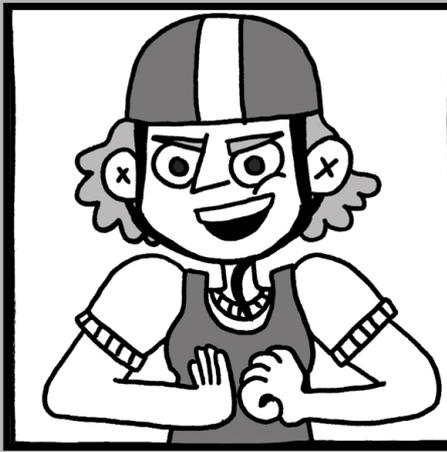




Jammer

Wears the star on their helmet. They score points for their team by passing their opponents in-bounds.



Pivot

Wears the stripe on their helmet. They can become a jammer if handed the helmet cover with the star on it during the jam.



Blocker

They play defensively by working together to block the opposing team's jammer and offensively by assisting their own jammer.

1

Players wait for the start whistle behind the jammer and pivot lines.



2

The jam starts when the whistle is blown. Skaters, move around the track as the jammers battle to beat each other through the pack.

The blockers work to prevent the opposing jammer's progress while simultaneously helping their own jammer through the pack by getting opposing blockers out of the way.

3

The first jammer to escape the pack is declared 'Lead Jammer' and they have the power to end or 'call-off' the jam at any time. After this first pass, jammers score 1 point for every opposition blocker they pass (or who is in the penalty box).



Flat Track Derby 101

Flat Track Derby Q&A

Are there quarters or halves?

A roller derby bout has two thirty minute halves which contain two minute rounds called 'jams'.

How many skaters are in each jam?

Up to five on each team: four blockers including the pivot) and the jammer.

How do you score?

The jammer scores one point for each opposition player they lap while in bounds and upright. The Jam Referees (in the middle of the track) show how many points have been scored each lap by holding their fingers in the air.

Why did that jammer not get lead?

They may have not legally passed all opposition blockers in-bounds or may have committed a penalty.

Why is being Lead Jammer a big deal?

The jammer who escapes the pack first is declared 'Lead Jammer', which means they have the strategic advantage of being able to end the jam early (i.e. to prevent the other jammer scoring points).

What is an initial pass?

This is the jammers' first trip around the track during a jam. They cannot score points on an initial pass.

What does a blocker do?

Blockers are their jammer's best friend. They create offensive and defensive plays so their jammer has an easier path through the pack.

What is a pack?

The 'Pack' is the group of skaters containing the majority of upright blockers from both teams. Blockers need to be within 10 feet of the Pack to be considered in-play and allowed to continue blocking.

Can jammers become blockers?

Yes. If a jammer takes off their helmet cover and passes it to a pivot during a jam, they become a blocker and the pivot then becomes a jammer. No other blocker can become the jammer... no returns either!

Are there penalties?

Yes. If a referee sees a skater break one of the many rules, and gain an advantage by doing so, they can issue a penalty. This means a 30 second stint in the penalty box for the skater. If the skater is in the penalty box at the end of the jam, their team must skate with less players in the next jam until the penalised player is released.

Penalties include, but not limited to; overtaking out of bounds (cutting), linking arms in a wall (multiplayer block), pushing with forearms, tripping (low block), blocking without moving in the direction of play and insubordination (not hearing or ignoring a referee's penalty call).

Can you foul-out?

Yes. Once a skater accrues seven penalties, the Head Ref approaches the skater to explain the situation and ushers them from the penalty box or team area to sit in the crowd. A player can also be expelled from the game if they engage in dangerous gameplay or display unsporting behaviour.

Can the team or referees call a time-out?

They sure can! A team is allowed three time-outs per game and one official review per half. The official review can be used as an extra time-out or to request a review on a penalty that was (or wasn't) called by the referees. If the 'call stands', the team cannot request another in the same half but, if the team wins an official review, they are allowed to request another review in that half.