



ROLLER DERBY RULE BOOK

2014

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(All changes from the previous year's edition are marked in red and italics)



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4730 South Street, Lincoln, Nebraska 68506

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Roller Derby Introduction – Overview of the Game

Roller derby is a game played by two teams on roller skates, on an elliptical Track, in contests called “Jams” that last up to ninety seconds each. Each team will have up to five total players on the Track, including four Blockers (one Blocker is called the Pivot and has a stripe on his/her helmet) and one Jammer (who will have a star on each side of his/her helmet). Each team will have one scoring player (which may be either the Jammer or, under some circumstances, the Pivot) who will earn points by passing opposing players on the Track. Blockers skate together in a group, called the Pack. Each team’s Blockers will attempt to assist their own scorer in navigating the Pack, while simultaneously trying to prevent the opposing scorer from making his/her way through the Pack. The team with the most points at the conclusion of the game will be the winner.

Roller Derby – Rules of

Play¹ RD10 Teams

RD10.01 Team Roster vs. Game Roster. A Club may register an unlimited number of players, compliant to USARS membership requirements, to be eligible to represent them (the “Team Roster”). A minimum of eight (8) and a maximum of fifteen (15) players must be rostered (plus up to five (5) alternate players) for a specific game (the “Game Roster”). The Game Roster shall clearly indicate one (1) team captain (who shall be a rostered player) and one (1) designated alternate captain (who may be either a rostered player or a coach). An alternate player may replace a rostered player prior to the game’s equipment check. Once the substitution has been made, the replaced player is removed from the Game Roster. If a Game Roster is reduced to less than eight (8) players during game play for any reason (such as injuries, foul outs, or expulsions), the head referee must declare a forfeit in the interest of player safety.

RD10.02 Minimum Skills Required. Rostered and alternate players must have passed the Minimum Skills Requirements (as defined in Addendum 1), as established by USA Roller Sports.

RD10.03 Player Limitations Based Upon Types of Games².

- a. Women’s Game: Only adult females competing.³
- b. Men’s Game: Only adult males competing.
- c. Co-Ed Game: Adult males and females compete on the same team, with the number of males and females occupying the Track to be mutually agreed upon by the teams playing.
- d. Old School Game: Co-ed teams compete, with adult men and women alternating play at each period.⁴

RD10.04 Player Roles. “Player Role” refers to the position a player is playing in a given jam. A maximum of four Blockers and one Jammer from each team are allowed on the Track during play. One Blocker from each team may be a Pivot.

- a. Blocker: Blockers assist their team’s Active Scorer in navigating the Pack, while also working to hinder the progress of the opposing Active Scorer. In preparation for the jam start, non-Pivot Blockers must be within

¹ All capitalized terms shall be given the meaning as defined herein.

² The present Rule Book addresses flat track roller derby game play; a future edition will incorporate specific provisions for banked track and junior derby.

³ A “female” athlete shall be defined to include any athlete legally recognized as female in her state of residence. A “male” athlete shall be defined to include any athlete legally recognized as male in his state of residence. USA Roller Sports recognizes FIRS international age groups and will allow participation in USARS sanctioned events (under the USARS rule set only) by those no younger than age 14. Skater proficiency of those 14-18 years old must be verified by a USARS registered club officer as well as parental permission granted via the official USA Roller Sports waiver.

⁴ In Old School style play, eight (8) periods of ten (10) minutes each will be played, beginning with the women playing the first period and alternating each period thereafter (men second period, women third period, etc.). The rules governing breaks between periods will not apply to Old School play; the teams will mutually agree upon any breaks to be taken during the game.

- the boundaries of the Blocker Area (see Track Diagram, Addendum 2). Blockers do not score points, except that the Pivot may assume Active Scorer status as set forth under RD40.09.
- b. Pivot: Pivots are Blockers that have the potential to assume Active Scorer status (see RD40.09). Pivots must begin the jam within the boundaries of the Pivot Area (see Track Diagram, Addendum 2). When not acting as Active Scorer, the Pivots remain subject to all the Blocker rules; once the Pivot becomes Active Scorer, s/he is not considered a Blocker for the remainder of the Jam. Pivots wear a helmet cover featuring a single, highly visible contrasting stripe, a minimum of two (2) inches wide, running from front center to rear center.
 - c. Jammer: A Jammer's primary role is to become Active Scorer and score points for his/her team (see Scoring at RD 45); if the Pivot has assumed Active Scorer status in the jam, the Jammer is immediately treated as a Blocker, replacing the Pivot in the Pack for the duration of the jam. The Jammers begin play *on or* behind the Jammer Line that is located twenty (20) feet behind the Pivot Line (see Track Diagram, Addendum 2). Jammers may be moving at the jam start whistle, but may not be accelerating (increasing velocity sufficient to render an advantage at the start). Each Jammer must wear a helmet cover featuring one highly visible and contrasting star on each side of the helmet, measuring a minimum of four (4) inches across from point to point.

RD15 Communication

RD15.01 Audible Communication. Game Officials shall utilize the following audible official signals/communication during the game:

- a. Jam start - one short whistle blast
- b. Lead Scorer - two short, rapid whistle blasts
- c. Penalty - one long whistle blast
- d. Jam called off/ended - four rapid whistle blasts
- e. Players are not to direct communication to Officials during a jam except in the case of an emergency or to confirm an official's communication to that player; any other communication by Players and/or Teams to Officials shall be through the Captain and/or Alternate only, during a Timeout. See RD55.03 for violation penalty.

RD15.02 Visual Communication. Game Officials shall utilize the official hand signals set forth in Hand Signals, Addendum 3, throughout the game, as necessary and appropriate.

RD20 Timing

RD20.01 The Game. Games shall consist of sixty (60) minutes of play time, which may be divided into two (2) thirty (30) minute periods, three (3) twenty (20) minute periods, or four (4) fifteen (15) minute periods. At least one (1) ten (10) minute break will take place between periods; the remaining period breaks will be three (3) to five (5) minutes each. The host team or event organizer will determine exact break times, in accordance with these provisions (including if teams will switch benches at halftime).

RD20.02 The Period. A play period begins when the designated official blows the first jam whistle. The period ends when the last jam runs to completion (either the jam clock expires or the Lead Scorer ends the jam pursuant to RD40.12 herein), and may therefore extend past the point when the period clock reaches zero (0:00). If thirty seconds (0:30) or fewer remain on the period clock when a jam ends, no additional jam will start for that period unless a time out is called by a captain or an alternate. If an official time out is called with less than thirty seconds (0:30) remaining on the period clock, the period clock will not be paused.

RD20.03 The Jam. A period is divided into multiple jams, during which the teams compete for points. There is no limit to the number of jams allowed in each period. A jam may last up to ninety (90) seconds. The jam begins at the sounding of the jam start whistle. The end of the jam is signaled by four short whistle blasts by the designated official, and the jam is ended on the fourth whistle blast of this signal. There is a break between jams (the Jam Set Break) that will last up to thirty (30) seconds, after which the next Jam will promptly begin unless there is a pending timeout.

RD20.04 Team Timeouts. Each team is allowed three (3) ninety (90) second timeouts per game. To initiate a Team Timeout, the captain or designated alternate will signal the referees with a 'T' hand signal. Only one Team Timeout may be taken during any single Jam Set Break. At the conclusion of the Team Timeout, an official will begin the next jam.

RD20.05 Official Timeouts. Referees may call an Official Timeout at any time, which will end any jam in progress; if more than thirty (30) seconds remain on the period clock at the conclusion of the Official Timeout, a referee will direct the players back to the Track and promptly begin the next jam. Referees may call an Official Timeout to review an official's call at any time during the game; if the determination is made that an official call was made in error, the call may be withdrawn or changed as deemed appropriate by the head referee; however, once awarded, points may not be withdrawn, nor additional points awarded, as a result of a change in the official's call.

RD20.06 Period Clock Paused for Timeouts and False Starts. The period clock will be paused during any timeout and false start reset except as set forth in RD20.02, and shall resume when the new jam starts.

RD20.07 Penalty Time. A player receiving a Penalty (see RD 55) will serve *thirty (30) seconds* in the Penalty Box.

RD20.08 Overtime Play. If the score is tied at the end of a game, the following will apply: After a one (1) minute break, the teams will play a five (5) minute Overtime Period, observing all rules of regular play. *Each team will receive one (1) additional timeout for the Overtime Period.* If the score remains tied at the conclusion of the Overtime Period, the teams will skate a full ninety (90) second jam (the Post-overtime Jam). The Post-overtime Jam will have no Lead Scorer, Pivots will not be eligible for Active Scorer, and Jammers will begin accruing points on their first pass through the Pack. The team with the most points at the end of the Post-overtime Jam is the winner; if the score remains tied, subsequent Post-overtime Jams will be played under the same guidelines except the first team to score shall be declared the winner. An Overtime Period is an extension of the previous period; all penalties carry over. Subsequent Post-overtime Jams are extensions of the previous term of play; all penalties carry over.

RD25 Official Clocks

RD25.01 Separate Clocks. Each game will have separate penalty clocks, jam clocks, and period clocks.

RD25.02 Period Clock. The period clock starts on the jam start whistle of the first jam and only pauses during a timeout. The period clock must be visible from the Track, Team Benches, and the penalty box area.

RD25.03. Jam Clock. The jam clock starts on the first whistle of each jam and will stop on the fourth whistle blast of the jam-ending signal.

RD25.04 Penalty Clocks. There must be enough penalty clocks to time all penalties separately. Penalty clocks pause between jams and during timeouts. Players may request the length of time remaining in his/her penalty.

RD30 Penalty Box

RD30.01 Location. The penalty box must be in an easily accessible area close to the Track.

RD30.02 Seating. Six (6) seats will be provided for the penalty box; three (3) seats will be clearly designated for each team. Players must be seated in the penalty box in order to serve a penalty.

RD35 Team Benches

RD35.01 Team Benches. Each team will have a separate seating area in an area easily accessible to the Track (the Team Bench). *Only* Game Roster players and up to two (2) coaches may be present in the Team Bench area *during game play*. For violation penalty, see RD55.03.

RD40 Game Play

RD40.01 Participating in the Jam. Prior to the jam start, Pivots must be within the Pivot Area, Blockers must be within the Blocker Area, and Jammers must be *on or* behind the Jammer Line (see Track Diagram, Addendum 2). Game play shall include only those eligible Game Roster players on the Track in an Upright Skating Position (on one skate or two, with no other body parts or equipment components touching the floor, except that a Jammer may start the jam with one hand down in the speed start position if s/he desires) and otherwise in compliance with starting position, equipment and uniform requirements at the jam start whistle (“Active Players”); all other players will be excluded from the jam at the jam start whistle and will be waved off the track by a referee (“Excluded Players”). A player may not block an opposing player out of bounds prior to the jam start whistle, such that the opposing player cannot return to the track before the jam start whistle. In such a case, the out of bounds player will still be considered an Active Player. For violation penalty, see RD55.03.

RD40.02 Direction of Play; Continuous Motion. Beginning at the sounding of the jam start whistle, and throughout the duration of the jam, all Active Players will continuously skate in a counterclockwise direction on the Track; clockwise movement on the Track is not permitted at any time. A player may skate facing in any direction so long as s/he observes the counterclockwise direction of play. Stopping or standing on the Track during a jam is not permitted unless the player is only momentarily stopped while:

- a. Changing skating direction, or
- b. Recovering from a block or fall, or
- c. Avoiding collision or unwanted contact with another player, *or*
- d. *Yielding position after cutting the Track.*

For violation penalties, see RD55.02 and RD55.03.

RD40.03 False Starts. If a Jammer (including equipment/uniform) touches the track beyond the Jammer Line at the sounding of the jam start whistle, the jam shall immediately end, the period clock shall immediately stop until the next jam start, and the false starting jammer shall start a new jam ten (10) feet behind the Jammer Line; this position becomes his/her Jammer Line for purposes of the next start. If the same Jammer false starts on the new jam, s/he shall re-start twenty (20) feet behind the original Jammer Line, and this line shall become his/her Jammer Line for purposes of the next start. A third consecutive false start will result in a penalty pursuant to RD55.03. Following a false start, Jammers will immediately reset as instructed by referees and game play will resume promptly; there will be no Jam Set Break.

RD40.04 Relative Player Position. Relative Player Position is determined by reference to the center or mid-point of each player’s hips; a pass is completed when the passing player’s hips have moved in a forward and counterclockwise direction beyond the opposing player’s hips.

RD40.05 Defining the Pack. The Pack is the largest group of Blockers comprising players from both teams in proximity to one another, excluding Active Scorers, except as set forth herein. A single player cannot be the Pack. “Proximity” is maintaining a Relative Player Position not more than ten (10) feet apart. A Blocker need not be in the Upright Skating Position or in bounds in order to be part of the Pack. When two or more groups of Blockers comprise an equal number of players and are more than ten (10) feet from one another, the Pack is the largest group of Blockers most forward on the track. When two or more groups of Blockers exclusively comprise players from the same team, the Pack is the group comprising all Blockers on a team and positioned most forward on the track.

RD40.06 Pack Requirement. A Blocker who is not part of the Pack is considered out of play. An out of play Blocker who re-enters the rear of the Pack, having lapped the Pack, will be subject to a penalty. If one team, comprising the Pack, laps part or all of the opposing team, then the opposing team’s Blockers will return to In Play status as soon as they are within proximity to the Pack, except that the lapped team will receive one team penalty, which will be served by the first Blocker to re-enter the front of the Pack. Only one team penalty will be issued each time a team is lapped. For violation penalties, see RD55.02 and RD55.03.

RD40.07 Remaining In Bounds. Each Active Player must use his/her best efforts to remain within the Track boundaries throughout the jam. Any contact with the floor (including equipment/uniform) beyond the Track boundary places a player out of bounds. A player may not skate across the infield in such a way that substantially cuts short the track length. A player also may not skate out of bounds in an attempt to avoid a block. If a player jumps and ceases all contact with the ground, the player's prior bounds status is maintained until contact with the ground is resumed. For violation penalty, see RD55.03.

RD40.08 Returning to the Track from Out of Bounds. A player may re-enter the Track at the same relative position at which s/he left the Track, but must not advance his/her position in the Pack. *A player re-entering the Track who advances his/her relative position against any player who has remained in the Pack, on the Track, and in the Upright Skating Position will receive a verbal warning and hand signal for "Cutting the Track" from the referee. The player must then exit the Track and then slow down or stop in order to yield his/her position to all players in the Pack before re-entering the Track. Additionally, an Active Scorer re-entering the Track while not in the Pack who advances his/her relative position against the opposing Active Scorer who has remained on the Track and in the Upright Skating position will receive the same warning and must exit the Track and then slow down or stop in order to yield his/her position to the opposing Active Scorer before re-entering the Track.* A player may not accelerate or pick up momentum for a block until in bounds. A player in bounds need not yield the right of way to an out of bounds player, but may not actively block the out of bounds player's re-entry to the Track. For violation penalties, see RD55.02 and RD55.03.

RD40.09 Determining Active Scorer. A Pivot may break from the Pack during his/her Jammer's initial attempt to pass through the Pack and may become an Active Scorer once the opposing team's Jammer has emerged from the Pack to become an Active Scorer. A Jammer has completed the initial pass and "Emerged" once s/he is ten (10) feet ahead of the foremost Blocker in the Pack. The Pivot must be in the Pack at the time the opposing Jammer emerges from the Pack, or must return to the Pack before pursuing Active Scorer Status. If the Pivot assumes Active Scorer Status, his/her Jammer will join the Pack as a Blocker for the remainder of the Jam. A Pivot with Active Scorer status has all the rights of any Active Scorer, including becoming Lead Scorer. A Jammer does not have to be on the Track in order for his/her Pivot to become Active Scorer.

RD40.10 Determining Lead Scorer. The first Jammer to emerge from the Pack during his/her initial pass will be declared Lead Scorer. A Jammer or Pivot who begins a jam in the penalty box is eligible for Lead Scorer absent other disqualifying circumstances. If an Active Scorer is sent to the penalty box, the opposing Active Scorer will be declared Lead Scorer, provided that all requirements for becoming Active Scorer (see RD40.09) have already been met. An Active Scorer who is sent to the penalty box may not regain Lead for the remainder of the Jam unless the opposing Active Scorer is subsequently sent to the penalty box.

RD40.11 Lead Scorer May Change Throughout the Jam. Following the initial determination of Lead Scorer, the opposing Active Scorer may assume Lead status by passing the Lead Scorer in bounds and without committing any penalty during the pass (a "Clean Pass"). Active Scorers alternate Lead status with each Clean Pass completed against the then-current Lead Scorer provided that both Active Scorers are on the same pass (one has not lapped the other), except when one Scorer is exiting the penalty box, in which case both Active Scorers are deemed to be on the same pass for purposes of this rule. Only a potential Active Scorer who begins a jam in the penalty box is considered on the same lap as the Lead Scorer when entering the Track, and may obtain Lead after successfully completing his/her initial pass through the Pack. Once the jam ending whistle has begun Lead Status may not change.

RD40.12 Lead Scorer May End the Jam. The Lead Scorer may end the Jam by placing his/her hands on his/her hips in rapid succession; however, the Lead Scorer *must pass at least one opposing Blocker (during the first scoring pass only) and* must be in the Upright Skating Position and in bounds in order to do so. The jam ending whistle signal will commence once the Active Scorer has made the second in a series of hand-to-hip motions to end the jam. An Active Scorer who effectively ends the Jam when s/he is not Lead will receive a penalty in accordance with RD55.03.

RD40.13 Pausing the Game Due to Injury. If a Player suffers an injury or illness during game play that renders that Player unable to continue play and unable to immediately exit the Track (“Disabled Player”), an Official Timeout will be called and the Disabled Player will be assisted as reasonably necessary to safely exit the Track. Thereafter, game play will resume as set forth in RD20.05, and the Disabled Player must refrain from game play for ten minutes of period clock time following the resumption of game play. The Disabled Player will be replaced on the Track in the ensuing Jam unless s/he received a penalty at the time s/he became disabled, in which case the penalty will be served by another team member, to be designated by the Captain. The penalty will be recorded against the Disabled Player only.

RD45 Scoring

RD45.01 Pass Scoring. Following his/her initial pass through the Pack, an Active Scorer receives a point for every Clean Pass of an opposing Active Player, whether or not the opponent is out of bounds. The Active Scorer will additionally accrue points for opposing Excluded Players and opponents in the penalty box once the Active Scorer has scored a point for passing an opponent; points for Excluded Players and players in the penalty box will be awarded once for each scoring pass through the Pack. A scoring pass is completed once the Active Scorer has emerged from the Pack after fully lapping the Pack; no points will be awarded for dropping back and re-passing Pack members. An Active Scorer will receive one point each time s/he fully laps the opposing Active Scorer (or Jammer, if Active Scorer has not yet been declared). An Active Scorer will also receive one point per scoring pass for each opposing Blocker who:

- a. Returns from the penalty box behind the Active Scorer, or
- b. Is out of play when the Active Scorer emerges from the Pack, if not already scored upon, or
- c. Is out of play when the Jam ends, if not already scored upon, and if the Active Scorer has already scored a point for passing an opponent.

RD50 Blocking

RD50.01 Blocking Generally. Blocking is any movement on the Track, during a jam, designed to knock the opponent down or out of bounds or to impede the opponent’s speed or movement. This includes counter-blocking and need not involve contact.

RD50.02 Positional Blocking. Positional blocking occurs when a player positions themselves in front of an opposing player to impede movement on the Track.

RD50.03 Counter Blocking. Counter blocking is any motion or movement towards an oncoming block by the Receiving Player which is designed to counteract an opponent’s block.

RD50.04 Blocking Requirements. All blocks must be delivered during game play while the Initiating Player is in bounds, in the Pack, and skating in a controlled fashion in the counterclockwise direction; stepping is not considered skating. The Initiating Player must have at least one foot on the floor to initiate a block. The Receiving Player must be in bounds in the Upright Skating Position. A player recovering from a block or a fall must meet all Receiving Player requirements and must also have his/her head above hips before any additional blocking may be initiated against him/her. Subject to these requirements, a player may initiate a block at any time during the jam. For violation penalties, see RD55.02.

RD50.05 Blocking Stops at Track Boundary. If an Initiating Player forces a Receiving Player out of bounds while blocking, the Initiating Player must cease blocking before the Initiating Player makes contact with any surface beyond the Track boundary; once the Receiving Player is out of bounds, the block must cease. For violation penalty, see RD55.02.

RD50.06 Active Scorer Blocking. The Active Scorers may initiate blocks against one another anywhere on the Track, but may only initiate a block against an opposing Blocker within the Pack. For violation penalties, see RD55.02.

RD50.07 Multiplayer Blocking Prohibited. Players may not form a link or grab onto each other (including uniforms or equipment) in a multiplayer block. This link must be blocking or impeding an opponent for the action to be illegal. For violation penalties, see RD55.02.

RD50.08 Contact Zones.

- a. Contact between opponents is limited to legal blocking zones and legal target zones. The Initiating Player is always responsible for the legality of the contact.
- b. Legal target zones – an Initiating Player may block to all areas above the mid thigh and below the neck, except the back of the Receiving Player.
- c. Illegal target zones – a player may not initiate a block to the following areas of the Receiving Player:
 - Anywhere above the shoulders
 - On the back of the torso, booty or thigh
 - Anywhere below mid-thigh
- d. Legal blocking zones – an Initiating Player may execute a block utilizing:
 - The arm from the shoulder to the elbow, provided the arm is parallel to the Initiating Player’s torso; no block shall be initiated utilizing an extended arm
 - The torso, hips, booty and upper thigh
- e. Illegal blocking zones – an Initiating Player may not execute a block utilizing:
 - Elbows, forearms and hands
 - The head
 - Any portion of the leg below mid-thigh

RD55 Penalties

RD55.01 Player/Position Penalties. Penalties are effective as to the individual player *the duration of the penalty* as well as the player position *for the duration of the jam* (i.e., if a Pivot is serving a penalty, the team will play without a Pivot *for the duration of the jam*), except as set forth in RD60.04.

RD55.02 Impact Fouls. Fouls (any action or movement prohibited by these Rules) committed during game play that impact or affect the movement or position of players on the Track will be subject to the following penalties, in accordance with the impact of the Foul upon the game:

- a. No impact, no penalty: causing an opposing player to momentarily lose balance, but not Relative Player Position.
- b. Penalty (*30 seconds*): causing an opposing player to lose Relative Player Position or advancing, improving, or intentionally altering own position.
 - i. General Blocking: Initiating contact with an illegal blocking zone or to an illegal target zone which causes an opposing player to lose Relative Player Position, fall down, or go out of bounds will result in a penalty (Blocking to the Back, Low Blocking, Elbows, Forearms).
 - ii. Forearms: In addition to general blocking requirements, the use of hands to grab and hold an opponent in such a way that their movement will be restricted will result in a penalty.
 - iii. Blocking with the Head/High Blocking: Initiating contact with the head or to an opponent’s head will result in a penalty. Incidental contact with or to the head that has no effect on either player should not be called as a penalty.
 - iv. Out of Play: Blocking an opponent while not part of the Pack which causes an opposing player to *be unable to gain Relative Player position or to* lose Relative Player Position, fall down, or go out of bounds will result in a penalty. Active Scorers may block each other outside of the Pack without receiving this penalty.
 - v. Multiple Player Blocking: Multiple player blocks that impede the movement of an opposing player on the Track will result in a penalty.
 - vi. Airborne Blocking: Blocking with both feet off the ground which causes an opposing player to lose Relative Player Position, fall down, or go out of bounds will result in a Penalty (Misconduct).
 - vii. Direction of Game Play: Blocking while stopped or skating clockwise will result in a penalty.
 - viii. Out of Bounds Blocking: Blocking while out of bounds which causes an opposing player to lose Relative Player Position, fall down, or go out of bounds will result in a penalty. Actively blocking an

opposing player who is out of bounds that causes him/her to fall or affects his/her ability to re-enter the Track will be called as a penalty.

RD55.03 Procedural Fouls. Procedural Fouls are violations of game play rules other than blocking rules, that may not directly or immediately impact the movement or position of players on the Track, but nonetheless represent a departure from the rules of play and may present a broader strategic or safety impact to the game. Failure to adhere to the procedural requirements of game play will result in a penalty to the violating player(s) or, where appropriate per RD55.06, a penalty to the team captain or other player. Some procedural fouls may directly and immediately impact the movement or position of players on the Track; penalizing such violations under either RD55.02 or RD55.03 is at the discretion of the referee making the call.

- a. RD15.01.e Communication (Illegal Procedure)
- b. RD35.01 Team Benches (Illegal Procedure)
- c. RD40.01 Participating in the Jam (Illegal Procedure)
- d. RD40.02 Direction of Play; Continuous Motion (Direction of Game Play)
- e. RD40.03 False Starts (Illegal Procedure)
- f. RD40.06 Pack Requirement (Out of Play)
- g. RD40.07 Remaining in Bounds (Skating out of Bounds)
- h. RD40.08 Returning to the Track from out of Bounds (Cutting the Track)
- i. RD40.12 Lead Scorer May End the Jam (Illegal Procedure)
- j. RD60.01 Entering and Exiting the Penalty Box (Illegal Procedure)
- k. RD65.05 Protective Gear (Illegal Procedure)

RD55.04 Miscellaneous Fouls. In addition to the Impact and Procedural Fouls, the following will be subject to a penalty at the referee's discretion:

- a. Unsportsmanlike behavior (Misconduct Foul)
- b. Failure to observe the ruling or instructions of a referee (Insubordination)
- c. Avoidable delay of game (Illegal Procedure)
- d. Intentionally removing an opponent's helmet cover during a jam (Misconduct)

RD55.05 Head Referee Discretion. The head referee has discretion to call a penalty for any action not explicitly allowed by these Rules, if such action provides an unfair advantage to one team or impacts player safety. This discretion does not allow referees to change these Rules.

RD55.06 Team Penalty. In the event that the offending player cannot be clearly identified, but it is nonetheless clear which team is responsible for the offense, a penalty may be imposed upon the team rather than the individual. In the case of a team penalty, the team captain will serve the penalty time imposed. If the Captain has left the game for any reason, the penalty will be served by the first player on the roster who is still in the game.

RD55.07 Fouling Out. A player receiving seven (7) penalties in a single game will be declared ineligible to play the remainder of the game.

RD55.08 Expulsion. Only the head referee may issue an Expulsion. Expulsion (removal from the game roster for the remainder of the game) will result for:

- a. Any willful, out of control or violent play
- b. Choking, biting kicking or fighting
- c. Willfully ignoring a referee's call
- d. Directing abusive language or gestures at any person
- e. Throwing your body into another player in a tackle block

RD60 Serving Penalties

RD60.01 Entering and Exiting the Penalty Box. Players and coaches are not allowed to enter the penalty area unless they have been penalized. Penalized players must proceed immediately to the penalty box, except as expressly set forth herein. A penalized player:

- a. Must skate counter clockwise outside the Track to enter and/or exit the penalty box, and

- b. Is considered “in the box” for Active Scorer, Lead Scorer, and out of bounds rule purposes as soon as s/he is directed off the Track; however, the penalty clock will not start until the penalized player is seated in the box, and
- c. May not leave the designated penalty box area during either a team or official timeout, but may join their team during a period break. *A team captain or designated alternate captain may request a team timeout while in the penalty box and may leave the designated penalty box area during any timeout to talk to the Head Referee.* When there are ten (10) seconds remaining on the penalty clock of a penalized player, the player will stand up in the penalty box. The penalized player will not exit the penalty box until instructed to do so by the penalty timer; once instructed to leave the penalty box, the penalized player will rejoin the Pack by entering from the rear of the Pack. *The Player may wait next to the penalty box for an opportune time to re-enter the Track and will not be considered for Pack definition until after re-entering the Track.* For violation penalties, see RD 55.03.

RD60.02 Penalty Box Capacity. No team may have more than *three players* seated in the penalty box simultaneously. If there are already *three players* from a team in the penalty box and another *player* is then penalized, *the player will stand beside the penalty box until a seat is available. The player will then sit in the available seat and begin serving his/her penalty time.*

RD60.03 Lone Blocker Penalized. If there is only one Blocker from a given team on the Track (the “Lone Blocker”), that Lone Blocker will not be sent to the penalty box -- even if the penalty box cap has not been reached -- until another Blocker from the same team returns to the Track and has joined the Pack. The penalized Lone Blocker will proceed to the box as soon as there is room in the box, provided another Blocker from her team is on the Track and has joined the Pack.

RD60.04 Jammer/Pivot Penalty. *Jammers and Pivots serving a penalty at the conclusion of a jam will remove their helmet covers and will serve the remainder of their time during the next jam as Blockers. Each team may field a new Jammer and Pivot at the start of the next jam.* If both Active Scorers (*or both Jammers who have not yet attained Active Scorer status*) are seated in the penalty box at the same time, the head referee will call off the jam and begin a new one.

RD60.05 Lone Active Scorer Penalty. If one team’s Jammer and Pivot do not make it on to the Track in time to participate in the jam and during the course of that jam the opposing team’s Jammer receives a penalty, the head referee will immediately call off the jam, and a new jam will begin. The penalized Jammer will begin the new jam in the box, and the team that did not field a Jammer and Pivot in the previous jam will be allowed to field a Jammer and Pivot in the new jam.

RD65 Apparel

RD65.01 Helmet Covers.

- a. Each team’s Jammer and Pivot helmet covers must be of the same color scheme so that the Jammer and Pivot of the same team are readily identifiable.
- b. Only the Jammer wears a star designation on the helmet; stars must be on both sides of the helmet cover; only the Pivot wears a stripe designation on the helmet.
- c. Helmet covers must be on the player’s helmet before the whistle beginning the jam.
- d. Helmet covers must be worn at all times during the jam; intentional removal of a helmet cover renders that team’s Jammer and Pivot ineligible to score for the remainder of the jam, except that the helmet cover may be replaced if it has been removed by an opposing player, and scoring eligibility is thereby restored.

RD65.02 Uniforms.

- a. Each member of a respective team must wear a uniform which clearly identifies the players’ team.
- b. All uniforms shall be in good repair and not pose a hazard.
- c. All numbers and patches shall be securely fastened with no safety pins or other sharp objects.
- d. Team captain must have a visible ‘C’ on uniform or arm. The alternate captain must have an ‘A’.
- e. Each player will have a highly visible number on the back of their jersey at least 4 inches tall, and easily readable. *The number may only use numerical characters (0-9) and may be up to four (4) digits long. (2014*

only. Starting in 2015, the number will be up to two (2) digits long.) Players on the same team may not have identical numbers. Team numbers must be a highly visible, contrasting font. The body of the number shall be either a single solid color contrasting with the jersey color, or the same single solid color as the jersey with a minimum 1/4-inch wide border of a single solid contrasting color.

- f. The player number must also appear on each player's sleeve or arm, a minimum of two (2) to a maximum of four (4) inches in height; handwritten numbers on the arm are acceptable.

RD65.03 Jewelry. Jewelry may be worn during a game unless it is deemed a safety hazard by the referees, in which case the hazardous jewelry will be taped or removed at the referee's instruction.

RD65.04 Skates. Players and referees must wear quad roller skates only with a single toe stop or toe plug permitted in the front; inline skates are not permitted.

RD65.05 Protective Gear.

- a. All players and referees must wear wrist guards (plastic insert intact), elbow pads, knee pads and helmets (no bills, shields or other attachments); players must additionally wear mouth guards.
- b. Failure to comply with protective gear requirements is a penalty, provided the violation is immediately corrected. Failure to promptly correct the protective gear deficiency is grounds for ejection from the remainder of the game.
- c. Mouth guard may not be removed except when a player is at the Team Bench or in the penalty box.
- d. Optional protective gear including padded shorts, shin guards, knee or ankle support, and tailbone protectors may be worn as long as they do not impair or interfere with the safety or play of other players, support staff, or officials. Any other additional protective gear or equipment must be authorized by USA Roller Sports and may require a physician's explanatory statement.
- e. It is the duty of the referees to do a gear check prior to the start of the game to ensure that all players are in proper uniform, and wearing required & permitted protective gear.

RD70 Officials

RD70.01 Referees. All USARS sanctioned games will have three (3) to eight (8) referees:

- a. *Head Referee:* Will be on the infield, positioned alongside the front or rear of the Pack, and will oversee all officials.
- b. *Inside Pack Referee:* Will be positioned in the infield alongside the front of the Pack for each jam.
- c. *Outside Pack Referees:* Generally three (3) referees positioned on the perimeter of the Track, allowing for constant observation of the Pack. Referees will be assigned portions of the Track to cover.
- d. *Active Scorer Referees:* Each team's Active Scorer referee will be identified by a wrist band matching the uniform colors of the team for whom s/he is responsible. Scores will be signaled by the Active Scorer referee each time the assigned Active Scorer passes through the Pack. The scorekeeper will mirror back the Active Scorer ref's hand signal to confirm the score. Any referee can communicate scoring and/or penalty events to the Active Scorer referees. The Active Scorer referees change teams at half time.
- e. All referees will join in the end of jam signal with whistles and hand signals.
- f. Calls and decisions made by a referee shall stand as final. The head referee is the final arbiter of game day rule interpretation and application.

RD70.02 Support Staff/Non-skating Officials (NSOs):

- a. *Penalty Board Keeper:* Positioned in the infield or nearby the track to maintain a visible running total of player penalties for the game, tracked by player number, with a number one (1) after the player number for each penalty.
- b. *Scorekeeper:* Receives and records scores from Active Scorer referee and keeps official score for the game.
- c. *Inside Penalty Trackers (2):* Positioned in the infield. As a player is directed to the penalty box, the penalizing referee will make sure the Inside Penalty Tracker knows the infraction and the corresponding penalty imposed.
- d. *Jam Timer:* Positioned in the infield to signal the start of each jam. Five (5) seconds prior to the jam start, the Jam Timer will signal the impending start of the jam with a hand raised overhead until the jam starts.
- e. *Penalty Keepers/Timers (2):* Positioned in the penalty box area to track the time for each penalty.

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ADDENDUM I

USA Roller Sports Minimum Skills Requirements – Roller Derby

In order to be roster-eligible for a USARS sanctioned event, *players* must have passed the established USA Roller Sports minimum skills requirements outlined below. Each organization (club) is responsible for tracking this and a designated official (to be decided by club) must sign off on skill mastery for each *player*. The organization must maintain signed records of all successful assessments and if requested, should be able to provide these to USA Roller Sports. *Players* must be assessed on an annual basis.

I. Correct Posture and Balance Points (*Derby Position*)

- A. *Player* stands with *bent* knees. Feet *should be* shoulder width apart *with* head and chest up. (Analogy: as if sitting on a chair.) Arms should be held close to the body *with* no hands or elbows *resting* on knees.
- B. *A player in the correct posture and balance points (derby position), should be able to rotate the head and shoulders to see in a total of 360 degrees, adjusting quickly without losing balance.*
- C. *Player* begins to roll, at whatever *speed* ability allows. *Players should* balance on each foot *rolling* forward, and when rolling backward on two feet. *Balance should be centered while performing the correct posture and balance points.*

II. Falls and Slides

- A. Single knee slides, both left and right *knee*.
 1. *While rolling, lower down onto one knee and slide to a stop while keeping upper body in control, without hands touching the floor at any time. The player should stay in a tucked in position.*
 2. "Touch and go", short *knee* slide followed by a quick recovery *within 3 seconds*.
- B. Double knee slide to a stop.
 1. *While rolling, lower down onto one knee, then the other knee and slide to a stop while keeping the body under control, and without sitting back on the skates.*
 2. *"Slide and go", short double knee fall followed by a quick recovery within 3 seconds.*
- C. *Baseball* slide.
 1. *While rolling, lower the body down, tucking one leg under the other onto the floor, rolling onto one side with the free leg in the air staying straight.*
 2. *Player should be able to recover from this position within 3 seconds.*
- D. 180 degree knee slide, both left and right *knee*.
 1. *While rolling, perform a single knee slide, then turn the body and knee 180 degrees before coming to a complete stop.*
 2. Upper body *should remain under* control, *without the hands touching the floor at any time.*
 3. *Player should be able to recover from this position within 3 seconds.*
- E. All 4's slide.
 1. *While rolling, perform a double knee slide, then lower the upper body, placing weight on one elbow and then the other elbow, while extending the body full length and ending in a laying position on the floor. Player should be able to slide on knees to elbows in a fluid motion.*
 2. *Player should be able to recover from this position within 3 seconds.*



Stops

A. Basic "T" stop.

- 1. Lift one foot, angling the toes outward and away from the body, so that the foot is perpendicular to the skating foot.*
- 2. Lower the perpendicular foot on the floor about a foot behind the weight-bearing foot, so that all 4 wheels are making contact with the floor.*
- 3. Drag the foot until coming to a complete stop.*

B. Plow stop.

- 1. Use one foot to slide **out** at about a 45 degree angle to the skating foot, and then add the second foot to the slide to **come to** a complete stop.*
- 2. While stopping, apply pressure on the heel of the skates and keep the upper body in control.*

IV. Stepping

A. *While standing without rolling, the **player** will demonstrate comfort with the body's balance points by stepping sideways in both directions, and forward, and backward.*

B. *Mohawk turn (two foot turn).*

- 1. Rolling in a forward direction with both feet parallel, a player will take one foot and, by opening the hips, will place that foot heel-to-heel with the other foot. (Analogy: like opening up a book.)*
- 2. Once heel-to-heel, the player will then lift the front foot and close the hips while placing that foot parallel to the back foot, and will end up facing backward. (Analogy: like closing a book.)*

V. Crossovers

A. *Skating in a counter clockwise and clockwise direction, a player will crossover by picking up one foot and crossing in front of the other, using both skates to push.*

B. *The player should perform crossovers smoothly, showing control while skating into, around, and out of corners.*

C. *Upper body should not be twisting back and forth, and able to show strong balance points.*

VI. Speed and Endurance

A. Complete **9** laps in **90 seconds** (USARS regulation track)

B. Complete **27** laps in 5 minutes (USARS regulation track)

VII. Hopping and Jumping

A. *Jump over a 3" tall object while rolling forward, and be able to land on both feet simultaneously.*

B. Hop from one foot to the other and back again, several times, while rolling forward.

VIII. Maneuverability and Agility

A. Maneuver through cones, placed 4-5 feet apart around the **derby** track, at a brisk speed.

B. Move quickly, from the inside circumference of the track, to the outside border of the track, and back again, using a combination of slides, strides, and crossovers.

C. *Demonstrate control of the upper body and edging with the inside and the outside wheels.*



ADDENDUM II

USA Roller Sports Track Specifications – Roller Derby

Diagrams are provided to assist interpretation. The text is the definitive specification.

Track Surface

The track surface must be clean, flat and suitable for skating. The track surface must be at least 108 feet long by 75 feet wide, which includes a 10 feet safety area around the track. If there is a rail or wall preventing the spectators from the track, the safety area may be reduced to a minimum of 5 feet, and thus the minimum track surface must be 98 feet long by 65 feet wide.

Markings

No marks other than those described in this document are to be made on the track surface. If the surface is marked with lines from other sports which cannot easily be removed, they must be a distinctive color.

Lines and boundaries shall be marked using tape, rope, chalk or any other method as long as they follow the specifications established in this document.

All markings must be made in a color which contrasts with the track surface, meet the definition of high contrast beyond a reasonable doubt.

Track Boundaries

The internal boundary is composed of two parallel straight lines 35 feet long and 25 feet apart connected to each other on both sides by a semi-circle with a radius of 12.5 feet.

The external boundary is composed of two parallel straight lines 35 feet long and 53 feet apart connected to each other on both sides by a semi-circle with a radius of 26.5 feet.

The track boundaries must be marked by a raised boundary at least one quarter inch and no more than one inch in height, in such a way that it is highly visible to skaters and officials and does not present a hazard to skaters. The boundary width must be at least one inch and no more than three inches and must be consistent in height and width along the entire track.

Track Lines

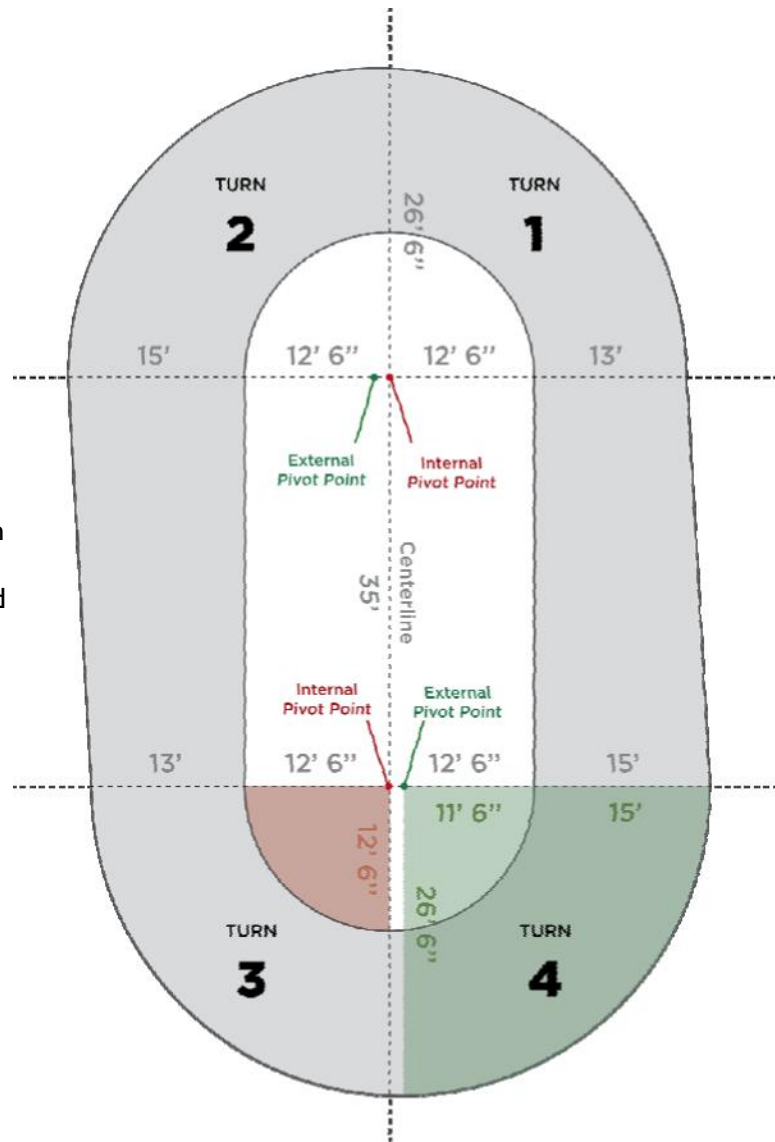
The track must clearly demarcate the pivot line, pack area and the jammer line. These lines must be one to three inches wide and must go across the entire width of the track. Additional track lines may be drawn every 10 feet along the track to serve as visual aids. The track lines must be at least one half of an inch wide and must go across the entire width of the track.

Safety Area

There must be 10 feet of clearance around the track for safety. If there is a rail or wall preventing spectators from the track, the distance need only be 5 feet of clearance. The safety area must be clearly demarcated all around the track.

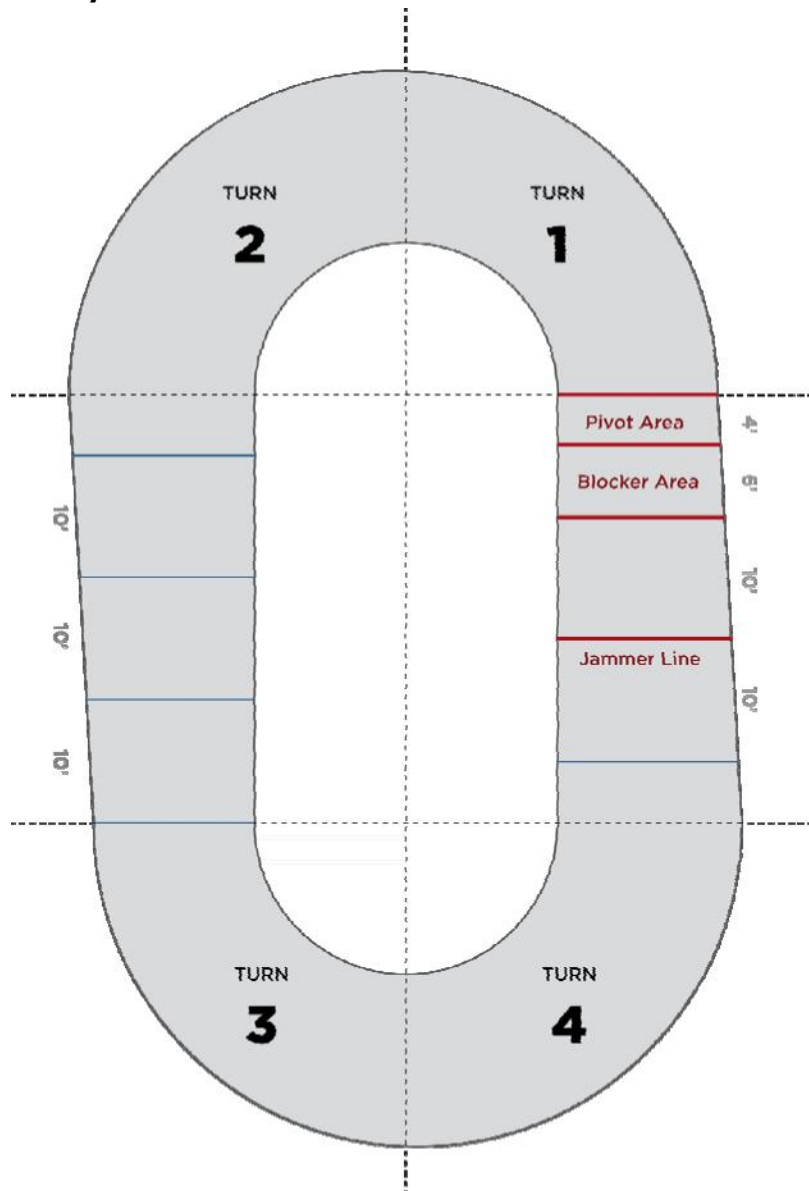
Track Boundaries Procedure

1. From the center of the track surface, measure 17.5 feet lengthwise in both directions and mark the two internal pivot points. From one of those internal pivot points, move perpendicularly to the left facing away from the center and measure 1 foot to mark the first external pivot point. Repeat at the opposite internal pivot point to mark the second external pivot point.
2. Tether your marking device to each internal pivot point, walk 12.5 feet perpendicular to the center line and draw a semi-circle which will define the turns.
3. Connect the endpoints of each semi-circle to create the straightaways and complete the internal boundary.
4. Tether your marking device to each external pivot point, walk 26.5 feet perpendicular to the center line and draw a semi-circle. Connect the endpoints of each semi-circle to create the straightaways and complete the external boundary.



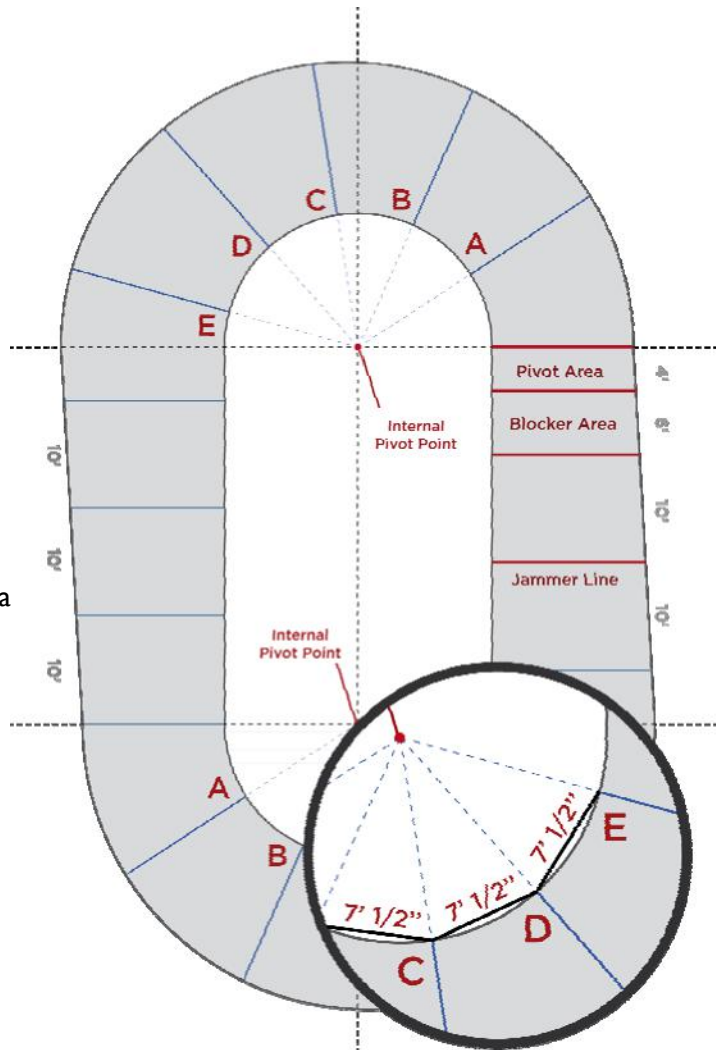
Track Lines Procedure: Straightaways

1. Connect the endpoints of the internal and external semicircles at turn 1 to draw the front line of the Pivot Area.
2. Measure 4 feet down the internal boundary on the straightaway to draw the back line of the Pivot Area, which is also the front line of the Blocker Area.
3. Measure 6 feet down the internal boundary on the straightaway to draw the back line of the Blocker Area.
4. Continue down the internal boundary and measure 10 feet to draw the Jammer Line.
5. Continue down the internal boundary and measure 10 feet to draw a track line.
6. Connect the endpoints of the internal and external semicircles at turn 3 to draw a track line.
7. Measure 10 feet down the internal boundary on the straightaway to draw the next track line.
8. Repeat two more times to have a total of four track lines on the straightaway.



Track Lines Procedure: Turns

1. From the internal boundary of the front line of the Pivot Area, use a ruler to measure 7 feet and $\frac{1}{2}$ inch in a straight line until it intersects with the semicircle. Mark this intersection (A) and extend a line from the internal pivot point across it continuing all the way across the track.
2. From previous intersection mark (A), use a ruler to measure 7 feet and $\frac{1}{2}$ inch in a straight line until it intersects with the semi-circle. Mark this intersection (B) and extend a line from the internal pivot point across it continuing all the way across the track.
3. From previous intersection mark (B), use a ruler to measure 7 feet and $\frac{1}{2}$ inch in a straight line until it intersects with the semi-circle. Mark this intersection (C) and extend a line from the internal pivot point across it continuing all the way across the track.
4. From previous intersection mark (C), use a ruler to measure 7 feet and $\frac{1}{2}$ inch in a straight line until it intersects with the semi-circle. Mark this intersection (D) and extend a line from the internal pivot point across it continuing all the way across the track.
5. From previous intersection mark (D), use a ruler to measure 7 feet and $\frac{1}{2}$ inch in a straight line until it intersects with the semi-circle. Mark this intersection (E) and extend a line from the internal pivot point across it continuing all the way across the track.
6. Repeat steps 1-5 on the other side of the track starting with mark A at turn 3 and working your way to mark E at turn 4.



Safety Area

1. Tether your marking device to each external pivot point, walk 36.5 feet perpendicular to the center line and draw a semi-circle.
2. Connect the endpoints of each semi-circle to complete the edge of the safety area.



ADDENDUM III

USA Roller Sports Official Hand Signals - Roller Derby

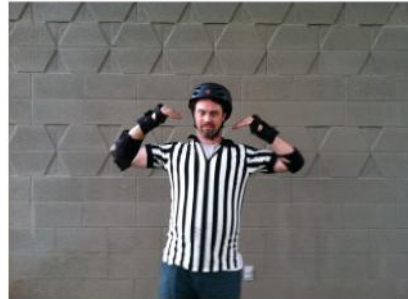
TEAM TIMEOUT

A "T" is made with both hands held perpendicular. One hand pointed into the palm of the other.



OFFICIAL TIMEOUT

Both hands touch the top of their respective shoulders.



LEAD SCORER

The right arm is extended with the index finger towards the lead scorer, while the left arm is held straight up in the air making an "L" with the index finger and thumb. Verbally say "Black lead scorer." Repeat each time lead changes during the jam. Whistle blasts are only given during the initial determination of lead scorer.



NOT LEAD SCORER

Arms waved in front of the body back and forth. Verbally say "White not lead scorer." Repeat each time lead changes during the jam.





PIVOT ACTIVE

Lead pack referee yells “Black pivot active” and holds both hands up together overhead to signal the active scorer referee to change to the pivot for that jam.



PACK IS HERE

Both arms extended with palms open and facing inward. Left palm points to the front of the pack and right palm points to the back of the pack.



NO PACK

Both arms are raised so the arms are vertical, outside the shoulders and palms facing each other.



BLOCKING TO THE BACK

A pushing motion with both hands. Extended as if pushing someone.



HIGH BLOCKING

A fist held in front of the chin and then moved down to the chest area.



TRIPPING/LOW BLOCKING

Right arm is forward across the body and bent at the elbow. Fingers are pointed and contact the body below the left shoulder as in saluting the flag, but the palm is parallel to the floor.



ELBOWS

Left arm is held up bent, and right hand contacts the left elbow.



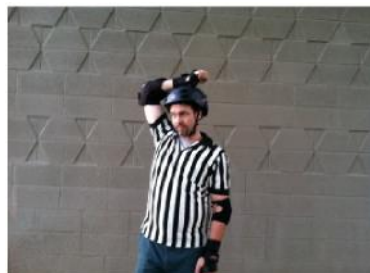
FOREARMS

Left arm is held up bent, and right hand touches left forearm.



BLOCKING WITH THE HEAD

Hand held against the back of the helmet.



MULTIPLAYER BLOCK

Fingers of both hands are interlocked with the forearms parallel to the floor.



OUT OF BOUNDS BLOCK

Hands are held parallel over the shoulder and move across the body to the opposite hip.



DIRECTION OF GAMEPLAY

Hold right hand in front of body with palm up and arm extended. Turn palm over several times.



OUT OF PLAY

Right arm is held up with the elbow at 90 degrees as a warning to players. If player makes illegal contact, the arm drops for penalty.



CUTTING THE TRACK

Arms are held out with the forearms crossed in front of the body.



SKATING OUT OF BOUNDS

Hands are held above shoulders, closely parallel to each other, with fingers up. Wrists bend toward the part of the track where the infraction occurred.



ILLEGAL PROCEDURE

Fists are held in front of the chest and make a rolling motion around each other.



INSUBORDINATION

Right arm extends in front of body at a downward angle. Left hand brushes down the arm towards the ground.



MISCONDUCT

Left hand on left hip, while right arm is straight with the index finger of the hand pointing upwards.



PENALTY

Right arm is held out with one finger pointed at the offending player, accompanied by a whistle blast. This will be followed by the signal for the type of penalty.





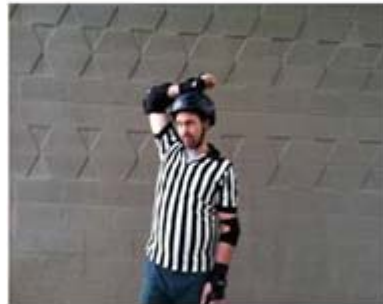
EXPULSION

Right arm is extended with the thumb up. The forearm is jerked upward.



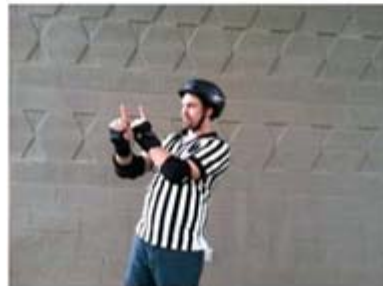
ACTIVE SCORER LAP POINT

Active scorer referee taps his/her own helmet if his/her active scorer is being lapped by the other active scorer.



NO PASS / NO POINT

Both arms are bent and forearms pointed upward with a single finger extended. The right hand passes in front of the left in a half circle.





ADDENDUM IV

USA Roller Sports Safety Requirements- Roller Derby

All USA Roller Sports (USARS) sanctioned events must comply with the medical supervision and safety requirements outlined on the applicable sanction application. The event host is responsible for ensuring that the site meets USARS standards, and that the contest is organized in accordance with the USARS General Rules. In addition to the aforementioned, the following is also required for USARS sanctioned events:

Emergency Information

Game organizers/hosts must have the following information readily available during team warm-ups and the game:

- a. Complete facility address
- b. Location of nearest landline phone in the facility
- c. Nearest hospital information- name, address, and phone number
- d. Local police station information- name, address, and phone number
- e. Local fire department information- name, address and phone number
- f. Names of individuals providing on-site care or First Aid
- g. Team captains or coaches must be prepared to provide a players' medical emergency contact information if necessary

Medical Assistance

It is highly recommended that at least two licensed or certified medical professionals (i.e. EMT, paramedic, RN and/or MD) be present for any USARS sanctioned event.