

ROLLER DERBY BASICS

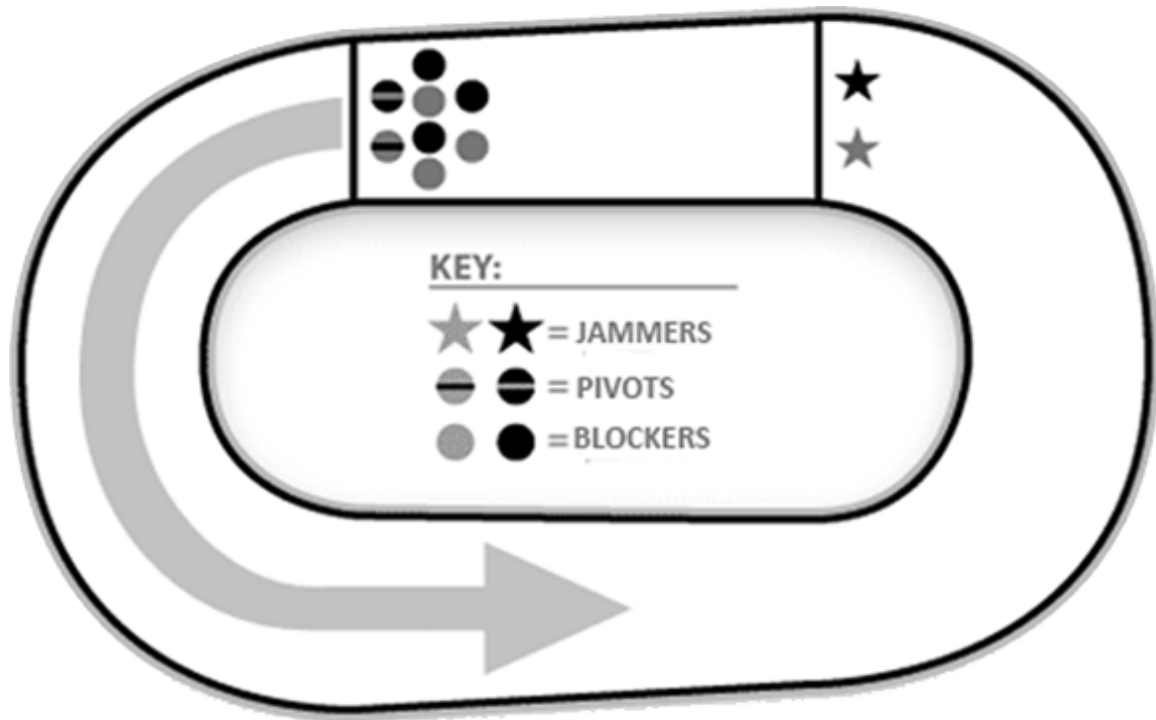


Image: www.foxcityzfoxz.com

About the game

(Numbers refer to sections of the Women's Flat Track Roller Derby Rules – <http://wftda.com/rules>)

- Roller derby is a full-contact game played on quad roller skates
- Each team can have up to five skaters on the track at one time (1)
- The game lasts for one hour and is broken down into two half-hour periods, which are then played in smaller sections called 'jams' (2)
- Each jam can last for a maximum of two minutes and there is a break of thirty seconds between each jam (2)
- The skaters on the track (see image above) play as either jammers (point scorers), blockers (defensive and offensive players) or pivots (a special kind of blocker) (3)
- The blockers and pivots make up the pack which is defined as the largest group of blockers from both teams skating within ten feet of each other (4)
- Players' actions are assessed for safety, impact and legality and players can be given penalties for breaking the rules
- One major penalty will result in one minute in the penalty box (7.1)
- Four minor penalties will result in one minute in the penalty box (7.2)
- Jewellery cannot be worn if it is considered a hazard by the referees (3.8)
- And finally, skaters may not participate in bouts or wear skates at events after or while consuming alcohol (10.4)

Blocking zones and Target zones

There are very strict rules about which parts of your body you may use to hit other players (blocking zones) and where you can be hit (target zones) – 5.2.

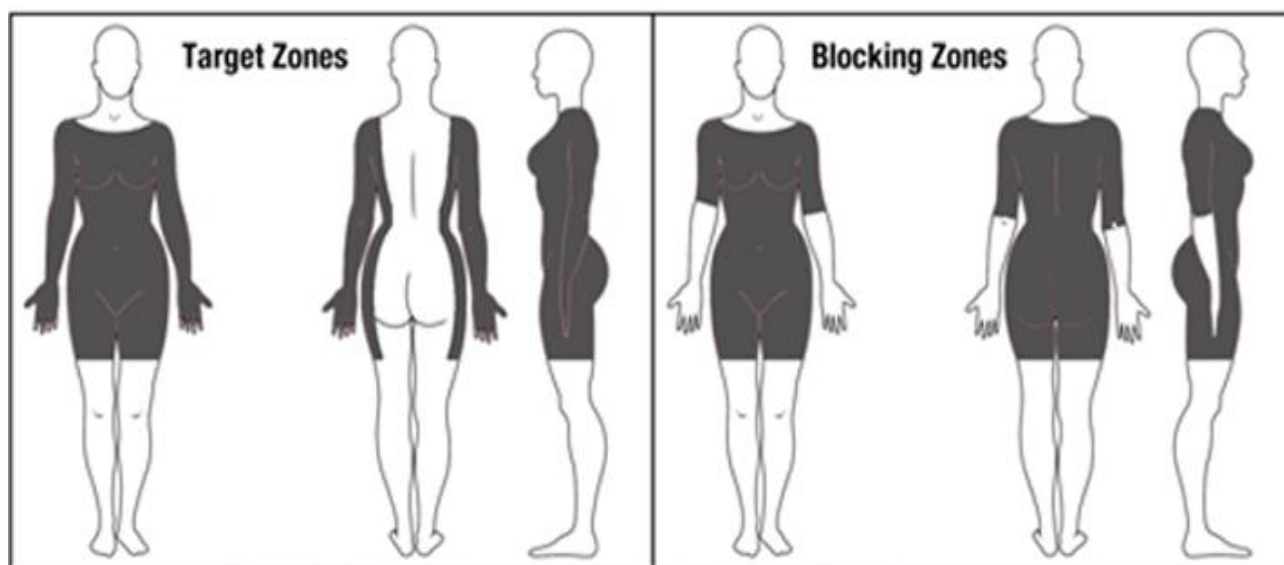


Image: WFTDA Rules, 5.3

The Officials

The referees and non-skating officials (NSOs) are there to keep everyone safe during games. They make sure everyone is wearing the correct safety equipment, watch the play and enforce penalties.

The minimum safety equipment they will be checking before every game (and which you will need to wear for every training session) is (10.1):

- Wrist guards
- Elbow pads
- Knee pads
- Helmet
- Mouthguard

The referees communicate with players using hand signals (which you will learn later), calling out penalties (which also comes later) and blowing whistles. The whistles are important and you need to know what they mean. The following table will help (2.9):

Description	Whistle Signal
Jam start – Pack start	One long
Jam start – Jammer start	Two rapid
Lead Jammer	Two rapid
Minor penalty	None
Fourth minor penalty	One long
Major penalty	One long
Jam called off/ended	Four rapid

Good luck with your roller derby journey from the Wollongong Illawarra Roller Derby officials!