

ROLLER DERBY BASICS

Two 15-skater teams play two 30-minute periods.

Each period consists of multiple "jams". Each jam is an opportunity for both teams to score points, and ends after 2 minutes or when the Lead Jammer call off the jam.

It is legal for a skater to block opponents with their hips, rear, and shoulders. It is not legal to block to the back, to trip, elbow, or to back talk officials. Players committing illegal actions are penalized 30 seconds and their team plays short for that time.



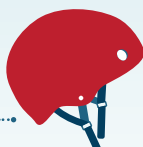
JAMMER

Jammers wear a star on their helmets and are the scoring players for each team. The Jammers attempt to pass the opponents as many times as possible by sprinting around the track and lapping the pack.



PIVOT

The Pivot is the Blocker that wears the stripe on their head. They are the only Blocker that is allowed to accept a star pass from the Jammer, thus becoming the new Jammer and gaining the ability to score points once the panty is on their head.



BLOCKER

The Blockers are simultaneously focused on stopping the opposing Jammer from passing them and assisting their Jammer to pass the opposing team's Blockers. The pack is formed by the largest group of Blockers with players from each team on the track.

OFFICIATING SIGNALS



LEAD JAMMER



JAMMER CALL OFF



OUT OF PLAY WARNING



BACK BLOCK PENALTY



TRACK CUT PENALTY



MULTIPLAYER PENALTY

