



JUNIOR ROLLER DERBY ASSOCIATION

RULES TEST STUDY GUIDE

Updated 26 April 2014

SAFETY/EQUIPMENT

PROTECTIVE GEAR (WFTDA 9.1)

LEVEL 1

- Protective gear includes: wrist guards, knee pads, elbow pads, helmet and mouth guard.
- Protective gear has to be worn while you're skating in a **jam**, including to and from the **penalty box**.
- If you do not wear or remove your protective gear (like your mouth guard) you will get a penalty.
- You should secure or tape down loose Velcro on pads
- You can wear extra gear, like padded shorts, knee and ankle supports and tailbone protectors if you want to, as long as they are not dangerous to you or the other skaters during the game.

HELMET COVERS (WFTDA 2.6)

LEVEL 1

- The markings on the helmet covers must be 2 high-contrast colors.
- You cannot have two different-colored helmet covers on the same team.
- The **Pivot's** helmet cover has to have a single solid stripe. Only the Pivot's helmet can have stripes on it.
- The **Jammer's** helmet cover must have a star on either side. Only the Jammer's helmet can have stars on it.
- Helmet covers have to be on your head or in your hand before the jam starting whistle. A teammate can't hand the helmet cover to a Jammer or Pivot after the jam has started.

UNIFORMS (WFTDA 2.7)

LEVEL 1, 2

- Each member of your team must wear a uniform that clearly shows he or she is on your team.
- Your uniform should not cause a safety problem for other skaters. If you have patches or anything else on your uniform, they must be fastened down well. Safety pins are not allowed.
- You do not have to have your player name on your uniform.
- You may not have the same number as someone else on your team.
- You must have your number:
 - On the back of your uniform.
 - On your sleeve or arm. (You can hand write it if you want.)
- You can put your number other places (like on your helmet) but you don't have to.
- Captains should display a "C" on their arm or uniform. The alternate should display an "A" on their arm or uniform.

JEWELRY (WFTDA 2.8)

LEVEL 1

- You can wear jewelry during a bout, as long as it doesn't cause danger to you or other players. The referees decide if your jewelry is safe.

SKATES (WFTDA 2.9)

LEVEL 1

- You **MUST** wear quad roller skates (quads) to play roller derby. You can't wear inline skates or any other type of skates.

TEAMS AND PLAYERS (WFTDA Sections 1 and 2)

LEVEL 2

- Teams may have 20 skaters. 14 can play in a game (be on the **roster** for that bout).
- You can have 4 **Blockers** and 1 Jammer from each team on the track during a jam.
- Only one Blocker can be a Pivot.

Blocker (WFTDA 2.1)

LEVEL 1

- Blockers line up behind the Pivots, and ahead of the Jammers.
- Blockers never score points.
- Blockers who are not Pivots do not wear helmet covers.



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Pivot Blocker (WFTDA 2.2)

LEVEL 2

- Pivots line up at the front of the pack.
- Pivots are special because the Jammer can give them the Jammer helmet cover (this is called a "Star Pass") and then the Pivot becomes the Jammer and can score.
- You do not have to have a Pivot during a jam.

Jammer (WFTDA 2.3)

LEVEL 1

- Jammers line up behind the pack.
- Only Jammers score points.
- You are not able to score points unless you are wearing the helmet cover where everyone can see it. You can't become Lead Jammer without the helmet cover on.

Lead Jammer (WFTDA 2.4)

LEVEL 1, 2 & 3

- To get **Lead Jammer**, you have to **pass** all Blockers in bounds before the other Jammer.

WAYS TO BE INELIGIBLE FOR LEAD JAMMER:

- Committing a penalty while passing a Blocker
- Skating or getting knocked out of bounds more than 20 feet behind the pack
- Not having the jammer helmet cover on when passing blockers
- The ref will let you know you are Lead Jammer by blowing the whistle twice and pointing at you.
- Only the Lead Jammer can call off the jam early.
- The Lead Jammer calls off the jam by putting her hands on her hips again and again.
- If there is no Lead Jammer in a jam, the jam goes on for the full 2 minutes.
- If you start the jam in the penalty box, you can still get Lead Jammer if the other Jammer hasn't gotten it already.
- If you get sent to the box during your first pass through the pack, you can't become Lead Jammer.
- You lose Lead Jammer if:
 - You or your teammates remove your helmet cover for any reason (but not if it gets knocked off by accident)
 - You are sent to the penalty box.



Passing the Star (WFTDA 2.5)

LEVEL 2 / LEVEL 3

- A Jammer can give the Jammer helmet cover to the Pivot during a jam. The Jammer position is transferred, but the Pivot does not take over as Lead Jammer
- Only the Jammer can give the Pivot the helmet cover.
- The star can only be given to a Pivot who is within 20 feet of the pack (**in play**).
- You can't give the star to a Pivot while you are on your way to the penalty box.
- ONLY the Jammer can take their helmet cover off and MUST HAND (not toss) it only to the Pivot.
- A Jammer who passes the star can't score points anymore.
- Once the Pivot has become Jammer, the Pivot can't give the star back to the original Jammer.
- If you mess up the Star Pass, the Pivot does not become Jammer, and the Jammer does not become the Pivot.
- If the helmet cover falls on the ground, or falls out of bounds, only the Jammer or the Pivot can pick it up.
- The Pivot becomes the Jammer as soon as the helmet cover is on her head.
- The new Jammer picks up where the old Jammer left off on points and number of laps through the pack.



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Injured Skaters (WFTDA 9.3)

LEVEL 2

- If you get injured seriously enough that the refs call the jam off, you have to sit out for the next 3 jams.
- If you get injured again, and the refs have to call off the jam again, you have to sit out for the rest of the period.
- If you are bleeding, you cannot participate in the bout until the bleeding has stopped and you've been checked out by the EMTs.
- If you remove yourself from a jam that is going on because of something wrong with your skates or equipment, you can re-enter the jam once you've fixed it.
- If you remove yourself because you are hurt, or for any other reason, you cannot re-enter the jam.
- You cannot skate with a cast or any kind of brace that causes danger to other skaters, as decided by the Head Referee.

GAME PARAMETERS

LEVEL 3

TRACK (WFTDA Section 1.2)

- The track must be regulation size. It must have a raised edge, and it must be clean and well-lit.
- On the line is considered in-bounds. TOUCHING over the line is out-of-bounds.
- You do not have to have 10 foot markings on the track, but they are helpful to both players and refs.
- A 10 foot wide safety lane outside the track is required for the safety of the crowd, and also for outside pack refs to skate in.
- Team benches and penalty boxes may be inside the track or on the sidelines. Only skaters listed as playing in the bout, and 2 non-skating coaches per team may be in the team bench area.

PENALTY BOX (WFTDA 1.8)

LEVEL 3

- The penalty box should seat 6 players (3 from each team).
- The box must be in a place that is easy for both teams to skate to. Teams may use separate boxes.
- If you are past the box when you get a penalty, you have to skate all the way around the track to get to the penalty box.
- When you leave the penalty box (after the official tells you to go), you may skate backwards on the outside of the track to get behind the pack before re-entering.

TIMING (WFTDA Section 1.3-1.6)

LEVEL 2, 3

- A game lasts for two 30-minute periods, for a total of 60 minutes
 - The period begins when the first jam whistle is blown.
 - There will be at least a 5-minute break between periods.
 - If a jam is still going on when the game clock runs out, the jam continues until it is called off or until 2 minutes has gone by.
 - If **at least** 30 seconds are left on the game clock, another jam can be run. If **less than** 30 seconds are left on the game clock, another jam will not be played, unless a timeout is called.
 - There is no limit to the number of jams allowed in each period.
 - Jams may last up to two minutes.
 - There are 30 seconds between jams.
- **TIMEOUTS:** Each team is allowed two 1-minute time outs per period. The captain or designated alternate will signal the timeout to a referee who will signal for the clock to stop. Timeouts may only be taken between jams.
- **OFFICIAL TIMEOUTS:** Referees can call an official timeout at any point. If a jam is in progress, it will end and a new one will be run, if there is time on the clock.



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STARTING AND STOPPING A JAM

LEVEL 2, 3

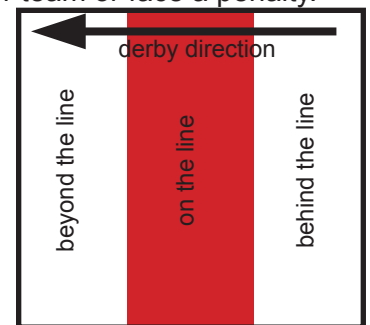
- Play begins at the first whistle.
- If you are not on the track when a jam starts, the jam will start without you, and you cannot join your team after the jam starts.
- If there are too many players on the floor when the jam starts, the referees may send you back to your bench.
- If you are on the track but not in STARTING position when the start whistle blows, you will get an illegal procedure, false start penalty.
 - As a Blocker, starting position is between the Pivot and the Jammer lines when the jam starts.
 - As a Jammer, starting position is behind the Jammer line when the jam starts.

False Start:

LEVEL 3

Being out of position at the whistle. A Jammer or Blocker must yield to the other team or face a penalty.

- **Non-Pivot Blocker** at the starting whistle:
 - is touching on or beyond the Pivot line
 - is touching on or behind the Jammer line
 - lines up in front of a Pivot Blocker who is on the Pivot line
 - **Pivot Blocker** at the starting whistle:
 - is touching beyond the Pivot line
 - is touching on or behind the Jammer line
 - **Jammer** at the starting whistle:
 - is touching beyond the Jammer line
- The jam is over when an official calls it off with 4 short whistle blasts - jams officially end on the fourth blast.



WHISTLES (WFTDA 1.10)

LEVEL 1

Description	Whistle Signal
Jam start	One Long whistle
Lead Jammer	Two Rapid whistles
Penalty	One Long whistle
End of Jam (called off or 2 minutes elapsed)	Four Rapid whistles

OFFICIALS (WFTDA 8)

LEVEL 3

- One **referee** will be HEAD REF and act as the ultimate authority in the game
- There will be 2 Jammer referees, one per team. They will wear a color indicating which team they are jam refing for. At the end of a period they switch teams.
- Only referees or non-skating officials (NSOs, like the penalty box timers) can remove a skater for a penalty.
- All decisions made by the Head Referee are final.
- A team may have one "Official Review" (called only by team captain or alternate) per period if they question a call. (If they win the first one, they can have another review.)
- A referee can increase a penalty if they choose to.
- The refs may give you a warning, but don't count on it.



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BLOCKING (WFTDA SECTION 4)

GENERAL BLOCKING (WFTDA 4.1)

LEVEL 1

- Blocking is any movement on the track that knocks the **opponent** down or out of bounds or slows down their movement through the pack. Blocking includes **counter-blocking**. Blocking does not need to include contact.
- Positional blocking is putting yourself in front of another skater to slow them down.
- Only skaters who are **in play** can block.
- Counter-blocking is any movement towards an oncoming block designed to counter attack/prepare for an opponents block. Counter-blocking has the same rules as blocking.
- Your feet have to be moving counter-clockwise to make a block.
- You can block a skater who is skating clockwise on the track.
- If you make contact with the **target zone** of another skater, you are the one who started the block. That means you are responsible for that block and if it's legal or not.
- You may not use any dangerous blocking.
- You must have at least one skate on the floor to make a block. This means no jumping to hit someone.
- You can't block someone who has fallen or is getting back up after a fall.
- You can block skaters who are standing still.

CONTACT ZONES (WFTDA 4.2)

You can only hit someone on these parts of the body:

- Arms and hands
- Chest, front, and side of torso
- Hips
- Upper Thigh

You can NOT hit someone:

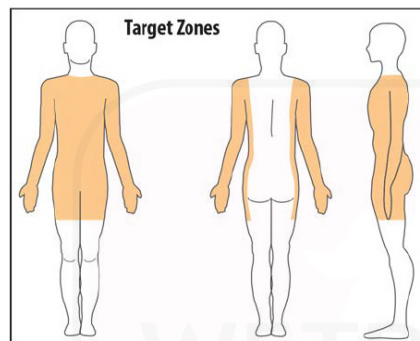
- Above the shoulders
- Back, booty or back of the leg
- Below the knees

You can hit using your:

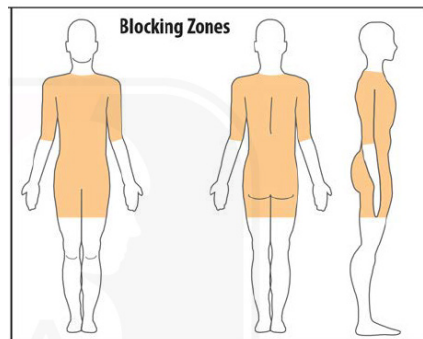
- Shoulder and upper arm
- Torso (including back)
- Hips and booty
- Upper thigh

You can NOT hit using your:

- Elbows
- Forearms or Hands
- Head
- Feet or leg below the knees



You can only hit people **in** the tan areas.



You can only hit people **with** the tan areas.

LEVEL 2

SCORING (WFTDA SECTION 7)

LEVEL 3

- You must have the Jammer helmet cover on with stars visible to score points
- On the first pass, you are trying to earn lead Jammer status, and do not earn points.
- After the first pass, a Jammer earns one point for each Blocker passed legally.
- When you pass the first pack Blocker, you earn points for:
 - That Blocker
 - Anyone in the penalty box
 - Anyone who is not skating in the jam
- A Jammer earns an extra point for lapping the other team's Jammer



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PENALTIES (WFTDA 5)

LEVEL 1, 2, 3

Level 1 skaters must know all types and give examples of more obvious penalties.

Level 2 skaters must provide examples of all types of penalties.

Level 3 skaters must provide detailed examples and deconstruct complex multiple-penalty situations.

Types of Penalties

- Blocking to the Back
- High Blocking (hitting above the shoulders)
- Low-Blocking (Tripping)
- Use of Elbows
- Use of Forearms and Hands
- Blocking with the Head
- Out of Play Penalties
- Skating Clockwise to Block
- Hitting / Accelerating into a Block (level 1 & 2)
- Multiple Player Blocks
- Cutting the Track
- Out of bounds engagement
- Skating Out of Bounds
- Illegal Procedures
- Misconduct and Gross Misconduct
- Insubordination

NO PENALTY: Has no effect on the other skater, or causes the other skater to stumble or wobble, but doesn't cause her to move back in the pack.

PENALTY: Causes the other skater to fall, go out of bounds, or lose position.

EXPULSION: Committing a penalty on purpose, or over and over again. You can also be expelled for dangerous blocking or other penalties that may cause someone to become seriously injured.

EXPLANATION OF THE TYPES OF PENALTIES

BLOCKING TO THE BACK (WFTDA 5.1)

- Hitting an opponent in the back, back of the legs, or back of the booty is not allowed.

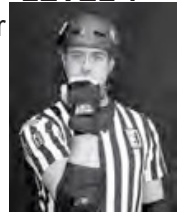


LEVEL 1

BLOCKING TO THE HEAD OR HIGH BLOCKING (WFTDA 5.2)

- Any block that includes contact above the shoulders (even if it was by accident) is ALWAYS a major penalty, and dangerous.

LEVEL 1



LOW BLOCKING (WFTDA 5.3)

- Any contact landing below the legal target zone (below the knees)
- NO PENALTY:
 - Contact below the legal target zone that is part of normal skating motion
 - Falling small helps

LEVEL 1





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USE OF ELBOWS (WFTDA 5.4)

- Elbows may not be swung when blocking another skater.
- Elbows may be bent when blocking, but can not be used to jab.

LEVEL 1



USE OF FOREARMS AND HANDS (WFTDA 5.5)

- You can never use your hands to grab, hold, push, or hold back (restrain) someone on the other team.
- NO PENALTY:
 - The contact is accidental and is in the legal target zones, as long as it doesn't make the other skater stumble or lose position in the pack.
 - If you have your arms pulled in when you take a hit, and your forearms touch the other player.

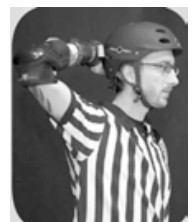
LEVEL 1



BLOCKING WITH THE HEAD (WFTDA 5.6)

LEVEL 1

- The head may NEVER be used to block or hit someone. It's dangerous for everyone if that happens.



MULTIPLE-PLAYER BLOCKS (WFTDA 5.7)

LEVEL 2,3

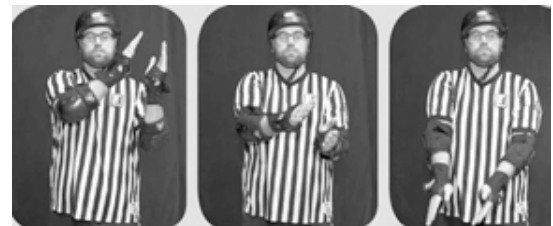
- You cannot block skaters by grabbing and holding on to a teammate
- NO PENALTY:
 - Holding on to a teammate that doesn't get in anyone's way



OUT OF BOUNDS BLOCKING (WFTDA 5.8)

LEVEL 1,2

- You must be completely in-bounds to block or assist, and stop before your skates touch the track boundary
- You can not "get a running start" from outside the track to make a block.
- You do not have to get out of the way of an out of bounds skater
- You can not hit someone who is completely outside of the track
- If you have one skate inside the line, and the other outside the line, you can be hit.
- NO PENALTY:
 - Re-entering the track from out of bounds without hitting anyone or making anyone fall





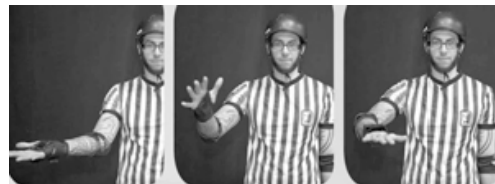
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DIRECTION OF GAMEPLAY PENALTIES (WFTDA 5.9)

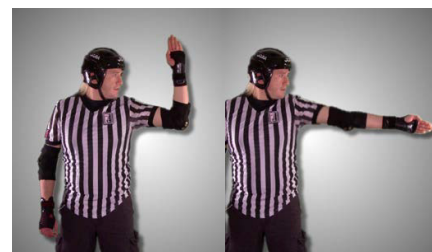
- You cannot block or assist while completely stopped on the track, or while skating the wrong direction. (You can skate in the wrong direction, as long as you don't assist or block.)
- Skaters may skate in the wrong direction in the safety lane when exiting the penalty box, but must re-enter behind the pack
- NO PENALTY:
 - touching another skater after being spun around from a block
 - helping a downed teammate up
 - giving a great assist and ending up stopped



OUT OF PLAY PENALTIES (WFTDA 5.10)

LEVEL 2, 3

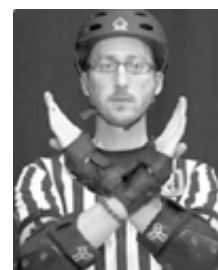
- The pack is defined as the largest group of skaters from both teams on the track
 - All pack skaters must be within 10 feet of each other. A gap of more than 10 feet breaks the pack.
 - There can only be one pack. If more than one group of skaters has the same number of people in it, there will be no defined pack.
- The Engagement Zone, or EZ, extends from 20 feet in front of the pack, to 20 feet behind the pack. Anyone in the engagement zone is in play; anyone outside of it, not skating, or out of bounds, is out of play.
- Skaters more than 20 feet away from the pack (in front of or behind) may receive a referee warning (but a referee does not HAVE to give you a warning, and can give a penalty without giving you a warning)
- No one may block (even positionally) more than 20 feet from the pack, unless it's blocking between Jammers.
- If you destroy the pack on purpose (for example, by having your entire team leave the pack or take a knee) you will get a penalty.
- Forcing an opponent down or out of bounds is not an illegal destruction of a pack
- Skaters may not give assists outside the engagement zone
- If the referee calls or signals "no pack", you must try to reform the pack immediately, or you may get a penalty.



CUTTING THE TRACK (WFTDA 5.11)

LEVEL 2, 3

- If you are in bounds, you do not have to let an out of bounds skater get in front of you when they're re-entering the track.
- If you are out of bounds, you have to come back into the pack behind the person who got you out of bounds.
- You can not drop back once you've re-entered the track to "fix" the problem.
- You can only enter in front of the person who knocked you out of bounds if:
 - The person who hit you is in the box, because they got sent off for a penalty.
 - If the person who hit you went out of bounds when they hit you.
 - If the person who hit you falls down with you.
 - If the person who hit you leaves the Engagement Zone after the block.
- NO PENALTY
 - Re-entering the track in front of ONE team-mate
- PENALTY
 - Re-entering the track in front of ONE opposing player, or more than one skater on either team





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SKATING OUT OF BOUNDS (WFTDA 5.12)

- Skaters must remain in-bounds to be in play
- No part of the skates may TOUCH the ground outside the track boundary
- You may not speed up for a block until you are in bounds
- NO PENALTY
 - Forced out of bounds by a block
 - Going out of bounds because of a missed or bad block
 - Picking up speed while skating to and from the penalty box

LEVEL 2 & 3



ILLEGAL PROCEDURES (WFTDA 5.13)

- Stuff that gives your team an advantage but doesn't affect an individual player
- NO PENALTY
 - Jammer or Blocker **false starts** (see starting and stopping a jam) and lets the other team pass
 - Too many skaters or more than one Pivot on the track
 - A non-lead Jammer trying to call off the jam and being unsuccessful
 - A skater making contact that causes the other skater to wobble, **before** the jam start whistle or **after** the jam end whistle
 - After being in the penalty box, re-entering the track in front of ONE team-mate
- PENALTY
 - Jammer or Blocker **false starts** (see starting and stopping a jam) and does NOT let the other team pass
 - Too many skaters on the track and no one leaves so the jam has to be called off
 - Incorrect uniform/skates or dangerous jewelry
 - A non-lead Jammer successfully calling off a jam
 - Illegally passing the star, or blocking a star pass
 - Exiting the penalty box before the told to leave
 - Too many people in designated team area
 - Removing required safety equipment
 - A skater forcing another skater out of bounds or down **before** the jam start whistle or **after** the jam end whistle
 - A skater leaving the penalty box during a team or official time out
 - A skater removing safety equipment, other than a mouth guard in the penalty box
 - Anyone entering the penalty area to talk to a skater in the penalty box (penalty goes to team captain)
 - After being in the penalty box, re-entering the track in front of ONE opposing skater or MORE THAN ONE pack skater from either team

LEVEL 2 & 3



INSUBORDINATION (WFTDA 5.14)

- PENALTY
 - Ignoring the ref and not leaving the track for a penalty
 - Foul language directed at a ref or NSO
- EXPULSION
 - Not leaving the game after fouling out
 - Ignoring the ref a bunch of times

LEVEL 1, 2, & 3





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DELAY OF GAME (WFTDA 5.15)

● PENALTY

- Not having a player who is waiting to serve a penalty on the track when the jam starts
- Not having any blockers on the track when the jam starts
- Taking a time-out when your team has already used them all
- Neither team having a jammer on the track, so the jam can't start

LEVEL 3

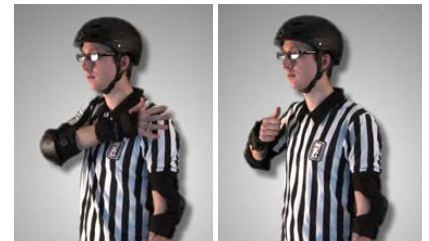


MISCONDUCT (WFTDA 5.16)

● PENALTY:

- Making a block with both skates off the ground (jumping and leaping blocking)
- Blocking a skater that is down
- Any block that started above the shoulders
- Using bad/dirty/mean words or gestures directed toward another skater, manager, coach, or anyone else on the track
- Entering the penalty box and hitting someone (other than your teammate)
- Falling down to make a referee think you were hit illegally

LEVEL 1 & 2



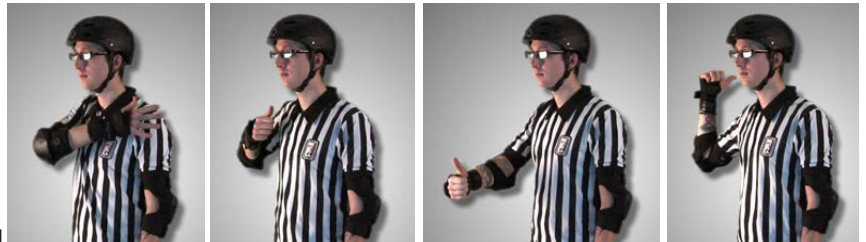
GROSS MISCONDUCT (5.17)

LEVEL 1, 2, & 3

● Something so serious a skater is instantly expelled from the game even if it was the first time they did it

● EXPULSION

- Skaters not in the jam illegally interfering with the game
- Using bad/dirty/mean words directed at an official, mascot, audience member, or anyone else **not** on the track
- Not stopping use of bad/dirty/mean words or gestures toward another skater, manager or coach
- Tripping someone with feet or hands, on purpose, even if it was not successful
- Fighting
- Striking someone above the shoulders in a manner that could really hurt them
- Punching, kicking, or choking another skater
- Pulling on a skater's head, neck or helmet
- Any contact to the head of a skater not wearing a helmet
- Biting
- Slide tackling someone (sliding at them with your skates)
- Holding or pinning another skater to the ground
- Shoving a skater
- Physical violence or any action that could be seen as a physical threat

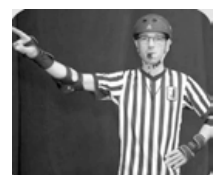


PENALTY ENFORCEMENT

PENALTIES (WFTDA 6.1)

- When a penalty is given:
 - Referees will whistle and signal a penalty, then use a hand signal and say the penalty to the skater.
 - The skater will be sent to the penalty box for 30 seconds
 - If no one can be singled out to receive the penalty it will go to the Pivot or the captain.
 - After 7 penalties in a single game, you have **fouled out** and can no longer skate.

LEVEL 1, 2





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PENALTY ENFORCEMENT PROCEDURES (WFTDA 6.2)

LEVEL 2

- If you're in the box when a jam starts, you will skate in that jam when your time ends.
- You can replace an injured player or one who has fouled out between jams.
- If you get a penalty, you must leave the track and skate to the box in the right direction. Your penalty time begins when you sit down in the penalty box.
- If you teams has two Blockers in the box and a third blocker gets a penalty, the third blocker will continue skating and go into the box when someone leaves. If one of the Blockers has less than 10 seconds to go ion the box, the third Blocker will wait by the box.
- When a penalized skater leaves the pack, they are considered 'in the box' for scoring purposes, so when the Jammer passes them, a point is scored
- If there is only one Blocker from a team left on the track, that skater will not be sent to the penalty box until another Blocker returns to the track
- When there are 10 seconds left on the penalty, the skater will be instructed to stand
- You may not leave the penalty box for a time out and teammates, coaches, or managers cannot enter the penalty box area to talk to you.
- A penalized skater may remove ONLY their mouth guard once they are seated in the penalty box

BOTH JAMMERS PENALIZED/BOTH JAMMERS OFF THE TRACK (WFTDA 6.3)

LEVEL 3

- When both Jammers are in the penalty box, they will serve the same amount of time, even if it is less than the required time. So if Jammer A was sent to the box and then Jammer B is sent to the box. The amount of time Jammer A served before Jammer B's butt hits the seat (say 20 seconds) is how long Jammer B will serve before being released.
- If the jam clock expires with both Jammers in the box the jam will start without Jammers lined up on the Jammer line. They will return to play after serving any required penalty time.
- If both Jammers are seated in the box at the exact same moment, they will both serve 10 seconds before they are both released
- If one Jammer is in the box and the other quits playing the jam will be whistled dead and the the Jammer that quit cannot come back to the game
- If one Jammer is in the penalty box, and the other Jammer on the track removes herself from the jam for some reason, the refs will call off the jam after it's clear she's not coming back in. A new jam will start with the Jammer who was in the box already, still in the box.
- If a Jammer ends a jam by just "quitting" she cannot play for the rest of the bout.

EXPULSION AND FOULING OUT (WFTDA 6.4)

LEVEL 3

- Fouling Out
 - Skaters that have 7 turns in the penalty box will foul out of the game and are not allowed to participate any more
- EXPULSION and SUSPENSION
 - A skater may be expelled from the bout at the head referee's decision for serious physical violence or anything that may cause an extraordinary threat to others
 - If it's bad enough, the skater may be suspended from the next game
 - Any purposeful touching of a referee is grounds for suspension
 - An expelled skater may not be replaced by a team substitute
 - If a manager or coach is expelled, the team captain will serve time in the penalty box



JUNIOR ROLLER DERBY ASSOCIATION

RULES TEST STUDY GUIDE

Updated 26 April 2014

Glossary

Assist	Helping one of your teammates get through the pack by giving her a push or whip.
Blocking Zones	Parts of the body that can be used to move an opponent when performing a block.
Contact	Hitting, pushing or touching another player
Expulsion	Being kicked out for the rest of the game.
Fall Small	Falling with the arms and legs controlled, tucked in to the body, and not flailing.
Roster	The skaters that are actually suited up and eligible to play on game day.
Jam	Actual game play. A Jam lasts no more than 2 minutes.
Non-Pivot Blocker	A Blocker who is not the Pivot in a jam.
Pass	One skater's hips moving past another skater's hips.
Penalty Box	Where you go when a ref gives you a major penalty for breaking the rules.
Lap	A complete pass through the pack; this may require more than one trip around the track.
Multi-Player Block	Blocking with multiple players by grabbing, holding, linking or joining fashion that keeps an opponent from moving through the pack. Touching is ok.
Opponent	A skater or player on the other team. Someone who is not on the same team as you.
Penalty	The punishment you get when you break the rules, known as going to "the penalty box".
Pivot Blocker	Also called "The Pivot". The Pivot is a Blocker with extra abilities and responsibilities.
Regulation	Following the rules.
Suspension	To remove a player from more than one game.
Target Zones	Areas of the body on an opponent that a skater may contact when performing a block.