

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 calls 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.



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.



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.

JAM START

Each team fields 4 Blockers and 1 Jammer. Blockers start anywhere between the Jammer Line and the Pivot Line, 30 feet (9.15 meters) away. Jammers start behind the Jammer Line. Play starts with a single whistle blast.

FIRST PASS

During the first pass, the first Jammer to pass all skaters in the pack legally is Lead Jammer. Lead Jammer status is signaled by the officials blowing two short whistle blasts and pointing at the Lead Jammer.

SECOND PASS

In subsequent passes, Jammers earn 1 point for each opposing player they pass legally. The opposing Blockers will try to stop the Jammer, while helping their own Jammer through the pack.

KEY OFFICIATING SIGNALS



LEAD JAMMER



JAMMER CALL OFF



TRACK CUT PENALTY



MULTIPLAYER BLOCK



OUT OF PLAY WARNING



FOREARM PENALTY

©2018 Women's Flat Track Derby Association (WFTDA)

ABOUT WFTDA

The Women's Flat Track Derby Association (WFTDA) is the international governing body of roller derby representing more than 450 member leagues on 6 continents. The mission of the WFTDA is to govern and promote the sport of flat track roller derby and revolutionize the role of women in sports through the collective voice of its member leagues around the world. The WFTDA sets the international standards for rankings, rules, and competition each year and provides guidance and resources to the sport of flat track derby.

WFTDA.COM/NEW

