



The Rules of Flat Track Roller Derby

2025 Change Details

Changes to *The Rules of Flat Track Roller Derby* made for 2025 are highlighted below.

Summary

The game of Flat Track Roller Derby is played on a flat, oval track. Play is broken up into two 30-minute periods, and within those periods, into units of play called "Jams," which last up to two minutes. There are 30 seconds between each Jam.

During a Jam, each team fields up to five Skaters. Four of these Skaters are called "Blockers" (together, the Blockers are called the "Pack"), and one is called a "Jammer." The Jammer wears a helmet cover with a star on it.

The two Jammers start each Jam behind the Pack, and score a point for every opposing Blocker they lap, each lap. Because they start behind the Pack, they must get through the Pack, then all the way around the track to be eligible to score points on opposing Blockers.

Roller derby is a full-contact sport; however, Skaters cannot use their heads, elbows, forearms, hands, knees, lower legs, or feet to make contact to opponents. Skaters cannot make contact to opponents' heads, backs, knees, lower legs, or feet.

Play that is unsafe or illegal may result in a Skater being assessed a penalty, which is served by sitting in the Penalty Box for 30 seconds of Jam time.

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

A common Jam might go like this:

1. Blockers line up behind the Pivot Line and in front of the Jammer Line.
2. Jammers line up behind the Jammer Line.
3. At the Jam-Starting Whistle, the Blockers skate forward and compete for superior position. The Jammers skate forward and try to get through the Pack. Each Blocker simultaneously tries to prevent the opposing Jammer from getting past, and to help their own Jammer get through.
4. One Jammer exits the Pack and is declared Lead Jammer, earning the right to end the Jam when they decide. This Jammer races around the track to get into scoring position.
5. The same Jammer begins to work their way through the Pack for the second time, and the opposing Jammer makes their way out of the Pack for the first time.

6. As the second Jammer to escape the Pack comes around into scoring position, the first Jammer calls off the Jam.
7. The first Jammer has scored points (up to four), and held their opponent at zero points. Meanwhile, the opposing Jammer (by getting into scoring position) held the first Jammer at only those points, as they could have scored more points on subsequent passes.

1. Game Parameters & Safety

1.1. Timing

A game lasts for 60 minutes of play, divided into two 30-minute periods with a halftime between them. Periods are broken into Jams, which are the basic unit of play for roller derby.

Jam Timing

A Jam can last up to two minutes. Jams may be called off prior to two minutes as part of gameplay, as described below. Each Jam starts with a single short whistle blast, and finishes at the end of a series of four short whistle blasts. At least 30 seconds must elapse between Jams. More than 30 seconds may not elapse unless a timeout is called.

Period Timing

A period starts on the Jam-Starting Whistle of the first Jam for that period. The period clock does not stop between Jams unless a timeout is called. If the period clock reaches zero before the next Jam has started, the period ends at that moment; otherwise, the period ends at the conclusion of the final Jam for the period.

Additional Jams

If a Jam is called off due to officiating discretion (see **Section 5.2**) or there is an officiating error that potentially ~~impacted the outcome (as in winner/loser) of impacts which team wins or loses~~ the game, and there are less than 30 seconds remaining on the period clock at the end of the game (including when the period clock has expired), an additional Jam may be run at the discretion of the Head Referee. This additional Jam will have the same form (Overtime or not; see **Section 1.5.1**) as the Jam that ended and be part of the same period.

1.2. Teams

A team is ~~comprised~~ composed of Skaters, who must be uniquely identified by a roster number. Each team must have a jersey of the same base color, such that uniform colors of the two teams playing are of high contrast.

Skater Identification

Roster numbers must be clearly displayed on a Skater's back and upper arm areas. Each team must have helmet covers to clearly indicate who their Jammer and Pivot are. The Jammer and Pivot helmet covers for the two teams must be easy to differentiate.

Captains and Alternates

Each team may have one Captain and one Alternate. The Captain must be a Skater able to serve penalties on behalf of their team. The Alternate may be a non-skating participant. A team must designate a Captain if one is necessary to serve a penalty on behalf of the team. The Captain and Alternate must be visibly identified by wearing a "C" and an "A", respectively, on their uniform or body.

Equipment

Skaters must wear quad-style roller skates and protective gear during play. Inline skates are not permitted. Protective gear may not be removed during play. Protective gear may not impair or interfere with the safety or play of other Skaters, support staff, or Officials.

Injured Skaters

Skaters who are injured during play may return to play as long as they are no longer apparently injured or bleeding. A Skater whose injury alters the flow of the game (examples include a Jam being called off, a period clock stoppage, or a substitute being seated in the Penalty Box) may not participate during the following three Jams (extending into the following period if necessary). A Skater whose injury alters the flow of the game more than once in a period may not participate as a Skater for the rest of that period.

Forfeits

The Head Referee **may also** declare that a team has forfeited the game if that team has five or fewer Skaters eligible to participate, or refuses to field Skaters on the track to continue play.

1.3. Timeouts

Teams and Officials may stop the period clock by calling a timeout. Timeouts may only be called between Jams, though Officials may end a Jam in order to call an Official Timeout. The beginning of a timeout is marked by four short whistle blasts, and the end of a timeout is marked by a long rolling whistle, after which the next Jam begins as soon as possible if there is time remaining on the period clock. At most, 30 seconds may pass before the next Jam begins. The period clock starts again at the Jam-Starting Whistle.

There are three types of timeouts:

1.3.1. Team Timeouts

Each team has may take three timeouts that they can take during the game. Team Timeouts may **only** be requested **only** by the team's Captain or **Designated** Alternate. **Penalized** Captains or **Designated** Alternates **currently serving a penalty** cannot request a Team Timeout. Team Timeouts last for 60 seconds.

1.3.2. Official Reviews

Each team Both teams begin the each period with one Official Review which they may use during that period. An Official Review is a formal request made by a team's Captain or **Designated** Alternate for Officials to review a specific officiating decision. **Captains or Alternates currently serving a penalty cannot request an Official Review.**

The only officiating decisions that can be the subject of an Official Review are those made:

- ~~e~~During the prior Jam; ~~or~~
- After the prior Jam; or
- ~~e~~During the ~~t~~Lineup ~~t~~Time preceding the prior Jam.

After the final Jam of a Period, an Official Review may be requested within 30 seconds of the conclusion of the Jam. This review may only result in an additional Jam under the conditions in Section 1.1.

Official Review Procedure

The Head Referee investigates the review with other Officials, and uses the information gathered to render a decision on the item under review, as well as related decisions. The Head Referee then announces their findings and any changes that result from the review to both teams' representatives. This decision is final and not reviewable.

Official Review Outcomes

If the Head Referee determines that an officiating error was made in relation to the situation under review, the team will retain the privilege to call an additional review later in the same period. The review can be retained in this manner only once per period. **Official Reviews (whether unused or retained) are not carried forward to the subsequent period.**

Official Reviews as Timeouts

A team may ~~also~~ elect to use **any of** their Official Reviews as a 60 second timeout ~~Team Timeout~~. In this case, the review will not be retained. ~~Penalized Captains or Designated Alternates cannot request an Official Review.~~

~~Official Reviews (whether unused or retained) are not carried forward to the subsequent period.~~

1.3.3. Official Timeouts

Officials may take a timeout ~~timeouts~~ in order to ensure that the game is running smoothly and correctly. ~~If the prior Jam ended with less than 30 seconds on the period clock, the fact that the Officials called a timeout will not necessarily result in another Jam occurring in the same manner that a Team Timeout or Official Review would. Instead, the Officials must determine whether or not there is reason to hold another Jam for that period.~~

If a Jam ends with less than 30 seconds remaining on the Period clock, and an Official Timeout is taken, Officials must determine if there is a reason to hold another Jam in that Period.

If the Officials determine that there is no reason to hold another Jam, both teams must be given an opportunity ~~a chance~~ to call a Team Timeout or Official Review (if they have any remaining). If they decline, the period will end.

1.4. Game Information

Critical game information must be displayed in a manner that is highly visible to Teams, Officials, teams, officials, and spectators. This displayed ~~critical game~~ information is considered official, and must include, at a minimum:

- The period clock
- The Jam clock
- The ~~o~~Official ~~s~~Score

Errors in timing or score should be updated as quickly as possible. If an error persists for an extended period of time, it should be corrected only if the correction itself would have minimal impact on the game.

1.5. Winning

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

1.5.1. Overtime

If the game ends with the score tied, the second period will be extended by at least one additional Jam. This Overtime Jam is like any other Jam, but with ~~two exceptions~~ these changes:

- The Lineup Time before the Jam is sixty seconds
- No Lead Jammer is declared
- Both Jammers begin scoring on their first trip through the Pack (each Jammer is in position to lap the opposing Blockers on their first earned pass of those Blockers)

More ~~Overtime Jams will be added~~ ~~Jams will be added in this manner~~ until a Jam ends with the score no longer tied.

2. Gameplay

2.1. The Track

The track must conform to the standardized dimensions of the WFTDA Track Specifications. (Figure 2.1)
The track must be flat, clean, and suitable for roller skating.

Boundary Lines

The track must be marked by a boundary that stands in high contrast to the floor. The boundary counts as part of the track (the boundary is "in bounds") and may not vary in width around the track. The track boundary, ~~the~~ Pivot Line, and ~~the~~ Jammer Line may be of any pattern or color so long as they clearly mark the edge of the track.

Penalty Box and Team Areas

Near the track, an area must be marked out for each team (the Team Bench Area) and for the Penalty Box. The boundary in these cases must also be high contrast and counts as part of the relevant area. For

example, the boundary for the Penalty Box counts as part of the Penalty Box. Only Skaters who are actively serving a penalty may enter the Penalty Box Area.

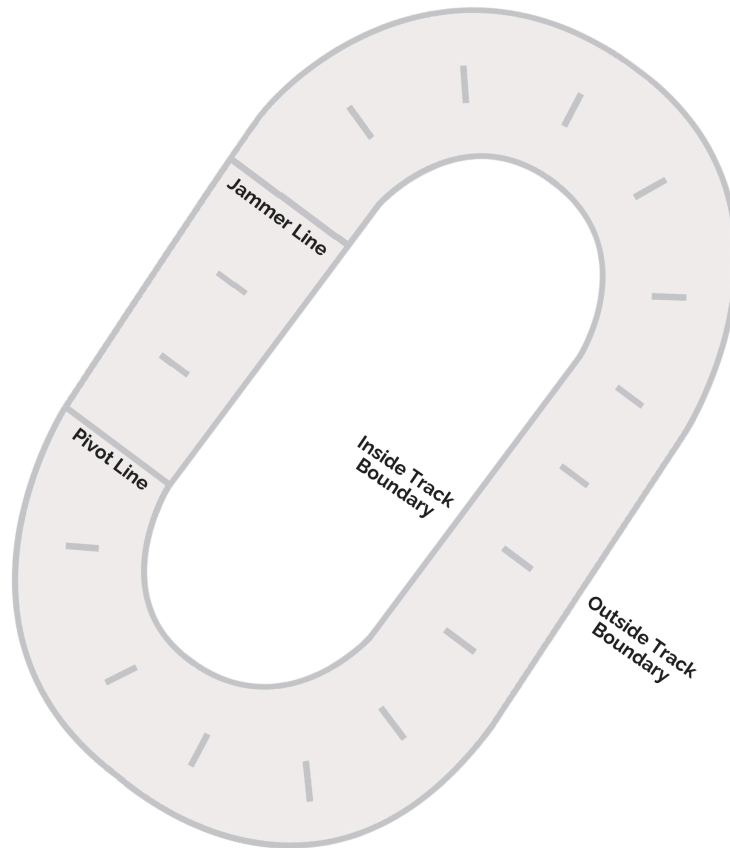


Fig. 2.1 The Track (Track Layout and Design
© 2002 Electra Blu/Amy Sherman, Texas Rollergirls, used here with permission)

2.2. Positions Skater Roles

For each Jam, a team must field one Jammer, and at most four Blockers. One of these Blockers may be designated as the Pivot **Blocker**. Any Skaters who are not completely on the track at the Jam-Starting Whistle may not participate in the Jam, and **thus** do not count toward these limits. Skaters serving penalties (in, or on their way to, the Penalty Box) are counted toward these limits. Teams must field at least one Blocker who is not serving a penalty. Skaters may not change **positions Roles** during a Jam, except in the case of a Star Pass (see below).

This following section regarding starting positions and false starts has been moved to 2.2.6.

~~When a Jam begins, the Jammers must be touching on or behind the Jammer Line. All Blockers must be behind the Pivot Line, ahead of the Jammer Line, and all Non-Pivot Blockers must not be touching the Pivot Line. If either Pivot is positioned touching the Pivot Line at the Jam's start, all Non-Pivot Blockers must be behind that Pivot's hips.~~

~~Any Skaters who are completely on the track, but partially illegally positioned (for example, a Jammer who is touching past the Jammer Line) are required to yield their position to all other Skaters in the immediate vicinity. Any Skaters who are wholly illegally positioned are immediately penalized. Blockers who are required to yield are not considered for Pack definition until they have done so. Jammers who are required to yield cannot earn passes until they have done so.~~

2.2.1 Jammers

The Jammer is denoted as the Skater in visible possession of the Jammer helmet cover (a.k.a. the Star) at the beginning of the Jam. ~~If a Skater is serving a penalty as their team's Jammer, no teammate may begin the Jam in possession of the Star or behind the Jammer Line. If there is neither a Skater serving a penalty as the Jammer nor a Skater with a visible Star, then the team has failed to field a Jammer for the upcoming Jam and will be penalized accordingly. Unless they are serving a penalty, the Jammer must start the Jam on or behind the Jammer Line. Jammers may be stopped or coasting, but may not be actively gaining speed in the counterclockwise direction at the Jam Starting Whistle.~~

Identification

The Jammer for the upcoming Jam is determined based on this order:

1. The Jammer from the previous Jam who is in, or en route to, the Penalty Box
2. The Skater who visibly controls the Star, who has lined up in the Jammer Starting Position.
3. The Skater who visibly controls the Star, who has lined up in Bounds, but out of position.

If no Skater from a team satisfies any items in this list, that team has not fielded a Jammer, and the Jam should not start. If multiple Skaters from a team satisfy the same item in the list, that team is acting in an illegal way, and the Jam should not start.

Controlling the Star

The Star may only be carried by the Jammer wearing it on their helmet, or by that team's Jammer or Pivot holding it in their grasp. Other Skaters may not control the Star, and the Jammer and Pivot may not hide the Star (~~examples include~~ for example, putting it in a pocket or hiding it in a uniform).

Jammer Privileges

The Jammer is the only Skater who can score points for their team (see Section 3). Jammers may also legally exit and remain outside of the Engagement Zone.

2.2.2 Lead Jammer

The Lead Jammer (Lead) is the first eligible Jammer who establishes superior position to the foremost in-play Blocker, having already earned a pass on all Blockers excluding those ahead of the Engagement Zone (see **Section 2.5**). When one Jammer is determined to be the Lead Jammer, this is indicated by two short whistle blasts. ~~If both Jammers qualify for Lead at the same moment (for example, the foremost Blocker goes Out of Play), the foremost Jammer at that moment will be declared Lead.~~

Lead Eligibility

~~Both Jammers begin each Jam eligible to earn Lead Jammer status during that Jam. A Jammer becomes ineligible to earn Lead during a Jam if they commit a penalty during that Jam or the lineup time before that Jam, exit the front of the Engagement Zone without having earned Lead on their initial trip, remove their helmet cover, or have their helmet cover removed by a teammate. If both Jammers qualify for Lead at the same moment (for example, the foremost Blocker goes out of play), the foremost Jammer at that~~

~~moment will be declared Lead.~~ Only Skaters who begin the Jam as Jammers may become Lead (~~so~~ a Pivot who receives the Star cannot become Lead).

Loss of Lead Jammer Status

The Lead Jammer will lose their Lead Jammer status if they commit a penalty, intentionally remove the Star once it is on, or have the Star intentionally removed from their head by a teammate. Lead Jammer status is maintained if the Star is removed via natural gameplay or is pulled off by an opponent.

Calling Off the Jam

The Lead Jammer is the only Skater who may call off a Jam before the full two minutes elapse. The Lead Jammer calls off the Jam by repeatedly placing their hands on their hips. The Lead Jammer retains the ability to call off the Jam even if they are not wearing the Star.

2.2.3. Pivot Blocker

The Pivot is a Blocker, and is denoted as the Skater in possession of the Pivot helmet cover (a.k.a. the Stripe) at the Jam-Starting Whistle. The Pivot wearing the Stripe with the stripe showing has several additional abilities that other Blockers do not.

- The Pivot may become their team's Jammer (see **Section 2.2.4**).
- The Pivot may control the Star (pick it up, move it, etc.) ~~even if they are not the Jammer; for example, to recover it and return it to the Jammer.~~
- The Pivot may begin a Jam while touching the Pivot Line.

When not wearing the Stripe with the stripe showing, the Pivot cannot utilize these additional abilities. ~~Only the Pivot may legally control or wear the Stripe. After a Star Pass, the former Pivot may continue to control the Stripe.~~

2.2.4 Passing the Star

A team's Jammer may transfer their **position Role** to their team's Pivot by successfully completing a legal Star Pass. A legal Star Pass requires the Jammer to hand the Star to their team's Pivot while both Skaters are ~~u~~**Upright**, ~~in-bounds~~ **In Bounds**, and ~~in-play~~ **In Play**; and while neither Skater is en route to, or ~~in-queue~~ **In Queue** for, the Penalty Box. Upon releasing the Star into the Pivot's grasp, the **position Role** of Jammer is transferred to the Pivot. The new Jammer takes over for the previous Jammer in terms of points scored, trips through the Pack, and Skaters passed. The previous Jammer becomes a Non-Pivot Blocker.

Illegal Star Passes

If the Star is passed illegally, both Skaters retain their existing **positions Roles**. This includes:

- Releasing the Star into the grasp of a Skater other than their Pivot
- Releasing the Star into the Pivot's grasp while either of the two Skaters is down, ~~e~~**Out of** ~~b~~**Bounds**, ~~e~~**Out of** ~~p~~**Play**, or en route to the Penalty Box
- Releasing the Star into the Pivot's grasp while the Pivot is **In Queue** ~~in-queue~~ for the Penalty Box (even if the Pivot is not yet en route)
- Releasing the Star into the grasp of a Pivot who is not wearing the Stripe

The initiator of an illegal Star Pass (~~or Star recovery~~) that impacts the game should be penalized.

Pivot Controlling the Star

If the Pivot comes into control of the Star ~~through an unsuccessful Star Pass or any other means (for example, by picking up a Star that has fallen to the floor)~~ by any means other than a legal Star Pass, they will be warned that they are not the Jammer. ~~Accordingly, the~~ This Pivot may not put the Star on their own helmet, but they may hold the Star in their hand, drop it, or return it to the Jammer. Only the Jammer or Pivot may recover or control the Star.

2.2.5. Blockers

All other Skaters are considered Blockers. Non-Pivot Blockers' ~~may not wear helmet covers or have any markings~~ helmets or helmet covers may not have any markings on their helmets that could be confused for the Stripe or the Star.

2.2.6. Skater Starting Locations

Skaters start each Jam in the following locations on the track:

- Jammers must be behind or touching the Jammer Line.
- Blockers must be behind the Pivot Line and ahead of the Jammer Line.
- Additionally, Pivots may be touching the Pivot Line.
- If either Pivot is touching the Pivot Line, all non-Pivot Blockers must be behind that Pivot.

Illegally Positioned Skaters

Any skater who is In Bounds at the start of the Jam but is touching entirely out of their designated starting location should be penalized.

False Starting Skaters

Skaters in the following states at the Jam starting whistle are considered to have committed a False Start:

- A fully In Bounds Skater who is touching both inside and outside their designated starting location.
- A non-Pivot Blocker whose hips are ahead of those of a Pivot who is touching the Pivot Line.
- A Jammer who is gaining speed in the counterclockwise direction at the Jam start.

False starting skaters are required to yield their position to all other Skaters in the immediate vicinity. Blockers who are required to yield are not considered for Pack definition until they have done so. Jammers who are required to yield cannot earn passes until they have done so.

2.3. Pack & Engagement Zone ~~& Pack~~

The Pack is the largest group of ~~in-bounds~~ In Bounds and ~~u~~Upright Blockers in proximity and containing members from both teams. If no single group of Blockers meets this definition, there is no Pack, even if there are multiple groups of the same size. Proximity is defined as not more than 10 ft (3.05m),

~~as measured from the hips~~, in front of or behind the nearest Pack Skater. When a Skater is penalized, they are considered to no longer be on the track for the purposes of Pack definition and relative position determinations.

Distances for determining the Pack and the Engagement Zone are measured as the shortest distance, parallel to the inside track boundary, between Skaters' hips.

Maintaining the Pack

It is the responsibility of all Blockers to maintain a Pack, and intentionally destroying the Pack is illegal.

When the Pack is moving counterclockwise, stopped, or has no established speed, clockwise skating which destroys the Pack is illegal.

Reforming the Pack

When there is no pack, All Blockers from both teams must act to reform a Pack. For Skaters in the rear group, this includes stepping or skating in the counterclockwise direction. For Skaters in the front group, this includes coasting, braking, or coming to a complete stop.

If an immediate action is not sufficient to reform the Pack, additional effort is required. If a Blocker is in the rear group, they must accelerate (until sprinting) toward the front group until a Pack is reformed (coasting, stepping slowly, or stepping in an only somewhat-counterclockwise direction are insufficient), but they may slow in order to avoid unsafe contact when the Pack reformation is imminent. If a Blocker is in the front group, they must actively brake until they come to a complete stop (coasting is insufficient), but they are not required to skate clockwise.

Blocking Without a Pack

Blocks on or by Blockers which have impact while there is no Pack should be ~~immediately~~ penalized.

Engagement Zone

The Engagement Zone is the area in which it is legal for Blockers to engage or be engaged. The Engagement Zone extends forward and backward 20 ft (6.10m) from the foremost and rearmost Pack Skaters, respectively. Any Blocker outside of the Engagement Zone is ~~e~~Out of ~~p~~Play and cannot engage or be engaged.

Returning to the Engagement Zone

Blockers who are outside of the Engagement Zone will be warned, and will be penalized if they do not immediately attempt to return to the Engagement Zone. Blockers ahead of the Engagement Zone are only compelled to skate clockwise to return to the Engagement Zone if the Pack is stopped or moving clockwise.

Blocking while Out of Play

Skaters who are illegally blocked while ~~e~~Out of ~~p~~Play may legally counter-block, but may not initiate new blocks or continue blocking beyond what is necessary for safety.

Blocking while Out of Bounds

Skaters who are blocked while completely ~~o~~Out of ~~b~~Bounds may actively absorb the block, but may not continue counter-blocking beyond that, and may not initiate a new block.

The following rule about measuring distances has been moved to the beginning of 2.3 above.

~~Distances for determining the Pack and the Engagement Zone are measured as the shortest distance, parallel to the inside track boundary, between Skaters' hips.~~

2.4. Blocks and Assists

~~"Blocking" refers to any physical contact made to an opponent, and to any movement or placement of one's body to impede said opponent's speed or movement, during a Jam, whether or not contact is made.~~

During a Jam, 'Blocking' refers to any attempt at making physical contact to impede an opponent's speed or movement, whether or not contact occurs. 'Positional Blocking' refers to any attempt to position oneself so that an opponent's speed or movement is impeded without the use of contact, whether or not the action is successful.

Initiation

All contact between opponents has an initiator., ~~though it~~ It is possible for two or more Skaters to mutually initiate blocks against one another.

2.4.1. Target Zones

It is only legal to initiate a block to an opponent's chest, front and sides of the torso, arms, hands, hips, and the front and sides of the legs above mid-thigh.

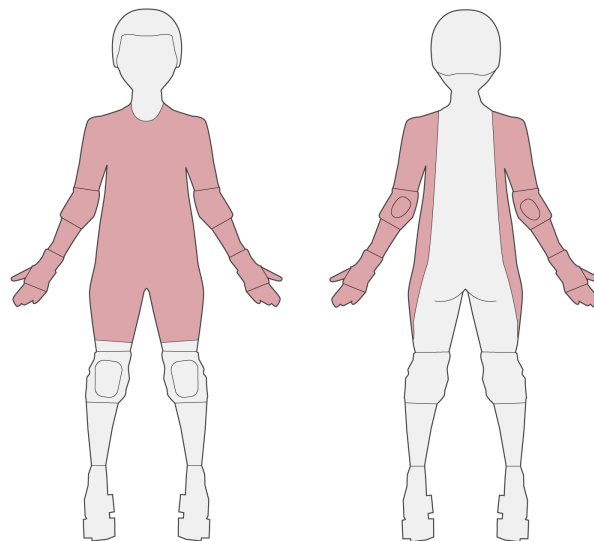


Fig. 2.2 Legal Target Zones

2.4.2. Blocking Zones

It is only legal to initiate a block using one's torso, arms above the elbow, and legs above mid-thigh.

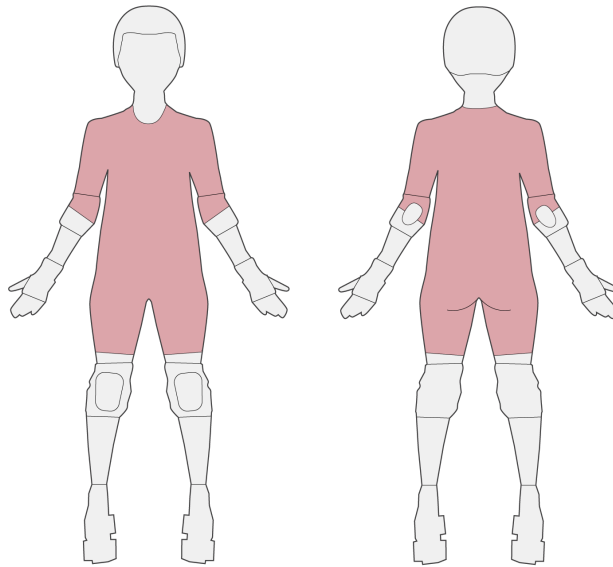


Fig. 2.3 Legal Blocking Zones

2.4.3. Counter Blocking

Counter-blocking is any movement towards an oncoming block by the receiving Skater designed to counteract an opponent's block. Counter-blocking is blocking. Actions that meet the above description are considered blocking, even if accidental. Contact made to teammates is not considered blocking even if it is a disadvantage to the initiator or teammate.

2.4.4. Illegal Blocks and Assists

Skaters may not block or assist while eOut of bBounds, eOut of pPlay, down, stopped, or moving clockwise. Skaters also may not initiate a block on an opponent who is down, eOut of pPlay, or fully eOut of bBounds. Skaters may, however, initiate a block (or assist) on someone who is straddling, stopped, or moving in any direction (even clockwise). Skaters may not assist a teammate who is eOut of pPlay or fully eOut of bBounds; however, they may assist a downed teammate to return them in returning to an uUpright position.

2.5. Passing

Skaters gain superior position on other Skaters by passing them in the counterclockwise direction.

Passing another Skater refers to moving such that one Skater's center of mass (as demarcated by their hips) moves from behind another Skater's center of mass to ahead of it.

Earned Passes

Jammers only "earn" a pass if the pass occurs while the Jammer is wearing the Star on their helmet with the stars showing. ~~All earned passes count as passes. Passes are only "earned" if:~~ **and:**

- The Jammer is uUpright and in-bounds during the pass, or

- Another Skater skates behind the in-bounds Jammer, giving up their position

All earned passes count as passes.

Not on the Track Points

As soon as a Jammer earns a pass on an opposing Blocker, they also earn a pass on any **opponents Blockers who are "not on the track"** – meaning that they are not part of active gameplay for some reason – and who cease to be part of active gameplay prior to the completion of the Jammer's scoring trip. This includes a Skaters who:

- ~~Is~~ Are sent to or serving time in the Penalty Box
- Leaves the track due to injury
- Leaves the track temporarily to fix equipment or skates
- ~~Was Were~~ not part of the Jam in the first place (because their team did not field the maximum number of Skaters)
- Returns to active gameplay behind the Jammer

Airborne Passes

A Skater who passes someone while airborne is considered to be "in bounds" if they are **in-bounds In Bounds** when they leave the floor and the first contact they make upon landing is **in-bounds In Bounds**. A Skater who passes someone while airborne is considered to be "upright" if the Skater is ~~u~~Upright when they leave the floor, and if the first contact they make upon landing is with **any part of** their skate to the ~~track~~ floor.

3. Scoring

3.1. Earning Points

Jammers score one point every time they lap an opposing Blocker. A Jammer laps a Blocker if they pass that opponent twice in a row (without that opponent having passed that Jammer), but score a point only if the lapping pass is earned (see **Section 2.5**). If an opponent is lapped but a point is not scored (because the lapping pass was not earned), the Jammer may yield position to that opponent and re-pass them, earning a pass, to score on that opponent.

Only Blockers can be scored upon. All Blockers are considered to be on the same trip, including former Jammers who have passed the Star.

3.2. Scoring Trips

Points are grouped by trips through the Pack. One trip through the **Pack** ends, and the next begins, when the Jammer exits the front of the Engagement Zone (or, if no Pack can be defined, when the Jammer is more than 20 ft ahead of the foremost in-bounds member of the previous Pack). Upon completion of a trip through the Pack, the Jammer's score for that trip can no longer be altered by **dropping back to re-pass any opponents the Jammer did not score upon on that trip** returning to the previous trip. When a Jam ends, whatever trips the Jammers were on are considered to have been completed by the Jam ending.

Returning to the Previous Trip

If a Jammer enters the Engagement Zone from the front, they return to their previous trip until they exit the Engagement Zone from the front again. A Jammer cannot, however, fall behind by more than one trip. Whenever a Jammer exits the Engagement Zone from the front, they return to their latest trip. If a Jammer falls behind their initial trip through the Pack, passes on Blockers do not count toward scoring or lapping until they return to their initial trip through the Pack.

~~When a Jam ends, whatever trip the Jammers are on is considered to have been "completed" by the Jam ending.~~

3.3. Scoring Avoidance

Opponents can only avoid being scored upon by remaining ahead of the Jammer, or by ensuring that when they are passed, the pass is not earned.

Blockers Unable to Be Passed

If a Jammer completes a trip through the Pack without the opportunity to earn a pass on an opponent, the Jammer ~~is said to have earned~~ earns a pass on that opponent. This includes but is not limited to:

- Opponents who are ahead of the Engagement Zone when the Jammer completes their trip through the Pack by exiting the front of the Engagement Zone
- Opponents who are ahead of the Engagement Zone at the end of the Jam when the Jammer is on a scoring trip and ahead of the rearmost Pack Blocker
- Any Not-on-the-Track Point (see **Section 2.5**) that the Jammer cannot earn because they complete their trip through the Pack without the opportunity to earn a pass on **any** opposing Blocker (which would earn them a pass on the off-the-track opponents)
- Opponents who are ~~e~~Out of ~~p~~Play behind the Pack, if a Jammer reenters the track from the Penalty Box in front of that Blocker

Jammers Unable to Score Points

If a Jammer renders themselves unable to score points—for example, by committing a penalty or by removing the Star—any ~~not-on-the-track~~ **Not-On-the-Track** points they would have earned while unable to score are earned once they become able to score again. If an opponent's action renders the Jammer unable to score—for example, a Jammer who is blocked ~~e~~Out of ~~b~~Bounds—the Jammer continues to score Not-On-the-Track points as usual.

3.4. Penalized Jammers

When a Jammer is penalized, they are considered to no longer be on the track (even if they are physically still on the track). Accordingly, a penalized Jammer cannot earn passes on any further opponents until that Jammer completes their penalty. Upon release from the Penalty Box, a Jammer returns to the same trip through the Pack, having scored on (and/or being in position to score on) the same Blockers.

3.5. Errors in Scoring & Score Reporting

The Official Score is that which is reported and visible to teams, Officials, and spectators.

Errors with Points Awarded Incorrectly

If a point is awarded (or denied) in error, or if a Jammer Referee has reported a score incorrectly, the score may be corrected no later than the end of the Jam after the one in which the error occurred. If there are fewer than 2 minutes in the game remaining on the period clock, score corrections must be made before the start (rather than the end) of the Jam after which the error occurred.

See [Points Awarded in Error](#) and [Points Denied in Error](#)

Errors with Points Awarded Correctly

However, points awarded (or denied) correctly, given the information available at the time, may not be taken away (or awarded) later. For example, a Jammer who exits the Engagement Zone and is awarded four points has earned those points, even if upon review they were found to have committed a penalty two trips prior (and thus would not have been able to earn those points).

~~See [Points Awarded in Error](#) and [Points Denied in Error](#)~~

4. Penalties

When a Skater commits a rule infraction or a foul, a penalty may be assessed as a punishment, handicap, or loss of advantage. Penalties are applied to both a Skater and the [position Role](#) that Skater is currently playing.

Officials signal and enforce penalties and warnings as they occur during a game. Penalties should not be assessed for actions that have little to no impact on the game or the Skaters.

The following types of penalties are addressed in detail in the sections listed below and in the Rules of Flat Track Roller Derby Casebook. These sections hold specific examples that are to be followed explicitly.

Illegal actions that do not fall cleanly into one of the categories below should be penalized using these descriptions and examples as guidelines.

Opponent's Illegal Action

If one Skater's illegal action causes an opponent to unavoidably commit another illegal action, the opponent will not receive a penalty for the unavoidable illegal action. The initial Skater should be penalized if the initial illegal action has sufficient impact on the game.

4.1. Contact Penalties

Gaining position on an opponent, or causing an opponent to lose position to another teammate, due to illegal contact is always considered to have sufficient impact on the game.

Star Passes ~~can~~ **may** only be blocked by legal means. Skaters who prevent a Star Pass using illegal contact should be penalized.

4.1.1. Impact to an Illegal Target Zone

Making contact to an Illegal Target Zone should be penalized based on the impact it has on the target (see **Section 2.4.1**).

Illegal Target Zones

Illegal Target Zones include:

- Back of the body, including the back of the buttocks and the back of the thighs
- Head, down to the collarbone
- ~~Below mid-thigh~~ Legs, from below mid-thigh to the wheels of the skate

Illegal Target Zones Penalized Regardless of Impact

For safety reasons, avoidable forceful contact to the back, or any forceful contact to the head or neck should be penalized regardless of impact.

Initiation with an Illegal Target Zone

A Skater suddenly presenting an Illegal Target Zone to an opponent, giving that opponent no reasonable opportunity to avoid illegal contact, is considered to be initiating with that target zone.

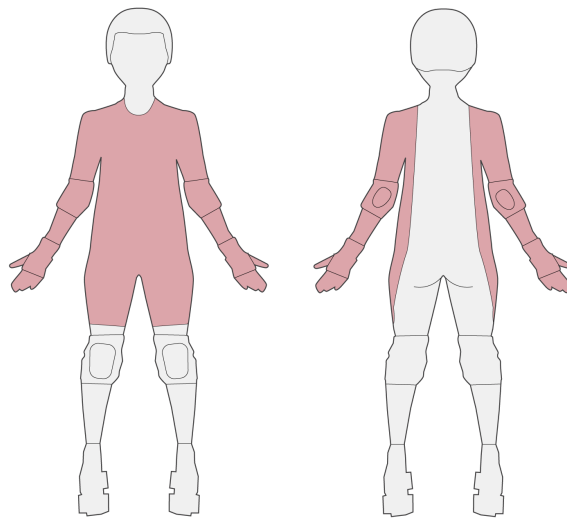


Fig. 4.1 Legal Target Zones

4.1.2. Impact with an Illegal Blocking Zone

Making contact with an Illegal Blocking Zone should be penalized based on the impact it has on the target (see Section 2.4.2).

Illegal Blocking Zones

Illegal Blocking Zones include:

- Head, down to the collarbone
- Forearm, from the point of the elbow to the fingertips
- Legs, from below mid-thigh to the wheels of the skate

Forearms are considered a Legal Blocking Zone when they are held close against the initiator's torso.

Illegal Blocking Zone Impact Examples

~~Using an Illegal Blocking Zone also has sufficient impact to warrant a penalty if:~~ Examples of sufficient impact to warrant a penalty from using an Illegal Blocking Zone include, but are not limited to:

- The contact puts an opponent significantly off balance;
- The contact significantly alters an opponent's trajectory or speed (for example, significantly holding them back);
- The contact with an opponent allows the Skater to maintain an in-bounds position (that otherwise would not have been maintained); or

- The contact with an opponent allows the Skater to maintain an **Upright** position (that otherwise would not have been maintained).

The following rule regarding illegal blocking zones was moved above.

~~Illegal Blocking Zones include:~~

- ~~• Head, down to the collarbone~~
- ~~• Forearm, from the point of the elbow to the fingertips~~
- ~~• Legs, from below mid thigh to the wheels of the skate~~

Illegal Blocking Zones Penalized Regardless of Impact

The following rule regarding forceful strikes has moved to section 4.1.5.

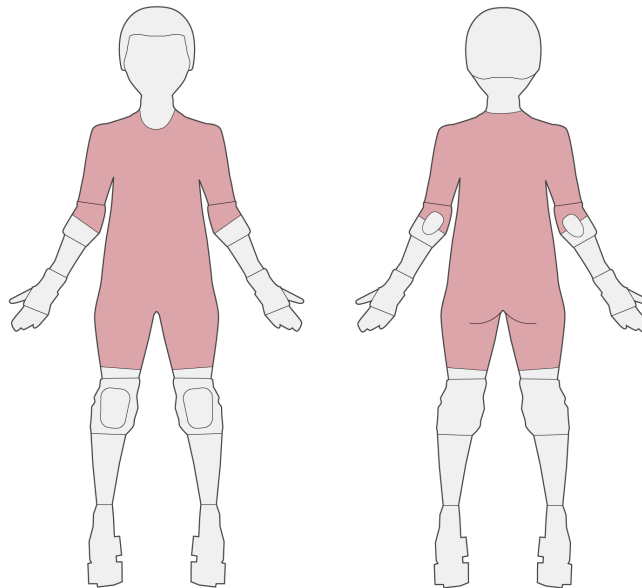
~~For safety reasons, any forceful contact initiated with the head or neck, intentional use of the head or neck to positionally block, or intentional and forceful jabbing with elbows or strikes with knees should be penalized regardless of impact.~~

The following types of contact/blocks should be penalized regardless of the impact on the Target:

- Forceful contact initiated with the head or neck;
- Intentional use of the head or neck to positionally block.

The following rule regarding forearms tucked against the body was moved above.

~~Forearms are considered a Legal Blocking Zone when they are held close against the initiator's torso.~~



4.1.3. Other Illegal Contact

Initiating a block is legal when a Skater is moving counterclockwise, **in-play In Play**, **uUpright**, and **in bounds In Bounds** during a Jam using Legal Contact Zones. ~~Other contact may be dangerous because it is unexpected.~~

Accordingly, Skaters cannot initiate a block while down, **eOut of bBounds**, **eOut of pPlay**, airborne, stopped, or skating clockwise. Skaters also cannot initiate a block on opponents who are down, fully **eOut of bBounds**, or **eOut of pPlay**. Skaters may initiate a block on an opponent who is straddling the track boundary, stopped, or skating clockwise.

Actively maintaining a stopped position which impedes an opponent should be penalized regardless of the initiator of the contact.

Initiation of assists should be held to the same metrics as that of blocking, with the exception of assisting a downed teammate to return to an **uUpright** position.

4.1.4. Multiplayer Blocks

Skaters may not form a wall by linking with or grasping a teammate, or otherwise forming an impenetrable connection. This action warrants a penalty if an opponent attempts to get between them and fails to do so due to the illegal formation.

4.1.5. Unsporting Contact

Some contact is considered unsporting, either because it falls outside the boundaries of expected normal gameplay or is inherently unsafe. Examples of such actions are:

- Pinning an opponent, such as between an appendage and the body or by hooking a limb around an opponent's limb;
- Engaging in dangerous and illegal actions that pose a substantial hazard to oneself or another;

Legal means of blocking do not include pinning or holding an opponent, even if the contact is made using legal Blocking Zones. Skaters who restrict opponents in this way should be penalized based on how the contact impacts a receiver's safety.

4.2. Game Structure Penalties

When the basic rules of the game are violated in a manner that would give a team an advantage, the individual or team who violates the rule should be penalized.

A team gains advantage if an illegal act results in:

- An opponent becoming (or remaining) unable to block
- A gain of position or a teammate's gain of position
- The game flow being altered

4.2.1. Illegal Positioning

Failure to Maintain a Pack

~~Since all Blockers are unable to block when a Pack cannot be defined, if~~ If a Skater's illegal action destroys the Pack, or if a Skater's actions prevent or delay the reformation of a Pack, that Skater should be penalized.

Skaters in an Unblockable Position

It is illegal to adopt or maintain a position in which one cannot be blocked. Skaters may not intentionally leave the track, nor may Blockers intentionally leave the Engagement Zone. While there are many legal actions that would cause a Skater to be put into an illegal position (for example, ~~e~~Out of ~~b~~Bounds or ~~e~~Out of ~~p~~Play), intentionally adopting such a position ~~should be penalized~~ is illegal. It is legal for Jammers and Pivots to either leave the track or adopt a down position to retrieve a ~~an out-of-bounds~~ helmet cover. A Skater who is illegally positioned must immediately act to regain a legal position.

Skaters With Reason To Believe They Are Legally Positioned

If a Skater has reason to believe that they are legally positioned (even though they are not), or has reason to believe that they cannot legally return to a legal position, they must be warned before being assessed a penalty for failing to return to a legal position.

Skaters Illegally Positioned at Jam Start

If a Skater is not legally positioned at the start of a Jam, the Skater should immediately ~~y~~ield position to everybody in the vicinity. Failing to do so after a warning is considered to be intentionally maintaining an illegal position and should be penalized ~~accordingly~~.

4.2.2. Gaining Position

It is illegal for a Skater to use the out-of-bounds area to gain position on someone who is ~~u~~pright and ~~in-bounds~~ In Bounds. This action is referred to as "cutting the track." Skaters who are ~~e~~Out of ~~b~~Bounds must return ~~in-bounds~~ In Bounds behind any ~~u~~pright and in-bounds Skater who they were behind when they left the track. The position of downed Skaters is not assessed until they are ~~u~~pright.

If there is a Pack, Skaters who are ~~e~~Out of ~~b~~Bounds may return ~~in-bounds~~ In Bounds in front of any out-of-play ~~Skaters~~ Blockers. If there is no Pack, Skaters who are ~~e~~Out of ~~b~~Bounds may return ~~in-bounds~~ In Bounds in front of any ~~Skaters~~ Blockers more than 20 ft (6.10 m) from the last defined Pack.

Cutting one single teammate does not have enough impact to warrant a penalty.

Skaters Returning to the Track

Skaters who intentionally, but legally, leave the track (examples include to report to the Penalty Box or to fix equipment) must return to the track behind all in-play Blockers. If there is no Pack, they must return to the track behind all Blockers within 20 ft (6.10 m) of the last defined Pack. Skaters returning to the track from the Penalty Box must do so without illegally gaining position.

Skaters Out of Bounds Due to a Block

If a Skater is put ~~e~~Out of ~~b~~Bounds due to an opponent's block, the Skater must return ~~in-bounds~~ In Bounds behind that opponent, even if the Skater was in front of the opponent before being blocked. That opponent gives up this advantage if they go down, ~~e~~Out of ~~b~~Bounds, or ~~e~~Out of ~~p~~Play (or more than 20 ft [6.10 m] from the last defined Pack if there is no Pack) prior to the Skater reentering the track. Skaters other than the initiator of the block are able to reestablish their superior position if they are ~~u~~Upright, ~~in~~bounds In Bounds, and ~~in-play~~ In Play before the Skater returns to the track.

Ceding Illegal Position

Skaters who illegally reenter the track may immediately ~~e~~Cede by returning ~~f~~Fully ~~e~~Out of ~~b~~Bounds. ~~Cutting one single teammate does not have enough impact to warrant a penalty.~~

4.2.3. Interfering with the Flow of the Game

All efforts should be made by teams and Officials to ensure that the period clock runs according to the rules of the game, and that Jams start and end as specified in the rules. Any inappropriate action that interferes with the game—including causing the period clock to stop, preventing a Jam from starting, or ending a Jam prematurely—should be penalized.

Examples of inappropriate actions include, but are not limited to:

- Penalized Skaters not in the Penalty Box at the Jam start
- Skaters queued for the Penalty Box not on the track at the Jam start
- No Blockers from one team on the track at the Jam start
- All Blockers from one team entirely out of position at the Jam start
- Either team not fielding a Jammer for the Jam
- A team fielding too many Skaters during a Jam which results in an advantage that cannot be removed by the removal of the extra Skater(s)
- A team successfully requesting a Team Timeout when they have none remaining
- A team member who is neither the Captain nor the ~~Designated~~ Alternate successfully requesting a Team Timeout or Official Review

Officials and Skaters should work together to ensure that the game flows according to the rules.

4.2.4. Other Illegal Procedures

Skaters who violate the rules of the game should be penalized if the violation has a significant impact on the game. Examples of this are listed in the Rules of Flat Track Roller Derby Casebook; however,

Skaters and Officials should work to ensure that the rules are followed as swiftly as possible, and to rectify any illegal or potentially illegal play before it has sufficient impact on the game to warrant penalization. Nevertheless, if a technical violation by one team results in an advantage, this should be penalized.

4.3. Penalties for Unsporting Conduct (Misconduct)

All participants in a game of roller derby must be respectful of one another. This includes but is not limited to Skaters, Team Staff, Officials, mascots, event staff, and spectators. When Skaters or Team Staff behave in an unsporting manner, their misconduct should be penalized accordingly.

Misconduct can take many forms and does not have to be intentional to be considered unsporting. Examples include, but are not limited to:

- Deceiving or ignoring Officials
- ~~Engaging in dangerous and illegal actions that pose a substantial hazard to oneself or another~~
- Disrespectful contact ~~or conduct directed at another participant to an Official~~
- Forceful contact ~~which~~ to an Official, where that contact is negligent or avoidable
- Being abusive toward another person
- Failure to abide by Governing Body policies during the game pertaining to Skaters, Team Staff, and the immediate play area

Actions which seriously undermine the legitimacy of the sport or display a lack of respect for the sport, its execution, and those who contribute to it may also be penalized.

4.4. Enforcing Penalties

Upon completion of the correct verbal cue and hand signal from an Official, the penalized Skater must immediately leave the track. Upon sitting in any seat in the Penalty Box, the Skater's penalty time begins. Skaters serve 30 seconds of Jam time for each penalty assessed to them. The final 10 seconds of their penalty time must be served while standing.

- If a Skater stands early, their time stops until they are seated again.
- If a Skater does not stand in a manner that makes it clear to Officials, Skaters, and spectators that they are serving their final 10 seconds, their timing stops until they stand.

~~If a Skater sits in the Penalty Box between Jams, their time does not start until the beginning of the following Jam.~~ Penalties are only timed while a Jam is in progress. Penalty timing is paused between Jams, and timing for Skaters who sit between Jams does not begin until the start of the following Jam.

The following rule regarding skaters unable to serve a penalty was moved to 4.4.3 below.

~~If a Skater is assessed a penalty but unable to serve it—for example, due to an injury or an equipment malfunction—a substitute may serve in their place once the Jam ends. In this case, the Skater who was unable to serve their own penalty may not skate for the following three Jams.~~

The following rule regarding protective gear was moved to 4.4.4. below.

~~Skaters may remove their mouthguard, but no other protective gear, while seated in the Penalty Box. Skaters must replace their mouthguard prior to leaving the Penalty Box.~~

Nobody may enter the Penalty Box except for Officials, and Skaters who are serving penalties.

4.4.1. Penalty Enforcement for Blockers

No more than two Blockers for the same team may sit in the Penalty Box at the same time. If a third Blocker reports to the Penalty Box while two Blockers for their team are seated, the third Blocker will be placed ~~in-queue~~ **In Queue** and instructed to return to play. If a Blocker is standing in the Penalty Box, another Blocker may sit in the open seat.

A Blocker ~~in-queue~~ **In Queue** may return to the Penalty Box when there is space in the Penalty Box, unless doing so would destroy the Pack. A Blocker must immediately return if instructed to do so by an Official. Once a Blocker ~~in-queue~~ **In Queue** returns to the track, they should be treated like any other unpenalized Blocker.

4.4.2. Penalty Enforcement for Jammers

A Jammer may have their penalty time shortened if the other Jammer also receives a penalty. In this case, the two Jammers serve as little time as possible so long as:

1. The two Jammers serve an equivalent amount of penalty time, per penalty
2. Whenever possible given point 1, there is at least one Jammer who is not serving a penalty

Jammers who are to be released due to the other Jammer sitting should be released immediately once the other Jammer sits. **If both Jammers sit simultaneously, they will both be released immediately.**

Jammers Seated Between Jams

If one Jammer sits between Jams, the other Jammer should be released at the start of the next Jam. ~~If both Jammers sit simultaneously, they will both be released immediately.~~ If both Jammers sit between Jams, they should be released at the start of the next Jam.

Jammers Sent to the Box with No Opposing Jammer

If a Jammer is sent to the Box when there is no opposing Jammer (for example, because the opposing Jammer has an equipment malfunction), the Jam will end once the Jammer is seated. This ensures that there is one Jammer who is not serving a penalty.

4.4.3 Skaters Unable to Serve Penalties

If a Skater is assessed a penalty but unable to serve it—for example, due to an injury or an equipment malfunction—a substitute may serve in their place once the Jam ends. In this case, the Skater who was unable to serve their own penalty may not skate for the following three Jams. (See **Section 1.2**)

4.4.4 Protective Gear in the Penalty Box

Skaters may remove their mouthguard, but no other protective gear, while seated in the Penalty Box. Skaters must replace their mouthguard prior to leaving the Penalty Box.

4.5. Fouling Out & Expulsions

Foul Outs

When seven penalties are recorded for a Skater, that Skater fouls out of the game. This includes penalties assessed to a Skater on behalf of someone else (examples include penalties assessed to a Captain or a Blocker on behalf of their team).

Expulsions

Expulsions are a way to penalize a Skater or Team Staff who has committed an act that is sufficiently dangerous or unsporting as to remove the individual from the game for that action alone. Negligent, intentional, or reckless actions should be considered for expulsion independently of their impact. A substitute must serve the penalty for an expelled Skater. If a Non-Skater is expelled, the team's Captain will serve the penalty when possible (as a Blocker), but no penalty will be recorded for the Captain.

The Head Referee is the only Official with the authority to expel a Skater, manager, coach, or similar Team Staff. Other Officials may recommend expulsions to the Head Referee.

Timing Skaters Removed From Play

In the event that a Skater is to be removed from play (either due to fouling out or expulsion), that Skater's penalty time should begin as soon as possible. Timing for a fouled-out Skater begins when either the Skater (or an appropriate substitute between Jams) is seated in the Penalty Box, or after the foul out is confirmed between Officials during the Jam. If a Skater is removed from the game mid-Jam, their penalty will be timed as if a Skater were seated even though there is no Skater formally in the Box.

In the event a Skater is to be removed from play mid-Jam and would be In Queue upon reporting to the Penalty Box, that Skater should not be instructed to return to play. Instead, they should be instructed to remain standing beside the Penalty Box until a seat opens and their penalty time can begin.

Substitutions for Skaters Removed from Play

If the Jam ends before the time is complete, the Skater's team must be given the opportunity to substitute a different Skater to serve the remainder of the penalty in the same ~~position~~ Role as the removed Skater. Substitutions may not occur during the Jam in which the Skater is removed.

~~The Head Referee is the only Official with the authority to expel a Skater, manager, coach, or similar Team Staff. Other Officials may recommend expulsions to the Head Referee.~~

5. Officiating

5.1. Staffing

Each game must staff enough on-skates Officials (Referees) to effectively track the following information in real time:

- The location of the Pack and Engagement Zone
- Which Blockers are ~~o~~Out of ~~p~~Play
- Who the Jammers are
- Which Jammer (if any) is Lead Jammer
- How many points each Jammer has scored

One Referee is designated the Head Referee. In addition to their authority on matters such as communications with Teams and expulsions, it is also the Head Referee's responsibility to oversee the safety of all participants during a game. In instances where a Skater has repeatedly proven to be a significant safety concern to themselves or others on the track, the Head Referee may use their discretion to remove that Skater from play, without the necessity of an expulsion.

5.1.1. Distinction

Referees are responsible for assessing and enforcing penalties, must be on skates, and must be uniformed in a manner that clearly identifies them as Referees. Referees must be distinguishable from each other; for example, by displaying a name or number on their uniform.

5.1.2. Requirements

Each game must also staff enough Officials to effectively track the state of the game such that the rules can be enforced in real time. The number, role and positioning of Officials may vary based on available technology and the limitations of the venue, but the following information must be available upon request:

- The Official Score
- The Official Jam Time
- The Official Period Time
- Which Skaters have been assessed how many penalties, and which have been served

- Which Skaters are not allowed to skate (for example, due to expulsion, fouling out, or having a Jam called for their injury)
- How long a given Skater has been seated for each penalty

Individual Officials may be assigned to multiple tasks so long as this does not threaten the accuracy of the above information.

5.2. Duties

All Officials are responsible for keeping the game running safely and smoothly by ensuring that the rules of the game are followed. This includes but is not limited to:

- Ensuring that each team has an acceptable number of Skaters on the track
- Ensuring that each team has an acceptable number of Skaters in certain positions on the track
- Ensuring that the game is played legally
- Timing Jams, periods, penalties, and the time between Jams (including timeouts and reviews)
- Signaling the starts and ends of Jams
- Signaling who is the Lead Jammer
- Signaling how many points each Jammer earns on each trip through the Pack
- Informing Skaters and Team Staff of the state of the game when asked (to the best of their ability given the constraints of their responsibilities)
- Calling Official Timeouts when additional time is needed; this may include a need to ensure that:
 - Game information has been correctly recorded
 - Gameplay is safe
 - Injured Skaters have been taken care of
 - The teams are informed regarding anything out of order

Officials may call off Jams at their discretion. Reasons may include but are not limited to injury, technical difficulty, interference in a Jam by spectators or other Skaters, unsafe play, or illegal play that cannot be rectified via penalty assessment.

5.3. Communication Between Skaters & Officials

All communication between Skaters, Team Staff, and Officials must be respectful. [The Head Referee may, at their discretion, limit the extent to which Skaters may communicate with Officials.](#)

Communication of In Play Status

Officials should provide any information necessary for a Skater to know whether they are ~~in-play~~ In Play, including the location of the Pack. Skaters who reasonably believe that they are ~~in-play~~ In Play should not be penalized for technical infractions that pertain to being ~~Out of~~ Play, unless such a warning has been given (examples include failure to return to play, to reform a Pack, or to ~~Yield~~ after committing a false start).

Erroneous Official Communication

If an Official provides erroneous information to a Skater, the Skater will not be penalized for actions taken based on that information. For example, if a Penalty Box Official releases a Skater early, the Skater will not be penalized for leaving once released. Likewise, if a Jammer calls off a Jam while their Jammer Referee is indicating that they are the Lead Jammer, said Jammer will not be penalized for calling off the Jam illegally, even if they are not in fact Lead. An absence of information provided (for example, an Official not providing a warning) is not considered erroneous.

~~The Head Referee may, at their discretion, limit the extent to which Skaters may communicate with Officials.~~

5.4. Assessing Penalties

All Referees may assess penalties to Skaters for illegal actions that have impact on the game.

Non-Skating Officials may assess penalties that are relevant to their ~~position~~ role as an official in the game, unless prohibited from doing so by the Head Referee. Officials will use their judgment under the guidelines set forth in the Rules of Flat Track Roller Derby Casebook.

~~They must do so~~ Penalties must be assessed as soon as possible and at a volume sufficient to be heard by the penalized Skater and relevant Officials given the constraints of the venue. Until this has occurred, nobody is required to behave as if the Skater has been penalized.

Certainty Required to Assess Penalties

No penalty should be assessed unless the Official is certain that the penalty is warranted. If Officials cannot agree on whether an action warrants a penalty, the Head Referee's decision is final.

Assessing Penalties to the Only Blocker from a Team on the Track

If the only Blocker from a team who is on the track commits a penalty, the Blocker should not be sent off the track until another Blocker from their team rejoins the Pack.

Penalties With Uncertain Recipients

If a penalty is warranted, but it is not clear to whom the penalty should be assessed, an Official should assess the penalty to the nearest Blocker from the appropriate team if the action is committed mid-Jam, or

to the team's Captain if the action is committed between Jams. If an Official is not certain which team is responsible, no penalty should be assessed.

Penalties Assessed to Off Skates Staff

If off-skates Team Staff commit a penalty, the penalty should be assessed to the appropriate team's Captain.

Penalties Assessed to Team Captains

If a penalty is assessed to the Captain due to the fact that they are Captain, they will serve the penalty ~~as a~~ **Blocker in a following Jam** in the next jam in which they are able to serve as a Blocker.

Glossary

Some words or concepts used in this ruleset hold a specific or technical meaning; those are defined in this section. Any words used in the rules that are not defined herein should be treated as colloquial use. If more than one reasonable interpretation of a colloquial term exists that has measurable impact on the game, it will be determined by consensus of the Officials for that game.

Actively Absorbing

Any movement toward oncoming contact intended only to protect the recipient of the contact.

Ahead

One thing (for example, a Skater, a line, the Pack) is "ahead" of another thing, in relation to the track, if it is nearer in the counterclockwise direction than the clockwise direction ([see also Behind](#)).

Designated Alternate

The Captain designates an additional person to act on their team's behalf via a visible "A" on their uniform or body; this person is the **Designated** Alternate. The **Designated** Alternate may be a teammate, coach, or manager. A team may only have one **Designated** Alternate. If one has not been selected or has left the game, the Captain may designate a different Alternate by informing the Head Referee.

Apex Jump

An attempt to legally shorten the distance traveled around the curve of the track by leaping over the track boundary and landing back ~~in-bounds~~ **In Bounds**.

Assist

Physically affecting a teammate. Common examples include a push or a whip.

Behind

One thing (for example, a Skater, a line, the Pack) is "behind" another thing, in relation to the track, if it is nearer in the clockwise direction than the counterclockwise direction ([see also Ahead](#)).

Blocker

The **positional** Skaters who form the Pack. Up to four Blockers from each team may skate, per Jam. One Blocker per Jam, for each team, may be a Pivot **Blocker**.

Blocking Zones

Areas of the body that may be used to hit an opponent when performing a block.

Captain

The Skater identified, via a visible "C" on their body or clothing, to speak on the team's behalf. If one has not been selected or has left the game, the team may determine one at any time by informing the Head Referee, and must determine one if necessary (for example, if a penalty is to be assessed to a Captain, the team must determine a Captain).

Ceding

A Skater who enters the track from Out Of Bounds in a way that results in an illegal gain of position may Cede that gain without penalty. In order to Cede, the Skater must immediately return Fully Out of Bounds before re-entering the track. Straddling the track boundary is not sufficient to constitute Ceding.

Counter-Block

Any motion/movement toward an oncoming block by the receiving opponent designed to counteract an opponent's block. Counter-blocking is treated as blocking and held to the same standards and rules (except where specified). Continued engagement which goes beyond countering the initial effect of the opponent's block should be considered a separate block, and judged separately.

Down

A Skater is down when part of the Skater's body or equipment (aside from skates) is touching the floor. A Skater whose only contact with the floor (aside from skates) is one hand is not considered down. Once down, a Skater is considered down until the Skater is standing, stepping, or skating.

Engagement Zone

The zone in which Blockers are ~~in-play~~ In Play and may legally engage and be engaged. The Engagement Zone extends from 20 ft (6.10 m) behind the rearmost Pack Skater to 20 ft (6.10 m) in front of the foremost Pack Skater, between the inside and outside track boundaries.

Engaging

Any ~~sort of~~ interaction with another Skater on the track during a Jam (see also ~~a~~ Assist, ~~and~~ blocking, - Section 2.4).

Established Position

Where a Skater is physically; an area of the track where the Skater has secured their place. Examples include up, ~~in-bounds~~ In Bounds, ~~d~~Down, ~~e~~Out of ~~b~~Bounds, ~~in-play~~ In Play, and ~~e~~Out of ~~p~~Play.

Exiting the Track

(Penalty Enforcement) Exiting the track to the outside in order to report to the Penalty Box.

Expulsion

Removal by the Head Referee of a Skater or Team Staff from the remainder of the game for a serious illegal action, such as physical violence or any action deemed by the Officials to cause an extraordinary physical threat to others.

Falling Small

A Skater is said to have "fallen small" if they fall with the arms and legs controlled, tucked into the body, and not flailing or sprawled.

Forceful Contact

Abrupt contact (such as hitting or striking) with a significant amount of strength and energy or any contact that either has the potential to harm the recipient or significantly alter their position, balance, speed, trajectory, etc. (regardless of whether that potential is actualized).

Fouling Out

Removal, by an Official, of a Skater from the remainder of the game for having seven penalties recorded for that Skater.

Governing Body

The organization responsible for the sanctioning of the game; or in an unsanctioned game, the organization responsible for determining the terms of the game, such as a tournament, local league, or other person(s) serving in that role.

Grasping

Actively gripping something; for example, grabbing a teammate's uniform or helmet cover, or holding hands. The grasping Skater's arm, from the hand up to (but not including) the shoulder, is considered to be part of the "grasp." The teammate is not considered part of the grasp, unless the teammate is independently grasping.

Head Referee

One Referee will be designated the Head Referee. The Head Referee is the ultimate authority of the game.

Hips

The laterally-projecting prominence of the pelvis or pelvic region from the waist to the thigh. The central point of this area determines a pass, regardless of the direction the Skater is facing.

Illegal Procedure

Any technical (non-contact) infraction that violates the rules.

Immediately

The first [safe and](#) legal opportunity in which someone may complete an action.

Impeding

Actions that restrict an opponent's speed and/or trajectory in any direction on the track.

Impenetrable

A wall is considered to be impenetrable from a certain direction when, to achieve a pass on one or more of the Skaters who comprise the wall, an opponent would need to physically break bones or joints. The parts that would need to be physically broken in order to pass are considered the "impenetrable" parts. For example, if two teammates are skating forward with their arms around each other's backs, the arms constitute an impenetrable wall, so that an opponent could not pass between the pair without breaking one of those Blockers' arms.

In Bounds

A Skater is **in-bounds In Bounds** if the only points at which they are touching the floor are on or in between the track boundary lines. ~~Once touching beyond the track boundary, a Skater is considered to be in bounds again once all parts of the Skater that are touching the floor are on or between the track boundary lines.~~ A Skater who touches the floor beyond the track boundary with only one arm or hand is still considered **in-bounds In Bounds** (see also **out of bounds, straddling**).

In Play

A Blocker is **in-play In Play** when they are **in-bounds In Bounds** and **uUpright** within the Engagement Zone. Jammers who are **in-bounds In Bounds** and **uUpright** are always **in-play In Play**.

In Position

A Skater is in position when they are on the track, **in-bounds In Bounds**, and in the designated **starting** area for their **position Role** when the Jam-Starting Whistle is blown.

In Queue

Actively skating while having a penalty pending, usually after having been waved back to the track due to the Penalty Box being full, or having been assessed a penalty while being the only Blocker on the track.

Initiator

The Skater who is responsible for contact happening to an opponent (initiating a block) or teammate (initiating an assist). A Skater can also initiate their own assist by taking a whip off of a teammate's body, or initiate a counter-block in response to an opponent's block. The initiator of a block or assist is always responsible for the legality of the contact.

After a counter-block, continued engagement by the counter-blocking skater should be considered a new action, with the skater responsible for the continued contact considered the initiator. The legality of this action should be judged separately from the initial block and counter-block.

Insubordination

Willfully or neglectfully failing to comply with an Official's orders. Wrongful or improper behavior motivated by intentional disregard for the rules.

Jam

The basic unit of play for the game. A Jam can last up to two minutes.

Jammer

The point scorer for a team.

Lap/Lapping

One Skater has lapped an opponent if the Skater has passed the opponent twice in a row without the opponent having passed the lapping Skater in between. If a Jammer passes an opponent for the second time, but the second pass was not "earned," the Jammer is still said to have lapped their opponent, and may earn a "re-pass" on said opponent to score the missed point.

Lead Jammer

The Lead Jammer is the first Jammer to establish superior position to the foremost in-play Blocker, having already earned a pass on all Blockers excluding those ahead of the Engagement Zone.

Lineup Time

The time between the end of one Jam and the start of the next one.

Linking

Interlocking of arms via crooking of an elbow. Both Skaters' arms, up to (but not including) the shoulder are considered to be part of the link.

No Impact

A violation of the rules of the game that has limited impact on safety or gameplay, and does not warrant a penalty.

No Pack

When there is not a group of Blockers (from both teams) skating within 10 ft (3.05 m) of each other, or when there are two or more equally numbered groups of Blockers not skating within 10 ft (3.05 m) of each other.

Not-On-the-Track (NOTT) Point

A point given for an opponent who is not on the track (such as Skaters in the Penalty Box) that the Jammer earns immediately upon earning a pass on any opposing Blocker, per trip through the Pack.

Out of Bounds

A Skater is **e**Out of **b**Bounds when part of the Skater's body or equipment is touching the floor beyond the track boundary. One arm or hand touching the floor beyond the track boundary does not render a Skater **e**Out of **b**Bounds (see also ~~in-bounds~~ **In Bounds**, ~~s~~**Straddling**, **e****Ceding**).

Out of Bounds (Fully)

A Skater is fully Out of Bounds when they meet the criteria for being Out of Bounds, and no parts of the Skater's body or equipment are touching the floor on or between the track boundary lines (also see **Out of Bounds**, **In Bounds**, **Straddling**).

Out of Play

A Blocker who is ~~in-bounds~~ **In Bounds**, but positioned outside of the Engagement Zone. If no Pack is defined, all Blockers are **e**Out of **p**Play. When a Jammer is **e**Out of **b**Bounds, they are **e**Out of **p**Play.

Pack

The largest group of in-bounds Blockers, skating or standing in proximity (within 10 ft [3.05 m]), containing members from both teams. The Jammers are independent of this definition.

Pack Skater

Any Blocker who is part of a legally defined Pack.

Pass

Earned Pass

See **Section 2.5**

Passing the Star

Star Pass

The act of transferring Jammer status, which is accomplished by the Jammer handing their helmet cover (the Star) to the Pivot.

Penalty

A violation of the rules of the game requiring the Skater to serve time in the Penalty Box, or the specific punishment of serving time in the Penalty Box due to the commission of such a violation.

Pivot ~~Blocker (Pivot)~~

A Blocker with additional abilities. ~~extra abilities and responsibilities, commonly referred to as the Pivot.~~ (see **Section 2.2.3**).

Points Awarded in Error

Points that have not been legally earned by a Jammer and have been awarded to the team incorrectly and/or erroneously by an Official or as the result of a technology malfunction.

Points Denied in Error

Similar to ~~p~~**Points a**~~AWarded in e~~**Error**, points denied in error are points that have been legally earned by a Jammer but have not been added to the Official Score due to delay, an error by an Official, or as the result of a technology malfunction.

Positional Blocking

Blocking without contact; positioning oneself so as to impede an opponent's movement on the track. Positional blocking need not be intentional.

Protective Gear

Skaters must wear a helmet, mouthguard, wrist guards, elbow pads, and knee pads so long as they provide additional protection and the Skater is physically able to wear them. Skaters shall not be penalized if the equipment does not provide additional protection for the Skater.

Re-Pass

The act of passing an opponent who has already been passed during the current lap. Most relevant to a Jammer who ends up ahead of an opponent without "earning" the pass. Such a Jammer would not score a point on that opponent, but could re-pass that opponent, earning their second pass, in order to score that point.

Relative Position

A Skater's location, when ~~in bounds~~ **In Bounds** and ~~u~~**U**pright, in relation to other Skaters ~~involved in the action~~. Relative position is said to be "gained" or "lost" if ~~said this~~ location changes in a way that gives or

loses some advantage (for example, one Skater passing another, or being knocked down, **e**Out of **b**Bounds, or **e**Out of **p**Play). Relative position is only measured in the counterclockwise direction.

Role

Each Skater has one of three Roles: Jammer, Pivot, or Blocker. The Role of Jammer may be transferred to the Pivot once per jam by a Star Pass. The Role of Pivot may not be transferred during a Jam.

Roster

The list of Skaters for a team, and their identifying numbers, who are eligible to play in the game.

Sitting

A Skater whose buttocks are in full contact with the seat of a chair or bench.

Skating – Direction of Travel

A Skater's direction of travel (for example, counterclockwise, lateral, or clockwise) is measured by the skates moving relative to a line perpendicular to the inside track boundary. If the skates are moving in opposite directions, direction of travel is determined by the hips.

Standing

A Skater holding their body weight on their skates, such that they are not **down** and it is obvious to Officials, Skaters, and spectators that they are not **sitting**.

Stopped

A Skater not making any directional movement with their skates.

Straddling

A Skater is straddling when they are simultaneously touching the floor on or between the track boundary lines and beyond the track boundary. Touching the floor beyond the track boundary with only one arm or hand does not render a Skater straddling. Straddling Skaters are considered **e**Out of **b**Bounds, except where otherwise noted (see also **in-bounds In Bounds**).

Substitution

Replacing a Skater on the track or in the Penalty Box with a teammate.

The Star

The Jammer helmet cover, which has two stars on it, one on each side.

The Stripe

The Pivot helmet cover, which has one long stripe down the middle of it.

Target Zones

Areas of the body on an opponent that a Skater makes contact to when blocking.

Trip Through the Pack

Jammers make trips through the Pack. Each trip represents an opportunity to score points on opponents. (See **Section 3**).

Upright

Any Skater who is not considered **Down**.

Warning

A formal verbal indication from the Official that play is currently or is about to be improper, so that a Skater can take corrective action.

Yielding

A Skater who is required to Yield must allow any Skaters in their vicinity to assume a superior Relative Position. A Skater who allows a reasonable time for this to occur has Yielded, whether or not any Skaters took advantage of the opportunity.

[Note: only casebook portions with changes are in this redline document.]

Scenario C2.2.A

Moved to Scenario C2.2.6 A

Scenario C2.2.B

Moved to Scenario C2.2.6 B

Scenario C2.2.C

Moved to Scenario C2.2.6 C

Scenario C2.2.D

Moved to Scenario C2.2.6 D

Scenario C2.2.E

Moved to Scenario C2.2.6 E

Scenario C2.2.G

Moved to Scenario C2.2.6.F

Scenario C2.2.H

Moved to Scenario C2.2.6 G

Scenario C2.2.1.A

Red and White Skaters repeatedly shift positions between Jams, ~~attempting to gain position on one another~~. As the Jam starts, Red 34 is lined up fully behind the Jammer Line but is not wearing the Star, while Red 27 is lined up fully in front of the Jammer Line and is wearing the Star.

Outcome: Red 27 is the Jammer.

Rationale: Red 27 is the Skater in possession of the Star. The Star denotes who the Jammer is. Both Skaters should receive a penalty for beginning the Jam fully out of position.

Keep in Mind: Once the Jam starts, the Jammer Referee should communicate to Red 27 that they are the Jammer for this Jam. Since the rules do not accommodate for Jammers who forget their helmet covers, starting position should not take precedence over wearing the Star. In this case, both the Jammer (Red 27) and the Blocker (Red 34) have started the Jam in illegal starting positions.

The following hierarchy chart has been moved into the body of the rules in section 2.2.1.

Keep in Mind: ~~Assume the following Jammer hierarchy:~~

-
- | | | |
|---|---|--|
| 1 | The Jammer for the upcoming Jam is | the Jammer from the previous Jam who is in the Penalty Box. |
|---|---|--|
-

2	If no one satisfies 1, the Jammer is	the Skater who visibly controls the Star who has lined up in the Jammer Starting Position.
3	If no one satisfies 2, the Jammer is	the Skater who visibly controls the Star but who has lined up out of position.
4	If no one satisfies 3,	there is no Jammer for that team in this Jam, and the Jam should not start.

Scenario C2.2.2.B

Red Jammer exits the Engagement Zone but does not earn Lead Jammer. White Jammer is knocked down, but not ~~e~~Out of ~~b~~Bounds. While White Jammer is down, the opposing Blockers—including the foremost Blocker—all skate clockwise behind them. White Jammer then stands back up.

Outcome: White Jammer should be declared Lead when they stand.

Rationale: By skating clockwise behind White Jammer, the Red Blockers ~~ceded their~~ gave up their superior position. As such, White Jammer earned those passes and they count toward earning Lead.

Scenario C2.2.2.C

White Jammer makes their way through the Pack on their initial trip, while Red Jammer remains stuck at the rear. Through numerous blocks and changes in position, White Jammer earns a pass on all Blockers, but none of them are ~~ever~~ the foremost Blocker in the Pack when White Jammer earns the pass.

Outcome: The Jammer Referee should not declare White Jammer Lead (yet).

Rationale: White Jammer has earned a pass ~~against on~~ all Blockers, but has never established superior position to the foremost Blocker in the Pack. Lead Jammer is earned when the Jammer has earned a pass on all in-play Blockers and established a superior position to the foremost in-play Blocker.

2.2.4. Passing the Star

A team's Jammer may transfer their ~~position~~ Role to their team's Pivot by successfully completing a legal Star Pass. A legal Star Pass requires the jammer to hand the Star to their team's Pivot while both Skaters are ~~u~~Upright, ~~in-bounds~~ In Bounds, and ~~in-play~~ In Play; and while neither Skater is en route to, or ~~In Queue~~ in-queue for, the Penalty Box.

Scenario C2.2.4.B

White Jammer removes their helmet cover and hands it to White Pivot. Before White Jammer releases their grip on the Star, White Pivot is knocked ~~e~~Out of ~~b~~Bounds. White Jammer then releases the Star to the out-of-bounds Pivot.

Outcome: The Star Pass is unsuccessful. Both Skaters retain their existing ~~positions~~ Roles. No penalty is warranted at this time, but the Pivot is warned they are not the Jammer.

Rationale: Although White Jammer attempted to pass the Star while White Pivot was eligible, a Star Pass is a single point of exchange: the moment at which the Star is released. Since the Skaters' **positions Roles** are not affected, and it is legal for the Pivot to control the helmet cover, there is no impact on gameplay.

Keep in Mind: If, after being warned that they are not the Jammer, the Pivot puts the Star on (or fails to remove it), they should be penalized.

Scenario C2.2.4.C

White Pivot's Stripe falls off in normal gameplay. White Jammer removes their helmet cover, hands it to White Pivot, and releases the Star.

Outcome: The Star Pass is unsuccessful. Both Skaters retain their existing **positions Roles**. No penalty is warranted at this time, but the Pivot is instructed to drop the Star.

Rationale: A Pivot who is not visibly wearing the Stripe cannot use the privileges of being a Pivot, such as receiving a Star Pass or even recovering the Star after an incomplete Star Pass. Because the Pivot's helmet cover came off due to gameplay (as opposed to the Pivot intentionally removing it), they are warned that they are not the Pivot and allowed to relinquish control of the Star.

Keep in Mind: Once White Pivot is aware that they are not visibly wearing the Stripe, they must immediately relinquish control of the Star.

Scenario C2.2.4.F

White Jammer legally passes the Star to White Pivot. Later in the Jam, White Pivot-turned-Jammer receives a penalty and goes to the Penalty Box. The Jam ends and Red team calls an Official Review. As a result of the review, the original White Jammer receives a penalty for an illegal action they took as Jammer.

Outcome: The additional penalty should be served by White Pivot-turned-Jammer and recorded for the original White Jammer. The original White Jammer should not be allowed to participate in the game until time for the penalty they earned has completed.

Rationale: White Jammer legally passed the Star, making White Pivot the new Jammer, but received a penalty upon review for an action committed while they were the Jammer. This would put two different White Skaters in the Box as a Jammer. A penalty is assigned to a Skater. The penalty time is assigned to a **position Role**, with the Skater **originally in that Role** not allowed to participate until it has been served.

[add paragraph break]

In this example, the original White Jammer receives the penalty and the current White Jammer (former Pivot) serves the time. Reverting the current Jammer to a Pivot or having the original Jammer serve the time as a Blocker would deprive Red team of earned advantages.

Scenario C2.2.6.A (moved from Scenario C2.2.A)

As the Jam-Starting Whistle sounds, Red Jammer's left skate has rolled forward, past the Jammer Line.

Outcome: Red Jammer is issued a False Start warning and must ~~y~~Yield their position to all Skaters in their immediate vicinity. If they do not ~~y~~Yield, they will receive a penalty.

Rationale: ~~Red Jammer established their starting position partially out of position, with one skate ahead of the Jammer Line.~~ At the Jam-Starting Whistle, Red Jammer was touching both their correct starting location and an illegal starting location.

Keep in Mind: Until they have been issued this warning, they cannot be penalized for failure to ~~y~~Yield.

Scenario C2.2.6.D (moved from Scenario 2.2.D)

All White Blockers (including White Pivot) line up legally between Jams at the Pivot Line, but not touching the line. Red Pivot lines up behind them. Immediately before the Jam starts, Red Pivot reaches forward with their leg and places their skate on the Pivot Line.

Outcome: The White Non-Pivot Blockers should all be issued False Start warnings, and must ~~y~~Yield their positions to all nearby Skaters; any who do not ~~y~~Yield should receive a penalty.

Rationale: Red Pivot established their position in contact with the Pivot Line before the beginning of the Jam, ~~so~~ Non-Pivot Blockers must begin the Jam behind the hips of any Pivots in contact with the Pivot Line. ~~As White Non-Pivot Blockers began the Jam in front of Red Pivot, they are partially illegally positioned, so all but the White Pivot are required to yield.~~ All Non-Pivot Blockers with hips ahead of the Red Pivot are therefore required to Yield.

4. Penalties

For the following scenarios, the following information should be assumed.

- The home team is wearing red uniforms.
- The visiting team is wearing white uniforms.
- Both teams have legally fielded three Blockers, a Pivot, and ~~an Active~~ a Jammer, unless otherwise noted.
- The Jam begins and the Pack is defined.
- All Skaters move counterclockwise, unless otherwise noted, and begin to block one another.

Scenario 4.1.2.C

Scenario moved and renumbered to Scenario C4.1.5.A

Scenario C4.1.3.E

White Jammer, having lined up just behind the Jammer Line, is contacted by Red Jammer attempting to take the same space. White Jammer falls **e**Out of **b**Bounds before the Jam-Starting Whistle.

Outcome: Red Jammer is penalized for blocking before the Jam start. White Jammer is allowed to participate in this Jam. Red Jammer has lost the ability to earn Lead Jammer status in this Jam.

Rationale: It is illegal to block before a Jam has begun. Because White Jammer was not in a legal starting position due to an opponent's illegal action, they are allowed to participate in the Jam.

Keep in Mind: Should White Jammer be blocked into a false starting position rather than **e**Out of **b**Bounds, White Jammer is allowed to participate in the Jam (without the need to **y**Yield). Red Jammer would still receive a penalty for blocking before the Jam start.

Keep in Mind: A Skater penalized before the start of a Jam should serve their penalty in the **position Role** in which they appear to be acting.

Scenario C4.1.3.F

White Blocker initiates contact to Red Jammer during the Jam-Ending Whistle. Red Jammer stumbles significantly off balance after the Jam-Ending Whistle.

Outcome: White Blocker initiated legally before the end of the Jam. No penalty.

Rationale: It is illegal to block after a Jam has ended. It is, however, legal to initiate during the Jam-Ending Whistle, even if the outcome happens once the Jam has ended.

Keep in Mind: Should that same hit start after the Jam-Ending Whistle, Red Jammer need not fall nor be knocked **e**Out of **b**Bounds. Being hit significantly off balance after the Jam-Ending Whistle is sufficient to penalize the initiator of that hit.

Keep in Mind: A Skater penalized after the end of the Jam should serve their penalty in the **position Role** in which they appear to be acting.

Scenario ~~C4.1.2.C~~ C4.1.5.A

White Jammer is stuck behind a Red wall. They push forward, but cannot find a way to break through. They **s**Strike their knee into Red Blocker's buttocks. Red Blocker stumbles but does not go down or out. White Jammer fails to break through the wall.

Outcome: White Jammer is penalized.

Rationale: A Skater who intentionally and forcefully jabs an opponent with their elbow or strikes with their knee should receive a penalty regardless of whether it leads to a loss of position or advantage. This action is unsafe and unsporting.

Keep in Mind: The fact that this action was intentional is only part of the reason a penalty is warranted. Intentional illegal action is not always penalized even though it is tacitly unsporting. Intentional actions designed to harm an opponent should always be penalized.

Scenario C4.1.5.E

White Blocker and White Pivot make a two person wall with their shoulders touching. Red Jammer attempts to get between them by initiating with their shoulder. White Pivot disengages while White Blocker adjusts so that Red Jammer's shoulder is between White Blocker's inner upper arm and body. White Blocker then exerts constant downward force on Red Jammer's shoulder.

Outcome: White Blocker is penalized.

Rationale: Legal forms of blocking do not include holding an opponent, even when that contact is otherwise made with legal Blocking Zones and/or to legal Target Zones. A Skater must be able to disengage from a one-on-one block without breaking an opponent's hold.

Keep in Mind: During the course of normal gameplay Skaters may unintentionally become entangled. If this contact is accidental, such as due to two Skaters falling, no penalty is warranted.

Keep in Mind: If instead of applying constant downwards force White Blocker rapidly applied their entire body weight downwards onto Red Jammer's shoulder, White Blocker should be expelled.

Scenario C4.1.5.F

Red Blocker initiates a shoulder-to-shoulder block against White Pivot. As White Pivot moves laterally, Red Blocker adjusts and places their leg in front of White Pivot's leg so that the back of their upper thigh initiates to the front of White Pivot's hip. White Pivot leans over and traps Red Blocker's thigh between their upper arm and body and does not release the contact when Red Blocker attempts to remove their leg.

Outcome: White Pivot is expelled from the game.

Rationale: Restricting opponents by intentionally trapping or grabbing is considered outside the realm of normal gameplay. Grabbing an opponent's leg in this way is an additionally dangerous and unsporting tactic, as it directly affects a Skater's ability to balance and maintain a safe skating stance.

Scenario C4.2.1.N

White Jammer removes their helmet cover and attempts to pass it to White Pivot. During this process, White Jammer drops the Star. White Pivot takes a knee briefly to recover the star before handing the Star back to White Jammer.

Outcome: No penalty.

Rationale: The Jammer or Pivot may briefly adopt a down position to recover a helmet cover on the ground. There is not sufficient impact on gameplay if the Skater immediately acts to reestablish themselves in a legal position after the recovery.

Keep in Mind: Assuming a downed position to recover a helmet cover is only legal if it is brief and has no other impact on gameplay. A Skater who fails to immediately return to a blockable status (by crawling or continued kneeling, for example) should be penalized.

Scenario C4.2.4.C

Scenario moved and renumbered to Scenario C4.4.4.A

Scenario C4.2.4.D

Red Jammer arrives at the Penalty Box for a penalty, sits, is told to stand 20 seconds later, and stands. They then watch the scoreboard count down 10 seconds, and leave the Box without being told to do so by an Official.

Outcome: Red Jammer should be penalized if they **completely** left the Box even a fraction of a second early.

Rationale: If Red Jammer's time had completed and they had not been released, this would be an officiating error and Red Jammer should not be punished for it. However, leaving the Box early without good reason should always be penalized.

Keep in Mind: If an Official had told the Red Jammer their time was up, Red Jammer had good reason to leave the Box early.

Scenario C4.2.4.E

White Blocker is seated in the Penalty Box and asks someone on the bench to toss them their water bottle. A teammate on the bench throws a full bottle of water at White Blocker, who catches it just before it **hits strikes** a Penalty Box Official in the face.

Outcome: Whoever threw the water bottle should be penalized. If Team Staff threw the bottle, the team's Captain should be penalized. Officials should warn the White team that throwing things around is dangerous. On a future offense, the thrower of the water bottle should be expelled.

Rationale: This action is unsafe and thus inappropriate.

Keep in Mind: If the water bottle had hit the Official forcibly and unexpectedly, the thrower should be expelled on the first offense.

Scenario 4.3.B

Scenario moved and renamed to Scenario C4.1.5.B

Scenario C4.3.E

Having been released from the Penalty Box, White Blocker heads back to the track, using a forearm to push a Referee out of the way so they can keep the line.

Outcome: White Blocker is expelled from the game.

Rationale: ~~Intentional or negligent contact to Officials is unsporting, as it renders the Official unable to keep their attention on the game. Contact to an Official who does not expect it or to an Official who is not wearing safety equipment is also unsafe.~~ Some intentional contact between Skaters and Officials, such as non-forceful touching to indicate location or actively absorbing contact to increase safety, is not an expellable offense. However forceful contact to Officials which is avoidable or negligent is unsporting.

Keep in Mind: ~~Skaters and Officials routinely collide during the course of normal gameplay. This is usually unintentional and unavoidable, in which case it should not be penalized.~~ Forceful contact to an Official which is avoidable or negligent always warrants an expulsion. These actions are considered sufficiently dangerous or unsporting and should not be reduced to a penalty without an accompanying expulsion.

Scenario 4.3.G

Moved to C4.1.5.C

Scenario 4.3.K

Moved to C4.1.5.D

Scenario C4.3.N

Red Jammer moves through the Pack and is legally blocked by White Blocker into the infield, immediately colliding with the Jammer Referee which causes the Jammer Referee to fall.

Outcome: Red Jammer is not penalized.

Rationale: Skaters and Officials routinely collide during the course of normal gameplay. This is usually unintentional and unavoidable, in which case it should not be penalized even if the contact is considered forceful.

Scenario C4.3.O

Having been assessed a penalty, White Pivot exits the track and heads towards the Penalty Box. As White Pivot skates they approach an Outside Pack Referee, who is skating at a consistent speed and distance from the track boundary. White Pivot does not adjust their trajectory, and impacts the Outside Pack Referee in the back, which causes the Referee to stumble briefly.

Outcome: White Pivot is expelled from the game.

Rationale: Contact to an Official who does not expect it or to an Official who is not wearing safety equipment is unsafe and negligent.

Keep In Mind: If the Outside Pack Referee had a sudden change of position causing White Pivot to collide with them, White Pivot should not be penalized as the contact is considered unavoidable in this instance.

Scenario C4.3.P

Red Blocker attempts to block White Jammer, misses, and ends up Out of Bounds. While attempting to return In Bounds, Red Blocker's shoulder brushes the elbow pad of an Outside Pack Referee.

Outcome: Red Blocker is not penalized.

Rationale: The contact between Red Blocker and the Official was not forceful. No penalty should be assessed, even if the contact is considered avoidable.

Scenario C4.4.A

Scenario moved and renamed to Scenario C4.4.3.A

Scenario C4.4.3.A (moved from Scenario C4.4.A)

White Pivot arrives at the Penalty Box between Jams. They call to their coach and signal that they are injured. The coach sends a new Skater to the Box. White Pivot gives the new Skater the Stripe and returns to the bench.

Outcome: White Pivot's penalty time is served by the substitute. White Pivot may not skate in the following three Jams.

Rationale: Skaters may remove themselves from play when injured. A substitute may serve penalty time for an injured Skater, but the injured Skater may not participate in the next three Jams and the substituting Skater must fill the same **position Role** the injured Skater filled.

Follow-Up: If White Pivot were not injured but had broken their skate or equipment, and thus could not skate in the upcoming Jam, a substitute would also be allowed. White Pivot would similarly not be allowed to skate during the following three Jams.

Scenario C5.4.A

White Captain is the Jammer and commits a penalty. In response, the White Team Staff curses loudly at the Official who called the penalty.

Outcome: A penalty is assessed to White Captain for their Team Staff's insubordination, but White Captain's time in the Penalty Box as Jammer is not extended. After the Jam, if White Captain is no longer seated in the Box as the Jammer, White Captain must report to the Box as a Blocker to serve the penalty earned by their Team Staff.

Rationale: When a Captain serves a penalty due to the fact that they are the team's Captain, the penalty is served with the Captain as a Blocker. In this scenario, the Captain was unable to immediately serve the penalty as a Blocker because they could not hold the **position Role** of Blocker. As soon as they are able to skate as a Blocker, they should report to the Box as a Blocker in order to receive that penalty.