

6.1 BLOCKING TO THE BACK

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

No Impact/No Penalty

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

6.1.2 Any contact to the back of an opponent that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.

Major Penalty

6.1.3 Any contact to the back of an opponent that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of position.

Expulsion

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

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

6.2 BLOCKING TO THE HEAD OR HIGH BLOCKING

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

No Impact/No Penalty

6.2.1 Not applicable.

Major Penalty

6.2.3 Any block with initial contact landing above the shoulders.

Expulsion

The following egregious acts making contact with the head of an opponent or above her shoulders will be automatic game expulsions, and can be punished as a multi-game suspension.

(see Section 7.5.2.2). Expulsions will be issued for a conscious, forceful attempt to commit any of the following egregious acts, whether or not the attempt was successful (e.g., a swing-and-a-miss).

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

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

6.2.6 Pulling of the head, neck or helmet.

6.2.7 Choking.

6.3 LOW BLOCKING

Skaters may not trip or intentionally fall in front of another skater. Any contact which lands on an opponent's feet or legs, below the legal target zone, that causes the skater to stumble or fall is considered tripping and/or low blocking. Downed skaters re-entering the track are subject to tripping/low blocking penalties even on the first instance, and even if the downed skater has fallen small.

No Impact/No Penalty

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

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

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

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

6.3.5 A downed skater re-entering the track that causes an opposing skater to stumble but not fall or lose her relative position.

Major Penalty

- 6.3.6 Any contact outside of the normal skating motion which lands below the legal target zone that causes an opposing skater to fall or lose her relative position.
- 6.3.7 Flailing and sprawling skaters that trip an opponent, regardless of intent.
- 6.3.8 Habitual contact, three or more times during the course of a bout, between skates and wheels that is part of the normal skating motion that causes an opposing skater to stumble or fall or lose her relative position. The intent is to penalize skaters whose normal skating motion is dangerous to her opponents. A single skater who repeatedly trips other skaters, even with her normal skating motion is adversely affecting game play and safety.
- 6.3.9 A skater who habitually, three or more times during the course of a bout, falls in front of opponents, causing them to lose relative position, even if she “falls small.” The intent is to penalize a skater who repeatedly falls because she is a danger to her opponents. A single skater who repeatedly trips other skaters, even when “falling small” is adversely affecting game play and safety.
- 6.3.10 A downed skater re-entering the track that causes an opposing skater to fall or lose relative position.

Expulsion

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

- 6.3.11 Intentional tripping with feet or hands.
- 6.3.12 Slide tackling an opponent.
- 6.3.13 Kicking another skater.

6.4 USE OF ELBOWS

- 6.4.1 When engaging another skater, elbows may not be swung with a forward/backward motion.
- 6.4.2 When engaging another skater, elbows may not be swung with upward or downward motion.
- 6.4.3 The elbow must be bent while blocking with that arm.
- 6.4.4 Contact may not be made exclusively with the point of the elbow (i.e. jabbing).
- 6.4.5 Elbows may not be used to hook an opposing skater in any way (e.g. by wrapping one’s arm around an opponent’s arm).

No Impact/No Penalty

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

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

Major Penalty

- 6.4.8 Any illegal contact with the elbow or swinging motion of the elbow that lands above the shoulders.
- 6.4.9 Any illegal swinging motion of the elbow or illegal elbow contact that forces the receiving opposing skater off balance, forward and/or sideways and causes her to lose her relative position.
- 6.4.10 Use of an elbow or arm to pin or hook an opponent’s arm in a manner as to impede her mobility.

Expulsion

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

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

6.5 USE OF FOREARMS AND HANDS

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

- 6.5.2 Incidental forearm contact between skaters is acceptable.
- 6.5.3 During forearm contact between skaters, the following are indications that a push has occurred:
 - 6.5.3.1 The initiating skater extends her arm during contact.
 - 6.5.3.2 The receiving skater is propelled forwards or sideways.

No Impact/No Penalty

- 6.5.4 Incidental or temporary contact of forearms or hands that falls within legal target zones that does not force the opponent to adjust her skating stance or position in any way.
- 6.5.5 Contact made with the forearms when forearms are pulled in to the body to absorb a hit.
- 6.5.6 A block initiated with the shoulder in which there is forearm contact to the opponent but no observable push with the forearm.
- 6.5.7 Forearm or hand contact to an opponent that forces the receiving opposing skater off balance, forward, and/or sideways but does not cause her to lose her relative position.
 - This includes:
 - 6.5.7.1 A slight but observable push with the hands or forearms.
 - 6.5.7.2 A block initiated with the shoulder, in which there is either a simultaneous or subsequent push with the forearm.

Major Penalty

- 6.5.8 Extended touching (lasting three seconds or more) with the forearms or hands to an opponent's legal and/or illegal target zone.
- 6.5.9 Any illegal contact with hands or forearms above the shoulders.
- 6.5.10 Any illegal forearm or hand contact to an opponent that forces the receiving opposing skater off balance, forward, and/or sideways and causes her to lose her relative position.
 - This includes:
 - 6.5.10.1 Contact with hands or forearms, as indicated by the initiating skater extending her arms, resulting in the receiving skater being propelled forwards or sideways.
 - 6.5.10.2 Use of hands or forearms to grab or hold an opposing skater, either impeding that skater's mobility, causing that skater to lose advantage, or forcing that skater to the ground.

Expulsion

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

- 6.5.11 Punching another skater.
- 6.5.12 Pulling of the head, neck, or helmet.
- 6.5.13 Choking by the helmet straps.
- 6.5.14 Holding or pinning another skater to the ground.
- 6.5.15 Shoving an opponent.

6.6 BLOCKING WITH THE HEAD

The head may not be used to block an opponent. Blocking with the head is dangerous for the initiator and the receiver.

No Impact/No Penalty

- 6.6.1 Incidental or temporary contact by the initiator's head that does not force the opponent to adjust her skating stance or position in any way.
- 6.6.2 Incidental contact by the initiator's head that forces the receiving opposing skater off balance, forward and/or sideways, but does not cause her to lose relative position.

Major Penalty

- 6.6.3 Incidental contact by the initiator's head that forces the receiving opposing skater off balance, forward, and/or sideways and causes her to lose her relative position.
- 6.6.4 Initiating a block with the head, regardless of impact or advantage.

Expulsion

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

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

6.7 MULTIPLE-PLAYER BLOCKS

- 6.7.1 Skaters may not grab and hold each other's uniform or equipment in a multi-player block.
- 6.7.2 Skaters may not use their hands, arms, or legs in any grabbing, holding, linking, or joining fashion in a multi-player block.
- 6.7.3 Touching and assisting teammates that does not create a wall to impede an opponent or prevent receiving a block from an opponent is not a multi-player block.
- 6.7.4. The multi-player link must be that which is blocking or impeding an opponent for the action to be illegal.

No Impact/No Penalty

- 6.7.5 Temporarily grabbing a teammate's clothing, equipment, or body part to push or pull, thereby adjusting the skater's speed or the teammate's speed.
- 6.7.6 Touching, but not grabbing and/or holding, a teammate while blocking.
- 6.7.7 Holding a teammate in a front-back direction while blocking or to stabilize from a block, as long as the point of contact is not impeding opposing skaters.

Major Penalty

- 6.7.8 **Maintaining a multi-player block to impede or block an opponent or prevent receiving a block from an opponent for any amount of time but NOT causing her to fall or lose her relative position.**
- 6.7.9 Maintaining a multi-player block to impede or block an opponent, causing her to fall or lose her relative position.

Expulsion

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

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

6.8 OUT OF BOUNDS BLOCKING

- 6.8.1 Skaters must be in bounds when initiating a block.
- 6.8.2 Skaters may not pick up momentum for a block until in bounds.
- 6.8.3 If a skater forces an opponent out of bounds while blocking, the initiating Blocker must cease blocking before her own skates touch outside the track boundary. No part of the initiating Blocker's skate may touch the ground outside the track boundary.
- 6.8.4 A skater who is in bounds need not yield right of way to the out of bounds skater.
- 6.8.5 A skater may not initiate contact with an opponent who is completely outside the track boundary.
- 6.8.6 An in bounds skater may actively block or hit a returning skater when any part of the returning skater's skate is touching any in bounds track territory. The returning skater has crossed the track boundary but remains out of bounds by definition as long as any part of her skates are still touching any out of bounds territory. However, by entering the track, she becomes a target and can be hit.
- 6.8.7 A skater who is straddling the line may not engage, block, or assist because she has one foot down outside the track boundary and is out of bounds by definition.
- 6.8.8 A skater who is straddling the line may be hit by a skater who is on the track, since the straddling skater has one foot down inside the track boundary.

- 6.8.9 If a skater jumps and ceases all contact with the ground, her prior in bounds/out of bounds status is maintained until contact with the ground re-establishes in bounds/out of bounds status.
- 6.8.10 Downed skaters re-entering the track are subject to blocking out of bounds penalties, even if the downed skater has fallen small.
- 6.8.11 There is no penalty for blocking a skater who has jumped off both skates and left contact with the track from in bounds.
- 6.8.12 A skater initiating or continuing a block while hanging a skate or other body part over the track boundary, but not touching outside the track boundary, is not blocking from out of bounds.

No Impact/No Penalty

- 6.8.13 A skater who re-enters the track from out-of bounds while down, without making contact to any opponents or forcing them to fall or lose relative position, is not blocking from out of bounds.
- 6.8.14 Any contact from out of bounds that does not cause the receiving opposing skater to fall or lose her relative position.
- 6.8.15 Continuing a block after any part of the initiating Blocker is touching the ground outside the track boundary.
- 6.8.16 Any contact with an opponent who is touching the track exclusively outside the track boundary that does not affect the opposing skater's ability to re-enter play.
- 6.8.17 Any contact to opponents initiated by a downed skater re-entering the track from out of bounds that does not force opposing in-play skaters to fall or lose relative position.

Major Penalty

- 6.8.18 Any contact or blocking from out of bounds that causes the receiving opposing skater to fall or lose her relative position.
- 6.8.19 Continuing a block which causes the receiving skater to fall where there is continued blocking contact past the point where any part of the initiating Blocker is touching out of bounds.
- 6.8.20 A downed skater re-entering the track from out of bounds who forces any opposing in-play skaters to fall or lose relative position.
- 6.8.21 Any contact with an opponent who is touching the track exclusively outside the track boundary that causes her to fall or affects the opposing skater's ability to re-enter play.

Expulsion

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

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

6.9 DIRECTION OF GAMEPLAY PENALTIES

- 6.9.1 Skaters must be skating and/or stepping in the counter-clockwise direction when executing a block. Skaters may not skate in the opposite direction of normal counter-clockwise game play when executing a block. In other words, skaters may not skate clockwise when executing a block. Skaters may not block while stopped on the track. These illegal blocking techniques include positional blocking. Clockwise movement is measured by the skates moving past a line perpendicular to the track boundaries.
- 6.9.2 Skaters must be skating and/or stepping in the counter-clockwise direction when giving an assist. Skaters may not skate in the opposite direction of normal counter-clockwise game play (clockwise) when giving or receiving an assist. Skaters may not give assists to skating teammates while stopped on the track. The initiator of the assist is responsible for the legality of the assist. Clockwise movement is measured by the skates moving past a line perpendicular to the track boundaries.
 - 6.9.2.1 A stopped or counter clockwise stepping/skating player may legally assist a stopped or downed teammate.

- 6.9.3 Skaters are permitted to skate clockwise on the track provided they do not block, assist or otherwise engage teammates or opponents.
- 6.9.4 Skaters are permitted to stop on the track provided they do not block, assist or otherwise engage teammates or opponents.
- 6.9.5 Skaters may skate clockwise out of bounds when exiting the penalty box, but must re-enter from the back of the pack (see Section 6.13 Illegal Procedures).
- 6.9.6 Skaters may block and/or assist while facing any direction as long as they are moving in the counter-clockwise direction.

No Impact/No Penalty

- 6.9.7 Incidental contact from a skater getting spun around as a result of another block.
- 6.9.8 A clockwise block that does not force the opponent to adjust her skating stance or relative position in any way.
- 6.9.9 A skater, while stopped on the track, assisting a downed teammate to an upright position.
- 6.9.10 A skater coming to a stop as a result of giving an assist.
- 6.9.14 A stopped skater giving an assist that affects the recipient but does not improve the recipient's relative position.

Major Penalty

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

- 6.9.11 A clockwise block that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.
- 6.9.12 A block by a stopped skater that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.
- 6.9.13 A clockwise skating and/or stepping skater giving an assist that affects the recipient but does not improve the recipient's relative position. The penalty is given to the initiator of the assist.
- 6.9.15 A clockwise block that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of relative position.
- 6.9.16 A block by a stopped skater that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of relative position.
- 6.9.17 A clockwise skating and/or stepping skater giving an assist that improves the recipient's relative position. The penalty is given to the initiator of the assist.
- 6.9.18 A stopped skater giving an assist that improves the recipient's relative position. The penalty is given to the initiator of the assist.

Expulsion

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

- 6.9.19 Intentional, negligent, or reckless contact with an opponent while executing a clockwise block in an illegal manner.
- 6.9.20 Intentional, negligent, or reckless contact with an opponent while stopped on the track in an illegal manner.

6.10 OUT OF PLAY PENALTIES

Out of play penalties are applied for actions occurring in front of and/or behind the legal Engagement Zone and for actions that illegally destroy the pack. All actions are to be penalized equally regardless of position (Blocker vs. Jammer). Out of play actions include but are not limited to blocking, assisting, destroying the pack, failure to reform a pack, and failure to return to the Engagement Zone. A penalty will be applied to each offending Blocker for each action.

- 6.10.1 A skater who is more than twenty (20) feet in front of or behind the pack may receive an out of play warning by a referee; however, a referee is not required to issue a warning prior to giving a

- penalty. Issuing penalties takes priority over issuing warnings. A warning does not have to be issued in order for a penalty to be given (see Section 9.3.1.1).
- 6.10.2 Illegally destroying the pack is the illegal creation of a “no pack” situation. When two or more groups of Blockers equal in number are on the track, are more than ten (10) feet from one another, and no single group meets the pack definition, no pack can be defined. If the actions of a skater, team, or group of skaters create a “no pack” situation, one penalty for destroying the pack will be applied to a single skater who is most responsible or the Pivot (see Sections 7.1.2 and 7.2.4). Both teams are responsible for maintaining a legally defined pack.
- 6.10.2.1 Examples of illegally destroying the pack, or creating a “no pack” situation, may include but are not limited to: a skater, skaters or team running away, braking or coasting to drop back more than ten (10) feet behind the opposing team, taking a knee, intentionally falling, or intentionally skating out of bounds in such a manner that the legally defined pack is destroyed.
- 6.10.2.1.1 The rules do not define pack speed. Illegally destroying the pack penalties shall not be given for gradually deviating from the speed of the pack as established through game play, unless said deviation is sudden, rapid and marked, leaving the opposing team no opportunity to adjust and maintain a pack.
- 6.10.2.1.2 At the start of a jam if one team skates forward and the opposing team remains stationary, upon a No Pack scenario the Jammer start whistle will blow and no penalties for illegally destroying the pack shall be enforced. Skaters and teams are still responsible for immediately reforming a pack (see Sections 6.10.7, 6.10.12, and 6.10.20).
- 6.10.2.2 A skater or groups of skaters are always responsible for the consequences of their actions. If their actions create a no-pack situation (excepting those covered in Sections 6.10.2.3 and 6.10.2.1.2) they must be penalized as directed in 6.10.9-6.10.22. When determining responsibility of a no-pack situation, per Sections 4.1.2 and 6.10.2, both teams are responsible for maintaining a legally defined pack.
- 6.10.2.3 Forcing an opponent down or out of bounds is NOT to be considered illegal destruction of the pack; however, skaters still must reform a pack immediately or be subject to out of play penalties (see Sections 6.10.6 and 6.10.7).
- 6.10.2.4 When no single skater or team can be clearly found responsible for illegally destroying the pack, no penalty for illegally destroying the pack shall be enforced, however skaters and teams are still responsible for immediately reforming a pack (see Sections 6.10.7, 6.10.12, and 6.10.20).
- 6.10.3 Jammers may initiate engagement with Jammers outside the Engagement Zone.
- 6.10.4 Jammers may not initiate engagement with Blockers outside the Engagement Zone. If a Blocker initiates engagement with a Jammer outside the Engagement Zone, the illegally engaged Jammer may counter-block and go unpenalized. Likewise if a Jammer illegally engages a Blocker outside the Engagement Zone that Blocker may counter-block and go unpenalized.
- 6.10.5 Blockers may not initiate engagement outside the Engagement Zone. If a Blocker initiates engagement with an opponent outside the Engagement Zone, the illegally engaged opponent may counter-block and go unpenalized. Likewise if a Jammer illegally engages an opponent outside the Engagement Zone that opponent may counter-block and go unpenalized.
- 6.10.6 Out of Play skaters will be warned to re-enter the Engagement Zone and will be penalized if they do not immediately attempt to return to Engagement Zone.
- 6.10.7 During a no pack situation skaters will be warned that there is no pack and will be penalized if they do not immediately attempt to reform the pack. During a no pack situation, out of bounds skaters must re-enter the track and reform a pack.
- 6.10.8 Skaters may not assist teammates outside the Engagement Zone.
- No Impact/No Penalty**
- 6.10.9 Incidental blocking or contact while out of play that does not force the opponent to adjust

her skating stance or position in any way.

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

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

6.10.16 An out of play assist that affects the recipient but does not improve her relative position.

Major Penalty

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

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

6.10.12 No pack: After a warning, a failure to immediately attempt to reform a pack will result in a major penalty. This penalty includes failure to reform a pack by returning to in bounds from out of bounds. One penalty will be applied to a single skater per team, if applicable, who seems most responsible or the Pivot (see Sections 7.1.2 and 7.2.4).

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

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

6.10.18 No pack: After a warning, a sustained failure to reform a pack will result in a major penalty. This penalty includes a sustained failure to reform a pack by returning to in bounds from out of bounds. One penalty will be applied to a single skater per team, if applicable, who seems most responsible or the Pivot (see Sections 7.1.2 and 7.2.4).

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

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

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

Expulsion

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

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

6.11 CUTTING THE TRACK

A skater that is in bounds need not yield the right of way to an out of bounds skater. Skaters that are out of bounds must find an entrance back in bounds that does not require in bounds skaters to move. When out of bounds, skaters must re-enter the track without bettering their position in relation to other skaters. Out of bounds skaters are subject to skating out of bounds penalties even if they do not cut the track (see Section 6.12 Skating Out Of Bounds).

This section addresses penalties for cutting the track. Skaters must be upright and skating to receive cutting the track penalties. (See Section 6.8 Out Of Bounds Blocking for downed skaters re-entering and illegally blocking and Section 6.3 Low Blocking).

Downed skaters that have re-entered the track are subject to applicable cutting the track penalties when they return to an in-bounds, upright and skating position. Downed skaters are not to be penalized with cutting the track penalties, but are still subject to low blocking and blocking from out of bounds penalties. Skaters cannot drop back while in play in efforts to undo or avoid cutting the track penalties.

- 6.11.1 Re-entering behind the initiator of the block When sent out of bounds by a block, an opponent must re-enter the track without bettering her position in relation to other skaters. Re-entering the track from out of bounds in front of the initiator of the block is improving your relative position, regardless of who is in front when the block is executed. An in-bounds skater who forces an opponent out of bounds earns and establishes superior position. A skater may not return in bounds in front of the skater who blocked her out of bounds, except under the following circumstances where no penalty is to be issued:
- 6.11.1.1 When the initiating skater is considered “in the box,” having been sent off the track for a penalty (see Section 7.3.2.2.1).
 - 6.11.1.2 When the initiating skater goes out of bounds at any time after the initiating block.
 - 6.11.1.3 When the initiating skater downs herself or falls at any time after the initiating block.
 - 6.11.1.4 When the initiating skater exits the Engagement Zone at any time after the initiating block.

The outcome and aftermath of a block are complete when the receiving skater has re-established control of her own self on the track. If the receiving skater exits the track after the outcome and aftermath of a block, she is not required to re-enter behind the initiator of the previous block. She is however, still subject to skating out of bounds penalties.

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

No Impact/No Penalty

- 6.11.3 A skater who has re-entered the track in front of a downed, out of bounds, or out of play skater is not bettering her position. However, such skaters are subject to cutting the track penalties for other in-play skaters and are still subject to skating out of bounds penalties.
- 6.11.4 A skater who has re-entered the track in front of a skater who is “in the box,” having been sent off the track for a penalty.
- 6.11.5 A skater straddling the track boundary line who then completely exits the track, regardless of which, or how many, skaters she has passed while straddling.
- 6.11.6 An out of bounds skater that steps one foot inside the track boundary to become a straddling skater and then steps back completely out of bounds, never removing her out of bounds contact with the floor.
- 6.11.7 Any of the scenarios in Sections 6.11.1.1- 6.11.1.4.
- 6.11.8 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of one in-play skater of the same team, which results in her having bettered her position.
- 6.11.9 An upright skater straddling the track boundary who passes one in-play skater of the same team, and then ceases her out of bounds contact with the floor, which results in her having bettered her position.
- 6.11.12 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of one in-bounds skater of the same team during a No Pack scenario, which results in her having bettered her position relative to that in bounds skater.
- 6.11.13 An upright skater straddling the track boundary who passes one in-bounds skater of the same team, and then ceases her out of bounds contact with the floor during a No Pack scenario, which results in her having bettered her position relative to that in bounds skater.

Major Penalties

- 6.11.8 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of one opposing in-play skater, which results in her having bettered her position.
- 6.11.9 An upright skater straddling the track boundary who passes one opposing in-play skater, and then ceases her out of bounds contact with the floor, which results in her having bettered her position.

- 6.11.10 An in bounds, upright and skating Jammer who has re-entered the track from out of bounds in front of the opposing Jammer outside of the Engagement Zone, which results in her having bettered her position relative to the opposing Jammer.
- 6.11.11 An upright Jammer straddling the track boundary who passes the opposing Jammer, and then ceases her out of bounds contact with the floor outside of the Engagement Zone, which results in her having bettered her position relative to the opposing Jammer.
- 6.11.12 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of one opposing in-bounds skater during a No Pack scenario, which results in her having bettered her position relative to that in bounds skater.
- 6.11.13 An upright skater straddling the track boundary who passes one in-bounds opposing skater, and then ceases her out of bounds contact with the floor during a No Pack scenario, which results in her having bettered her position relative to that in bounds skater.
- 6.11.14 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of multiple in-play skaters, which results in her having bettered her position.
- 6.11.15 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of the foremost in-play opposing Blocker, which results in her having bettered her position.
- 6.11.16 An upright skater straddling the track boundary who passes multiple in-play skaters, and then ceases her out of bounds contact with the floor, which results in her having bettered her position.
- 6.11.17 An upright skater straddling the track boundary who passes the foremost opposing Blocker, and then ceases her out play contact with the floor, which results in her having bettered her position.
- 6.11.18 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of multiple in-bounds skaters during a No Pack scenario, which results in her having bettered her position relative to those in bounds skaters.
- 6.11.19 An upright skater straddling the track boundary who passes multiple in-bounds skaters, and then ceases her out of bounds contact with the floor during a No Pack scenario, which results in her having bettered her position relative to those in bounds skaters.

Expulsion

- 6.11.20 Not applicable.

6.12 SKATING OUT OF BOUNDS

Skaters must remain in bounds. No part of the skater's skate(s) may touch the ground outside the track boundary. Skaters may not pick up momentum for a block until in bounds (see Section 6.8.2).

No Impact/No Penalty

- 6.12.1 Being forced out of bounds by an opponent's block.
- 6.12.2 Skating out of bounds as the result of a missed or successful block. (Blocking out of bounds criteria still apply; see Section 6.8).
- 6.12.3 Maintaining or increasing speed while skating to and from the penalty box.
- 6.12.4 Exiting the track as a result of injury, equipment failure, or to avoid unsafe track conditions including but not limited to fallen skaters, debris and spills.

Major Penalty

- 6.12.5 Skating out of bounds in an attempt to avoid a block.
- 6.12.6 A skater who own her own accord skates completely out of bounds.
- 6.12.7 Skating across the track infield in a manner which substantially cuts short the lap distance. It is not necessary to pass an in bounds skater to commit a "skating out of bounds" major penalty.

Expulsion

- 6.12.8 Not applicable.

6.13 ILLEGAL PROCEDURES

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

No Impact/No Penalty

- 6.13.1 A Blocker who is on the track, between the Jammer and Pivot lines, skating into her position when the first whistle blows.
- 6.13.2 Assisting a downed teammate within the Engagement Zone.
- 6.13.3 A skater exiting the penalty box before her penalty time finishes because she was incorrectly instructed to do so by the penalty box official. The skater must return to the box and finish her penalty.
- 6.13.4 A skater who establishes her starting position on the track before the first whistle, but is blocked out of bounds prior to or as the whistle blows will be allowed to remain in the jam.
- 6.13.5 **False start—A Jammer or Blocker who false starts must yield advantage. If a false-starting Blocker or Jammer yields her advantage but the opposing Jammer or Blocker does not take advantage of her attempt to yield position, neither Jammer nor Blocker will be awarded a penalty.**
 - 6.13.5.1 **A Jammer false starts for being out of position at the Jammer starting whistle when she is touching beyond the Jammer line.**
 - 6.13.5.2 **A Non-Pivot Blocker false starts for being out of position at the pack starting whistle when she:**
 - 6.13.5.2.1 **is touching on or beyond the Pivot line.**
 - 6.13.5.2.2 **is touching behind the Jammer line.**
 - 6.13.5.2.3 **lines up in front of a Pivot Blocker who is on the Pivot line.**
 - 6.13.5.3 **A Pivot Blocker false starts for being out of position at the pack starting whistle when she:**
 - 6.13.5.3.1 **is touching beyond the Pivot line.**
 - 6.13.5.3.2 **is touching behind the Jammer line.**
- 6.13.6 **Too many skaters on the track. The extra skater is instructed to return to her bench without stopping the jam.**
- 6.13.7 **More than one designated Pivot for a team on the track at any point after the starting whistle. After the whistle, the referee must instruct the last Pivot to enter the track in that jam to return to her bench. If the referee is unable to determine the last Pivot to enter the track, the referee must send the Pivot on the track closest to the referee to return to her bench. Any Pivot starting in the penalty box is the designated Pivot for that jam.**
- 6.13.8 **A Jammer attempting to call off a jam when she is not Lead Jammer, and the jam is not called off.**
- 6.13.9 **A skater exiting the penalty box and re-entering the track in front of one pack skater of the same team.**
- 6.13.10 **A skater, after being waived off of a full penalty box, re-entering the track in front of one pack skater of the same team.**
- 6.13.11 **A skater, after addressing mid jam equipment malfunction, re-entering the track in front of one pack skater of the same team .**
- 6.13.12 **A skater initiating contact or engaging an opponent before the first whistle that forces the receiving opposing skater off balance, forward or sideways, but does not cause her to lose her established starting position.**
- 6.13.X **A skater initiating contact or engaging an opponent after the fourth whistle ending the jam that forces the opposing skater slightly off balance, forward or sideways but does not cause her to fall.**

Major Penalties

- 6.13.9 **A skater exiting the penalty box and re-entering the track in front of one opposing pack skater.**
- 6.13.10 **A skater, after being waived off of a full penalty box, re-entering the track in front of one opposing pack skater.**
- 6.13.11 **A skater, after addressing mid jam equipment malfunction, re-entering the track in front of one opposing pack skater.**
- 6.13.13 **A penalized skater who leaves the penalty box during either a team or official timeout.**

- 6.13.14 A penalized skater's teammates, manager, and/or coach who enters the designated penalty box area to communicate with a penalized skater. If the person entering is not a skater in the bout the penalty will go to the Captain.
- 6.13.15 A penalized skater who removes her safety equipment in the penalty box. A penalized skater may remove her mouth guard only after she is seated in the penalty box. Merely adjusting safety equipment while in the penalty box is not to be penalized.
- 6.13.16 A false start by a Jammer or Blocker who does not yield advantage. The Jammer or Blocker who committed the false start must stop all forward motion until the opposing Jammer or Blocker(s) takes the lead by passing her. If a false-starting Blocker or Jammer yields her advantage but the opposing Jammer or Blocker(s) does not take advantage of her attempt to yield position, an additional penalty must not be assessed and the yielding skater may proceed.
- 6.13.17 Forcing a jam to be called off due to too many skaters on the track. The penalty is issued to the Pivot in that jam. If there is no Pivot in that jam, the penalty is issued to the last Non-Pivot Blocker to enter the track to the extent that the referee is able to determine who that skater was. If there is no Pivot in the jam and the referee is unable to determine the last skater to enter the track, the referee issuing the illegal procedure must penalize the Blocker on the track closest to the referee who calls the penalty.
- 6.13.18 Improper uniform, jewelry, or skates.
- 6.13.19 A Jammer successfully calling off a jam when she is not Lead Jammer.
- 6.13.20 Violations of the Passing the Star procedures outlined in Section 3.5 Passing The Star. The initiator of the star pass receives the penalty for the illegal star pass.
- 6.13.21 Illegally blocking a star pass.
- 6.13.22 A skater exiting the penalty box and re-entering the track in front of more than one pack skater.
- 6.13.23 A skater, after being waived off of a full penalty box, re-entering the track in front of more than one pack skater.
- 6.13.24 A skater, after addressing mid jam equipment malfunction, re-entering the track in front of more than one pack skater.
- 6.13.25 A skater exiting the penalty box before her penalty time finishes. (Note: If the penalty box official instructs the skater to leave early, this penalty does not apply.)
- 6.13.26 Too many skaters and/or team support staff in the designated team area. The penalty is issued to the Pivot at the time the Penalty is determined. If there is no Pivot in that jam, the penalty is issued to the Captain in all circumstances.
- 6.13.27 Removing required safety equipment (see Sections 7.3.6 and 10.1.1).
- 6.13.28 A skater initiating contact or engaging an opponent before the first whistle that forces the receiving opposing skater out of her established starting position. This includes forcing a skater down or out of bounds.
- 6.13.X A skater initiating contact or engaging an opponent after the fourth whistle ending the jam that forces the opposing skater severely off balance, forward or sideways.

Expulsion

- 6.13.29 Not applicable.

6.14 INSUBORDINATION

Insubordination is willfully failing to comply with a referee's orders. Examples of insubordination include but are not limited to failure to leave the track for a penalty or failure to leave the floor after fouling out.

No Impact/No Penalty

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

Major Penalty

- 6.14.3 Willfully failing to leave the track for a penalty.

Expulsion

- 6.14.4 Willfully failing to leave the floor after fouling out.

6.14.5 Deliberate and excessive insubordination to a referee.

6.15 MISCONDUCT

No Impact/No Penalty

6.15.1 Not applicable.

Major Penalty

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

6.15.4 Executing a block on an opponent who is down.

6.15.5 Any block with initial contact landing above the shoulders.

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

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

Expulsion

6.15.8 Not applicable.

6.16 GROSS MISCONDUCT

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

No Impact/No Penalty

6.16.1 Not applicable.

Major Penalty

6.16.3 Not applicable.

Expulsion or Suspension

The following egregious acts will be an automatic game expulsion, even if not during a fight, and can be punished as multi-game suspensions (see Section 7.5.2.2).

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

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

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

6.16.7 Intentional tripping with feet or hands. Expulsions will be issued for a conscious attempt to trip an opponent, whether or not the action was successful.

6.16.8 Fighting is an automatic expulsion for all participants and may result in a suspension (see Section 7.5.2). A fight is defined as a physical struggle that is not part of regular game play. A skater that only defends blows and does not engage in the fight will not be penalized.

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

6.16.10 Punching another skater.

6.16.11 Pulling of the head, neck, or helmet.

6.16.12 Choking.

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

6.16.14 Kicking another skater.

6.16.15 Biting.

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

6.16.17 Slide tackling an opponent.

6.16.18 Holding or pinning another skater to the ground.

6.16.19 Shoving an opponent.

6.16.20 Serious physical violence or any action deemed by the officials to cause an extraordinary physical threat.