

ROLLER DERBY 101

INTRO TO RDCL

60 minutes of play, divided into 4 quarters. Each quarter is played in a series of 1-minute jams where jammers score points by lapping opponents. The team with the most points at the end of the bout wins!!!!



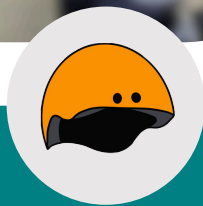
JAMMER

One Jammer per team that wears a star on their helmet. They are the only skater that can score points for their team by passing the opposing skaters.



PIVOT

A type of blocker that wears a stripe on their helmet. They can become the Jammer through a Star Pass. There must always be one Pivot from each team on the track.



BLOCKER

Three Blockers give offense and defense to help their jammer through the pack while also stopping the opposing jammer from breaking through the pack and scoring points.

ADDITIONAL KEY WORDS

Pack - The largest group of blockers from both teams skating within 5 feet of each other. Blockers must ensure that a pack exists in each jam.

Lead Jammer - The first jammer to break through the pack earns the status of "Lead Jammer". It gives them the ability to stop the jam at any time. Lead jammer status can change if the non-lead jammer passes the lead jammer.

Power Jam - If a jammer commits a penalty, the next jam becomes a power jam for the opposing team. The opposing team's jammer is the only one that can score points.

COMMON OFFICIAL'S HAND SIGNALS



Lead Jammer



Not Lead



Official Time Out



Official Review



Split Pack



Arms

