

WFTDA STANDARDIZED FLAT TRACK ROLLER DERBY RULES
Updated May 26, 2010

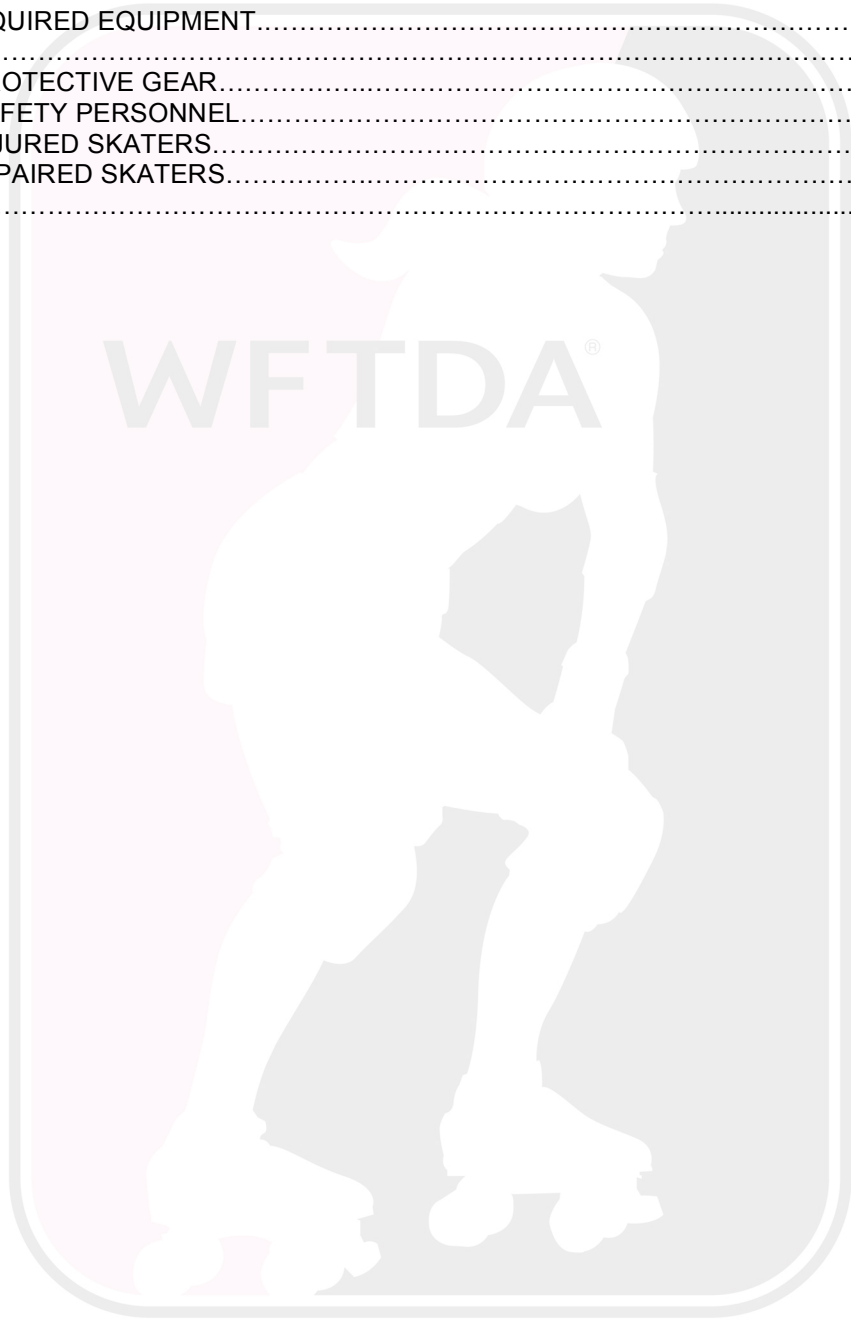


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1 TEAMS

- 1.1 Teams shall consist of a maximum of twenty skaters that have passed the Minimum Skill Requirements established by the Women's Flat Track Derby Association (WFTDA).
- 1.2 At most, fourteen skaters may be on the roster for a specific game. Leagues may rotate their game roster from their team roster between games.
- 1.3 During a tournament, leagues may substitute alternates from their team roster. If a skater is pulled from the tournament and replaced with an alternate, she may re-enter the tournament in a subsequent game.

2 GAME PARAMETERS

2.1 TRACK

- 2.1.1 For regulation inter-league games, the track shall be based on the specifications in *Appendix B*. The method of marking dimensions (tape, rope, etc), including suggested ten (10) foot marks, are subject to the restrictions of the venue; however, the track must be the standardized dimensions.
- 2.1.2 The track surface shall be clean, flat, and suitable for roller skating. Acceptable surfaces include polished or painted concrete, wood, or game court floors.
 - 2.1.2.1 The skating surface and boundary line colors must meet the definition of high contrast beyond a reasonable doubt or the Head Referee shall request the venue use colors that meet that definition. The skating surface and boundary line colors are of high contrast if there is a large degree of visual difference between the boundary line and the base color of the skating surface such that the boundary line color stands out from the skating surface.
- 2.1.3 The track boundaries must be marked by a raised boundary at least one quarter inch (0.25) and no more than two (2) inches in height, in such a way that is highly visible to skaters and officials and does not present a safety hazard to skaters. The track boundary line width must be at least one (1) inch and no greater than three (3) inches. The track boundary must be consistent in height and width throughout the entire boundary.
 - 2.1.3.1 The track must clearly demarcate the Pivot and Jammer start lines. These lines must be consistent in color throughout the length and width of the line and must be at least one (1) inch and no greater than three (3) inches in width. Sponsor logos are permitted on the Pivot and Jammer Lines as long as the logo does not interfere with the contrast of the line to the skating surface.
 - 2.1.3.2 Ten (10) foot track intervals are strongly encouraged. (See *Appendix B*.)
- 2.1.4 The track area will include chairs or benches in designated team areas, either in the infield or on the sidelines. Only those skaters who are on the roster for that game may sit or stand in the designated team area. Up to two support staff (team managers, coaches, or other non-skating players) per team are allowed in this area during a bout.
- 2.1.5 There will be a ten (10) foot clearance around the outside of the track for safety. If there is a rail, wall, or barrier between the track and the crowd that completely prevents contact between spectators and contestants, a five (5) foot clearance is permissible. Referees may skate in this area, and/or the infield of the track. The clearance cannot be less than five (5) feet.
- 2.1.6 For safety and visibility, the track surface, boundaries, safety zone, and penalty box must be clearly lit.
- 2.1.7 The track and the boundary marker line are considered in bounds.

2.2 STRUCTURE

- 2.2.1 A bout or game is composed of sixty (60) minutes of play divided into two periods of thirty (30) minutes played between two teams.
- 2.2.2 The team with the most points at the end of the game wins.

- 2.2.3 Two or more games may be combined in a single “double-header” event. Games can either be staggered by periods or played in full, one at a time depending upon the agreement between teams involved.

2.3 PERIODS

- 2.3.1 The period begins when the designated Official blows the first jam whistle. The signal will be one long whistle blast.
- 2.3.2 There will be at least a five (5) minute break between periods to allow for referee rotation and, if applicable, skater warm-up.
- 2.3.3 The period ends when the last jam reaches its natural conclusion (see *Section 2.4*). This may extend past the point when the period clock reaches zero (0:00).
- 2.3.4 If thirty (30) seconds or fewer remain on the period clock when a jam ends, there will not be another jam started for that period, unless a timeout is called (see *Section 2.6.5*).

2.4 JAMS

- 2.4.1 A period is divided into multiple jams, which are races between the two teams to score points. There is no limit to the number of jams allowed in each period.
- 2.4.2 A jam may last up to two (2) minutes. Jams end on the fourth whistle of the jam-ending signal (see *Section 2.9 Whistles*).
- 2.4.3 There are thirty (30) seconds between jams.
- 2.4.4 If all skaters are not on the track and ready to start the next jam after the allotted time, the jam will start without the missing skater(s) and the team will skate short for that jam. If skaters are not in position on their start whistle they will be subject to false start penalties (see *Sections 6.13.5 and 6.13.16*).
- 2.4.4.1 Jammers are considered in position and ready if they are in bounds when the first whistle of the jam (i.e., the whistle to start the pack rolling) is blown. Jammers are subject to false start penalties if they are not on or behind the Jammer line at the Jammer start whistle (see *Section 6.13.5* for specific penalty details). Jammers are permitted to put on their helmet covers after the jam has started. However, each Jammer must have her helmet cover in hand before the jam starting whistle. A helmet cover cannot enter a jam in progress.
- 2.4.4.1.1 If the Jammer is not on the track when the jam starting whistle blows, the Jammer will not be permitted to join the jam in progress. No penalty will be issued.
- 2.4.4.2 Pivots and Blockers are considered in position and ready if they are in bounds when the first whistle of the jam blows (this is the whistle to start the pack rolling) (see *Section 6.13.4*). They are subject to false start penalties if they are not in position (see *Sections 6.13.5 and 6.13.16*). Pivots are permitted to put on their helmet covers after the jam has started. However, each Pivot must have her helmet cover in hand before the jam starting whistle. A helmet cover cannot enter a jam in progress.
- 2.4.4.2.1 If a Pivot or Blocker is not on the track when the jam starting whistle blows, that skater will not be permitted to join the jam in progress. No penalty will be issued.
- 2.4.5 The jam is over when an official calls it off with four short whistle blasts—the jam ends on the fourth whistle. The jam will not continue even if the whistle was inadvertent or incorrect.

2.5 OVERTIME

- 2.5.1 If the score is tied at the end of a bout, a final overtime jam will determine the winner. After one (1) minute to regroup, the teams will skate a full two (2) minute jam. This jam will have no Lead Jammer, and penalties will be called. Jammers will begin accruing points on their first pass through the pack. The team with the most points at the end of the overtime jam is the bout winner. If the score remains tied, additional overtime jams will be played until the tie is broken. There is one (1) minute between any additional overtime jams.

- 2.5.1.1 If an overtime jam ends before two (2) minutes for any reason, the bout ends immediately and the score stands. Additional overtime jams can only be played if the score remains tied.
- 2.5.2 Overtime is not a new period. Overtime is an extension of the final period.

2.6 TIMEOUTS

- 2.6.1 Each team is allowed three one (1) minute timeouts per game.
- 2.6.2 To take a timeout, the Captain or Designated Alternate will signal the officials and make a T signal with her/his hands, to indicate that she/he is requesting a timeout. Referees will signal for the clock to stop. If the Designated Alternate is a manager, she/he is permitted to call a timeout
- 2.6.3 Teams may take timeouts only between jams.
 - 2.6.3.1 At the conclusion of the timeout, the Referees will direct the skaters to return to the track and start the next jam as soon as possible. The next jam can start as soon as skaters are lined up, but no more than 30 seconds should elapse after a timeout.
- 2.6.4 Referees may call an Official Timeout at any point. This will stop the clock so that referees have time to review a call or adjust the number of skaters on the floor. (See *Section 2.8.2*)
 - 2.6.4.1 If the officials call a time out during a jam in progress, the jam will end and a new jam will be run if there is time remaining on the official period clock (see *Section 2.3.4*).
- 2.6.5 After a timeout the period clock does not resume until the next jam starts.

2.7 PENALTY BOX

- 2.7.1 Benches or seats must be provided to make up the "Penalty Box." This is the designated area where penalty time will be served. The benches or seats must be capable of accommodating a total of six players (three from each team).
- 2.7.2 The penalty benches must be situated in an easily accessible, neutral area close to the track. Teams may use separate penalty boxes.

2.8 CLOCKS

- 2.8.1 Each game will have separate penalty clocks, jam clocks and period clocks.
- 2.8.2 Official Period Clock
 - 2.8.2.1 The official period clock starts on the first whistle of the first jam.
 - 2.8.2.2 The official period clock does not stop between jams unless a timeout is called. The period clock stops during a timeout.
 - 2.8.2.3 Officials must stop the official period clock between jams when time exceeds thirty (30) seconds.
 - 2.8.2.4 The official period clock must be highly visible to referees, teams and fans.
- 2.8.3 Official Jam Clock
 - 2.8.3.1 The official jam clock starts on the first whistle of the jam.
 - 2.8.3.2 The official jam clock stops at the end of each jam (on the fourth whistle).
 - 2.8.3.3 The official jam clock must be highly visible to referees, teams and fans.
- 2.8.4 Penalty Clocks
 - 2.8.4.1 Each game must have enough time clocks to time all penalties simultaneously (see *Section 7.3.3* for details on penalty timing procedures).
 - 2.8.4.2 All penalty clocks stop between jams (see *Section 7.3.3* for procedure).
 - 2.8.4.3 Penalty clocks are not required to be visible to referees, teams and fans. While in the Penalty Box, players may request knowledge of how much penalty time they have remaining.

2.9 WHISTLES

Description	Whistle Signal
Jam Start – Pack start	One long
Jam Start – Jammer start	Two rapid
Lead Jammer	Two rapid
Minor Penalty	None
Fourth Minor Penalty	One long
Major Penalty	One long
Jam Called Off/Ended	Four rapid

3 PLAYERS

Player positions refer to the position a skater is playing in a given jam. A skater is not limited in the number of positions she may play during a bout, but is limited to playing one designated position at a time. A maximum of four Blockers and one Jammer from each team are allowed on the track during play; only one of the Blockers may be a Pivot Blocker (see *Sections 3.2 and 3.3*).

3.1 BLOCKER

- 3.1.1 Prior to the start of a jam, Blockers line up behind the Pivots and ahead of the Jammers. They play a key role in determining the position of the pack and keeping the pack formed. Blockers never score points. Only the Pivot Blocker may become eligible to score points, according to the specifications in *Section 3.5 Passing the Star*.
- 3.1.2 Blocker identification: Non-Pivot Blockers do not wear helmet covers.

3.2 PIVOT BLOCKER

- 3.2.1 The Pivot is special subset of Blocker with the extra ability of receiving a star pass. Prior to the start of a jam, Pivots line up at the front of the pack, as specified in *Section 4.2.2 Pivot Starting Position*. In certain circumstances, a Pivot may take over the position of Jammer for her team according to the specifications in *Section 3.5 Passing The Star*. The Pivot is a specialized class of Blocker—they are Blockers in all senses and practices, with the additional ability to receive a Star Pass. It is not mandatory to field a Blocker as a Pivot.
- 3.2.2 Pivot identification: Pivots wear a striped helmet cover, as specified in *Section 3.6 Helmet Covers*.

3.3 JAMMER

- 3.3.1 Prior to the start of a jam, Jammers line up at the rear of the pack as specified in *Section 4.2.4 Jammer Starting Position*. The Jammer's role is to score points for her team per the specifications in *Section 8 Scoring*. A Jammer may pass her position to her team's Pivot according to the specifications in *Section 3.5 Passing the Star*.
- 3.3.2 Jammer Identification: Jammers wear a helmet cover with two stars, one on each side, as specified in *Section 3.6 Helmet Covers*. A player lined up in the *Jammer Starting Position* will not be considered an active Jammer unless she is wearing a helmet cover with visible stars.
 - 3.3.2.1 A Jammer who is not active has the advantage of all Jammer abilities except scoring points (*Section 8 Scoring*) and earning Lead Jammer status (*Section 3.4 Lead Jammer*).

3.4 LEAD JAMMER

- 3.4.1 Lead Jammer is a strategic position established on the Jammers' initial pass through the pack during each jam. The Lead Jammer is the first Jammer to pass the foremost in-play Blocker legally and in bounds, having already passed all other Blockers legally and in bounds.
 - 3.4.1.1 Lead Jammer status will be signaled immediately after it is earned. See *Section 3.4.2.3* for 'Not Lead Jammer'.

- 3.4.1.1.1 A Jammer must be in bounds to become Lead Jammer - no part of her body or equipment may be touching out of bounds. She does not have to stay in bounds to remain Lead Jammer.
 - 3.4.1.2 A Jammer must be ahead of the foremost in-play Blocker, as demarked by the hips, in order to become Lead Jammer.
 - 3.4.1.3 Jammers do not need to pass Blockers ahead of the legal Engagement Zone in order to become Lead Jammer.
 - 3.4.1.4 During a no pack situation (per *Section 4.1.2*), the Jammer must pass all Blockers to become Lead Jammer.
- 3.4.2 In order to gain Lead Jammer status on her initial pass through the pack, a Jammer must pass the foremost in-play Blocker legally and in bounds, having already passed all other Blockers legally and in bounds.
 - 3.4.2.1 Any legal pass counts. If a Jammer becomes ineligible for Lead Jammer by committing a foul or passing while out of bounds, she is allowed an opportunity to re-pass and regain eligibility for Lead Jammer status (i.e. if the Jammer repositions herself behind a Blocker that she passed illegally, by being reengaged or repositioning herself, she may attempt to pass that player again legally).
 - 3.4.2.2 To remain eligible for Lead Jammer, a Jammer must remain in bounds until she is within twenty (20) feet of the pack, a.k.a. the Engagement Zone, the area in which she may be legally engaged by a Blocker. No part of her skate(s) may touch the ground outside the track boundary before she initially enters the Engagement Zone. Until she initially reaches the Engagement Zone, a Jammer may be blocked out of bounds by the opposing Jammer, rendering her ineligible to become Lead Jammer.
 - 3.4.2.3 Once the Jammer has cleared the pack by twenty (20) feet, she is no longer eligible to re-pass. If she has not passed all of the players on both teams legally and in bounds, she will be declared NOT Lead Jammer at this point.
 - 3.4.2.4 See *Sections 3.4.7* and *7.3.2.2.1* for further information on how a player sent to the penalty box affects Lead Jammer.
- 3.4.3 A pass is determined by the skaters' hips.
- 3.4.4 If the first Jammer to emerge from the pack does not earn Lead Jammer status on her initial pass through the pack, the second Jammer is eligible to become Lead Jammer, provided that she meets the specified requirements. If the second skater also fails to earn Lead Jammer status on her initial pass through the pack, there will be no Lead Jammer for that jam.
- 3.4.5 A Jammer who begins the jam in the penalty box is eligible to earn Lead Jammer status, provided that the other Jammer has not already been declared Lead Jammer. A Jammer sent to the penalty box while making her initial pass through the pack is not eligible to become Lead Jammer upon re-entering the jam.
- 3.4.6 The Lead Jammer is the only skater who has the privilege of calling off (ending) the jam prior to the expiration of the full two minutes. She may call off the jam at any time after her position has been established, unless she has been removed from the jam due to a penalty or her helmet cover has been removed. If the helmet cover is removed by an opponent's action, the Jammer may replace the helmet cover and regain Lead Jammer status. She calls off the jam by repeatedly placing both hands on her hips until the referee whistles the end of the jam. The jam is not over until the referee officially calls off the jam. If there is no Lead Jammer, the jam will run until the full two-minute time limit expires.
- 3.4.7 Once a Jammer has been declared Lead Jammer, she retains Lead Jammer status for the duration of the jam unless she forfeits the status by:
 - 3.4.7.1 Removing her helmet cover for any reason.
 - 3.4.7.2 Being removed from play due to a penalty.

3.5 PASSING THE STAR

A Jammer may transfer her position to her team's Pivot, allowing said Pivot to become the point-scoring skater for her team for the remainder of the jam. This is commonly referred to as "Passing the Star." Only the position of Jammer, and not the status of Lead Jammer, may be transferred to a Pivot Blocker. If the Jammer that "passes the star" to her Pivot was Lead Jammer, that status is automatically forfeited and there is no Lead Jammer for the remainder of the jam. It is illegal to transfer the star outside of the Engagement Zone. A Pivot cannot be Lead Jammer. The position of Pivot cannot be transferred by passing the Pivot helmet cover. Violations of these outlined procedures merit Illegal Procedure penalties, as described in *Section 6.13 Illegal Procedures*, to be assessed against the skater responsible for the violation.

- 3.5.1 The star may be transferred by either Jammer while in the Engagement Zone. Jammers and pivots must be within the Engagement Zone play to pass the star.
- 3.5.2 The star may only be transferred to a Pivot who is in play.
- 3.5.3 The initiator of the star pass is always responsible for the legality of the star pass.
 - 3.5.3.1 Jammers may not transfer the star while in route to or while in the penalty box.
 - 3.5.3.2 Jammers may transfer the star upon returning to play from the penalty box.
- 3.5.4 Pass Procedure
 - In order to transfer the Jammer position to the Pivot, a Jammer must remove her helmet cover and hand it to her team's Pivot. The helmet cover may not be handed off via other skaters or thrown. The helmet cover may not be taken off the Jammer's head by the Pivot or another skater. A Jammer who has removed her helmet cover has forfeited:
 - 3.5.4.1 Her ability to accrue points, unless she returns the helmet cover to her head with visible stars.
 - 3.5.4.2 Her Lead Jammer status.
 - 3.5.5 Jammer status is transferred when the Pivot is wearing the helmet cover on her helmet.
 - 3.5.5.1 In an illegal star pass, the Jammer status is not transferred, even if the Pivot then has possession of the helmet cover. Both skaters retain their original status and the initiator of the pass is penalized accordingly (see *Section 6.13 Illegal Procedures*).
 - 3.5.6 Once Jammer status is transferred, it cannot be transferred back to the original Jammer.
 - 3.5.7 A star pass may be blocked by the opposing team by any means of legal blocking.
- 3.5.8 Incomplete star passes and recovery
 - 3.5.8.1 If a helmet cover falls to the ground, or is removed from play by any means, it may only be recovered by the Jammer or Pivot.
 - 3.5.8.1.1 The Pivot is eligible to obtain Jammer status by retrieving a dropped helmet cover and placing it on her helmet.
 - 3.5.8.2 A helmet cover may only be recovered in the normal course of counter clockwise skating. Neither backwards nor forwards skating in the clockwise direction to retrieve a dropped helmet cover is allowed. The Jammer or Pivot may skate out of bounds to retrieve a dropped helmet cover.
 - 3.5.8.3 If a star pass cannot be completed for any reason, the Jammer may return the helmet cover to her own helmet and regain her active Jammer position, but not her Lead Jammer status (see *Section 3.5.4 Pass Procedure*).
- 3.5.9 Pass Completion
 - 3.5.9.1 A Pivot who has been passed the star attains Jammer status when she has the helmet cover on her helmet. Until the Jammer cover is on, she is subject to out of play penalties.
 - 3.5.9.2 A Pivot who has been passed the star and has become the Jammer is now subject to all rules per *Section 8.0 Scoring*. She picks up where the previous Jammer left off on points scored and number of laps through the pack. The helmet cover must be on the new Jammer's helmet and the stars must be visible in order for the new Jammer to accrue points.

- 3.5.9.3 A Pivot who has taken the position of Jammer for her team by means of a successful helmet cover transfer will play the position of Jammer for the remainder of the jam.
- 3.5.9.4 A Jammer who successfully completes a helmet cover transfer to her Pivot will play the position of Blocker for the remainder of the jam.
- 3.5.10 Passing the Star Penalty Procedures
 - 3.5.10.1 If, in a given jam, the Jammer who received a star pass (formerly the Pivot) is sent to the penalty box, she remains her team's Jammer when her penalty spans into the next jam. A different player is permitted to play as Pivot in the next jam.
 - 3.5.10.2 If, in a given jam, the Blocker who transferred the star (formerly the Jammer) is sent to the penalty box, she remains a Non-Pivot Blocker when her penalty spans into the next jam. Different players are permitted to play Jammer and Pivot in the next jam.

3.6 HELMET COVERS

- 3.6.1 A team's helmet cover colors must meet the definition of high contrast beyond a reasonable doubt or the Head Referee shall request that the team use helmet covers that meet the definition. The Jammer and/or Pivot's helmet cover colors are of high contrast if there is a large degree of visual difference between the star/stripe color and the base color of the cover such that the star/stripe color stands out from the base color.
- 3.6.2 A team's helmet covers are easily identifiable if they can be readily distinguished by Officials, other players, and fans from the helmets of the Blockers on the track. Blockers' helmets may be of the same color as the base color of a team's helmet covers.
- 3.6.3 All helmet covers used by one team must be of the same color scheme (e.g., a team cannot use black base and yellow star/stripe in one jam then yellow base and black stripe in the next jam, or mix color schemes in the same jam).
- 3.6.4 The Pivot's helmet cover must have a single, solid stripe a minimum of two inches wide running from front to back. Helmet cover base color and stripe must be of high contrast and easily identifiable.
 - 3.6.4.1 Only the Pivot's helmet cover may have stripes on it that run the length of the helmet in any direction or any marks that might be confused with stripes.
- 3.6.5 The Jammer's helmet cover must have two stars that are a minimum of four inches across, from point to point. Helmet cover base color and stars must be of high contrast and easily identifiable.
 - 3.6.5.1 Only the Jammer's helmet cover may have stars on it or any marks that might be confused with stars. (Player numbers are permitted on helmets per *Section 3.7.2.2*).
- 3.6.6 Helmet Covers must be on the player's helmet or in the player's hand before the jam starting whistle. Helmet covers cannot enter a jam in progress.

3.7 UNIFORMS

- 3.7.1 Each member of a respective team participating in a bout must wear a uniform which clearly identifies her as a member of her team.
 - 3.7.1.1 All uniforms shall be in good repair and shall not cause a hazard to other skaters. All patches and numbers must be securely fastened to said uniform. Safety pins are not permitted.
- 3.7.2 The team Captain must visibly display a "C" on her uniform or arm. The team Captain's Designated Alternate must visibly display an "A" on his or her uniform or arm.
- 3.7.3 Player names on uniforms are optional.
- 3.7.4 Each skater participating in a bout must visibly display a unique (with relation to her own team) number on the back of her uniform.
 - 3.7.4.1 The print of the number should be at least four (4) inches tall, so that it is legible and large enough to be read by officials who are positioned anywhere within the track or on its boundary.

- 3.7.4.2 A player's number must be of a readable font. A number is of readable font if it can be easily read and distinguished from the other players' numbers by the officials, other players, and fans.
- 3.7.4.3 A player's number may contain up to four characters.
- 3.7.4.4 A player's number must be alphanumeric with at least one numerical digit. For example: L5 is an acceptable number, but LV is not. Numbers cannot contain symbols.
- 3.7.4.5 A player may have small characters preceding or following her player number on her jersey e.g. 55 mph, where "mph" is considerably smaller than 55. These small characters are **not** considered part of the skater's number and they may not inhibit the legibility of the player's number whatsoever. The maximum size for the small characters is two (2) inches.
- 3.7.4.6 Players on the same team may not have identical numbers. For example, two players may not both wear L5, but one may wear L5 and another may wear J5.
- 3.7.4.7 A team's jersey numbers must meet the definition of high contrast beyond a reasonable doubt or the Head Referee shall request that the team provide an alternative that meets the definition.
- 3.7.4.8 A team's jersey numbers are of high contrast if there is a large degree of visual difference between the color of the number and the base color of the jersey such that the number significantly stands out from the base color of the jersey.
- 3.7.5 Each skater participating in a bout must visibly display her number on each sleeve or arm. Numbers must be of high contrast and easily legible. Handwritten numbers on the arm are acceptable.
 - 3.7.5.1 Numbers may be placed on the hip or thigh in addition to the arm/sleeve.
 - 3.7.5.2 Numbers may be placed on the helmet in addition to the arm/sleeve.
 - 3.7.5.3 The minimum height for a player's number on the arm/sleeve is two (2) inches.
 - 3.7.5.4 The maximum height for a player's number on the arm/sleeve is four (4) inches.

3.8 JEWELRY

- 3.8.1 Jewelry may be worn during the bout, unless deemed a safety hazard by the referees. It is recommended that jewelry be taped or removed. Jewelry must not interfere with play or cause danger to other players. Jewelry is worn at the risk of the wearer.

3.9 SKATES

- 3.9.1 Players must wear quad roller skates only. Players may not wear inline or any other type of skate.

4 THE PACK

4.1 PACK DEFINITION

- 4.1.1 The pack is defined by the largest group of in bounds Blockers, skating in proximity, containing members from both teams.
 - 4.1.1.1 The pack is comprised of the Blockers. The Jammer is not part of the pack.
 - 4.1.1.2 Proximity is defined as not more than ten feet (as measured from the hips) in front of or behind the nearest pack skater.
 - 4.1.1.3 In order to form a pack, a team must have at least one Blocker on the track at all times.
- 4.1.2 When two or more groups of Blockers equal in number are on the track; are more than 10 feet from one another; and no single group meets the pack definition, no pack can be defined. Skaters will be issued a penalty for intentionally creating a no pack situation i.e. destroying the pack (see *Section 6.10.2*). Both teams are responsible for maintaining a legally defined pack. A skater or group of skaters is always responsible for the consequences of their actions. If their actions create a no-pack situation (except those

covered in *Section 6.10.2.3*), they should be penalized as directed in *Sections 6.10.9-6.10.24*.

4.1.2.1 Distances for determining the Pack and the Engagement Zone are measured as the shortest distance between skaters' hips (see *Section 8.3.2* for hips).

4.2 PRE-JAM POSITIONING

- 4.2.1 Prior to the start of a jam, all skaters must be in position with the Blockers in front of the Jammers. The Pivot line is a straight line across the track at the head of the straightaway. The Jammer line is exactly 30 feet behind the Pivot line.
- 4.2.2 Pivot Starting Position: Pivots generally line up in the front of the pack. Only the Pivots may line up on the Pivot line.
- 4.2.3 Non-Pivot Blocker Starting Positions: Blockers line up behind the Pivots as demarked by the hips. If a Pivot is not on the Pivot line, Non-Pivot Blockers are not required to line up behind her.
- 4.2.4 Jammer Starting Position: Jammers line up on or behind the Jammer line.
- 4.2.5 No rules govern inside/outside positioning. Blockers may line up in any order behind the Pivots.

4.3 JAM POSITIONING

- 4.3.1 Once the pack is in motion, skaters may change location as long as they stay within the pack.
- 4.3.2 In Play/Out of Play: When a Blocker is positioned more than twenty (20) feet outside the pack or out of bounds, she is out of play and subject to penalties specified in *Section 6.10 Out Of Play Penalties*.
 - 4.3.2.1 Skaters who are out of play may not engage the opposing Jammer or block any opposing players.
 - 4.3.2.2 Skaters who are out of play may not assist their Jammer or other teammates.
 - 4.3.2.3 Skaters who are not part of the pack as illustrated in *Figure 1*, but are still in play, may block and assist.
 - 4.3.2.4 Skaters may assist downed teammates within the Engagement Zone.
 - 4.3.2.5 Skaters may not assist teammates outside the Engagement Zone.

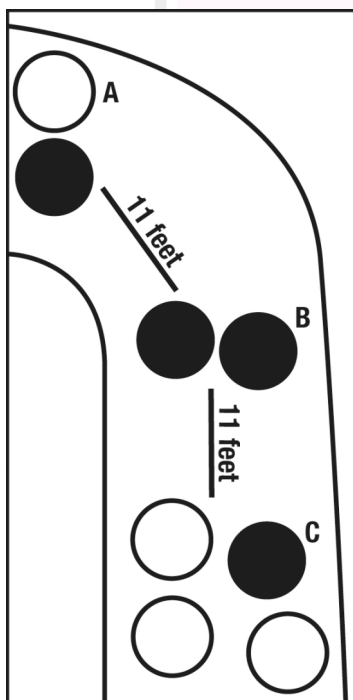


Figure 1: In/Out of Play Example

- In the diagram, Group C is the pack as it is the largest group of Blockers, skating in proximity, containing members of both teams.
- The two skaters in Group B are not part of the pack because they are more than ten feet from the pack, but they are still considered in play as they are within 20 feet of the pack. The skaters are not in danger of an out of play penalty (see *Section 6.10 Out Of Play Penalties*).
- The two skaters in Group A are considered out of play since they are more than 20 feet from the nearest pack skater. Skaters in Group A may be warned they are out of play and will be penalized if they do not return to the Engagement Zone. If they block or assist, they will also receive out of play penalties (see *Section 6.10 Out Of Play Penalties*).

- 4.3.3 Blockers who are out of play must slow or speed up to re-enter the Engagement Zone.
 - 4.3.3.1 A skater who is more than twenty (20) feet in front of or behind the pack may receive an out of play warning by a referee; however, a referee is not required to issue a warning prior to giving a penalty. Once out of play, a skater must yield the right of way to the opposing Jammer by physically moving out of the Jammer's path. Any engagement, including passive/positional blocking, can result in a penalty (see *Section 6.10 Out of Play Penalties*).
 - 4.3.3.2 A skater who is out of play must re-enter the Engagement Zone in the opposite way she left.
 - 4.3.3.2.1 If the player sprinted forward of the Engagement Zone, she must drop back to be considered in play.
 - 4.3.3.2.2 To regain position in the pack after having fallen behind or recovering from a fall, a skater must catch up to the back of the pack by skating within the track boundaries to be considered back in play.
 - 4.3.3.2.3 Any skater who re-enters the Engagement Zone in an illegal manner, such as lapping the pack or allowing the pack to lap her after a fall, is subject to penalties (see *Sections 6.10.15 and 6.10.16*).
- 4.3.4 The Jammers may engage each other anywhere inside the track boundaries for the duration of the jam. When a Jammer is outside of the Engagement Zone, she may only engage the opposing Jammer (see *Section 6.10.3*).

4.4 STARTS

- 4.4.1 The pack begins rolling on a single whistle blast from the Official.
- 4.4.2 Once the rearmost pack skater has crossed the Pivot line, the referee whistles the Jammers to begin their sprint through the pack with two short whistle blasts. Jammers may not be accelerating at the Jammer starting whistle. They are, however, permitted to be moving, coasting or braking.

5 BLOCKING

5.1 GENERAL BLOCKING

- 5.1.1 Blocking is any movement on the track designed to knock the opponent down or out of bounds or to impede the opponent's speed or movement through the pack. Blocking includes counter-blocking. Blocking need not include contact.

Positional Blocking A.K.A. Body Blocking, Frontal Blocking, and Passive Blocking is blocking without contact. A skater positioning herself in front of an opposing skater to impede her movement on the track is positional blocking. Positional blocking need not be deliberate and/or intentional to be illegal, e.g. if the blocking skater is not aware of the Jammer's position behind her.

- 5.1.1.1 Counter-blocking is any motion/movement towards an oncoming block by the receiving skater which is designed to counteract an opponent's block. Counter-blocking is treated as blocking and held to the same standards and rules.
- 5.1.1.2 Only skaters who are in play (as defined in *Section 4.3.2*) may skate in front of an opposing skater to impede her movement on the track (a.k.a. Passive, Positional, Frontal, or Body Blocking). Positional blocking need not include contact.
- 5.1.1.3 Only players who are stepping and/or skating in the counter-clockwise direction may execute a block. It is illegal to block while at a standstill and while moving in the clockwise direction—this includes positional blocking.
- 5.1.1.4 It is legal to block players who are standing on the track.

- 5.1.1.5 It is legal to block players who are skating and/or stepping clockwise on the track.
- 5.1.2 The skater who makes contact with a target zone of an opponent is considered the *initiator of the block*. The *initiator of the block* is always responsible for the legality of her contact.
- 5.1.3 A skater who is in play and stepping and/or skating (i.e. not down or at a standstill) in the counter-clockwise direction may block or engage an opposing player at any time during the jam after their start whistle has blown.
 - 5.1.3.1 Blockers begin at the first whistle.
 - 5.1.3.2 Jammers begin at the second whistle.
- 5.1.4 To ensure safety, skaters may not use dangerous blocking techniques.
 - 5.1.4.1 Skaters may not block to the back (as defined in *Section 5.2.2.2*).
 - 5.1.4.2 Skaters must not skate clockwise in relation to the track when executing a block.
 - 5.1.4.3 Skaters must have at least one skate on the floor when executing a block.
 - 5.1.4.4 Skaters may not execute a block on an opponent who is down, falling, or getting up after a fall. Skaters are considered down if they have fallen, been knocked to the ground or have taken a knee. Skaters on one knee are considered down. After downing herself or falling, a skater is considered down until she is standing, stepping, and/or skating. Stationary standing players are not considered down.

5.2 CONTACT ZONES

Contact between opponents is limited to legal blocking zones and legal target zones.

- 5.2.1 **Legal** Target Zones—a skater **may** be hit in the following locations:
 - 5.2.1.1 The arms and hands
 - 5.2.1.2 The chest, front and side of the torso
 - 5.2.1.3 The hips
 - 5.2.1.4 The mid and upper thigh (including the inner portion)
- 5.2.2 **Illegal** Target Zones—for safety reasons, a skater **must not** be hit in the following locations:
 - 5.2.2.1 Anywhere above the shoulders
 - 5.2.2.2 On the back of the torso, back of the booty or back of the thigh
 - 5.2.2.3 Below the mid-thigh
- 5.2.3 **Legal** Blocking Zones—apply to the body parts of the skater performing a block. Skaters may initiate contact with the following parts of the body:
 - 5.2.3.1 The arm from the shoulder to the elbow
 - 5.2.3.2 The torso
 - 5.2.3.3 The hips and booty
 - 5.2.3.4 The mid and upper thigh (including the inner portion)
- 5.2.4 **Illegal** Blocking Zones—apply to the body parts of the skater performing a block.
 - 5.2.4.1 Elbows, see *Section 6.4 Use Of Elbows* for restrictions on use.
 - 5.2.4.2 Forearms/Hands, see *Section 6.5 Use Of Forearms And Hands* for restrictions on use.
 - 5.2.4.3 The head may not be used to block, see *Section 6.6 Blocking With The Head* for restrictions on use.
 - 5.2.4.4 Below the mid thigh

5.3 BLOCKING ZONE DIAGRAMS

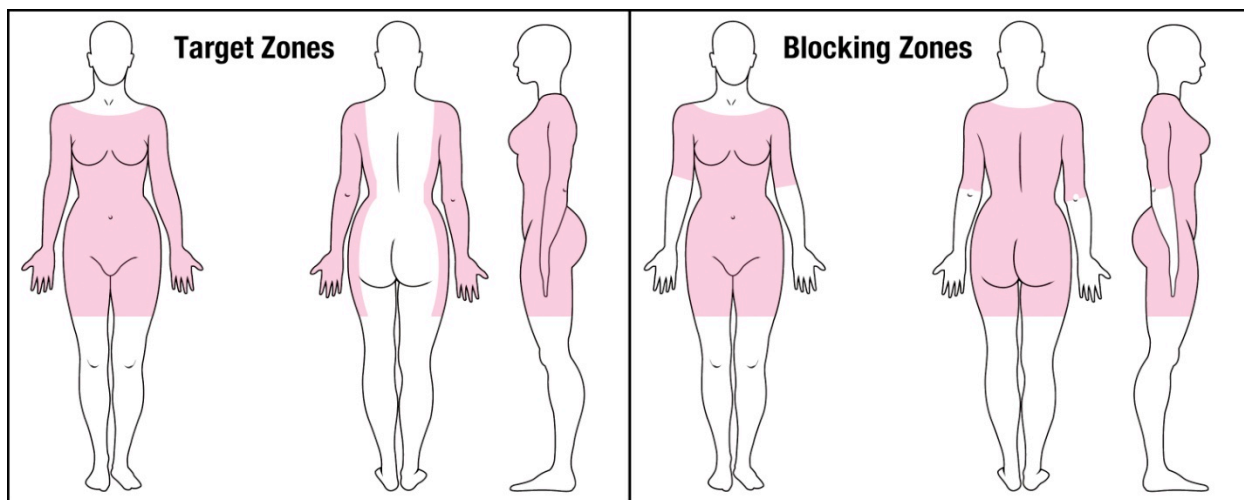


Figure 2:

Legal Target Zones: The shaded regions are the legal areas to block, hit or check an opponent.

Legal Blocking Zones: The shaded regions are the legal areas with which a player can block, hit, or check.

6 PENALTIES

A Penalty is a punishment, handicap, or loss of advantage imposed on a team or competitor for a rule infraction or a foul. Penalties are applied to both a skater and the position she is currently playing. Skaters and teams are assessed penalties due to infractions.

Penalties are signaled and enforced by the referees as they occur during a bout (see *Appendix C* for approved hand signals and *Section 2.9* for approved whistles). When a skater commits an illegal act she must receive and serve her appropriate penalty. The initiator of a block is always responsible for the legality of her contact.

TYPES OF PENALTIES

The following penalties are addressed in detail in the sections listed below. These sections hold specific examples that are to be followed explicitly. Illegal actions not specified below must be penalized using these specifics as guiding examples.

Contact to Illegal Target Zones

- 6.1 Blocking to the Back
- 6.2 Blocking to the Head/High Blocking
- 6.3 Low Blocking

Contact with Illegal Blocking Zones

- 6.4 Use of Elbows
- 6.5 Use of Forearms and Hands
- 6.6 Blocking with the Head

Illegal Blocking Penalties

- 6.7 Multiple Player Blocks
- 6.8 Out of Bounds Blocking
- 6.9 Direction of Game Play Penalties
- 6.10 Out of Play Penalties

Illegal Non-Contact Penalties

- 6.11 Cutting the Track
- 6.12 Skating Out of Bounds
- 6.13 Illegal Procedures
- 6.14 Insubordination

Illegal Conduct

- 6.15 Misconduct
- 6.16 Gross Misconduct

6.1 BLOCKING TO THE BACK

Hitting an opponent in the back of the torso, back of the legs, or back of the booty is prohibited (see *Section 5.2.2* for Illegal Target Zones). Hitting an opponent with a legal blocking zone into a legal target zone while positioned behind said opponent is not blocking to the back and is not illegal.

No Impact/No Penalty

- 6.1.1 Incidental contact to the back of an opponent that does not force the receiving opposing skater to adjust her skating stance or position in any way.

Minor Penalty

- 6.1.2 Any contact to the back of an opponent that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.

Major Penalty

- 6.1.3 Any contact to the back of an opponent that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of position.

Expulsion

The following egregious acts will be automatic game expulsions, and can be punished as a multi-game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious, forceful attempt to block an opponent in the back egregiously, whether or not the action was successful.

- 6.1.4 Intentional, negligent, or reckless illegal contact to the back of an opponent, back of an opponent's legs, or back of an opponent's booty.

6.2 BLOCKING TO THE HEAD OR HIGH BLOCKING

Hitting an opponent above the shoulders is prohibited (see *Section 5.2.2* for Illegal Target Zones).

No Impact/No Penalty

- 6.2.1 Not applicable.

Minor Penalty

- 6.2.2 Not applicable.

Major Penalty

- 6.2.3 Any block with initial contact landing above the shoulders.

Expulsion

The following egregious acts making contact with the head of an opponent or above her shoulders will be automatic game expulsions, and can be punished as a multi-game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious, forceful attempt to commit any of the following egregious acts, whether or not the attempt was successful (e.g., a swing-and-a-miss).

- 6.2.4 Any contact with the head of a skater not wearing a helmet.
- 6.2.5 Intentional, negligent, or reckless contact above the shoulders.
- 6.2.6 Pulling of the head, neck or helmet.
- 6.2.7 Choking.

6.3 LOW BLOCKING

Skaters may not trip or intentionally fall in front of another skater. Any contact which lands on an opponent's feet or legs, below the legal target zone, that causes the skater to stumble or fall is considered tripping and/or low blocking. Downed skaters re-entering the track are subject to

tripping/low blocking penalties even on the first instance, and even if the downed skater has fallen small.

No Impact/No Penalty

6.3.1 Contact between skates and wheels that is part of the normal skating motion.

6.3.2 A skater who “falls small” in an effort to avoid tripping.

Minor Penalty

6.3.3 Any contact outside of the normal skating motion which lands below the legal target zone that causes an opposing skater to stumble but not fall or lose her relative position.

6.3.4 Contact between skates and wheels that is not part of the normal skating motion that causes an opponent to stumble but not fall or lose her relative position.

6.3.5 A downed skater re-entering the track that causes an opposing skater to stumble but not fall or lose her relative position.

Major Penalty

6.3.6 Any contact outside of the normal skating motion which lands below the legal target zone that causes an opposing skater to fall or lose her relative position.

6.3.7 Flailing and sprawling skaters that trip an opponent, regardless of intent.

6.3.8 Habitual contact, three or more times during the course of a bout, between skates and wheels that is part of the normal skating motion that causes an opposing skater to stumble or fall or lose her relative position. The intent is to penalize skaters whose normal skating motion is dangerous to her opponents. A single skater who repeatedly trips other skaters, even with her normal skating motion is adversely affecting game play and safety.

6.3.9 A skater who habitually, three or more times during the course of a bout, falls in front of opponents, causing them to lose relative position, even if she “falls small.” The intent is to penalize a skater who repeatedly falls because she is a danger to her opponents. A single skater who repeatedly trips other skaters, even when “falling small” is adversely affecting game play and safety.

6.3.10 A downed skater re-entering the track that causes an opposing skater to fall or lose relative position.

Expulsion

The following egregious acts will be automatic game expulsions, and can be punished as a multi-game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious attempt to trip an opponent, whether or not the action was successful.

6.3.11 Intentional tripping with feet or hands.

6.3.12 Slide tackling an opponent.

6.3.13 Kicking another skater.

6.4 USE OF ELBOWS

6.4.1 When engaging another skater, elbows may not be swung with a forward/backward motion.

6.4.2 When engaging another skater, elbows may not be swung with upward or downward motion.

6.4.3 The elbow must be bent while blocking with that arm.

6.4.4 Contact may not be made exclusively with the point of the elbow (i.e. jabbing).

6.4.5 Elbows may not be used to hook an opposing skater in any way (e.g. by wrapping one’s arm around an opponent’s arm).

No Impact/No Penalty

6.4.6 Incidental or temporary contact with the elbow that does not force the opponent to adjust her skating stance or position in any way.

Minor Penalty

6.4.7 Any illegal contact with the elbow or swinging motion of the elbow that forces the receiving opposing skater off balance, forward and/or sideways but does not cause her to lose her relative position.

Major Penalty

6.4.8 Any illegal contact with the elbow or swinging motion of the elbow that lands above the shoulders.

- 6.4.9 Any illegal swinging motion of the elbow or illegal elbow contact that forces the receiving opposing skater off balance, forward and/or sideways and causes her to lose her relative position.
- 6.4.10 Use of an elbow or arm to pin or hook an opponent's arm in a manner as to impede her mobility.

Expulsion

The following egregious acts will be automatic game expulsions, and can be punished as a multi-game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious, forceful attempt to elbow an opponent egregiously, whether or not the action was successful.

- 6.4.11 Intentional, negligent, or reckless contact with an opponent by using the elbow in an illegal manner.

6.5 USE OF FOREARMS AND HANDS

- 6.5.1 Forearms or hands may never be used to grab, hold, or push an opponent.
- 6.5.2 Incidental forearm contact between skaters is acceptable.
- 6.5.3 During forearm contact between skaters, the following are indications that a push has occurred:
 - 6.5.3.1 The initiating skater extends her arm during contact.
 - 6.5.3.2 The receiving skater is propelled forwards or sideways.

No Impact/No Penalty

- 6.5.4 Incidental or temporary contact of forearms or hands that falls within legal target zones that does not force the opponent to adjust her skating stance or position in any way.
- 6.5.5 Contact made with the forearms when forearms are pulled in to the body to absorb a hit.
- 6.5.6 A block initiated with the shoulder in which there is forearm contact to the opponent but no observable push with the forearm.

Minor Penalty

- 6.5.7 Illegal forearm or hand contact to an opponent that forces the receiving opposing skater off balance, forward, and/or sideways but does not cause her to lose her relative position. This includes:
 - 6.5.7.1 A slight but observable push with the hands or forearms.
 - 6.5.7.2 A block initiated with the shoulder, in which there is either a simultaneous or subsequent push with the forearm. A push is indicated by the initiating skater extending her arms while making contact with the forearms, resulting in the receiving skater being propelled forward or sideways.
- 6.5.8 Extended touching (lasting three seconds or more) with the forearms or hands to an opponent's legal and/or illegal target zone.

Major Penalty

- 6.5.9 Any illegal contact with hands or forearms above the shoulders.
- 6.5.10 Any illegal forearm or hand contact to an opponent that forces the receiving opposing skater off balance, forward, and/or sideways and causes her to lose her relative position. This includes:
 - 6.5.10.1 Contact with hands or forearms, as indicated by the initiating skater extending her arms, resulting in the receiving skater being propelled forwards or sideways.
 - 6.5.10.2 Use of hands or forearms to grab or hold an opposing skater, either impeding that skater's mobility, causing that skater to lose advantage, or forcing that skater to the ground.

Expulsion

The following egregious acts using the forearms or hands will be automatic game expulsions, and can be punished as a multi-game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious, forceful attempt to commit any of the following egregious acts, whether or not the attempt was successful (*e.g.*, a swing-and-a-miss).

- 6.5.11 Punching another skater.
- 6.5.12 Pulling of the head, neck, or helmet.
- 6.5.13 Choking by the helmet straps.

- 6.5.14 Holding or pinning another skater to the ground.
- 6.5.15 Shoving an opponent.

6.6 BLOCKING WITH THE HEAD

The head may not be used to block an opponent. Blocking with the head is dangerous for the initiator and the receiver.

No Impact/No Penalty

- 6.6.1 Incidental or temporary contact by the initiator's head that does not force the opponent to adjust her skating stance or position in any way.

Minor Penalty

- 6.6.2 Incidental contact by the initiator's head that forces the receiving opposing skater off balance, forward and/or sideways, but does not cause her to lose relative position.

Major Penalty

- 6.6.3 Incidental contact by the initiator's head that forces the receiving opposing skater off balance, forward, and/or sideways and causes her to lose her relative position.
- 6.6.4 Initiating a block with the head, regardless of impact or advantage.

Expulsion

The following egregious acts will be automatic game expulsions, and can be punished as a multi-game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious, forceful attempt to block an opponent with the head, whether or not the action was successful.

- 6.6.5 Intentional, negligent, or reckless contact with an opponent by blocking with the head in an illegal manner.

6.7 MULTIPLE-PLAYER BLOCKS

- 6.7.1 Skaters may not grab and hold each other's uniform or equipment in a multi-player block.
- 6.7.2 Skaters may not use their hands, arms, or legs in any grabbing, holding, linking, or joining fashion in a multi-player block.
- 6.7.3 Touching and assisting teammates that does not create a wall to impede an opponent or prevent receiving a block from an opponent is not a multi-player block.
- 6.7.4 The multi-player link must be that which is blocking or impeding an opponent for the action to be illegal.

No impact/No penalty

- 6.7.5 Temporarily grabbing a teammate's clothing, equipment, or body part to push or pull, thereby adjusting the skater's speed or the teammate's speed.
- 6.7.6 Touching, but not grabbing and/or holding, a teammate while blocking.
- 6.7.7 Holding a teammate in a front-back direction while blocking or to stabilize from a block, as long as the point of contact is not impeding opposing skaters.

Minor Penalty

- 6.7.8 Maintaining a multi-player block to impede or block an opponent or prevent receiving a block from an opponent for less than three (3) seconds but NOT causing her to fall or lose her relative position.

Major Penalty

- 6.7.9 Maintaining a multi-player block to impede or block an opponent, causing her to fall or lose her relative position.
- 6.7.10 Maintaining a multi-player block to impede or block an opponent or prevent receiving a block from an opponent for more than three (3) seconds but not necessarily causing her to fall or lose her relative position.

Expulsion

The following egregious acts will be automatic game expulsions, and can be punished as a multi-game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious, forceful attempt to block an opponent in an egregious manner while executing a multi-player block.

- 6.7.11 Intentional, negligent, or reckless contact with an opponent while executing a multi-player block in an illegal manner.

6.8 OUT OF BOUNDS BLOCKING

- 6.8.1 Skaters must be in bounds when initiating a block.
- 6.8.2 Skaters may not pick up momentum for a block until in bounds.
- 6.8.3 If a skater forces an opponent out of bounds while blocking, the initiating Blocker must cease blocking before her own skates touch outside the track boundary. No part of the initiating Blocker's skate may touch the ground outside the track boundary.
- 6.8.4 A skater who is in bounds need not yield right of way to the out of bounds skater.
- 6.8.5 A skater may not initiate contact with an opponent who is completely outside the track boundary.
- 6.8.6 An in bounds skater may actively block or hit a returning skater when any part of the returning skater's skate is touching any in bounds track territory. The returning skater has crossed the track boundary but remains out of bounds by definition as long as any part of her skates are still touching any out of bounds territory. However, by entering the track, she becomes a target and can be hit.
- 6.8.7 A skater who is straddling the line may not engage, block, or assist because she has one foot down outside the track boundary and is out of bounds by definition.
- 6.8.8 A skater who is straddling the line may be hit by a skater who is on the track, since the straddling skater has one foot down inside the track boundary.
- 6.8.9 If a skater jumps and ceases all contact with the ground, her prior in bounds/out of bounds status is maintained until contact with the ground re-establishes in bounds/out of bounds status.
- 6.8.10 Downed skaters re-entering the track are subject to blocking out of bounds penalties, even if the downed skater has fallen small.
- 6.8.11 There is no penalty for blocking a skater who has jumped off both skates and left contact with the track from in bounds.
- 6.8.12 A skater initiating or continuing a block while hanging a skate or other body part over the track boundary, but not touching outside the track boundary, is not blocking from out of bounds.

No Impact/No Penalty

- 6.8.13 A skater who re-enters the track from out-of bounds while down, without making contact to any opponents or forcing them to fall or lose relative position, is not blocking from out of bounds.

Minor Penalty

- 6.8.14 Any contact from out of bounds that does not cause the receiving opposing skater to fall or lose her relative position.
- 6.8.15 Continuing a block after any part of the initiating Blocker is touching the ground outside the track boundary.
- 6.8.16 Any contact with an opponent who is touching the track exclusively outside the track boundary that does not affect the opposing skater's ability to re-enter play.
- 6.8.17 Any contact to opponents initiated by a downed skater re-entering the track from out of bounds that does not force opposing in-play skaters to fall or lose relative position.

Major Penalty

- 6.8.18 Any contact or blocking from out of bounds that causes the receiving opposing skater to fall or lose her relative position.
- 6.8.19 Continuing a block which causes the receiving skater to fall where there is continued blocking contact past the point where any part of the initiating Blocker is touching out of bounds.
- 6.8.20 A downed skater re-entering the track from out of bounds who forces any opposing in-play skaters to fall or lose relative position.
- 6.8.21 Any contact with an opponent who is touching the track exclusively outside the track boundary that causes her to fall or affects the opposing skater's ability to re-enter play.

Expulsion

The following egregious acts will be automatic game expulsion, and can be punished as a multi-game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious, forceful

attempt to block an out-of-bounds opponent in an egregious manner while executing an illegal block.

6.8.22 Intentional, negligent, or reckless contact with an out-of-bounds opponent while executing a block in an illegal manner.

6.9 DIRECTION OF GAMEPLAY PENALTIES

6.9.1 Skaters must be skating and/or stepping in the counter-clockwise direction when executing a block. Skaters may not skate in the opposite direction of normal counter-clockwise game play when executing a block. In other words, skaters may not skate clockwise when executing a block. Skaters may not block while stopped on the track. These illegal blocking techniques include positional blocking. Clockwise movement is measured by the skates moving past a line perpendicular to the track boundaries.

6.9.2 Skaters must be skating and/or stepping in the counter-clockwise direction when giving an assist. Skaters may not skate in the opposite direction of normal counter-clockwise game play (clockwise) when giving or receiving an assist. Skaters may not give assists to skating teammates while stopped on the track. The initiator of the assist is responsible for the legality of the assist. Clockwise movement is measured by the skates moving past a line perpendicular to the track boundaries.

6.9.2.1 A stopped or counter clockwise stepping/skating player may legally assist a stopped or downed teammate.

6.9.3 Skaters are permitted to skate clockwise on the track provided they do not block, assist or otherwise engage teammates or opponents.

6.9.4 Skaters are permitted to stop on the track provided they do not block, assist or otherwise engage teammates or opponents.

6.9.5 Skaters may skate clockwise out of bounds when exiting the penalty box, but must re-enter from the back of the pack (see *Section 6.13 Illegal Procedures*).

6.9.6 Skaters may block and/or assist while facing any direction as long as they are moving in the counter-clockwise direction.

No impact/No penalty

6.9.7 Incidental contact from a skater getting spun around as a result of another block.

6.9.8 A clockwise block that does not force the opponent to adjust her skating stance or relative position in any way.

6.9.9 A skater, while stopped on the track, assisting a downed teammate to an upright position.

6.9.10 A skater coming to a stop as a result of giving an assist.

Minor Penalty

If the illegal block affects a skater but does not cause her to fall and does not adversely affect the game it is a minor penalty.

6.9.11 A clockwise block that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.

6.9.12 A block by a stopped skater that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.

6.9.13 A clockwise skating and/or stepping skater giving an assist that affects the recipient but does not improve the recipient's relative position. The penalty is given to the initiator of the assist.

6.9.14 A stopped skater giving an assist that affects the recipient but does not improve the recipient's relative position. The penalty is given to the initiator of the assist.

Major Penalty

If the illegal block causes a skater to fall, or has a measurable consequence for the game it is a major penalty.

6.9.15 A clockwise block that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of relative position.

6.9.16 A block by a stopped skater that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of relative position.

6.9.17 A clockwise skating and/or stepping skater giving an assist that improves the recipient's relative position. The penalty is given to the initiator of the assist.

- 6.9.18 A stopped skater giving an assist that improves the recipient's relative position. The penalty is given to the initiator of the assist.

Expulsion

The following egregious acts will be automatic game expulsions, and can be punished as a multi-game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious, forceful attempt to block an opponent in an egregious manner while executing a clockwise block, whether or not the action was successful.

- 6.9.19 Intentional, negligent, or reckless contact with an opponent while executing a clockwise block in an illegal manner.
- 6.9.20 Intentional, negligent, or reckless contact with an opponent while stopped on the track in an illegal manner.

6.10 OUT OF PLAY PENALTIES

Out of play penalties are applied for actions occurring in front of and/or behind the legal Engagement Zone and for actions that illegally destroy the pack. All actions are to be penalized equally regardless of position (Blocker vs. Jammer). Out of play actions include but are not limited to blocking, assisting, destroying the pack, failure to reform a pack, and failure to return to the Engagement Zone. A penalty will be applied to each offending Blocker for each action.

- 6.10.1 A skater who is more than twenty (20) feet in front of or behind the pack may receive an out of play warning by a referee; however, a referee is not required to issue a warning prior to giving a penalty. Issuing penalties takes priority over issuing warnings. A warning does not have to be issued in order for a penalty to be given (see *Section 9.3.1.1*).
- 6.10.2 Illegally destroying the pack is the illegal creation of a "no pack" situation. When two or more groups of Blockers equal in number are on the track, are more than ten (10) feet from one another, and no single group meets the pack definition, no pack can be defined. If the actions of a skater, team, or group of skaters create a "no pack" situation, one penalty for destroying the pack will be applied to a single skater who is most responsible or the Pivot (see *Sections 7.1.2 and 7.2.4*). Both teams are responsible for maintaining a legally defined pack.
- 6.10.2.1 Examples of illegally destroying the pack, or creating a "no pack" situation, may include but are not limited to: a skater, skaters or team running away, braking or coasting to drop back more than ten (10) feet behind the opposing team, taking a knee, intentionally falling, or intentionally skating out of bounds in such a manner that the legally defined pack is destroyed.
- 6.10.2.1.1 The rules do not define pack speed. Illegally destroying the pack penalties shall not be given for gradually deviating from the speed of the pack as established through game play, unless said deviation is sudden, rapid and marked, leaving the opposing team no opportunity to adjust and maintain a pack.
- 6.10.2.1.2 At the start of a jam if one team skates forward and the opposing team remains stationary, upon a No Pack scenario the Jammer start whistle will blow and no penalties for illegally destroying the pack shall be enforced. Skaters and teams are still responsible for immediately reforming a pack (see *Sections 6.10.7, 6.10.12, and 6.10.20*).
- 6.10.2.2 A skater or groups of skaters are always responsible for the consequences of their actions. If their actions create a no-pack situation (excepting those covered in *Sections 6.10.2.3 and 6.10.2.1.2*) they must be penalized as directed in *6.10.9-6.10.22*. When determining responsibility of a no-pack situation, per *Sections 4.1.2 and 6.10.2*, both teams are responsible for maintaining a legally defined pack.
- 6.10.2.3 Forcing an opponent down or out of bounds is NOT to be considered illegal destruction of the pack; however, skaters still must reform a pack immediately or be subject to out of play penalties (see *Sections 6.10.6 and 6.10.7*).
- 6.10.2.4 When no single skater or team can be clearly found responsible for illegally destroying the pack, no penalty for illegally destroying the pack shall be

enforced, however skaters and teams are still responsible for immediately reforming a pack (see *Sections 6.10.7, 6.10.12, and 6.10.20*).

- 6.10.3 Jammers may initiate engagement with Jammers outside the Engagement Zone.
- 6.10.4 Jammers may not initiate engagement with Blockers outside the Engagement Zone. If a Blocker initiates engagement with a Jammer outside the Engagement Zone, the illegally engaged Jammer may counter-block and go unpenalized. Likewise if a Jammer illegally engages a Blocker outside the Engagement Zone that Blocker may counter-block and go unpenalized.
- 6.10.5 Blockers may not initiate engagement outside the Engagement Zone. If a Blocker initiates engagement with an opponent outside the Engagement Zone, the illegally engaged opponent may counter-block and go unpenalized. Likewise if a Jammer illegally engages an opponent outside the Engagement Zone that opponent may counter-block and go unpenalized.
- 6.10.6 Out of Play skaters will be warned to re-enter the Engagement Zone and will be penalized if they do not immediately attempt to return to Engagement Zone.
- 6.10.7 During a no pack situation skaters will be warned that there is no pack and will be penalized if they do not immediately attempt to reform the pack. During a no pack situation, out of bounds skaters must re-enter the track and reform a pack.
- 6.10.8 Skaters may not assist teammates outside the Engagement Zone.

No Impact/No Penalty

- 6.10.9 Incidental blocking or contact while out of play that does not force the opponent to adjust her skating stance or position in any way.
- 6.10.10 No Pack situations without a measurable impact on game play.

Minor Penalty

If the out of play action affects a skater but does not cause harm or adversely affect the game, it is treated as a minor penalty.

- 6.10.11 A skater who, after being warned, does not immediately attempt to re-enter the Engagement Zone. A minor penalty must be applied to each offending Blocker who does not attempt to return to the Engagement Zone.
- 6.10.12 No pack: After a warning, a failure to immediately attempt to reform a pack will result in a minor penalty. This penalty includes failure to reform a pack by returning to in bounds from out of bounds. One penalty will be applied to a single skater per team, if applicable, who seems most responsible or the Pivot (see *Sections 7.1.2 and 7.2.4*).
- 6.10.13 Any illegal blocking while out of play that forces the receiving opposing skater off balance, forward, and/or sideways, but does not cause her to lose her relative position.
- 6.10.14 A Blocker re-entering the pack from behind, having lapped the pack. A penalty must be applied to each offending Blocker (see *Section 4.3.3*).
- 6.10.15 A Blocker re-entering the pack from the front, having fallen behind the pack. A penalty must be applied to each offending Blocker (see *Section 4.3.3 and Sections 8.3 and 8.4*).
- 6.10.16 An out of play assist that affects the recipient but does not improve her relative position. The penalty is given to the initiator of the assist.

Major Penalty

If the out of play action has a measurable consequence for the game it is a major penalty.

- 6.10.17 A skater, after receiving a minor penalty for failure to re-enter, who does not immediately attempt to re-enter the Engagement Zone will receive a major penalty. A major penalty must be applied to each offending Blocker for a sustained failure to return to the Engagement Zone.
- 6.10.18 No pack: After a warning, a sustained failure to reform a pack will result in a major penalty. This penalty includes a sustained failure to reform a pack by returning to in bounds from out of bounds. One penalty will be applied to a single skater per team, if applicable, who seems most responsible or the Pivot (see *Sections 7.1.2 and 7.2.4*).
- 6.10.19 Any illegal blocking while out of play that forces the receiving opposing skater out of her established position. This includes forcing a skater down, out of bounds, or out of relative position.

- 6.10.20 Illegally destroying the Pack: The act of illegally destroying the pack causes all Blockers to lose relative position. The skater responsible for destroying the pack receives a major penalty.
- 6.10.21 An out of play assist that improves the recipient's relative position. The penalty is given to the initiator of the assist.

Expulsion

The following egregious acts will be automatic game expulsions, and can be punished as a multi game suspension (see *Section 7.5.2.2*). Expulsions will be issued for a conscious attempt to block an opponent in an egregious manner while out of play, whether or not the action was successful.

- 6.10.22 Intentional, negligent, or reckless contact with an opponent while out of play.

6.11 CUTTING THE TRACK

A skater that is in bounds need not yield the right of way to an out of bounds skater. Skaters that are out of bounds must find an entrance back in bounds that does not require in bounds skaters to move. When out of bounds, skaters must re-enter the track without bettering their position in relation to other skaters. Out of bounds skaters are subject to skating out of bounds penalties even if they do not cut the track (see *Section 6.12 Skating Out Of Bounds*).

This section addresses penalties for cutting the track. Skaters must be upright and skating to receive cutting the track penalties. (See *Section 6.8 Out Of Bounds Blocking* for downed skaters re-entering and illegally blocking and *Section 6.3 Low Blocking*).

Downed skaters that have re-entered the track are subject to applicable cutting the track penalties when they return to an in-bounds, upright and skating position. Downed skaters are not to be penalized with cutting the track penalties, but are still subject to low blocking and blocking from out of bounds penalties. Skaters cannot drop back while in play in efforts to undo or avoid cutting the track penalties.

6.11.1 Re-entering behind the initiator of the block

When sent out of bounds by a block, an opponent must re-enter the track without bettering her position in relation to other skaters. Re-entering the track from out of bounds in front of the initiator of the block is improving your relative position, regardless of who is in front when the block is executed. An in-bounds skater who forces an opponent out of bounds earns and establishes superior position. A skater may not return in bounds in front of the skater who blocked her out of bounds, except under the following circumstances where no penalty is to be issued:

- 6.11.1.1 When the initiating skater is considered "in the box," having been sent off the track for a penalty (see *Section 7.3.2.2.1*).
- 6.11.1.2 When the initiating skater goes out of bounds at any time after the initiating block.
- 6.11.1.3 When the initiating skater downs herself or falls at any time after the initiating block.
- 6.11.1.4 When the initiating skater exits the Engagement Zone at any time after the initiating block.

The outcome and aftermath of a block are complete when the receiving skater has re-established control of her own self on the track. If the receiving skater exits the track after the outcome and aftermath of a block, she is not required to re-enter behind the initiator of the previous block. She is however, still subject to skating out of bounds penalties.

6.11.2 Skaters straddling the track boundary line

Skaters are straddling the track boundary line when they are simultaneously touching both inside and outside the track boundary line. Straddling skaters are subject to cutting the track penalties when they are in bounds, upright and skating. The boundary line is considered in bounds. Airborne skaters are not considered straddling skaters. (See *Section 6.8.9* for the in bounds/out of bounds status of airborne skaters.)

No Impact/No Penalty

- 6.11.3 A skater who has re-entered the track in front of a downed, out of bounds, or out of play skater is not bettering her position. However, such skaters are subject to cutting the track penalties for other in-play skaters and are still subject to skating out of bounds penalties.
- 6.11.4 A skater who has re-entered the track in front of a skater who is "in the box," having been sent off the track for a penalty.
- 6.11.5 A skater straddling the track boundary line who then completely exits the track, regardless of which, or how many, skaters she has passed while straddling.
- 6.11.6 An out of bounds skater that steps one foot inside the track boundary to become a straddling skater and then steps back completely out of bounds, never removing her out of bounds contact with the floor.
- 6.11.7 Any of the scenarios in *Sections 6.11.1.1- 6.11.1.4*.

Minor Penalties

- 6.11.8 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of one in-play skater, which results in her having bettered her position.
- 6.11.9 An upright skater straddling the track boundary who passes one in-play skater, and then ceases her out of bounds contact with the floor, which results in her having bettered her position.
- 6.11.10 An in bounds, upright and skating Jammer who has re-entered the track from out of bounds in front of the opposing Jammer outside of the Engagement Zone, which results in her having bettered her position relative to the opposing Jammer.
- 6.11.11 An upright Jammer straddling the track boundary who passes the opposing Jammer, and then ceases her out of bounds contact with the floor outside of the Engagement Zone, which results in her having bettered her position relative to the opposing Jammer.
- 6.11.12 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of one in-bounds skater during a No Pack scenario, which results in her having bettered her position relative to that in bounds skater.
- 6.11.13 An upright skater straddling the track boundary who passes one in-bounds skater, and then ceases her out of bounds contact with the floor during a No Pack scenario, which results in her having bettered her position relative to that in bounds skater.

Major Penalties

- 6.11.14 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of multiple in-play skaters, which results in her having bettered her position.
- 6.11.15 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of the foremost in-play opposing Blocker, which results in her having bettered her position.
- 6.11.16 An upright skater straddling the track boundary who passes multiple in-play skaters, and then ceases her out of bounds contact with the floor, which results in her having bettered her position.
- 6.11.17 An upright skater straddling the track boundary who passes the foremost opposing Blocker, and then ceases her out play contact with the floor, which results in her having bettered her position.
- 6.11.18 An in bounds, upright and skating skater who has re-entered the track from out of bounds in front of multiple in-bounds skaters during a No Pack scenario, which results in her having bettered her position relative to those in bounds skaters.
- 6.11.19 An upright skater straddling the track boundary who passes multiple in-bounds skaters, and then ceases her out of bounds contact with the floor during a No Pack scenario, which results in her having bettered her position relative to those in bounds skaters.

Expulsion

- 6.11.20 Not applicable.

6.12 SKATING OUT OF BOUNDS

Skaters must remain in bounds. No part of the skater's skate(s) may touch the ground outside the track boundary. Skaters may not pick up momentum for a block until in bounds (see *Section 6.8.2*).

No Impact/No Penalty

- 6.12.1 Being forced out of bounds by an opponent's block.
- 6.12.2 Skating out of bounds as the result of a missed or successful block. (Blocking out of bounds criteria still apply; see *Section 6.8*).
- 6.12.3 Maintaining or increasing speed while skating to and from the penalty box.
- 6.12.4 Exiting the track as a result of injury, equipment failure, or to avoid unsafe track conditions including but not limited to fallen skaters, debris and spills.

Minor Penalty

- 6.12.5 Skating out of bounds in an attempt to avoid a block.
- 6.12.6 Skating out of bounds to maintain or increase speed.

Major Penalty

- 6.12.7 Skating across the track infield in a manner which substantially cuts short the lap distance. It is not necessary to pass an in bounds skater to commit a "skating out of bounds" major penalty.

Expulsion

- 6.12.8 Not applicable.

6.13 ILLEGAL PROCEDURES

Technical infractions that give the offending team an advantage but do not necessarily impact a specific opponent.

No Impact/No Penalty

- 6.13.1 A Blocker who is on the track, between the Jammer and Pivot lines, skating into her position when the first whistle blows.
- 6.13.2 Assisting a downed teammate within the Engagement Zone.
- 6.13.3 A skater exiting the penalty box before her penalty time finishes because she was incorrectly instructed to do so by the penalty box official. The skater must return to the box and finish her penalty.
- 6.13.4 A skater who establishes her starting position on the track before the first whistle, but is blocked out of bounds prior to or as the whistle blows will be allowed to remain in the jam.

Minor Penalties

- 6.13.5 False start—A Jammer or Blocker who false starts must yield advantage. If a false-starting Blocker or Jammer yields her advantage but the opposing Jammer or Blocker does not take advantage of her attempt to yield position, neither Jammer nor Blocker will be awarded an additional penalty.
 - 6.13.5.1 A Jammer false starts for being out of position at the Jammer starting whistle when she is touching beyond the Jammer line.
 - 6.13.5.2 A Non-Pivot Blocker false starts for being out of position at the pack starting whistle when she:
 - 6.13.5.2.1 is touching on or beyond the Pivot line.
 - 6.13.5.2.2 is touching behind the Jammer line.
 - 6.13.5.2.3 lines up in front of a Pivot Blocker who is on the Pivot line.
 - 6.13.5.3 A Pivot Blocker false starts for being out of position at the pack starting whistle when she:
 - 6.13.5.3.1 is touching beyond the Pivot line.
 - 6.13.5.3.2 is touching behind the Jammer line.
- 6.13.6 Too many skaters on the track. The extra skater is instructed to return to her bench without stopping the jam. The penalty is issued to the skater instructed to return to her bench.
- 6.13.7 More than one designated Pivot for a team on the track after the starting whistle. The penalty is issued to the Pivot who was the last Pivot to enter the track in that jam. If the referee is unable to determine the last Pivot to enter the track, the referee issuing the illegal procedure must penalize the Pivot on the track closest to the referee who calls the penalty. After the whistle, the referee must instruct her to return to her bench if she is an extra skater on the track (see *Section 6.13.6*). Any Pivot starting in the penalty box is the designated Pivot for that jam.

- 6.13.8 A Jammer attempting to call off a jam when she is not Lead Jammer, and the jam is not called off.
- 6.13.9 A skater exiting the penalty box and re-entering the track in front of one pack skater.
- 6.13.10 A skater, after being waived off of a full penalty box, re-entering the track in front of one pack skater.
- 6.13.11 A skater, after addressing mid jam equipment malfunction, re-entering the track in front of one pack skater.
- 6.13.12 A skater initiating contact or engaging an opponent before the first whistle that forces the receiving opposing skater off balance, forward or sideways, but does not cause her to lose her established starting position.
- 6.13.13 A penalized skater who leaves the penalty box during either a team or official timeout.
- 6.13.14 A penalized skater's teammates, manager, and/or coach who enters the designated penalty box area to communicate with a penalized skater. If the person entering is not a skater in the bout the penalty will go to the Captain.
- 6.13.15 A penalized skater who removes her safety equipment in the penalty box. A penalized skater may remove her mouth guard only after she is seated in the penalty box. Merely adjusting safety equipment while in the penalty box is not to be penalized.

Major Penalties

- 6.13.16 A false start by a Jammer or Blocker who does not yield advantage. The Jammer or Blocker who committed the false start must stop all forward motion until the opposing Jammer or Blocker(s) takes the lead by passing her. If a false-starting Blocker or Jammer yields her advantage but the opposing Jammer or Blocker(s) does not take advantage of her attempt to yield position, an additional penalty must not be assessed and the yielding skater may proceed.
- 6.13.17 Forcing a jam to be called off due to too many skaters on the track. The penalty is issued to the Pivot in that jam. If there is no Pivot in that jam, the penalty is issued to the last Non-Pivot Blocker to enter the track to the extent that the referee is able to determine who that skater was. If there is no Pivot in the jam and the referee is unable to determine the last skater to enter the track, the referee issuing the illegal procedure must penalize the Blocker on the track closest to the referee who calls the penalty.
- 6.13.18 Improper uniform, jewelry, or skates.
- 6.13.19 A Jammer successfully calling off a jam when she is not Lead Jammer.
- 6.13.20 Violations of the Passing the Star procedures outlined in *Section 3.5 Passing The Star*. The initiator of the star pass receives the penalty for the illegal star pass.
- 6.13.21 Illegally blocking a star pass.
- 6.13.22 A skater exiting the penalty box and re-entering the track in front of more than one pack skater.
- 6.13.23 A skater, after being waived off of a full penalty box, re-entering the track in front of more than one pack skater.
- 6.13.24 A skater, after addressing mid jam equipment malfunction, re-entering the track in front of more than one pack skater.
- 6.13.25 A skater exiting the penalty box before her penalty time finishes. (Note: If the penalty box official instructs the skater to leave early, this penalty does not apply.)
- 6.13.26 Too many skaters and/or team support staff in the designated team area. The penalty is issued to the Pivot at the time the Penalty is determined. If there is no Pivot in that jam, the penalty is issued to the Captain in all circumstances.
- 6.13.27 Removing required safety equipment (see *Sections 7.3.6 and 10.1.1*).
- 6.13.28 A skater initiating contact or engaging an opponent before the first whistle that forces the receiving opposing skater out of her established starting position. This includes forcing a skater down or out of bounds.

Expulsion

- 6.13.29 Not applicable.

6.14 INSUBORDINATION

Insubordination is willfully failing to comply with a referee's orders. Examples of insubordination include but are not limited to failure to leave the track for a penalty or failure to leave the floor after fouling out.

No Impact/No Penalty

6.14.1 Intentionally committing an illegal procedure is not insubordination and must not be penalized as such.

Minor Penalty

6.14.2 Not applicable.

Major Penalty

6.14.3 Willfully failing to leave the track for a penalty.

Expulsion

6.14.4 Willfully failing to leave the floor after fouling out.

6.14.5 Deliberate and excessive insubordination to a referee.

6.15 MISCONDUCT

No Impact/No Penalty

6.15.1 Not applicable.

Minor Penalty

6.15.2 Not applicable.

Major Penalty

6.15.3 Initiating contact with both skates off of the ground. Jumping and leaping contact is unsafe for the initiator and the receiver.

6.15.4 Executing a block on an opponent who is down.

6.15.5 Any block with initial contact landing above the shoulders.

6.15.6 The use of obscene, profane, or abusive language or gestures directed at an official, mascot, or audience member.

6.15.7 The excessive use of obscene, profane, or abusive language or gestures directed at an opposing skater, manager, or coach.

Expulsion

6.15.8 Not applicable.

6.16 GROSS MISCONDUCT

Gross misconduct is defined as an indiscretion so serious that it justifies the instant expulsion of a skater, even on the first occurrence.

No Impact/No Penalty

6.16.1 Not applicable.

Minor Penalty

6.16.2 Not applicable.

Major Penalty

6.16.3 Not applicable.

Expulsion or Suspension

The following egregious acts will be an automatic game expulsion, even if not during a fight, and can be punished as multi-game suspensions (see *Section 7.5.2.2*).

6.16.4 Illegal interference in game-play by skaters not involved in the jam.

6.16.5 The repeated use of obscene, profane, or abusive language or gestures directed at an official, mascot, or audience member.

6.16.6 The repetitive and excessive use of obscene, profane, or abusive language or gestures directed at an opposing skater, manager, or coach.

6.16.7 Intentional tripping with feet or hands. Expulsions will be issued for a conscious attempt to trip an opponent, whether or not the action was successful.

6.16.8 Fighting is an automatic expulsion for all participants and may result in a suspension (see *Section 7.5.2*). A fight is defined as a physical struggle that is not part of regular game play. A skater that only defends blows and does not engage in the fight will not be penalized.

6.16.9 Intentional, negligent, or reckless contact above the shoulders.

- 6.16.10 Punching another skater.
- 6.16.11 Pulling of the head, neck, or helmet.
- 6.16.12 Choking.
- 6.16.13 Any contact with the head of a skater not wearing a helmet.
- 6.16.14 Kicking another skater.
- 6.16.15 Biting.
- 6.16.16 Jumping onto or into a pile of fighting skaters (i.e., "dog pile").
- 6.16.17 Slide tackling an opponent.
- 6.16.18 Holding or pinning another skater to the ground.
- 6.16.19 Shoving an opponent.
- 6.16.20 Serious physical violence or any action deemed by the officials to cause an extraordinary physical threat.

7 PENALTY ENFORCEMENT

7.1 MINOR PENALTIES

- 7.1.1 Referees assess minor penalties to skaters based on their involvement in an infraction. When a minor penalty is assessed:
 - 7.1.1.1 Referees will communicate the minor to the skater by hand signal and verbally calling out the penalty to the skater. The fourth minor is signaled with a whistle.
 - 7.1.1.2 When a skater has earned four minor penalties, that skater will be sent to the penalty box. A skater who commits any four minor penalties must serve one (1) minute at the time the fourth minor is assessed/communicated, according to the procedures defined in *Section 7.3 Penalty Enforcement Procedures*. Minor penalties carry over into the following period. They are not "reset" between periods.
- 7.1.2 If no one skater can be singled out to receive the penalty, it will go to the active Pivot. If there is not a Pivot, it will go to the Captain.

7.2 MAJOR PENALTIES

- 7.2.1 When a skater has earned a major penalty, that skater will be sent to the penalty box. Her team must play short, without the skater and the position she was playing, until the penalty has expired (see *Section 7.3.2*).
- 7.2.2 Major penalties expire after one (1) minute served in the penalty box.
- 7.2.3 If an illegal procedure gives an unfair advantage, the referee will assess a penalty and may stop the jam if the offending team fails to yield the advantage immediately.
- 7.2.4 If no one skater can be singled out to receive the penalty, it will go to the active Pivot. If there is not a Pivot it will go to the Captain.

7.3 PENALTY ENFORCEMENT PROCEDURES

- 7.3.1 Substitutions
 - No substitutions are allowed if a penalty carries over to the next jam. The offending skater must continue to serve her penalty time. The penalized team skates short until the penalty time expires and the penalized skater re-enters the track.
 - 7.3.1.1 Penalized skaters must be substituted in the case of a skater who has fouled out, an expulsion, or injury (see *Sections 7.5.1.2, 7.5.4, and 10.3.1* respectively). These substitutions may only take place between jams. A skater who has fouled out or has been expelled is not permitted to return to play and her team must skate a skater short for the remainder of the jam.
- 7.3.2 Penalty Box Procedures, Rights, And Restrictions
 - When a skater is sent to the penalty box, she must immediately exit the track and skate to the penalty box in the counter-clockwise direction.
 - 7.3.2.1 Penalty timing will not begin until the penalized skater legally enters the penalty box from the appropriate counter-clockwise direction.

