

## ANATOMY OF A ROLLER GIRL



Pictured: Tess La Coil, Photo by: Donald Jensen

1. **Helmet**—If she's wearing a star she is the jammer, if she's wearing a stripe she is the pivot, if she's not wearing any panties (helmet cover) she is a blocker.
2. **Number**—Identification that the refs call if she's a very naughty girl.
3. **Shirt**—Black or red depending on her team.
4. **Protective Gear**—Because derby is a full contact sport we wear a helmet, mouth guard, wrist guards, knee pads, and elbow pads.
5. **Quads**—Four wheeled skates that are built for speed and destruction.

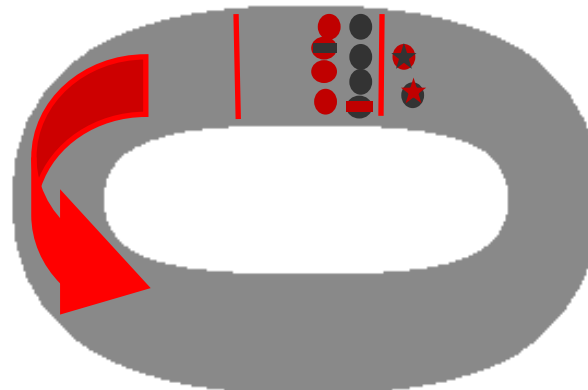
*Accessories may include booty shorts, fish nets, tights knee socks, sweat, and bruises.*

## GENERAL RULES

- Each game, or bout, lasts about 1 hour broken up into two 30-minute periods. Our scrimmages may go a bit over because we are having a lot of fun.
- Each period consists of multiple jams which last for 2 minutes, or until the lead jammer calls it off by hitting the front of her hips.
- Each team features 5 girls: 4 blockers (1 blocker is the pivot) and 1 jammer.

## THE JAM

The objective of each jam is to score as many points as possible. Points are scored each time the jammer laps a member of the opposing team after her first pass through the pack. One whistle blows to begin the play with each team lining up as indicated below. The first jammer to clear the pack becomes the lead jammer (a ref will point her out) and can end the jam whenever she wants to. The blockers attempt to prevent the opposing jammer from passing and help their own jammer get through the pack to score points. If the jammer needs a break or sees an advantage, she can give her star to the pivot, and the pivot becomes the jammer.



## HITS, BODY CHECKS, AND PENALTIES



Pictured: Rules Vernes, Photo by: Steve Messerer

Roller derby is a full contact sport and sometimes we get hurt, so it's important we follow the rules for everyone's safety. Before each game the team agrees on how aggressive to be based on the skill level of the skaters and recent injuries: positional blocking, light contact, or full contact. If a penalty is called, the skater has to sit in the box for 30 seconds. If a jammer is in the box, the opposing team has a power jam, which means the other team has the distinct advantage of scoring all the points.

- **NO** hits to non-target zones
- **NO** hits from non-blocking zones
- **NO** cutting the track
- **NO** grabbing or hitting
- **NO** tripping
- **NO** yelling at the refs

