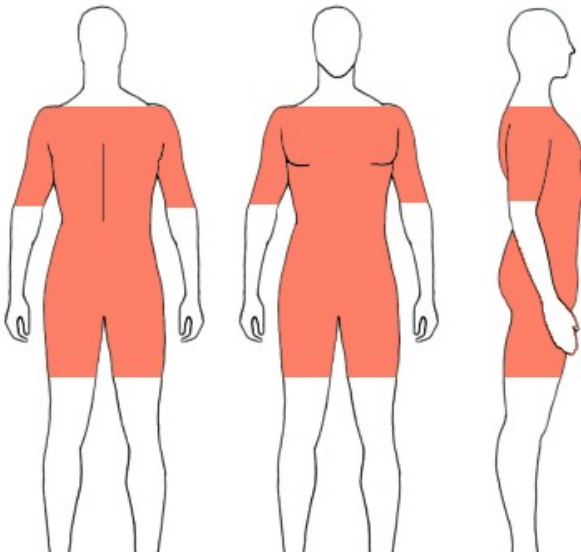


Figure 2:

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



## 7 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 . 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

### **Contact to Illegal Target Zones**

- 7.1 Blocking to the Back
- 7.2 Blocking to the Head/High Blocking
- 7.3 Low Blocking

### **Contact with Illegal Blocking Zones**

- 7.4 Use of Elbows
- 7.5 Use of Forearms and Hands
- 7.6 Blocking with the Head

### **Illegal Blocking Penalties**

- 7.7 Multiple Player Blocks
- 7.8 Out of Bounds Blocking
- 7.9 Direction of Game Play Penalties
- 7.10 Out of Play Penalties
- 7.11 Blocking Out of Control
- 7.12 Accelerating Into a Block

### **Illegal Non-Contact Penalties**

- 7.11 Cutting the Track
- 7.12 Skating Out of Bounds
- 7.13 Illegal Procedures
- 7.14 Insubordination

### **Illegal Conduct**

- 7.15 Misconduct
- 7.16 Gross Misconduct

## **7.1 BLOCKING TO THE BACK**

Hitting an opponent in the back of the torso, back of the legs, or back of the booty is prohibited (see Section 5.2.2 for Illegal Target Zones). Hitting an opponent with a legal blocking zone into a legal target zone while positioned behind said opponent is not blocking to the back and is not illegal.

### **No Impact/No Penalty**

7.1.1 Incidental contact to the back of an opponent that does not force the receiving opposing skater to adjust her skating stance or position in any way.

### **Minor Penalty**

7.1.2 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**

7.1.3 Any contact to the back of 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.

### **Expulsion**

The following egregious acts will be automatic game expulsions, and can be punished as a multigame suspension (see Section 8.5.2.2). Expulsions will be issued for a conscious, forceful attempt to block an opponent in the back egregiously, whether or not the action was successful.

7.1.4 Intentional, negligent, or reckless illegal contact to the back of an opponent, back of an opponent's legs, or back of an opponent's booty.

## **7.2 BLOCKING TO THE HEAD OR HIGH BLOCKING**

Hitting an opponent above the shoulders is prohibited (see Section 5.2.2 for Illegal Target Zones).

### **No Impact/No Penalty**

7.2.1 Not applicable.

### **Minor Penalty**

7.2.2 Not applicable.

### **Major Penalty**

7.2.3 Any block with initial contact landing above the shoulders.

### **Expulsion**

The following egregious acts making contact with the head of an opponent or above her shoulders will be automatic game expulsions, and can be punished as a multi-game suspension (see Section 8.5.2.2). Expulsions will be issued for a conscious, forceful attempt to commit any of the following egregious acts, whether or not the attempt was successful (e.g., a swing-and-amiss).

7.2.4 Any contact with the head of a skater not wearing a helmet.

7.2.5 Intentional, negligent, or reckless contact above the shoulders.

7.2.6 Pulling of the head, neck or helmet.

7.2.7 Choking.

## **7.3 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**

7.3.1 Contact between skates and wheels that is part of the normal skating motion.

7.3.2 A skater who "falls small" in an effort to avoid tripping.

### **Minor Penalty**

7.3.3 Any contact outside of the normal skating motion which lands below the legal target zone that causes an opposing skater to stumble but not fall or lose her relative position.

7.3.4 Contact between skates and wheels that is not part of the normal skating motion that causes an opponent to stumble but not fall or lose her relative position.

7.3.5 A downed skater re-entering the track that causes an opposing skater to stumble

but not fall or lose her relative position.

### **Major Penalty**

7.3.6 Any contact outside of the normal skating motion which lands below the legal target zone that causes an opposing skater to fall or lose her relative position.

7.3.7 Flailing and sprawling skaters that trip an opponent, regardless of intent.

7.3.8 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 or lose her relative position. The intent is to penalize skaters whose normal skating motion is dangerous to her opponents. A single skater who repeatedly trips other skaters, even with her normal skating motion is adversely affecting game play and safety.

7.3.9 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.”

The intent is to penalize a skater who repeatedly falls because she is a danger to her opponents. A single skater who repeatedly trips other skaters, even when “falling small” is adversely affecting game play and safety.

7.3.10 A downed skater re-entering the track that causes an opposing skater to fall or lose relative position.

### **Expulsion**

The following egregious acts will be automatic game expulsions, and can be punished as a multigame suspension (see Section 8.5.2.2). Expulsions will be issued for a conscious attempt to trip an opponent, whether or not the action was successful.

7.3.11 Intentional tripping with feet or hands.

7.3.12 Slide tackling an opponent.

7.3.13 Kicking another skater.

## **7.4 USE OF ELBOWS**

7.4.1 When engaging another skater, elbows may not be swung with a forward/backward motion.

7.4.2 When engaging another skater, elbows may not be swung with upward or downward motion.

7.4.3 The elbow must be bent while blocking with that arm.

7.4.4 Contact may not be made exclusively with the point of the elbow (i.e. jabbing).

7.4.5 Elbows may not be used to hook an opposing skater in any way (e.g. by wrapping one’s arm around an opponent’s arm).

### **No Impact/No Penalty**

7.4.6 Incidental or temporary contact with the elbow that does not force the opponent to adjust her skating stance or position in any way.

### **Minor Penalty**

7.4.7 Any illegal contact with the elbow or swinging motion of the elbow that forces the receiving opposing skater off balance, forward and/or sideways but does not cause her to

lose her relative position.

### **Major Penalty**

7.4.8 Any illegal contact with the elbow or swinging motion of the elbow that lands above the shoulders.

7.4.9 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.

7.4.10 Use of an elbow or arm to pin or hook an opponent's arm in a manner as to impede her mobility.

### **Expulsion**

The following egregious acts will be automatic game expulsions, and can be punished as a multigame suspension (see Section 7.5.2.2). Expulsions will be issued for a conscious, forceful attempt to elbow an opponent egregiously, whether or not the action was successful.

7.4.11 Intentional, negligent, or reckless contact with an opponent by using the elbow in an illegal manner.

## **7.5 USE OF FOREARMS AND HANDS**

7.5.1 Forearms or hands may never be used to grab, hold, or push an opponent.

7.5.2 Incidental forearm contact between skaters is acceptable.

7.5.3 During forearm contact between skaters, the following are indications that a push has occurred:

7.5.3.1 The initiating skater extends her arm during contact.

7.5.3.2 The receiving skater is propelled forwards or sideways.

### **No Impact/No Penalty**

7.5.4 Incidental or temporary 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.

7.5.5 Contact made with the forearms when forearms are pulled in to the body to absorb a hit.

7.5.6 A block initiated with the shoulder in which there is forearm contact to the opponent but no observable push with the forearm.

### **Minor Penalty**

7.5.7 Illegal forearm or hand contact to an opponent that forces the receiving opposing skater

off balance, forward, and/or sideways but does not cause her to lose her relative position.

This includes:

7.5.7.1 A slight but observable push with the hands or forearms.

7.5.7.2 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.

7.5.8 Extended touching (lasting three seconds or more) with the forearms or hands to an opponent's legal and/or illegal target zone.

### **Major Penalty**

7.5.9 Any illegal contact with hands or forearms above the shoulders.

7.5.10 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:

7.5.10.1 Contact with hands or forearms, as indicated by the initiating skater extending her arms, resulting in the receiving skater being propelled forwards or sideways.

7.5.10.2 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.

### **Expulsion**

The following egregious acts using the forearms or hands will be automatic game expulsions, and can be punished as a multi-game suspension (see Section 7.5.2.2). Expulsions will be issued for a conscious, forceful attempt to commit any of the following egregious acts, whether or not the attempt was successful (e.g., a swing-and-a-miss).

7.5.11 Punching another skater.

7.5.12 Pulling of the head, neck, or helmet.

7.5.13 Choking by the helmet straps.

7.5.14 Holding or pinning another skater to the ground.

7.5.15 Shoving an opponent.

## **7.6 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**

7.6.1 Incidental or temporary contact by the initiator's head that does not force the opponent to adjust her skating stance or position in any way.

### **Minor Penalty**

7.6.2 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**

7.6.3 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.

7.6.4 Initiating a block with the head, regardless of impact or advantage.

### **Expulsion**

The following egregious acts will be automatic game expulsions, and can be punished as a multigame suspension (see Section 8.5.2.2). Expulsions will be issued for a conscious, forceful attempt to block an opponent with the head, whether or not the action was successful.

7.6.5 Intentional, negligent, or reckless contact with an opponent by blocking with the head in an illegal manner.

## **7.7 MULTIPLE-PLAYER BLOCKS**

7.7.1 Skaters may not grab and hold each other's uniform or equipment in a multi-player block.

7.7.2 Skaters may not use their hands, arms, or legs in any grabbing, holding, linking, or joining fashion in a multi-player block.

7.7.3 Touching and assisting teammates that does not create a wall to impede an opponent or prevent receiving a block from an opponent is not a multi-player block.

7.7.4. The multi-player link must be that which is blocking or impeding an opponent for the action to be illegal.

#### **No impact/No penalty**

7.7.5 Temporarily grabbing a teammate's clothing, equipment, or body part to push or pull, thereby adjusting the skater's speed or the teammate's speed.

7.7.6 Touching, but not grabbing and/or holding, a teammate while blocking.

7.7.7 Holding a teammate in a front-back direction while blocking or to stabilize from a block, as long as the point of contact is not impeding opposing skaters.

#### **Minor Penalty**

7.7.8 Maintaining a multi-player block to impede or block an opponent or prevent receiving a block from an opponent for less than three (3) seconds but NOT causing her to fall or

lose her relative position.

#### **Major Penalty**

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

7.7.10 Maintaining a multi-player block to impede or block an opponent or prevent receiving a block from an opponent for more than three (3) seconds but not necessarily causing her to fall or lose her relative position.

#### **Expulsion**

The following egregious acts will be automatic game expulsions, and can be punished as a multigame suspension (see Section 7.5.2.2). Expulsions will be issued for a conscious, forceful attempt to block an opponent in an egregious manner while executing a multi-player block.

7.7.11 Intentional, negligent, or reckless contact with an opponent while executing a multi-player block in an illegal manner.

### **7.8 OUT OF BOUNDS BLOCKING**

7.8.1 Skaters must be in bounds when initiating a block.

7.8.2 Skaters may not pick up momentum for a block until in bounds.

7.8.3 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.

7.8.4 A skater who is in bounds need not yield right of way to the out of bounds skater.

7.8.5 A skater may not initiate contact with an opponent who is completely outside the track boundary.

7.8.6 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 skater 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.

7.8.7 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.

7.8.8 A skater who is straddling the line may be hit by a skater who is on the track, since the straddling skater has one foot down inside the track boundary.

7.8.9 If a skater 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.

7.8.10 Downed skaters re-entering the track are subject to blocking out of bounds penalties, even if the downed skater has fallen small.

7.8.11 There is no penalty for blocking a skater who has jumped off both skates and left contact with the track from in bounds.

7.8.12 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.

### **No Impact/No Penalty**

7.8.13 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**

7.8.14 Any contact from out of bounds that does not cause the receiving opposing skater to fall or lose her relative position.

7.8.15 Continuing a block after any part of the initiating Blocker is touching the ground outside the track boundary.

7.8.16 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.

7.8.17 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**

7.8.18 Any contact or blocking from out of bounds that causes the receiving opposing skater to fall or lose her relative position.

7.8.19 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.

7.8.20 A downed skater re-entering the track from out of bounds who forces any opposing inplay skaters to fall or lose relative position.

7.8.21 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.

### **Expulsion**

The following egregious acts will be automatic game expulsion, and can be punished as a multigame suspension (see Section 8.5.2.2). Expulsions will be issued for a conscious, forceful attempt to block an out-of-bounds opponent in an egregious manner while executing an illegal block.

7.8.22 Intentional, negligent, or reckless contact with an out-of-bounds opponent while executing a block in an illegal manner.

## **7.9 DIRECTION OF GAMEPLAY PENALTIES**

7.9.1 Skaters must be skating and/or stepping in the counter-clockwise direction when executing a block. Skaters may not skate in the opposite direction of normal counterclockwise game play when executing a block. In other words, skaters may not skate clockwise when executing a block. Skaters may not block while stopped on the track. These illegal blocking techniques include positional blocking. Clockwise movement is measured by the skates moving past a line perpendicular to the track boundaries.

7.9.2 Skaters must be skating and/or stepping in the counter-clockwise direction when giving an assist. Skaters may not skate in the opposite direction of normal counter-clockwise game play (clockwise) when giving or receiving an assist. Skaters may not give assists to skating teammates while stopped on the track. The initiator of the assist is responsible for the legality of the assist. Clockwise movement is measured by the skates moving past a line perpendicular to the track boundaries.

7.9.2.1 A stopped or counter clockwise stepping/skating player may legally assist a stopped or downed teammate.

7.9.3 Skaters are permitted to skate clockwise on the track provided they do not block, assist or otherwise engage teammates or opponents.

7.9.4 Skaters are permitted to stop on the track provided they do not block, assist or otherwise engage teammates or opponents.

7.9.5 Skaters may skate clockwise out of bounds when exiting the penalty box, but must reenter from the back of the pack (see Section 6.13 Illegal Procedures).

7.9.6 Skaters may block and/or assist while facing any direction as long as they are moving in the counter-clockwise direction.

### **No impact/No penalty**

7.9.7 Incidental contact from a skater getting spun around as a result of another block.

7.9.8 A clockwise block that does not force the opponent to adjust her skating stance or relative position in any way.

7.9.9 A skater, while stopped on the track, assisting a downed teammate to an upright position.

7.9.10 A skater coming to a stop as a result of giving an assist.

### **Minor Penalty**

If the illegal block affects a skater but does not cause her to fall and does not adversely affect the game it is a minor penalty.

7.9.11 A clockwise block that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.

7.9.12 A block by a stopped skater that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.

7.9.13 A clockwise skating and/or stepping skater giving an assist that affects the recipient but does not improve the recipient's relative position. The penalty is given to the initiator of the assist.

7.9.14 A stopped skater giving an assist that affects the recipient but does not improve

the recipient's relative position. The penalty is given to the initiator of the assist.

### **Major Penalty**

If the illegal block causes a skater to fall, or has a measurable consequence for the game it is a major penalty.

7.9.15 A clockwise block that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of relative position.

7.9.16 A block by a stopped skater that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of relative position.

7.9.17 A clockwise skating and/or stepping skater giving an assist that improves the recipient's relative position. The penalty is given to the initiator of the assist.

7.9.18 A stopped skater giving an assist that improves the recipient's relative position. The penalty is given to the initiator of the assist.

### **Expulsion**

The following egregious acts will be automatic game expulsions, and can be punished as a multigame suspension (see Section 8.5.2.2). Expulsions will be issued for a conscious, forceful attempt to block an opponent in an egregious manner while executing a clockwise block, whether or not the action was successful.

7.9.19 Intentional, negligent, or reckless contact with an opponent while executing a clockwise block in an illegal manner.

7.9.20 Intentional, negligent, or reckless contact with an opponent while stopped on the track in an illegal manner.

## **7.10 OUT OF PLAY PENALTIES**

Out of play penalties are applied for actions occurring in front of and/or behind the legal Engagement Zone and for actions that illegally destroy the pack. 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, destroying the pack, failure to reform a pack, and failure to return to the Engagement Zone. A penalty will be applied to each offending Blocker for each action.

7.10.1 A skater who is more than twenty (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).

7.10.2 Illegally destroying the pack is the illegal creation of a "no pack" situation. When two or more groups of Blockers equal in number are on the track, are more than ten (10) feet from one another, and no single group meets the pack definition, no pack can be defined. If the actions of a skater, team, or group of skaters create a "no pack" situation, one penalty for destroying the pack will be applied to a single skater who is most responsible or the Pivot (see Sections 8.1.2 and 8.2.4). Both teams are responsible for maintaining a legally defined pack.

7.10.2.1 Examples of illegally destroying the pack, or creating a "no pack" situation, may include but are not limited to: a skater, skaters or team running away, braking or coasting to drop back more than ten (10) feet behind the

opposing team, taking a knee, intentionally falling, or intentionally skating out of bounds in such a manner that the legally defined pack is destroyed.

7.10.2.1.1 The rules do not define pack speed. Illegally destroying the pack penalties shall not be given for gradually deviating from the speed of the pack as established through game play, unless said deviation is sudden, rapid and marked, leaving the opposing team no opportunity to adjust and maintain a pack.

7.10.2.1.2 At the start of a jam if one team skates forward and the opposing team remains stationary, upon a No Pack scenario the Jammer start whistle will blow and no penalties for illegally destroying the pack shall be enforced. Skaters and teams are still responsible for immediately reforming a pack (see Sections 6.10.7, 6.10.12, and 6.10.20).

7.10.2.2 A skater or groups of skaters are always responsible for the consequences of their actions. If their actions create a no-pack situation (excepting those covered in Sections 6.10.2.3 and 6.10.2.1.2) they must be penalized as directed in 6.10.9-6.10.22. When determining responsibility of a no-pack situation, per Sections 4.1.2 and 6.10.2, both teams are responsible for maintaining a legally defined pack.

7.10.2.3 Forcing an opponent down or out of bounds is NOT to be considered illegal destruction of the pack; however, skaters still must reform a pack immediately or be subject to out of play penalties (see Sections 6.10.6 and 6.10.7).

7.10.2.4 When no single skater or team can be clearly found responsible for illegally destroying the pack, no penalty for illegally destroying the pack shall be enforced, however skaters and teams are still responsible for immediately reforming a pack (see Sections 6.10.7, 6.10.12, and 6.10.20).

7.10.3 Jammers may initiate engagement with Jammers outside the Engagement Zone.

7.10.4 Jammers may not initiate engagement with Blockers outside the Engagement Zone. If a Blocker initiates engagement with a Jammer outside the Engagement Zone, the illegally engaged Jammer may counter-block and go unpenalized. Likewise if a Jammer illegally engages a Blocker outside the Engagement Zone that Blocker may counter-block and go unpenalized.

7.10.5 Blockers may not initiate engagement outside the Engagement Zone. If a Blocker initiates engagement with an opponent outside the Engagement Zone, the illegally engaged opponent may counter-block and go unpenalized. Likewise if a Jammer illegally engages an opponent outside the Engagement Zone that opponent may counter-block and go unpenalized.

7.10.6 Out of Play skaters will be warned to re-enter the Engagement Zone and will be penalized if they do not immediately attempt to return to Engagement Zone.

7.10.7 During a no pack situation skaters will be warned that there is no pack and will be penalized if they do not immediately attempt to reform the pack. During a no pack situation, out of bounds skaters must re-enter the track and reform a pack.

7.10.8 Skaters may not assist teammates outside the Engagement Zone.

### **No Impact/No Penalty**

7.10.9 Incidental blocking or contact while out of play that does not force the opponent to adjust her skating stance or position in any way.

7.10.10 No Pack situations without a measurable impact on game play.

### **Minor Penalty**

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.

7.10.11 A skater who, after being warned, does not immediately attempt to re-enter the Engagement Zone. A minor penalty must be applied to each offending Blocker who does not attempt to return to the Engagement Zone.

7.10.12 No pack: After a warning, a failure to immediately attempt to reform a pack will result in a minor penalty. This penalty includes failure to reform a pack by returning to in bounds from out of bounds. One penalty will be applied to a single skater per team, if applicable, who seems most responsible or the Pivot (see Sections 8.1.2 and 8.2.4).

7.10.13 Any illegal blocking while out of play that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.

7.10.14 A Blocker re-entering the pack from behind, having lapped the pack. A penalty must be applied to each offending Blocker (see Section 4.3.3).

7.10.15 A Blocker re-entering the pack from the front, having fallen behind the pack. A penalty must be applied to each offending Blocker (see Section 4.3.3 and Sections 8.3 and 8.4).

7.10.16 An out of play assist that affects the recipient but does not improve her relative position. The penalty is given to the initiator of the assist.

### **Major Penalty**

If the out of play action has a measurable consequence for the game it is a major penalty.

7.10.17 A skater, after receiving a minor penalty for failure to re-enter, who does not immediately attempt to re-enter the Engagement Zone will receive a major penalty. A major penalty must be applied to each offending Blocker for a sustained failure to return to the Engagement Zone.

7.10.18 No pack: After a warning, a sustained failure to reform a pack will result in a major penalty. This penalty includes a sustained failure to reform a pack by returning to in

bounds from out of bounds. One penalty will be applied to a single skater per team, if applicable, who seems most responsible or the Pivot (see Sections 7.1.2 and 7.2.4).

7.10.19 Any illegal blocking while out of play that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of relative position.

7.10.20 Illegally destroying the Pack: The act of illegally destroying the pack causes all Blockers to lose relative position. The skater responsible for destroying the pack receives a major penalty.

7.10.21 An out of play assist that improves the recipient's relative position. The penalty is given to the initiator of the assist.

### **Expulsion**

The following egregious acts will be automatic game expulsions, and can be punished as a multi game suspension (see Section 7.5.2.2). Expulsions will be issued for a conscious attempt to block an opponent in an egregious manner while out of play, whether or not the action was successful.

7.10.22 Intentional, negligent, or reckless contact with an opponent while out of play.

### **7.11 ACCELERATING INTO A BLOCK**

Skaters may not accelerate into a block (Targeted Block).

#### **No Impact/No Penalty**

7.11.1 Not applicable.

#### **Minor Penalty**

7.11.2 Not applicable.

#### **Major Penalty**

7.11.3 Multiple strides just prior to engagement.

7.11.4 Propulsion (assistance) from a team mate into an opposing skater.

7.11.5 Movement perpendicular to the direction of the track greater than half the width of the track.

7.11.5.1 Example: a blocker makes a quick turn from just inside the out track boundary to engage a skater just inside the inner track boundary

#### **Expulsion**

7.11.6 Expulsions will be issued for a conscious, forceful attempt to accelerate into a block of an opponent in an egregious manner

### **7.12 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 skaters are subject to skating out of bounds penalties even if they do not cut the track. This section addresses penalties for cutting the track. Skaters must be upright and skating to receive cutting the track penalties. Downed skaters 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.

7.12.1 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:

7.12.1.1 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).

7.12.1.2 When the initiating skater goes out of bounds at any time after the initiating block.

7.12.1.3 When the initiating skater downs herself or falls at any time after the initiating block.

7.12.1.4 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 reestablished 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.

#### 7.12.2 Skaters straddling the track boundary line

Skaters are straddling the track boundary line when they are simultaneously touching both inside and outside the track boundary line. Straddling skaters are subject to cutting the track penalties when they are in bounds, upright and skating. The boundary line is considered in bounds. Airborne skaters are not considered straddling skaters. (See Section 6.8.9 for the inbounds/out of bounds status of airborne skaters.)

#### **No Impact/No Penalty**

7.12.3 A skater who has re-entered the track in front of a downed, out of bounds, or out of play skater 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.

7.12.4 A skater who has re-entered the track in front of a skater who is “in the box,” having been sent off the track for a penalty.

7.12.5 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.

7.12.6 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.

7.12.7 Any of the scenarios in Sections 6.11.1.1- 6.11.1.4.

#### **Minor Penalties**

7.12.8 An inbounds, upright and skating skater who has re-entered the track from out of bounds in front of one in-play skater, which results in her having bettered her position.

7.12.9 An upright skater straddling the track boundary that passes one in-play skater, and then ceases her out of bounds contact with the floor, which results in her having bettered her position.

7.12.10 An inbounds, upright and skating Jammer who has re-entered the track from out of bounds in front of the opposing Jammer outside of the Engagement Zone, which results in her having bettered her position relative to the opposing Jammer.

7.12.11 An upright Jammer straddling the track boundary who passes the opposing Jammer, and then ceases her out of bounds contact with the floor outside of the Engagement Zone, which results in her having bettered her position relative to the opposing Jammer.

7.12.12 An inbounds, upright and skating skater who has re-entered the track from out

of

bounds in front of one in-bounds skater during a No Pack scenario, which results in her having bettered her position relative to that in bounds skater.

7.12.13 An upright skater straddling the track boundary who passes one in-bounds skater, and then ceases her out of bounds contact with the floor during a No Pack scenario, which results in her having bettered her position relative to that in bounds skater.

#### **Major Penalties**

7.12.14 An inbounds, upright and skating skater who has re-entered the track from out of

bounds in front of multiple in-play skaters, which results in her having bettered her position.

7.12.15 An inbounds, upright and skating skater who has re-entered the track from out of

bounds in front of the foremost in-play opposing Blocker, which results in her having bettered her position.

7.12.16 An upright skater straddling the track boundary who passes multiple in-play skaters, and then ceases her out of bounds contact with the floor, which results in her having bettered her position.

7.12.17 An upright skater straddling the track boundary who passes the foremost opposing Blocker, and then ceases her out play contact with the floor, which results in her having bettered her position.

7.12.18 An inbounds, upright and skating skater who has re-entered the track from out of

bounds in front of multiple in-bounds skaters during a No Pack scenario, which results in her having bettered her position relative to those in bounds skaters.

7.12.19 An upright skater straddling the track boundary who passes multiple in-bounds skaters, and then ceases her out of bounds contact with the floor during a No Pack scenario, which results in her having bettered her position relative to those in bounds skaters.

#### **Expulsion**

7.12.20 Not applicable.

### **7.13 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 6.8.2).

#### **No Impact/No Penalty**

7.13.1 Being forced out of bounds by an opponent's block.

7.13.2 Skating out of bounds as the result of a missed or successful block. (Blocking out of bounds criteria still apply; see Section 6.8).

7.13.3 Maintaining or increasing speed while skating to and from the penalty box.

7.13.4 Exiting the track as a result of injury, equipment failure, or to avoid unsafe track conditions including but not limited to fallen skaters, debris and spills.

### **Minor Penalty**

7.13.5 Skating out of bounds in an attempt to avoid a block.

7.13.6 Skating out of bounds to maintain or increase speed.

### **Major Penalty**

7.13.7 Skating across the track infield in a manner which substantially cuts short the lap distance. It is not necessary to pass an inbounds skater to commit a “skating out of bounds” major penalty.

### **Expulsion**

7.13.8 Not applicable.

## **7.14 ILLEGAL PROCEDURES**

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

### **No Impact/No Penalty**

7.14.1 A Blocker who is on the track, between the Jammer and Pivot lines, skating into her position when the first whistle blows.

7.14.2 Assisting a downed teammate within the Engagement Zone.

7.14.3 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.

7.14.4 A skater who establishes her starting position on the track before the first whistle, but is blocked out of bounds prior to or as the whistle blows will be allowed to remain in the jam.

### **Minor Penalties**

7.14.5 False start—A Jammer or Blocker who false starts must yield advantage. If a false starting Blocker or Jammer yields her advantage but the opposing Jammer or Blocker does not take advantage of her attempt to yield position, neither Jammer nor Blocker will be awarded an additional penalty.

7.14.5.1 A Jammer false starts for being out of position at the Jammer starting whistle when she is touching beyond the Jammer line.

7.14.5.2 A Non-Pivot Blocker false starts for being out of position at the pack starting whistle when she:

7.14.5.2.1 is touching on or beyond the Pivot line.

7.14.5.2.2 is touching behind the Jammer line.

7.14.5.2.3 lines up in front of a Pivot Blocker who is on the Pivot line.

7.14.5.3 A Pivot Blocker false starts for being out of position at the pack starting whistle when she:

7.14.5.3.1 is touching beyond the Pivot line.

7.14.5.3.2 is touching behind the Jammer line.

7.14.6 Too many skaters on the track. The extra skater is instructed to return to her bench without stopping the jam. The penalty is issued to the skater instructed to return to her bench.

7.14.7 More than one designated Pivot for a team on the track after the starting whistle. The penalty is issued to the Pivot who was the last Pivot to enter the track in that jam. If

the referee is unable to determine the last Pivot to enter the track, the referee issuing the illegal procedure must penalize the Pivot on the track closest to the referee who calls the penalty. After the whistle, the referee must instruct her to return to her bench if she is an extra skater on the track (see Section 6.13.6). Any Pivot starting in the penalty box is the designated Pivot for that jam.

7.14.8 A Jammer attempting to call off a jam when she is not Lead Jammer, and the jam is not called off.

7.14.9 A skater exiting the penalty box and re-entering the track in front of one pack skater.

7.14.10 A skater, after being waived off of a full penalty box, re-entering the track in front of one pack skater.

7.14.11 A skater, after addressing mid jam equipment malfunction, re-entering the track in front of one pack skater.

7.14.12 A skater initiating contact or engaging an opponent before the first whistle that forces the receiving opposing skater off balance, forward or sideways, but does not cause her to lose her established starting position.

7.14.13 A penalized skater who leaves the penalty box during either a team or official timeout.

7.14.14 A penalized skater's teammates, manager, and/or coach who enters the designated penalty box area to communicate with a penalized skater. If the person entering is not a skater in the bout the penalty will go to the Captain.

7.14.15 A penalized skater who removes her safety equipment in the penalty box. A penalized skater may remove her mouth guard only after she is seated in the penalty box. Merely adjusting safety equipment while in the penalty box is not to be penalized.

### **Major Penalties**

7.14.16 A false start by a Jammer or Blocker who does not yield advantage. The Jammer or Blocker who committed the false start must stop all forward motion until the opposing

Jammer or Blocker(s) takes the lead by passing her. If a false-starting Blocker or Jammer yields her advantage but the opposing Jammer or Blocker(s) does not take advantage of her attempt to yield position, an additional penalty must not be assessed and the yielding skater may proceed.

7.14.17 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 penalty is issued to the last Non-Pivot Blocker to enter the track to the extent that the referee is able to determine who that skater was. If there is no Pivot in the jam and the referee is unable to determine the last skater to enter the track, the referee issuing the illegal procedure must penalize the Blocker on the track closest to the referee who calls the penalty.

7.14.18 Improper uniform, jewelry, or skates.

7.14.19 A Jammer successfully calling off a jam when she is not Lead Jammer.

7.14.20 Violations of the Passing the Star procedures outlined in Section 3.5 Passing The Star. The initiator of the star pass receives the penalty for the illegal star pass.

7.14.21 Illegally blocking a star pass.

7.14.22 A skater exiting the penalty box and re-entering the track in front of more than

one pack skater.

7.14.23 A skater, after being waived off of a full penalty box, re-entering the track in front of more than one pack skater.

7.14.24 A skater, after addressing mid jam equipment malfunction, re-entering the track in front of more than one pack skater.

7.14.25 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.)

7.14.26 Too many skaters and/or team support staff in the designated team area. The penalty is issued to the Pivot at the time the Penalty is determined. If there is no Pivot in that jam, the penalty is issued to the Captain in all circumstances.

7.14.27 Removing required safety equipment (see Sections 8.3.6 and 10.1.1).

7.14.28 A skater initiating contact or engaging an opponent before the first whistle that forces the receiving opposing skater out of her established starting position. This includes forcing a skater down or out of bounds.

**Expulsion**

7.14.29 Not applicable.

**7.15 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 after fouling out.

**No Impact/No Penalty**

7.15.1 Intentionally committing an illegal procedure is not insubordination and must not be penalized as such.

**Minor Penalty**

7.15.2 Not applicable.

**Major Penalty**

7.15.3 Willfully failing to leave the track for a penalty.

**Expulsion**

7.15.4 Willfully failing to leave the floor after fouling out.

7.15.5 Deliberate and excessive insubordination to a referee.

**7.16 MISCONDUCT**

**No Impact/No Penalty**

7.16.1 Not applicable.

**Minor Penalty**

7.16.2 Not applicable.

**Major Penalty**

7.16.3 Initiating contact with both skates off of the ground. Jumping and leaping contact is unsafe for the initiator and the receiver.

7.16.4 Executing a block on an opponent who is down.

7.16.5 Any block with initial contact landing above the shoulders.

7.16.6 The use of obscene, profane, or abusive language or gestures directed at an

official, mascot, or audience member.

7.16.7 The excessive use of obscene, profane, or abusive language or gestures directed at an opposing skater, manager, or coach.

7.16.8 Unsportsmanlike conduct - Any behavior that is deemed by a referee to be specifically intended to taunt, harass or intimidate opposing players or coaches and is not directly related to the gameplay of roller derby

**Expulsion**

7.16.9 Not applicable.

**7.17 GROSS MISCONDUCT**

Gross misconduct is defined as an indiscretion so serious that it justifies the instant expulsion of a skater, even on the first occurrence.

**No Impact/No Penalty**

7.17.1 Not applicable.

**Minor Penalty**

7.17.2 Not applicable.

**Major Penalty**

7.17.3 Not applicable.

**Expulsion or Suspension**

The following egregious acts will be an automatic game expulsion, even if not during a fight, and can be punished as multi-game suspensions (see Section 8.5.2.2).

7.17.4 Illegal interference in game-play by skaters not involved in the jam.

7.17.5 The repeated use of obscene, profane, or abusive language or gestures directed at an official, mascot, or audience member.

7.17.6 The repetitive and excessive use of obscene, profane, or abusive language or gestures directed at an opposing skater, manager, or coach.

7.17.7 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.

7.17.8 Fighting is an automatic expulsion for all participants and may result in a suspension (see Section 8.5.2). 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.

7.17.9 Intentional, negligent, or reckless contact above the shoulders.

7.17.10 Punching another skater.

7.17.11 Pulling of the head, neck, or helmet.

7.17.12 Choking.

7.17.13 Any contact with the head of a skater not wearing a helmet.

7.17.14 Kicking another skater.

7.17.15 Biting.

7.17.16 Jumping onto or into a pile of fighting skaters (i.e., "dog pile").

7.17.17 Slide tackling an opponent.

7.17.18 Holding or pinning another skater to the ground.

7.17.19 Shoving an opponent.

7.17.20 Serious physical violence or any action deemed by the officials to cause an extra ordinary physical threat.

7.17.21 A second occurrence of Unsportsmanlike Conduct (See section 7.16.8) by a player in the same bout

## **8 PENALTY ENFORCEMENT**

### **8.1 MINOR PENALTIES**

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

8.1.1.1 Referees will communicate the minor to the skater by hand signal and verbally calling out the penalty to the skater. A skater who commits any four minor penalties must serve one (1) minute at the time the fourth minor is assessed/communicated. The fourth minor is signaled with a whistle.

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

8.1.1.3 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.

### **8.2 MAJOR PENALTIES**

8.2.1 When a skater has earned a major penalty, that skater will be sent to the penalty box.

8.2.2 Her team must play short, without the skater and the position she was playing, until the penalty has expired.

8.2.3 Major penalties expire after one minute served in the penalty box.

### **8.3 PENALTY ENFORCEMENT PROCEDURES**

#### **8.3.1 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.

8.3.1.1 Penalized players must be substituted in the case of an ejection, expulsion, or injury. These substitutions may only take place between jams.

8.3.2 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.

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

8.3.2.2 If a team incurs a third Major Penalty in a single jam there will be an automatic Referee Timeout after that jam to discuss safety with team captains.

The time out shall be allowed as much time as is needed to communicate the safety concerns using Referee discretion.

8.3.2.3 No team may have more than two Blockers and one Jammer seated 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, in which case the third penalized Blocker will be asked to return to the jam

8.3.2.3.1 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. However, her penalty time will not start until she is seated in the box.

8.3.2.3.2 In order to form a pack, a team must have at least two Blockers on the track at all times. If there are only two Blockers from a given team on the track, a blocker from that team 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.

8.3.2.3.2.1 The penalized player should be sent to the box as soon as there is room in the box, provided another skater from her team is on the track.

8.3.2.4 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. A Jammer can never be waved off from the penalty box.

8.3.3 The penalty clock starts when the skater is seated in the penalty box. The penalty clock only runs when the jam clock is running. If a penalty spans multiple jams, the penalty clock will stop between jams.

8.3.3.1 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.

8.3.4 After serving one minute in the penalty box, a penalized skater may re-enter the track. She must enter the pack from the back.

8.3.4.1 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.

8.3.4.2 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.

8.3.4.3 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.

8.3.4.4 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.

## **8.4 BOTH JAMMERS PENALIZED AND 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.

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.

*8.4.1 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 jam will be called off. There will be a mandatory Referee Timeout to discuss rules and safety after which a new jam will begin with new Jammers.*

8.4.2 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.

8.4.3 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.

8.4.3.1 A team may not make a substitution for either Jammer.

8.4.4 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 un-served time, no matter

how small.

8.4.5 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.

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

8.4.6 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.

8.4.6.1 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, or the remainder of the period.

8.4.7 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.

8.4.7.1 Players may be substituted in the new jam.

8.4.8 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.

8.4.8.1 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.

## **8.5 EXPULSION AND FOULING OUT**

### **8.5.1 Fouling Out/Ejection**

8.5.1.1 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.

8.5.1.1.1 A player is ejected from the period for three penalty turns in the penalty box in that period.

8.5.1.1.2 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.

8.5.1.2 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.

## 8.5.2 Expulsion and Suspension

8.5.2.1 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.

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

8.5.2.3 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.

8.5.2.4 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 she is allowed to play in the next game in the tournament.

8.5.2.5 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.

8.5.3 Referees need to meet with the team Captains and coaches prior to expelling a player from the game. However, any suspensions may only be recommended by the Head Referee.

8.5.4 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.

## 9 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 move 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 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.
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 demarked by the hips) but makes contact to a legal target zone.
Blocking Zones	Areas of the body that may be used to move an opponent when performing a block.
Captain	The skater identified to speak for the team. Only the Captain and the Designated Alternate may confer with the referees.
Contact Zones	Areas of the body that may be used to give or receive a block. (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. 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. Another player from her team must serve the major penalty, forcing her team to skate a player short.
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 40 minutes of play divided into two periods of 20 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.

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 initiator of the block. 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 in position 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 in position 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.

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 with extra abilities and responsibilities.
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 you 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. (See Grand Slam, Pass and Initial Pass.)
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. (See Ejection.)
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 contact when performing a block.
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 are part of the normal skating motion may not be considered tripping.
Unsportsmanlike Conduct	Any behavior that is deemed by a referee to be specifically intended to taunt, harass or intimidate opposing players or coaches and is not directly related to the gameplay of roller derby
Warnings	A formal verbal indication from the referee that play is improper and that a skater must take corrective action.