



*** Women's Flat Track Derby Association ***
STANDARDIZED FLAT TRACK ROLLER DERBY RULES
As of January 9, 2006

1. TEAMS

- 1.1 Teams shall consist of a maximum of 14 skaters that have passed the standard scrimmage eligibility requirements established by the Women's Flat Track Derby Association (WFTDA).
- 1.2 This team shall be the core team playing for the entire inter-league season but changes can be made in players due to injury, skater turnover or disqualification. New skaters and changes in lineup may not be made in the case of a series of games specific to one inter-league challenge.

2. GAME PARAMETERS

2.1 TRACK

- 2.1.1. For regulation inter-league games, the track shall be based on the specifications in Appendix D but subject to the restrictions of the venue. Both teams must agree on track specifications.
- 2.1.2. The track surface shall be clean, flat, and suitable for roller skating. Acceptable surfaces include polished or painted concrete, wood, or sport court floors.
- 2.1.3. The track boundaries should be marked in such a way that is highly visible to skaters and officials, and does not present a safety hazard to skaters.
- 2.1.4. The teams will have chairs or benches for their skaters in the infield or on the sidelines in designated team areas. Only those skaters who are on the roster for that game may sit or stand in the infield or designated team area. One to two team managers, coaches, or other non-skating players are allowed in this area during game play.
- 2.1.5. There will be a five foot clearance around the outside of the track for safety. Referees may skate in this area, and/or the infield of the track, according to local custom.

2.2. BOUT STRUCTURE

- 2.2.1. A game is composed of three periods 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 event.
- 2.2.4. Games can either be staggered by periods or played in full one at a time depending on the agreement between teams involved.

2.3 GAME PERIODS

- 2.3.1. A period is 20 minutes of play
- 2.3.2. The period begins when the designated referee blows the first jam whistle. The signal will be 1 long whistle blast.
- 2.3.3. There will be at least a five-minute break between periods to allow for referee rotation and, if applicable, skater warm up.
- 2.3.4. The period clock will not stop in between jams

2.4 JAMS

- 2.4.1. There are an unlimited number of jams allowed each period.
- 2.4.2. A jam may last up to 2 minutes.
- 2.4.3. The jam clock starts when the referees signal for the pack to start.
- 2.4.4. Between jams, a team has 20 seconds to get into formation.
- 2.4.5. If all skaters are not 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 or out of formation for that jam.

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 minute to regroup, the teams will skate a full two-minute jam. This jam will have no lead jammer, and penalties may be called during it. The team with the most points at the end of the overtime jam is the bout winner. If the score is still tied, additional jams will be played until the tie is broken.

2.6 TIMEOUTS

- 2.6.1. Each team is allowed one one-minute timeout per period.
- 2.6.2. To take the timeout, the captain will signal the officials and make a T signal with her hands, to



indicate that she is requesting a timeout.

- 2.6.3. The timeout must be taken between jams only.
- 2.6.4. The period clock will stop during the timeout.

3. PLAYER POSITIONS

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 position at a time.

3.1 BLOCKER

- 3.1.1 Blockers make up the bulk of the pack. A maximum of three blockers from each team are allowed on the track during play. 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 play a defensive role for their team. They attempt to hinder the progress of the opposing team's jammer and defend their team's jammer from the defensive maneuvers of the opposing team. They may also directly assist their team's jammer on trips through the pack. Blockers never score points.
- 3.1.2 Blocker identification-- Blockers do not wear helmet covers.

3.2 PIVOT

- 3.2.1 A maximum of one pivot skater from each team is allowed on the track during play. Pivots play a key role in determining the pace of the pack and are the last line of defense for their respective teams. They act as blockers and assist their jammer out of the pack while attempting to prevent the opposing jammer from leaving the pack. 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*.
- 3.2.2 Pivot identification-- Pivots wear a striped helmet cover.

3.3 JAMMER

- 3.3.1 A maximum of one jammer from each team is allowed on the track during play. Jammers line up at the rear of the pack. A jammer's role is to make her way through the pack, lap the pack, and pass through the pack as many times as she can in a jam to score points for her team per the specifications in *Section 7 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 (non-removable).

3.4 LEAD JAMMER

- 3.4.1. Lead jammer is a strategic position that is established on the jammers' initial trip through the pack of every jam. The lead jammer is the first jammer to "break the pack", meaning that she must pass all of the blockers and pivots on both teams.
- 3.4.2. A "pass" is determined by the skaters hips.
- 3.4.3. In order to remain eligible for lead jammer status a jammer must remain in-bounds when she passes each opposing blocker or pivot, no part of the jammer's skates may touch the ground out of bounds.
- 3.4.4. If a jammer is forced/knocked out-of-bounds while attempting to pass an opposing blocker or pivot, she may re-enter the track at the same position that she left the track to attempt to pass said skater within bounds. If she fails to pass opponent(s) within bounds per the specifications in Section 3.4.1 and 3.4.3, she becomes ineligible for lead jammer.
- 3.4.5. In order to remain eligible for lead jammer status, a jammer must pass opposing skaters legally, without committing penalties against them.
- 3.4.6. If the first jammer to break the pack does not earn lead jammer status, the second jammer to break the pack is eligible to become lead jammer, provided that she meets the specified requirements. If the second skater also fails to earn lead jammer status, there is no lead jammer



- 3.4.7. 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. She signals this by placing both hands on her hips until the referee signals the end of the jam. Other players assume the jam to be on until the referee officially calls off the jam. If there is no lead jammer, the jam will run until the full 2-minute time limit expires.

3.5 “PASSING THE STAR”

A jammer may pass her position to her team's pivot, under specified conditions, as a strategic move, allowing said pivot to become the point-scoring player for her team for the remainder of the jam. Only the position of jammer, and not the status of lead jammer, may be passed to a pivot skater. 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.

- 3.5.1. The star may be passed by either jammer.
- 3.5.2. The star may be passed at any time after the lead jammer, or lack thereof, has been established.
- 3.5.3. In order to pass the jammer position to the pivot, a jammer must remove her helmet cover and hand it off directly 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. If the helmet cover is dropped during the pass, it must be recovered by the original jammer and re-passed for the pass to be complete.
- 3.5.4. A helmet cover pass may be blocked by the opposing team by any means of legal blocking.
- 3.5.5. A pivot who has been passed the star may begin to accrue points when she has the helmet cover on her helmet.
- 3.5.6. A jammer who successfully passes the star to her pivot plays the position of pivot for the remainder of the jam.

3.6 UNIFORMS

- 3.6.1. Each player participating in a bout must visibly display her number on the back of her jersey. The print should be at least 4 inches, so that it is large enough to be read by officials positioned anywhere within the track or on its boundary.
- 3.6.2. Each member of a respective team participating in a bout must wear a uniform which clearly identifies her as a member of her team.
- 3.6.3. In order to avoid having similar or identical colors on opposing teams, teams must discuss uniform color with the other team at least four weeks prior to the bout. If there is any dispute, the home team has first choice of color worn.

3.7 JEWELRY

- 3.7.1. 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.

3.8 SKATES

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

4. PACK

4.1 PACK DEFINITION

- 4.1.1. The pack is comprised of the pivots and blockers of both teams skating around the track in formation. Eight skaters is the standard pack size, but the number of skaters may be reduced by penalties.



4.2 PRE-JAM FORMATION

- 4.2.1. Prior to the start of a jam, all skaters must be in formation with the pivots and blockers in front of the jammers.
- 4.2.2. Pivot Starting Position--Pivots line up in the front of the pack.
- 4.2.3. Blocker Starting Positions--Blockers line up in an inverted triangle formation (point toward jammers).
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4.2.4. Jammer Starting Position--Jammers line up 20 feet behind the rearmost member of the pack.
- 4.2.5. No rules govern inside/outside positioning

4.3 JAM FORMATION

- 4.3.1. Once the pack is in motion, skaters may change location as long as they stay within the pack.
- 4.3.2. Out of Position/Out of Play
 - 4.3.2.1. Blocking while positioned outside of the pack (See Section 5 - Blocking).
When a skater is positioned outside the pack, she is out of play. She may not block any opposing players. Jammers may engage each other outside of the pack.
 - 4.3.2.2. Assisting while positioned outside of the pack
When a skater is positioned outside the pack, she is out of play. She may not assist her jammer or other teammates.
- 4.3.3. General Positioning
 - 4.3.3.1. The pack is defined by the majority (at least five if all eight blockers are on the track) of players skating in proximity. A skater who is 20 feet in front of or behind the closest pack member is considered out of position and out of play.
 - 4.3.3.2. To regain position in the pack after a fall, a skater must catch back up to the pack (by skating within the track—cutting the track is a penalty) to be considered back in position and back in play.

4.4 STARTS

- 4.4.1. The pack begins rolling on a single whistle blast from the referee.
- 4.4.2. Once the rear of the pack has reached the area where the front of the pack lined up pre-jam, two whistle blasts from the referees lets the jammers begin their sprint through the pack. The jammer does not begin rolling until the second signal (dead start).

5. BLOCKING

Blocking is any movement on the track designed to impede or dislocate an opponent. Blocking includes the possible counter-blocking motion initiated by the opponent to counteract the block; counter-blocking is treated as a block and held to the same standards and rules. A skater may block an opposing player at any time during game play (once she begins rolling: blockers and pivots after the first whistle, jammers after the second whistle), and may block an opposing skater in such a way as to knock her down or out-of-bounds or impede her speed or movement through the pack.

5.1 LEGAL BLOCKING ZONES

- 5.1.1. Legal blocking zones apply to the body parts of the skater(s) initiating a block. Regardless of whether the block is executed using the legal blocking zone, blocks may not fall above the shoulders, below the hips, or on the back of the skater being blocked.
- 5.1.2. Skaters may block using shoulders and arms above the elbow.
- 5.1.3. Legs may not be used to intentionally make contact in blocking. Legal blocking is done with the hips and above.
- 5.1.4. Elbows
 - 5.1.4.1. When engaging another skater, elbows may not be swung with a forward/backward motion, or cocked for extra force.
 - 5.1.4.2. When engaging another skater, elbow may not be swung with upward or downward motion.



- 5.1.4.3. The elbow must be bent while blocking with that arm.
- 5.1.4.4. Contact may not be made exclusively with the point of the elbow (i.e. jabbing).
- 5.1.4.5. Elbows may not be used to hook (draw the arm through the opponent's arm) an opposing player in any way.
- 5.1.5. Forearms may not be used to push. They may only be used to absorb the force of a lateral block initiated by another skater, if arms are pulled into the body. A skater's forearms may never legally contact an opposing skater's back.
- 5.1.6. Skaters may not use their head in blocking.
- 5.1.7. Skaters may not use their head in blocking.
 - 5.1.7.1 Opposing players may not push through blockers from behind.

5.2 OTHER RESTRICTIONS ON BLOCKING

- 5.2.1. No blocking from behind.
- 5.2.2. Skaters must be in-bounds when executing a block.
- 5.2.3. Skaters must be in-bounds when initiating a block; skaters may not pick up momentum for a block until in-bounds.
- 5.2.4. Skaters may not execute a block on a skater who is out-of-bounds.
- 5.2.5. Skaters must not skate clockwise in relation to the track when executing a block.
- 5.2.6. Skaters may not grab, touch or hold opposing skaters with hands or forearms.
- 5.2.7. Skaters must have at least one skate on the floor when executing a block.
- 5.2.8. Skaters must be skating (i.e. not down or at a standstill) when executing a block.
- 5.2.9. Skaters may not execute a block on an opponent who is down.
- 5.2.10. Skaters may never use their hands on an opponent when executing a block.
- 5.2.11. Skaters may not trip or intentionally fall in front of another skater.
- 5.2.12. Skaters may not join arms or hands in a multiple-player block.

5.3 RE-ENGAGING THE JAMMER

- 5.3.1. Blockers may block freely throughout the legal pack length and width.
- 5.3.2. The jammer earns one point per opposing blocker passed. She does not earn additional points on blockers passed multiple times until she laps the pack again.
- 5.3.3. Once a jammer is 20 feet from the pack, she may no longer be engaged by opposing blockers.

6. PENALTIES

6.1 GENERAL

- 6.1.1. Penalties are tools of punishment for skaters and teams
- 6.1.2. Skaters and teams are assessed penalties due to infractions that are considered illegal.
- 6.1.3. Penalties are signaled by the referees as they occur during the jam.
- 6.1.4. No team may have more than two skaters sitting out at a time. If a team has more than two skaters being assessed penalties that result in skaters sitting out of a jam, the penalties will be served consecutively, i.e. the third skater will sit out once the first skater has served her penalty.
- 6.1.5. A team that has a skater expelled from the period or game finishes the jam and the next jam short that player, then may put in another skater to replace her from the next jam on.
- 6.1.6. Penalties are cumulative for the entire bout, i.e. minor penalties are not "reset" between periods or before overtime. Penalties do not carry over from bout to bout.

6.2 DEFINITIONS

- 6.2.1. Illegal Procedure—The following infractions are considered illegal procedure:
 - 6.2.1.1. False start
 - 6.2.1.2. Too many skaters on the rink
 - 6.2.1.3. Improper uniform, jewelry, or skates
 - 6.2.1.4. Failure to use helmet covers
- 6.2.2. Major Penalties



- 6.2.2.1. A major penalty is assessed if the infraction has a major impact on safety or game play.
- 6.2.2.2. The following infractions are considered major penalties:
 - 6.2.2.2.1. Gross unsports-lady-like conduct
 - 6.2.2.2.2. Illegal interference in game-play by skaters not involved in the jam
 - 6.2.2.2.3. Deliberate and excessive insubordination to a referee
 - 6.2.2.2.4. Fighting
 - 6.2.2.2.5. Any form of illegal blocking which is deemed a serious threat to other skaters, such as blocks falling above the shoulders or below the hips.
 - 6.2.2.2.6. Disregard of the rules (demonstrated by repeated minor penalties)
- 6.2.3. Minor Penalties
 - 6.3.2.1. A minor penalty is assessed for infractions that cause minimal impact on safety or game play.
 - 6.2.3.2. The following infractions are considered minor penalties:
 - 6.2.3.2.1. Any form of illegal blocking which is not deemed a serious threat to other skaters.
 - 6.2.3.2.2. Blocking or assisting outside the pack
 - 6.2.3.2.3. Intentionally cutting the track
 - 6.2.3.2.4. Illegal Procedure
 - 6.2.3.2.5. Intentionally skating out-of-bounds
- 6.2.4. Fighting
 - 6.2.4.1. Fighting is an infraction under certain circumstances, subject to the specifications in *Section 6. Penalties*.
 - 6.2.4.2. Rules of Engagement: Distinct from the rules that govern blocking and skating during bouts, the following are not allowed during fights:
 - 6.2.4.2.1. Hitting or punching to the face
 - 6.2.4.2.2. Kicking another skater
 - 6.2.4.2.3. Intentional tripping with feet or hands
 - 6.2.4.2.4. Choking by helmet straps
 - 6.2.4.2.5. Biting
 - 6.2.4.2.6. Intentional, negligent, or reckless blocking to the head or neck
 - 6.2.4.2.7. Intentional, negligent, or reckless pulling of the head, neck or helmet
 - 6.2.4.2.8. Jumping onto or into a pile of fighting skaters (“dog pile”)
 - 6.2.4.2.9. Serious physical violence or any action deemed by the officials to cause an extraordinary physical threat.
- 6.2.5. Team Penalties
 - 6.2.5.1. Teams may be assessed penalties for illegal procedure.

6.3 PENALTY ENFORCEMENT

- 6.3.1. Major penalty enforcement—Skaters who are assessed a major penalty must immediately leave the rink for a total of one minute and her team must play one player short until the penalty time has expired.
- 6.3.2. When a skater has earned four minor penalties that skater will be assessed a major penalty.
- 6.3.3. Penalties are assessed and enforced at the time of infraction.
- 6.3.4. Fighting Penalties
 - 6.3.4.1. Assessing a fight—all skaters involved in a fight will be assessed a major penalty. A skater who does not actively engage in the fight and attempts to continue skating will not be penalized.
 - 6.3.4.2. Violation of rules of engagement can result in expulsion from the period or bout. The referees have the authority to punish the foul based on the severity of the situation.
- 6.3.5. Team Penalty Assessment and Enforcement
 - 6.3.5.1. A skater on the team, selected by the referee due to her involvement in the infraction, is assessed the penalty.
 - 6.3.5.2. If no one player can be singled out to receive the penalty, it will go to the team captain.
- 6.3.6. Penalty Assessment—Substitutions
 - 6.3.6.1. A team may not substitute for the position of the penalized player (e.g. if the jammer is in the penalty box, the team must play without a jammer).



6.3.6.2. If the penalty carries over to the next jam, the shorted skater will stand next to the penalized skater until the penalty time has elapsed. This applies to jammers, pivots, and blockers.

6.3.7 After serving one minute in the penalty area, the penalized skater(s) may re-enter the track. She may wait for the pack to pass her once and enter the pack from the back.

6.3.7.1 A jammer re-entering play from the penalty box may score immediately upon re-entering if she was pulled from the jam after having completed her first pass through the pack.

6.4 EXPULSION

6.4.1. Conditions of expulsion

6.4.1.1. A skater may be expelled from the bout at the referees' discretion for serious physical violence or any action deemed by the officials to cause an extraordinary physical threat to others.

6.4.1.2. Blatant Disregard for the Rules—Skaters who are penalized 3 times for the same major offense will be dismissed from the remainder of the period.

6.4.2. Referees do not need to meet with the team captain prior to ejecting a player from the game.

6.5 ADDITIONAL PENALTIES

6.5.1. Intermission Penalty Showdown—the penalty showdown is used as a way to deal with the skaters with the most penalties at the end of each period (but not after the last period). The showdowns are match games/races that can be changed for each bout. The team captains must agree upon the punishments listed before the bout. The use of a penalty showdown is optional and the winner of each showdown may receive one point for her team.

7. SCORING

7.1. After clearing the pack the first time, jammers score points simultaneously by legally passing opponents with no part of their skates touching the ground out-of-bounds. A “pass” is determined by the skaters' hips.

7.2 Designated jammers are the only scoring players on the track in each jam; they do not score on their first trip through the pack.

7.3. Pivots may become jammers during the course of a jam, and therefore replace their team's jammer as the scoring player, subject to the specifications in *Section 3. Player Positions*.

7.4 In order accrue a point for passed skaters, a jammer must pass opposing skaters legally, without committing penalties against them.

7.5 Jammers may score on opponents in the penalty box having passed in-bounds and scored upon all other opposing blockers on the track

7.6. Jammers score points upon passing all opponents, including those who have been knocked to the floor or out-of-bounds.

7.7. Grand Slam

7.7.1. If one jammer completely laps the opposing jammer, she will score one point.

7.7.2. When the opposing jammer is in the penalty box, the additional point is awarded each time the scoring jammer breaks through the pack.

7.8 Penalties do not affect points or scoring. Infractions that are committed by the jammer or her teammates will be handled according to the specifications in *Section 6. Penalties*. They do not affect the score of the jam or the game, unless an additional point is earned during the performance of a penalty punishment (for example, a point awarded to the winner of a match race).

8. OFFICIALS

8.1 STAFFING

8.1.1. Each bout will have no less than three skating referees and no more than seven referees total.



- 8.1.2. One referee is designated Head Referee; the head referee is the ultimate authority in the game. The head referee will assign positions and duties to the other referees.
- 8.1.3. There must be one referee per jammer to observe the assigned team's jammer (i.e. jammer referee).
 - 8.1.3.1. The jammer referee counts the points that jammer scores.
 - 8.3.1.2. Jammer referees wear a colored arm or wrist band corresponding to team colors to indicate the team that referee is responsible for.
 - 8.1.3.3. At the end of a period, the jammer referees switch the team they are responsible for and the colored arm or wrist bands corresponding to each team.
- 8.1.4. The remaining referees observe the pack (i.e. pack referee). These pack referees' primary responsibility is calling penalties.

8.2. DUTIES

- 8.2.1. Assessing team readiness for each jam
 - 8.2.1.1. The referees are responsible for determining that both teams have the correct number of skaters in the jam, taking into account skaters in the penalty box.
 - 8.2.1.2. The referees will ensure that the players are wearing all required safety equipment, the correct uniforms, and the correct player designations.
 - 8.2.1.3. The referees will determine that the skaters are in the proper formation.
- 8.2.2. Signaling pack and jammer starts
 - 8.2.2.1. The referees will signal the start of the pack.
 - 8.2.2.2. The referees will signal the start of the jammers.
- 8.2.3. Assigning and communicating lead jammer status
 - 8.2.3.1. The referees determine who has earned lead jammer status. Lead jammer status is indicated by blowing one short whistle blast, points at the lead jammer and calls out "lead jammer."
 - 8.2.3.2. The referee will continue pointing to their respective jammer for the duration of the jam.
- 8.2.4. The jammer referees are responsible for counting score according to the guidelines laid out in *Section 7. Scoring*. They must communicate this score after each jam to the scorekeeper or scoreboard as per local custom.
- 8.2.5. The referees are to assess and enforce penalties and expulsions as laid out in *Section 6. Penalties*. Referees will use their discretion and their decisions are binding.
- 8.2.6. A referee calls off a jam by four short whistle blasts. A referee may call off a jam for any of the following reasons:
 - 8.2.6.1. Lead jammer calls off the jam by placing her hands on her hips
 - 8.2.6.2. End of the two minute jam clock
 - 8.2.6.3. End of the period
 - 8.2.6.4. Referees call an official time-out
 - 8.2.6.5. Injury
 - 8.2.6.6. Emergency
 - 8.2.6.7. Fighting interferes with game play
 - 8.2.6.8. Disruption of the skating surface (debris or spills)
 - 8.2.6.9. Technical difficulty or mechanical malfunctions (including skate trouble)
 - 8.2.6.10. In response to a major penalty
 - 8.2.6.11. Any player is unduly interfered with by spectators
- 8.2.7. Referees may break up fights at their discretion, and resume game play as quickly as possible.
- 8.2.8. Referees have the option of calling an official timeout if they feel that there is a situation that would interfere with safety of the skaters or crowd, or that would interfere with proper game play.
- 8.2.9. In the event that there is a disagreement regarding a referees' call or scoring, Only the captains or their designated alternates may discuss the ruling with the referees. The call will be discussed among the referees. The Head Referee will announce a decision after consulting with the other referees. This decision is final.

8.3 REFEREE DISCRETION



- 8.3.1. The consensus of the referees will be the final decision on any disputed point that is not clearly spelled out in these rules. The referee may increase the severity of a penalty/foul at their discretion (i.e. in response to potentially harmful game play, a illegal blocking that normally results in a minor foul could be called as a major foul). Similarly, the referee may decrease the severity of a penalty/foul to a warning as they see fit.

8.4 REQUIRED EQUIPMENT

- 8.4.1. Referees are permitted to wear inline skates, but are strongly encouraged to switch to quad skates. All safety equipment is optional for referees, with the exception of that which is required as a minimum by the liability insurer.
- 8.4.2. Referees should be uniformed in a manner that makes them easily identifiable as the officials for the bout, i.e. a black and white striped shirt.
- 8.4.3. Each referee will have a whistle.

9. SAFETY

9.1. PROTECTIVE GEAR

- 9.1.1. Protective gear must be worn while skating on the rink. Helmets and mouth guards may be removed by skaters during team introductions. Failure to wear required protective gear may result in a penalty at the referees' discretion.
- 9.1.2. Protective gear shall include, at a minimum wrist guards, elbow pads, knee pads, mouth guards, and helmets.
- 9.1.3. Optional protective gear such as padded shorts, shin guards, knee or ankle support, and tailbone protectors may be worn at the skaters' discretion as long as they do not impair or interfere with the safety or play of other skaters, support staff, or officials. Skaters are strongly encouraged to secure or tape down loose Velcro on pads.

9.2 BOUT SANCTION

- 9.2.1. Bouts will be sanctioned by an organization providing liability insurance coverage (for example, USA Roller Sports). The hosting league will be responsible for meeting sanctioning requirements and paying premiums or fees. The visiting league and hosting league may demand to see proof of sanction/coverage seven days before skating the bout.

9.3 SAFETY PERSONNEL

- 9.3.1. The home team must provide at least two licensed or certified medical professionals with expertise in emergency and urgent medical care. These medical professionals will supply necessary the equipment and supplies to handle such injuries or conditions as can be reasonably expected to occur at a roller derby bout. The medical professionals will be present during the entire warm up and game.
- 9.3.2. Team captains are responsible for supplying medical personnel with their skaters' medical and/or emergency contact information as necessary.

9.4 INJURED SKATERS

- 9.4.1. If a skater sustains an injury serious enough that the referees call off the jam or she removes herself from the track, the skater must sit out the next jam.
- 9.4.2. If a skater is bleeding, she may not participate in a jam until the bleeding has stopped.

9.5 IMPAIRED SKATERS

- 9.5.1. Skaters may not participate in a bout while under the influence of alcohol, narcotics, or illegal drugs.
- 9.5.2. Skaters may not consume alcohol at bouts while wearing skates.