

THE RULES OF SHORT TRACK ROLLER DERBY

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For more information:

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I. Spirit of Play

The Spirit of Play of Short Track Roller Derby is to play fair, and have fun in healthy athletic competition. The Object of the game is to score more points than the opposing team.

In Short Track Roller Derby, an intentional foul is considered cheating and a gross offense against the spirit of sport and fair play. Often a skater is in a position where it is clearly to their advantage to foul, but that skater is morally bound to abide by the rules and avoid or remedy such a foul.

Further, there are many occasions where a skater is in a position to accidentally and unintentionally foul. That skater is bound to be self-aware and in control in order to avoid such a foul whenever possible, and to remedy the foul if necessary.

The integrity, fun, fair and safe play of Short Track Roller Derby depends on each skater's responsibility to uphold the spirit of the game, and this responsibility should not be taken lightly.

II. Game Basics

- A *Game* is played by two teams of up to 7 skaters. [Refer to 1. Teams, Positions and Lineups.](#)
- The game is played on a flat oval track, by athletes on rollerskates. [Refer to 2. Equipment & Uniform and 3. The Short Track.](#)
- Each game consists of two halves, and each half contains 10 *Jams* of 60 seconds in length. The first Half will be played in the clockwise direction ("Direction 1"). The second half will be played in the counter-clockwise direction ("Direction 2") [Refer to 4. Game Structure and Timing](#)
- The object of the game is to score more points than the other team. The team with the most points at the conclusion of the game is the winner. [Refer to 5. Scoring & Game Play](#)
- Blockers skate in a Pack, while Jammers attempt to Pass the pack in order to score points. [Refer to 5. Scoring & Game Play](#)
- Fouls and Infractions may be Remedied through Advantage or Yielding, or result in a Penalty. [Refer to 6. Fouls and Remedies](#)

III. Rules

1. Teams, Positions and Lineups

- 1.1. Each team may roster up to 7 skaters for a Game.
- 1.2. A game Roster will identify each skater in their *Jammer Order*, with numbers 1 through 7. Each number is used once per team.
 - 1.2.1. In the case that a team's Roster contains fewer than 7 skaters, they will fill the Jammer Order positions in order starting at number 1, without skipping numbers.
- 1.3. Each team fields up to 3 skaters on the track for each Jam: one *Jammer*, and two *Blockers*.

- 1.4. The Jammer is identified by a *helmet cover* showing a star (or other icon, as agreed by the Officials and both teams) on both sides of the helmet. The Jammer earns points for their team by passing the *Pack*. Refer to Section 5. Scoring. Refer to Appendix B: Diagrams for the helmet cover.
- 1.5. Any skater on the team may serve in any *Position* for the duration of a *Jam*, subject to the *Jammer Order*. A skater may serve in different Positions throughout the Game.
- 1.6. Skaters will serve in the *Jammer Position* at least once per half according to the *Jammer Order*. (e.g. skater #1 from each team will serve as their team's Jammer in Jam #1.)
- 1.7. After Jam #7 in a Half is complete and all skaters have served as Jammer once, teams may field any skater(s) from their team to serve as Jammer in the remaining Jams for that Half.
 - 1.7.1. If a team has rostered fewer than 7 skaters for a Game, that team must field each skater in the Jammer Order, after which they may field any skater as Jammer for the duration of the Half. (e.g. in Jam 7, Team A may field skater #7, while Team B, skating with a short roster, fields skater #2)
- 1.8. Teams may not change their Jammer Order in the course of a match, except in the case of injury or expulsion of a skater.
- 1.9. Where a Jammer is unable or ineligible to play in the designated jam order (e.g. due to injury or expulsion), their number will be skipped and the next jammer in the order on their team will Jam. (e.g. in Jam 5, Team A fields skater #5 and Team B, with an injured skater #5, fields skater #6)

2. Equipment & Uniform

- 2.1. Each skater is required to wear "quad" style rollerskates and wear the following minimum protective equipment: Helmet, mouthguard, elbow pads, wrist guards, knee pads.
- 2.2. Each team will wear a consistent colour of shirt or jersey (the *Uniform*).
- 2.3. Teams will provide their own jammer *helmet covers* in a field colour that matches their uniform. The helmet cover must display a star (or other icon, if agreed by the official and both teams) on each side of the helmet, in a colour that is in high contrast to the field colour. The star should be no smaller than 4" (100mm) in diameter. Refer to Appendix B: Diagrams.
- 2.4. Each skater wears arm bands on both arms indicating their Jammer Order number (between 1 and 7). Each number 1 through 7 is used only once per team. Arm bands may be in any colour but must be consistent across the team. Numbers must be minimum 2" tall and high contrast to the band field colour. Marker on arms or other numbering mechanisms may be used in lieu of arm bands, at the discretion of the Officials.
- 2.5. Skater number is not required to be shown on the jersey or uniform other than on the armbands.

3. The Short Track

- 3.1. The short track is flat and smooth; the boundaries are indicated with tape, paint, movable track markers, or other flat, high-contrast marking.

- 3.2. The overall dimensions of the playing surface are 47' x 73' (14.33m x 22.25m). Refer to the track layout diagram in Appendix A
- 3.3. The short track consists of the Infield, the Track, and the Outfield. Jammer/Blocker Start Boxes are located on the Track.

4. Game Structure and Timing

- 4.1. Each game consists of two halves, and each half contains 10 *Jams* of 60 seconds in length.
- 4.2. The first Half will be played in the clockwise direction ("Direction 1"). The second half will be played in the counter-clockwise direction ("Direction 2")
- 4.3. *Line Change*: immediately at the conclusion of a jam, a 30 second Line Change timer begins. After 25 seconds of the Line Change timer have elapsed, the Official gives an audible 5 second warning to the skaters before the next Jam begins.
- 4.4. Each Half is normally 00:15:00 in total length, including the final jam's Line Change time, but excluding any Time Outs. There is no requirement for a running period clock, as all 10 jams will play, to their full minute length, barring any Official Time Outs.
- 4.5. Half time length between two halves will be not less than 2 minutes, followed by an additional 30 second countdown timer. Half time begins after the Jam 10 Line Change timer ends.
- 4.6. Jam Start and Finish
 - 4.6.1. All Blockers must begin each Jam in the Blocker Starting Box
 - 4.6.2. Both Jammers must begin each Jam in the Jammer Starting Box
 - 4.6.3. The jam begins with the official's whistle or scoreboard buzzer.
 - 4.6.4. The jam ends after 60 seconds have elapsed, as indicated by 4 whistles by the Jam Timer, and/or by a scoreboard buzzer. The first of four whistles, if used, will signal the end of the jam for scoring purposes.
- 4.7. Time Outs
 - 4.7.1. Each Team has the right to call one 60-second Team Time Out (TTO) per half. A team is not required to use their allotted Time Out. Unused TTOs do not carry over into subsequent periods.
 - 4.7.2. At the conclusion of a 60-second TTO, the Official blows the whistle and a new 30-second timer will begin before the next Jam start whistle.
 - 4.7.3. Official Time Outs (OTOs) may be called at the discretion of the Official(s) at any time to resolve safety or procedural concerns. An OTO may stop the Jam during a Jam in play (e.g. player injury, obstacle on the track). OTOs may last for as long as required to resolve the issue or concern.
 - 4.7.4. If an OTO stops a jam in play, at the conclusion of the OTO, points will be awarded according to points earned at the time of the stop in play, and skaters will line up for the subsequent jam number (the stopped jam will not be replayed). A full 30 second Line Change timer is not required at the end of an OTO, but the official must allow reasonable time for skaters to line up for the next Jam.
 - 4.7.5. Time Outs will not affect the total number of Jams played in a Match. Each Half will always contain 10 Jams, although a Jam may be shortened in time due to an OTO.
- 4.8. Tie Games or Overtime

- 4.8.1. Games may end in a tie (draw).
- 4.8.2. Where a tie result must be resolved (e.g in an elimination-style tournament), a sudden death Overtime Jam (OTJ) will be played.
- 4.8.3. At the conclusion of regulation play, a coin toss will determine the direction of play for the first OTJ. The official will designate which team gets to call the toss.
- 4.8.4. A minimum 2 minute interval will elapse after the final second half Line Change interval before beginning Overtime play. A new 30 second countdown timer begins at the end of the break interval.
- 4.8.5. If the score remains tied after the first OTJ, additional OTJs will be played, alternating directions.
- 4.8.6. Teams may field any player in any position in an OTJ.
- 4.9. Scoreboard
 - 4.9.1. The scoreboard must be visible to officials and skaters, and display, at minimum, the following: Jam time or Line Change time, Score.
 - 4.9.2. It is preferred to also display the Half number and Jam number, but this may be done via whiteboard, number cards, or other non-digital means.

5. Game Play and Scoring

- 5.1. The object of the game is to score more points than the other team. The team with the most points at the conclusion of the game is the winner.
- 5.2. The Blockers play offense to assist their team's Jammer, and defense to impede the opposing team's Jammer. The blockers must skate in a Pack.
- 5.3. The Jammer earns one point for their team for each *Pass*
 - 5.3.1. A Pass is defined as physically passing in front of all In-Play Blockers, as measured at the skaters' hips. The point is awarded after the Jammer passes the foremost In-Play Blocker.
 - 5.3.1.1. If a Jammer is awarded a point upon completing a Pass, and is subsequently overtaken by pack skaters, the point remains. The Jammer does not need to re-pass specific blockers to retain the point or pass.
 - 5.3.2. The Jammer must pass each Blocker without committing fouls, and while the jammer remains in-bounds, in order for a Pass and point to be awarded.
 - 5.3.3. Any Blocker who is Out of Play at the moment the Jammer physically passes them on the track (including a Blocker who is down or off the track) is considered to be legally passed.
 - 5.3.4. The Jammer may remedy a foul to ensure a point is scored by Yielding. Refer to section 6, Fouls and Remedies.
 - 5.3.5. If a Jam ends while the Jammer has passed some but not all Blockers on a pass, it will be considered an Incomplete Pass and no point will be awarded.
 - 5.3.6. The initial pass at the beginning of a Jam may count as a Pass and earn a point.
 - 5.3.7. The referee will indicate the point earned by calling "POINT, [COLOUR]."
- 5.4. Pack Definition and In Play / Out of Play

- 5.4.1. The blockers of both teams skate predominantly forwards in the direction of play in a group, maintaining Proximity to each other on the track in order to maintain a Pack. All skaters in the Pack are "In Play."
- 5.4.2. Proximity is defined as an In-Bounds and Upright position within 10' of another Blocker who is In Play
- 5.4.3. Any Blocker who is In-Bounds and Upright, within Proximity of another Pack Skater is considered In Play.
- 5.4.4. A Jammer who is In-Bounds and Upright anywhere on the track is considered In Play, but a Jammer is never considered to be part of the Pack.
- 5.4.5. A Blocker who skates more than 10' in front of or behind the other blockers, is Down or Out of Bounds, or is Yielding, is considered Out Of Play. It is each Out of Play blocker's responsibility to return to an In Play position as soon as safely and/or legally possible (Refer to 6. Fouls and Remedies)
- 5.4.6. When two groups of Blockers exist with more than 10' between them (e.g. two groups of two, regardless of teams), the rear group is considered Out Of Play and must immediately attempt to regain Proximity. The front group remains In Play as long as they are not racing away from the rear group.
- 5.4.7. A skater with one skate out of bounds and one skate in bounds is considered Out of Bounds and not In Play.
- 5.4.8. No Pack exists when there is no pair of Blockers who are Upright, In Bounds, and in Proximity to each other.
- 5.5. Contact
 - 5.5.1. Jammers and Blockers who are currently In-Play may *Block* other In-Play skaters. A Block is contact with an opposing team member, whether it is intentional, incidental, or accidental.
 - 5.5.2. Legal Initiation Zones (the part of the body being used to deliver the block) exclude the head, elbows, forearms, and lower legs. Refer to the Diagram in Appendix B
 - 5.5.3. Legal Strike Zones (the part of the body on the recipient where the block makes contact) exclude the back, head, and lower legs. Refer to the Diagram in Appendix B.
 - 5.5.4. *Driving* is permitted contact, using any legal Initiation Zone, to the back of another skater in a controlled manner. E.g: Skater A may make controlled contact to the back of Skater B, in order to then attempt to *Drive* skater B forward, as long as Skater B does not fall or lose position at the initial contact to the back. Driving must occur from Skater A's legs. If the arms or elbows are used to push off, Skater A may be subject to normal Contact fouls.
 - 5.5.5. Jammers and Blockers who are currently In-Play may attempt to Assist other In-Play skaters on their own team through contact.

6. Fouls and Remedies

- 6.1. Fouls and Procedural Fouls are actions or situations which cause unfair advantage or disadvantage, or are unsafe. Fouls may be Remedied (restoring fairness) through

Advantage or Yielding, or may result in a Penalty. Refer to Appendix C for Official Hand Signals indicating Fouls and Procedural Fouls.

- 6.2. The following are *Fouls*, which can be remedied by either Advantage or Yielding. If not remedied, they are subject to penalties. (Refer to the Foul Remedy Chart):
- 6.2.1. Contact: using an illegal Initiation Zone to initiate contact with an opponent, or making contact to an illegal Strike Zone on an opponent.
 - 6.2.2. Contact Out of Play: Initiating contact while the initiator is Out of Play, or initiating contact with a skater who is Out of Play. This includes contact while either skater is downed or off the track.
 - 6.2.3. Direction: Initiating contact with an opponent while travelling in the opposite direction of game play.
 - 6.2.4. Cutting: gaining relative position on another skater while skating out of bounds or with one skate out of bounds
 - 6.2.5. Skating Out of Bounds: purposely skating to the infield or outfield during game play (e.g. to avoid a block, or create a No Pack)
 - 6.2.6. Multiplayer Block: grasping or linking with another skater, creating an impenetrable link. The foul occurs when another player challenges the link and it does not immediately release.
 - 6.2.7. Out of Play: skating or stopping on the track in a location or manner that causes the skater to be beyond Proximity to another pack skater. (Refer also to the Procedural Foul "Failure to Reform".)
 - 6.2.8. False Start: lining up for the start of a Jam in an illegal position.
- 6.3. The Following are *Procedural Fouls*. Procedural Fouls may not be remedied by Advantage or Yielding, and result in Penalties.
- 6.3.1. Delay of Game: Deliberately impeding the normal, timely flow of the game; failure to field at least two skaters for a Jam start; or failure to field a Jammer in the correct Jammer Order (including fielding no Jammer). The Official may call an OTO to resolve the issue.
 - 6.3.2. Equipment: failure to wear the full required safety equipment, or an equipment malfunction that causes a potentially dangerous condition to self or others. The skater in question will be required to leave the track to safely correct the situation. Skaters must return to game play behind all pack skaters.
 - 6.3.3. Failure to Reform: Failure to make an immediate, legal, and brisk effort to return to an In-Play position after an Out of Play call is made by the official.
 - 6.3.4. Jerkface: Blocking a skater who is in the Yielding Position. Unavoidable or incidental contact of a skater in the Yield Position, e.g. at the moment where they begin to yield, will not necessarily be penalized.
 - 6.3.5. Misconduct: Egregious, reckless, or malicious game play; intentional Jerkface foul(s); apparent attempt to injure; blatant disregard for the rules; repeated fouls; or insubordination to another player, coach, or official.

- 6.4. Remedies to Fouls. When a foul has occurred, intentionally or accidentally, it is the responsibility of the skater to remedy the foul, and allow or restore the advantage to the skater or team fouled.
- 6.4.1. *Advantage (i.e. “no harm, no foul”)*: If a Foul creates no advantage to the fouling team/skater, or no impactful disadvantage to the fouled team/skater, Advantage may be played and the game will continue in normal course.
- 6.4.1.1. The skater who was fouled may signal they wish to play on by audibly and loudly stating “Advantage.” The Official will signal ‘Advantage’ with the official hand signal. (See Appendix C). The Official may call Advantage even if the fouled skater does not, in which case the Official should audibly call “Advantage” in addition to the hand signal.
- 6.4.1.2. Certain fouls are not eligible for a remedy by Advantage. Refer to the Yielding and Penalties sections below.
- 6.4.1.3. The course of game play may unfold too rapidly to merit an “Advantage” call by either skater or Official.
- 6.4.2. *Yielding*: If a Foul creates an unfair impediment or advantage to a team or skater, the skater committing the Foul may *Yield* to avoid a Penalty. A skater is encouraged to Yield on their own acknowledgement of a Foul being committed, without or before an Official’s call. If a skater fails to Yield, their team is subject to a Penalty.
- 6.4.2.1. If an Official observes a Foul that merits a Yield, they will blow one short whistle and call “[Colour, Number,] Yield.” If a skater has self-acknowledged and is in the process of Yielding, the Official need not make any whistle, hand signal or call.
- 6.4.2.2. A skater may Yield by visibly disengaging from contact with any other skater, turning 90 degrees to the direction of game play (e.g. navel facing the inside or outside line) and bringing hands to shoulders, with elbows held close to the body (“the *Yield Position*”), until the Skater or Skaters they had fouled have passed their hips completely. Refer to the diagram in Appendix B.
- 6.4.2.3. If an opponent chooses not to pass a Yielding skater, or is already positioned in front, the Yielding skater must only maintain the Yield Position for 2 seconds before resuming normal play.
- 6.4.2.4. A skater who is in the Yield Position is considered In Play for the purpose of Pack Definition, but may not be intentionally contacted by other players (see Procedural Fouls; Jerkface).
- 6.4.2.5. A skater who fails to Yield when called by the Official is subject to Penalties
- 6.4.2.6. The following are exceptions to the Yielding procedure:
- 6.4.2.6.1. Any False Start Foul must result in a Yield to all In-Play Skaters.
- 6.4.2.6.2. A Blocker who is Out of Play behind the pack or off the track must “Yield”Remedy their position by attempting to rejoin the Pack as quickly as reasonably possible.
- 6.4.2.6.3. A Blocker who is Out of Play in front of the pack must “Yield”Remedy their position by coming to a stop and waiting for the

pack to arrive at their position, or skating to meet the Pack. They do not need to assume the Yield Position if they choose to stop and wait, and are considered In Play for the purpose of contact.

- 6.4.2.6.4. If a Jammer fouls while bettering their relative position, they must Yield by returning safely (via the infield or outfield if necessary) to the spot of the foul before starting forward progress again. The Official will indicate the location of the foul by pointing, if possible. If the Jammer continues to skate forward after the foul is called, they are subject to a Penalty.
- 6.4.2.6.5. Alternatively, a jammer may choose to decline a point for the current pass in lieu of physically yielding a foul. The jammer will indicate this to the official by making the “no pass” hand signal upon exiting the pack or when the foul is called by the Official.
- 6.4.2.6.6. If any skater fouls by cutting the track, they may remedy the foul by returning via the infield or outfield to the place where they exited the track, to resume game play.

6.4.3. Penalties

- 6.4.3.1. A team is subject to Penalties when skaters fail to Yield for a Foul, or commit a Procedural Foul.
- 6.4.3.2. If an Official observes a foul that merits a Penalty, they will blow two short whistles and call “[Colour, Number, Foul]”. The scorekeeper will make the appropriate hand signal (Refer to Appendix C for Official Hand Signals)
- 6.4.3.3. A penalty will result in the immediate loss of two points to the penalized skater’s team.
- 6.4.3.4. A team’s score may drop below zero as a result of penalties.
- 6.4.3.5. If multiple players from the same team are collectively responsible for a foul (e.g. in Failure to Reform), a single penalty to the team will be earned for the collective action. The penalty will be called as follows: “[COLOUR], Team, [FOUL]”
- 6.4.3.6. If a Jammer is penalized for a Procedural Foul in the course of an attempted Pass, they will not be awarded a Pass for that attempt (and therefore cannot earn a point for the Pass). If a Jammer is penalized for failing to Yield a Foul in the course of a Pass, the Jammer may still attempt to complete or re-attempt the pass to earn a Pass and Point.
- 6.4.3.7. *Expulsion:* A Skater may be Expelled by the Official(s) for Misconduct, and will be required to leave the field of play immediately

6.5. Foul Remedy Chart:

		Possible to avoid penalty by advantage	Possible to avoid penalty by Yielding	Penalty required

FOULS	CONTACT	Y	Y	N
	DIRECTION	Y	Y	N
	CUTTING	Y	Y	N
	SKATING OUT OF BOUNDS	Y	Y	N
	MULTIPLAYER	Y	Y	N
	CONTACT OUT OF PLAY	N	Y	N
	OUT OF PLAY	N	Y (see Failure to Reform)	N
	FALSE START	N	Y	N
PROCEDURAL FOULS	DELAY OF GAME	N	N	Y
	EQUIPMENT	N	N	Y
	FAILURE TO REFORM	N	see out of play	Y - if Out of Play is called and skater fails to yield.
	JERKFACE	N	N	Y
	MISCONDUCT	N	N	Y

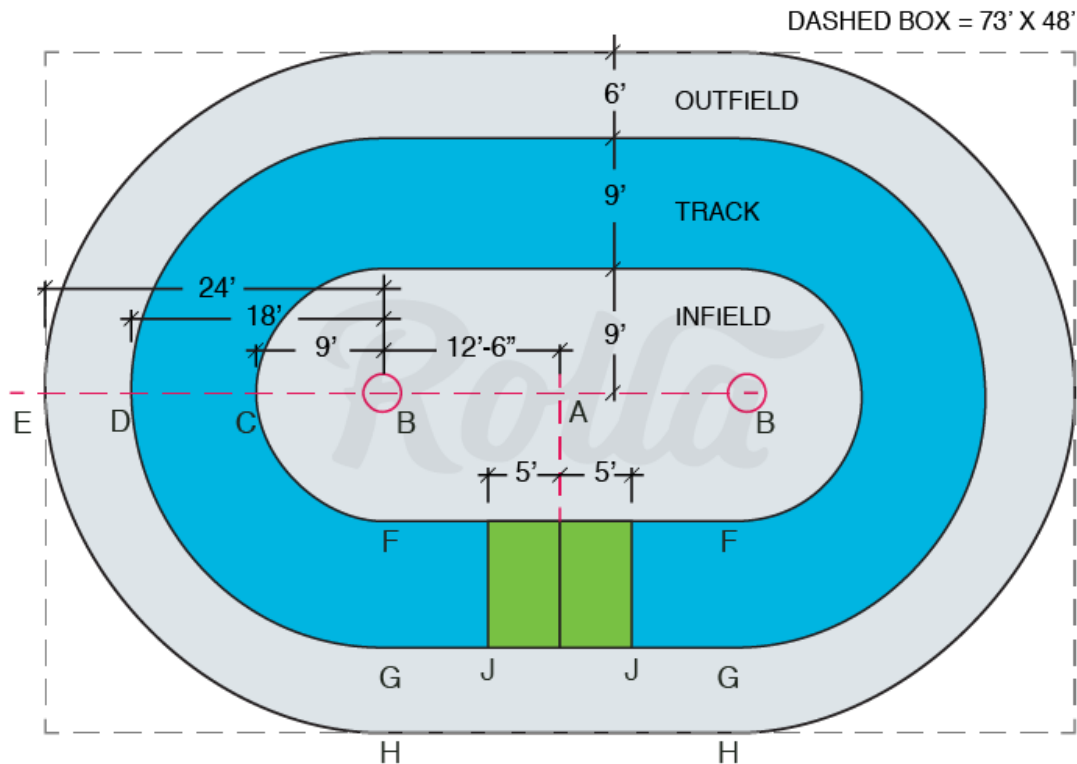
7. Officiating

- 7.1. The game of Short Track Roller Derby is intended to be self-adjudicated by the skaters as much as possible, in the spirit of fair play and sport. Each skater is bound to be self-aware and in control, call their own foul, and remedy the foul if possible or necessary by yielding to the fouled player or team. The integrity and safe play of Short Track Roller Derby depends on each skater's responsibility to uphold the spirit of the game, and this responsibility should not be taken lightly. Officials are not expected to identify each and every foul or infraction. Rather, Officials' primary role is to maintain continuity of the game, adjudicate points, and ensure a safe and fair game.
- 7.2. All communication between Skaters, Team Staff, and Officials must be respectful.
- 7.3. The minimum Officiating staff must consist of at least one skating Referee, but two referees is preferred.
- 7.4. The minimum Officiating staff must consist of at least two non-skating officials (NSOs): Timekeeper and Scorekeeper
- 7.5. One Referee is designated the Head Referee.
- 7.6. In a casual or 'friendly' match or scrimmage, there may be only one Referee. In such cases the Referee may ask for clarification on passes, fouls, etc. from skaters or team coaches/bench staff, and the participants are bound to assist with truthful answers in the spirit of sport and fair play. The Referee will accept participants answers as truthful and correct, and will use their discretion to resolve differences in perception of a play.
- 7.7. Each referee must be identifiable as a Referee by way of a uniform, arm bands, or other distinguishing attire.
- 7.8. The Officials' primary role is to maintain continuity of the game, adjudicate points, and ensure a safe and fair game. This includes but is not limited to:
 - 7.8.1. ensuring that the game is played legally; assisting skaters to assess fouls, and enforcing remedies and penalties.
 - 7.8.2. timing Jams, Line Changes, and Team Time Outs.
 - 7.8.3. signalling the starts and ends of Jams
 - 7.8.4. signalling when a Jammer earns a point
 - 7.8.5. signalling when a Foul or Penalty has been called
 - 7.8.6. Calling Official Timeouts (OTOs) when needed. Reasons may include: verifying the score, Jam number, or roster; to ensure safety; allowing injured skaters to be taken care of, and to inform teams regarding anything out of order. Referees may call an OTO in the middle of a Jam in progress as needed. Reasons may include immediate safety concerns, skater injury mid-jam, spectator interference, etc.
 - 7.8.6.1. If a final Jam is called off due to officiating discretion when less than 30 seconds of the Jam have elapsed, the final Jam may be re-played at the discretion of the Officials. This additional Jam is the same type as the prior Jam (for example, an Overtime Jam follows a previous Overtime Jam).
 - 7.8.6.2. If an OTO is called mid-jam due to skater injury, the injured skater will not be eligible to be fielded in the subsequent 3 jams.

- 7.8.7. Calling Fouls and Remedies: Referees verbally assess fouls and remedies (Advantage, Yield, or Penalty) in the course of game play. Skaters may self-call and immediately begin to take action to remedy a foul, in which case the Official may choose not to audibly call the foul, except in the case of a Penalty, where a double whistle and penalty call is always required.
- 7.8.8. Ruling on acceptability of uniforms and equipment, including helmet covers.
- 7.9. If Officials cannot agree on whether an action warrants a penalty, the Head Referee will make the final decision.
- 7.10. The Referee(s) must monitor the following information during each Jam: which skaters are In Play; Jammer scoring; Fouls and Remedies or Penalties (if applicable) as they occur; and the score for each team within a jam.
- 7.11. The Officiating staff collectively must monitor the following information throughout a Game: the Official Score, Jam Time, the Line Change time, the Official Jam Number, and Eligible Jammers for each Jam.

-END-

APPENDIX A: TRACK LAYOUT



The track is 73' long x 48' wide (22.25m x 14.63m) including safety zone of 6' (1.83m) all the way around.

The track lane itself is a consistent 9' width (2.74m).

The inside turn radius is 9' (2.74m).

The straightaway is 25' long. (7.62m)

Start Boxes are 5' long (1.52m) and centred on one straightaway, and indicated in green on the drawing above.

Teams may agree to modify these standard dimensions to suit venue constraints. Recommended minimums are 8' inside turn radius, 8' wide track lanes, and 22' long straightaway (2.44m, 2.44m and 6.71m).

APPENDIX B: DIAGRAMS



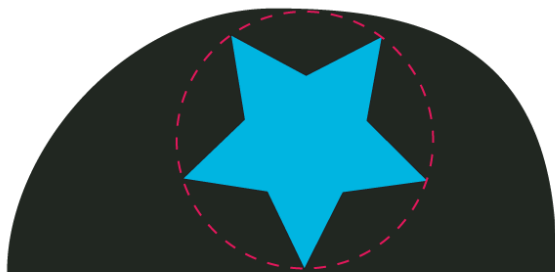
LEGAL STRIKE
ZONES



LEGAL INITIATION
ZONES



YIELD POSITION



HELMET COVER - side view showing JAMMER STAR

The imaginary dashed circle shown must measure at least 4" in diameter. Stars appear on both sides of the helmet cover.

APPENDIX C: OFFICIAL HAND SIGNALS

FOULS:

- Contact: Forward pushing motion with both hands at chest height
- Contact Out of Play: arms straight out in front at chest height with palms facing up, then draw palms towards shoulders
- Direction: One bent arm, rotating the forearm from horizontal to vertical in front of the body twice
- Cutting: Both arms form an X in front of the chest
- Skating Out of Bounds: Both forearms angled up and across chest to one side, then draw both down and across to the other side in a chopping motion.
- Multiplayer Block: grasp fingers together in front of chest with elbows out
- Out of Play: Elbows bent and held by the sides, palms facing each other
- False Start: No hand signal. Verbal cue to the skater(s) involved.

PROCEDURAL FOULS:

- Delay of Game: Extend one hand in front of the body with palm up. Bring the other hand down in front of the body in a chopping motion to touch the outstretched hand.
- Equipment: Hold one bent arm close to the body in a fist, and tap the wrist with the opposing hand
- Failure to Reform: From the Out of Play arm position, chop the raised forearm downward
- Jerkface: Make a fist with fingers facing toward the body, and draw it down from nose to chest.
- Misconduct: Draw a flat hand, palm down, from opposite shoulder across to the same shoulder.

OTHER:

- Advantage: Outstretched arm in the direction of game play
- Point: Hold up one finger overhead.
- No Pass (no point earned) : With elbows bent by the sides, draw downward-facing palms from centre to out
- Penalty:
 - Referee: Use the hand signal for the foul, accompanied by two short whistles and call “[Colour, Number, Foul]”
 - Scorekeeper: Acknowledge by tapping head twice

APPENDIX D: LOW CONTACT RULES

Teams or leagues may choose to modify game play to “low contact” mode as follows:

Rule 1: Skaters will not initiate contact (blocks) with a forceful initial impact. Initial contact must not cause the receiving skater to abruptly change relative position; after initial contact is made, forceful leaning or driving is allowed.

Rule 2: Skaters may not use arms or hands to brace each other against the force of an opponent attempting to drive or push. A skater *may* use their hands to move a teammate into place or deliver an assist.

Rule 3: Blockers may not use face-to-face blocking. Blockers shall only block a jammer or other blocker while facing 90 degrees or less relative to the direction of play. In other words, a blocker may face as much as perpendicular to the track boundaries but no further in the anti-play direction while blocking another skater. A blocker may turn in any direction while not blocking, but must not receive a jammer or blocker’s forward contact while facing against the direction of play.

Infractions of any of these rules should be called by the Official as “Contact”.

Rationale:

Rule 1 is adapted from the Junior Roller Derby Association’s Skill Level 2 contact rules, and eliminates hitting in favour of driving and leaning. This level of contact can still be quite forceful, but is typically more controlled.

Once Rule 1 is applied, the Jammer’s advantage of being able to hit their way through the pack is removed, and the advantage to the blockers is too great. Rule 2 and Rule 3 remove some blocker advantage, evening the game out again. Rule 3 is also intended to improve safety and fun for a wider range of skill levels.