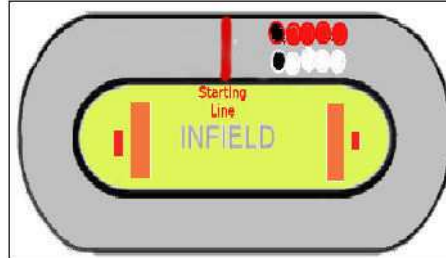


BRIEF PROFESSIONAL BANKED TRACK RULES

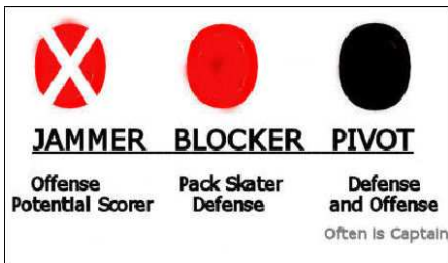
The object of a co-ed (game or bout) is to conduct a roller skating competition on a banked track between two teams under the following set of sanctioned rules. Each professionally compensated team consists of two squads of male and female players. The teams compete for points in order to win the game or bout. Roller Derby women and men athletes alternate in non-stop ten minute periods providing unending excitement. The players' diversity brings inspiration to every kind of audience member. The banked track is a modern-day spectacle of awesome drama generating sights and sounds not available in a roller rink. The banked track is a modern-day spectacle of awesome drama generating sights and sounds not available in a roller rink.

Game Parameters:



1. The game/bout takes place on an impressive 8-ton banked track, sized about (90' by 50')
2. Infield penalty boxes and infield chairs/benches are used to seat all players
3. A **full-game** is 8 ten-minute periods, with a **half-time** break between periods 4 and 5
4. Each **full-game**, there is a 15-minute half time between period 4 and 5

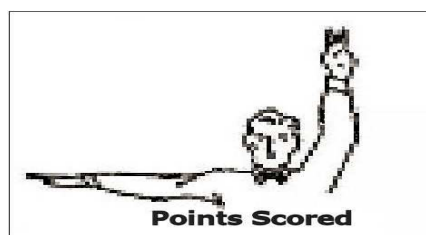
Helmets:



1. Jammer helmets are designated by a CROSS, Blockers wear SOLID color helmets, Pivot skaters is solid BLACK
2. The Pivot position in a full-game is able to jam, once any jammer has already started the 60-second jam clock



How to Score:

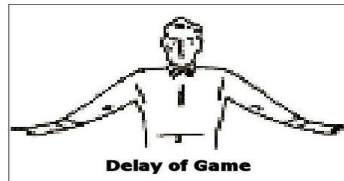


1. A Jammer receives 1 point for every member of the opposing team he/she passes before the jam time expires or is called off

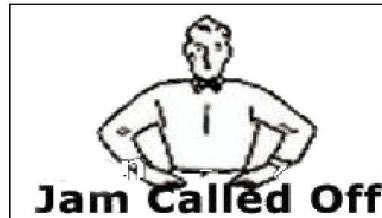
2. When a jammer passes all skaters on a team, they also get credit for any skaters in the penalty box
3. Points are accumulated over jams and periods to determine the winner

Pack Rules:

1. Skaters do not stop between jams, but continue to roll in a clockwise direction, moving into pre-play positions
2. Pre-play positions are jammers at the rear, pivots in front and blockers in the middle
3. **All skaters, referees and staff stay on the infield for the duration of the bout/game**
4. Skaters are not allowed to **CUT** through the infield
5. Skaters **MUST** skate in a counter-clockwise direction



Calling the Jam off:

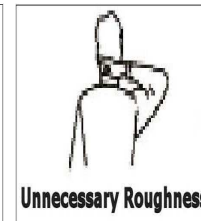
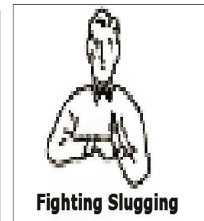
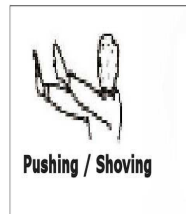


1. Only the lead jammer can call the 60-second jam off with a hands on hips motion
2. A jam will be stopped at the expiration of the 60-second jam time limit

Legal Blocking and Body Checks:

1. Players may block and body check an opponent with their body
2. Legal blocks are any part of the arm/shoulder, legs, knee, hips and butt
3. In using arms for blocking, the arm must be bent, not extended full length
4. Skaters can use double and triple blocks by crossing arms and not holding

Illegal Blocking:



1. It is illegal to fight, slug or punch another skater
2. It is illegal to use an elbow with a "jabbing" upward or downward motion
3. It is illegal for a skater to block with his/her feet or trip or kick an opponent
4. It is illegal to block from the rear, push or shove an opponent from behind
5. No skater can drop back behind the **20 foot rule and block**

Penalties:

1. Referee can call a one or two minute penalty
2. After 4 or 8 penalties the official can expel a skater