

Internationally Sanctioned Professional Banked Track Roller Derby Rules (Co-Ed)

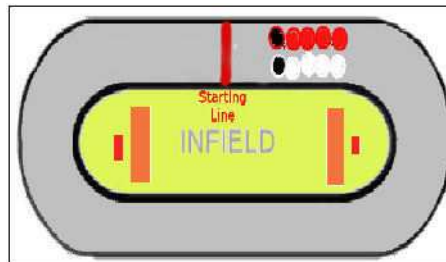
The object of a co-ed (game or bout) is to conduct a roller skating competition on a banked track between two teams under the following set of sanctioned rules. Each professionally compensated team consists of two squads of male and female players engage in a fast paced, full body contact roller-race. The teams compete for points in order to win. Roller Derby women and men athletes alternate in non-stop ten minute periods providing unending excitement. The players' diversity inspires 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. At the end of the game, the team with the most points is victorious. Referees, Score keepers and trackside staff help maintain order. All players agree to conduct them selves in accordance to these sanctioned rules and regulations. Players agree to comply with referee decisions and commands.

Practice Scrimmages

A scrimmage practice can be simple training experience or a full game event usually without thousands of fans. The objective of a **practice scrimmage** is to provide skaters an experience of actual banked track roller derby action while getting feedback and professional advice. Skaters are placed in game play situations that teach the basics of the sport and strategy. Plays may be stopped at any time by the trainer to discuss scoring, positioning and style. Rules may be changed to conform to the practice players needs and situation.

Participants in all competitions should not intentionally harm others

A. Game Parameters



1. The game/bout takes place on an impressive 8-ton banked track, sized about (90' by 50') (unless otherwise designed)
2. One color contrasting starting line is painted on the middle of the straight-a-way near announcers table
3. Each co-ed squad consists of 6 to 10 players, depending on skater and league decisions
4. **Scrimmages only, depending on the number and sex of skaters involved**, teams can be made up of separate men's' and women's' squads, or teams can mix men and women on the same squad
5. Infield penalty boxes and infield chairs/benches are used to seat all players

B. Game Structure

1. A **full-game** is 8 ten-minute **non-stop** periods with a **half-time** break between periods 4 and 5 (exceptions for special events)
2. A **mini-game** consists of 4 ten-minute **non-stop** periods
3. A **scrimmage-practice game** periods are defined by the players and trainer involved
4. For a **co-ed** game, the women squads always **start** each a game off the line, and then alternate periods with the men squads
5. There is no break between periods, except for a **full-game** where there is a 15-minute half time between period 4 and 5
6. The team with the most points at the end of the game wins. A game cannot end in a tie score. Sudden death period(s) decide the victor

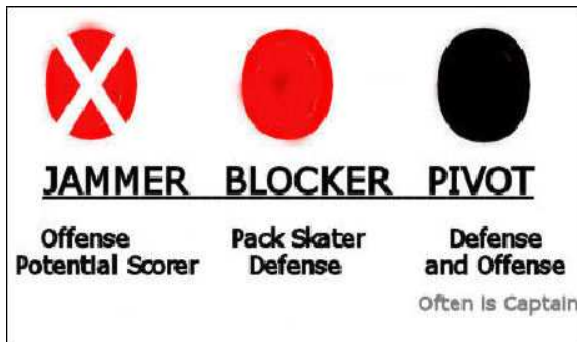
C. Referees and Trainer

1. **Three referees, certified by the ICOR, work each game**
2. Referees do not wear skates, but walk clockwise in a zig-zag pattern to maintain full sight of the players
3. One referee is responsible for counting points for team A and another referee for team B
4. The lead referee makes all disputed decisions
5. A trainer with EMT/CPR certification works the infield attending injured players of both teams

D. The Final JAM in period 4 and 8

1. A special rule applies to the time clock for the **end of periods 4 and 8 only**
2. If a JAM starts with any time remaining on the clock, then the jam will go for the whole **60-seconds** or until it is cut off
3. If a JAM is not started, and the time runs out, then the game or half-game is over
4. A **mini-full-game** cannot end in a tie, sudden death overtime will determine the winners
5. In a sudden death overtime, the team who scores the first point is the winner

E. Helmets



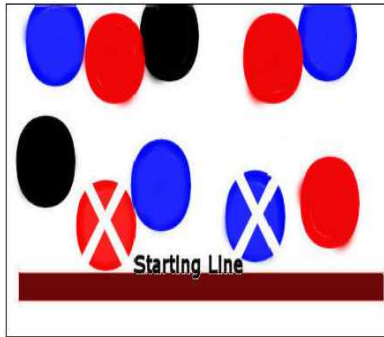
1. **Jammer helmets are designated by a CROSS or STRIPE, Blockers wear SOLID color helmets, Pivots are solid BLACK**
2. Helmets are provided by the league and must be worn for all plays and action
3. Helmets should never be taken off the track, into the locker rooms. After games, helmets will be collected by league staff
4. **Scrimmage practice games** may use a single jammer helmet, a pivot and three blockers, encouraging learning one-on-one game strategy
5. In a **full-game** and **mini-game**, two jammers, two blockers and the pivot helmet is used
6. The Pivot position in a scrimmage practice is limited to pack regulator and blocker
7. The Pivot position in a full-game is able to jam, once any jammer has already started the **60-second jam clock**



F. Uniforms

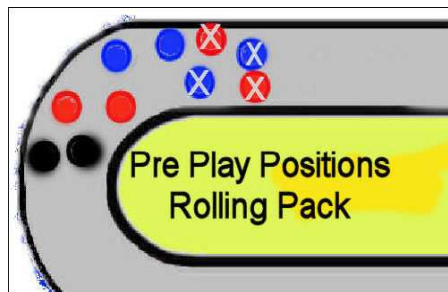
1. **Uniforms – a jersey, trunks and shorts (sometimes socks) are provided by the league**
2. Uniforms must be returned to the office after each game to get pay. Skaters do not take uniforms home
3. Usually a male and female skater on the same team share the same player number
4. Your uniform player number will be recorded for the track side and TV announcers before warm-ups
5. Players are allowed to accent their uniforms with arm, knee, wrist, head bands, scarf, stockings and so on.
6. Players are allowed to use make up, face paint and jewelry that will not interfere with other players
7. Players provide their own *quad speed skates*, replacement and maintenance parts, elbow, knee, wrist and butt pads

G. Starting the Jam - Off the Line



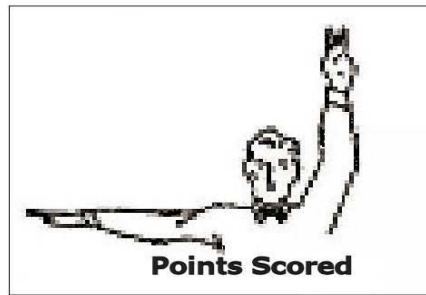
1. All Jammers are **standing still** at the front of the start line waiting for the whistle to sound
2. Pivots and blockers are positioned (standing) aside or behind the jammers
3. When the Referee signals that both teams are at the starting line **one whistle** sound starts the game
4. Jammers race out front right away and the **60-second jam time starts**
5. A celebrity may be the official game starter by standing in the infield at the starting line with referee

H. Starting the Jam - with a Moving Pack



1. Skaters do not stop between jams, but continue to roll in a clockwise direction, moving into pre-play positions
2. Only the jammer and blocker from the previous jam are allowed *one lap rest at the rail*
3. Pre-play positions are jammers at the rear, pivots in front and blockers in the middle
4. No blocking is allowed in pre-play positioning. When in position, The referee sounds whistle **ONCE** to begin the play
5. Jammers work their way through the pack with pivot and blocker offensive assists/whips or defensive blocks
6. Once one jammer breaks from the pack the **whistle sounds AGAIN**; **60-second jam time** begins
7. Jammers and all players must wear a designated helmet.

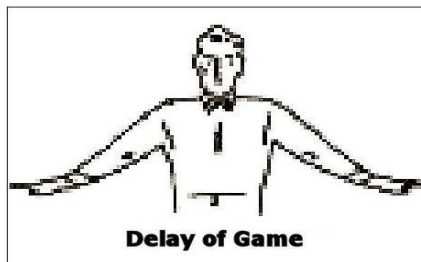
I. Points are Scored as Follows



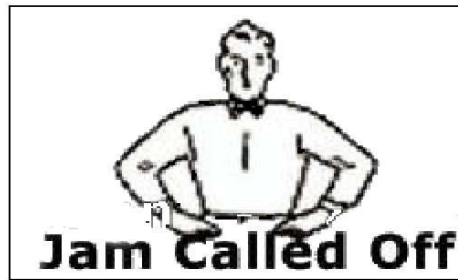
1. **A Jammer receives 1 point for every member of the opposing team he/she passes before the jam time expires or is called off**
2. When a jammer passes all skaters on a team, they also get credit for any skaters in the penalty box
3. A point can be awarded, in the opinion of an official, a deliberate penalty against a jamming skater preventing that skater from scoring
4. A skater receiving a penalty becomes ineligible to either score but may be scored upon
5. An injured player or player with skate trouble cannot be passed for a point
6. Disputed points are resolved by consensus of the referees and/or the head referee will have the final decision
7. Points are accumulated over jams and periods to determine the winner

J. Skating out of Bounds and Pack Rules

1. **All skaters, referees and staff stay on the infield for the duration of the half**
2. Active, on track skaters, should not roll or place a skate onto the infield
3. When any skater rolls onto the infield they must resume play in the position they left the track
4. Skaters that are active in playing action should stay on the track, within the kick rails and infield
5. Skaters are not allowed to **CUT** through the infield
6. Skaters **MUST** skate in a counter-clockwise direction
7. Skaters are **NOT** allowed to rest between jams demonstrating endurance, except for 1-lap rail rest for the jammer and blocker from previous jam
8. If a skater goes **over the rail** the play may be stopped by the referee
9. A team can substitute fresh players and jammers between jams (*based on squad strategy*), except when an injured skater is being replaced
10. A replacement skater must **tag** an injured skater and take his/her place on the track
11. At the end of the game, home team players are encouraged to stay on the track, meet fans, sign autographs, take photos



K. Calling the Jam off

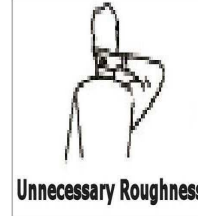
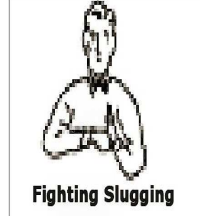
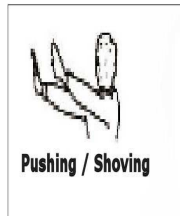
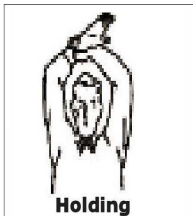


1. Only the lead jammer can call the 60-second jam off with a hands on hips motion
2. A jam will be stopped at the expiration of the **60-second jam** time limit
3. A jam will be stopped at the conclusion of the skating period time limit
4. All blocking and scoring ends when the jam ends
5. A Referee may call the jam off for injuries or penalties

L. Legal Blocking and Body Checks

1. Players may 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
5. Skaters can use jump block take downs
6. Skaters can take an opponent to the rail to slow down their forward movement

M. 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**
6. Holding and grabbing is not allowed when blocking or at any other time
7. Players are not allowed to use objects such as a helmet or ace bandage to interfere with an opponent

N. Time Outs

1. Each team may call one time out in each period at the maximum
2. A time out may be called ONLY between jams and is the only time continuous skating stops in a period
3. Referee may call a time out for injuries or emergencies
4. Each team of skaters moves to the high side of the track on their respective sides for huddle in a time out
5. Scrimmage time outs can be called at anytime by the trainer in order to demonstrate a move or strategy

O. Penalties

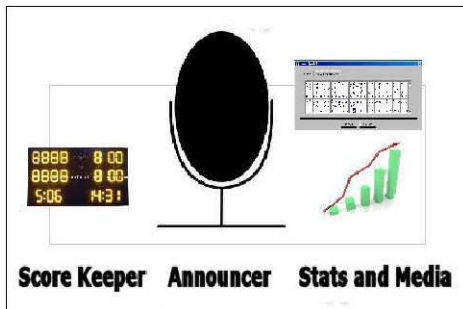
1. **Referee can call a one or two minute penalty**
2. Illegal interference in game-play by skaters not involved in the jam is a penalty
3. Referee can use financial fines to penalize a player
4. Penalized skaters must sit in the **penalty box** and their penalty time begins when they are sitting
5. Players in the penalty box and infield cannot interfere with skaters on the track
6. After 8 penalties in a 8 period game, a skater can be ejected from the event

P. Removal from Game or Scrimmage

1. **After 4 or 8 penalties the official can expel a skater**
2. Expelled skaters may loose their pay
3. If any player is intentionally injuring others that skater may be asked to exit the track
4. A skater is considered new or harmful to self or others may be asked to exit the play and observe

Q. The Announcers Table

1. **Table is located trackside along the main straight-a-way nearest the starting line**
2. Table is used for announcing, keeping electronic score, statistics and other media needs
3. Skaters must listen to the announcer queues on the number of pack skaters in a play, time remaining in the jam, and so on



R. Player Code of Conduct

6. **Respect the fans, venue rules and parking areas. We are guests**
7. Do not be in the arena until your team is called for warm-ups
8. Come out from the locker rooms **as a team**, not as individual players
9. Do not appear before audiences in partial dress, swearing or exhibiting inappropriate behavior
10. As a home team player, take time to meet fans for photos and autographs
11. As a visiting team player, allow the home team to their fans
12. Allow spectators to **believe** what they see
13. Help push professional roller derby forward. We are a family show
14. Learn to be an interesting interview. Make it entertaining

S. Unwritten Player Code of Conduct

Once a skater is hired into a rookie role there are unwritten expectations. Contact www.BayCityBombers.com to learn about these rules and prepare yourself for a very long and successful skating career.