

Roller Derby



Fast paced





Full contact

Team Work



Communication

All inclusive



**any body type
any shape
any ability**



With *colourful* history

2001 Revival



Punk

D.I.Y.

By Skaters for Skaters

Camp

Athletic

2 Teams



highest score wins

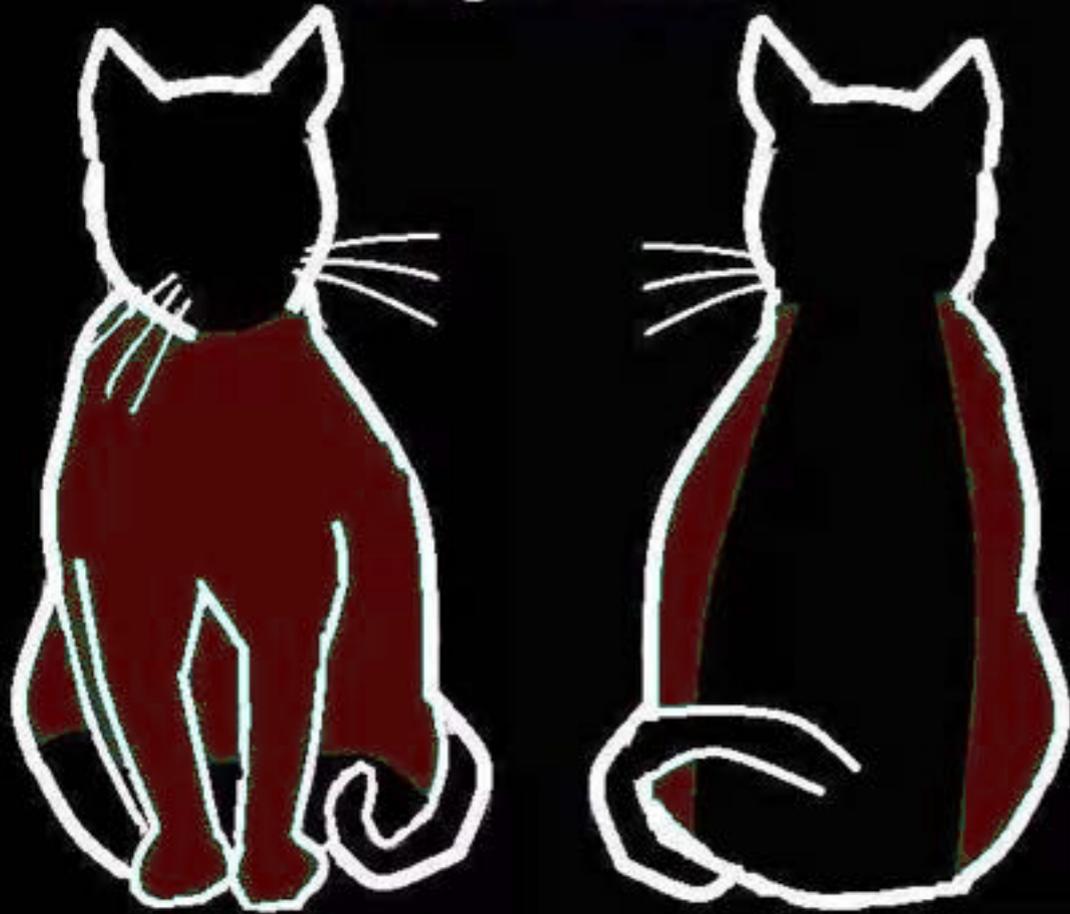
Series of Jams

each lasts
up to 2 mins

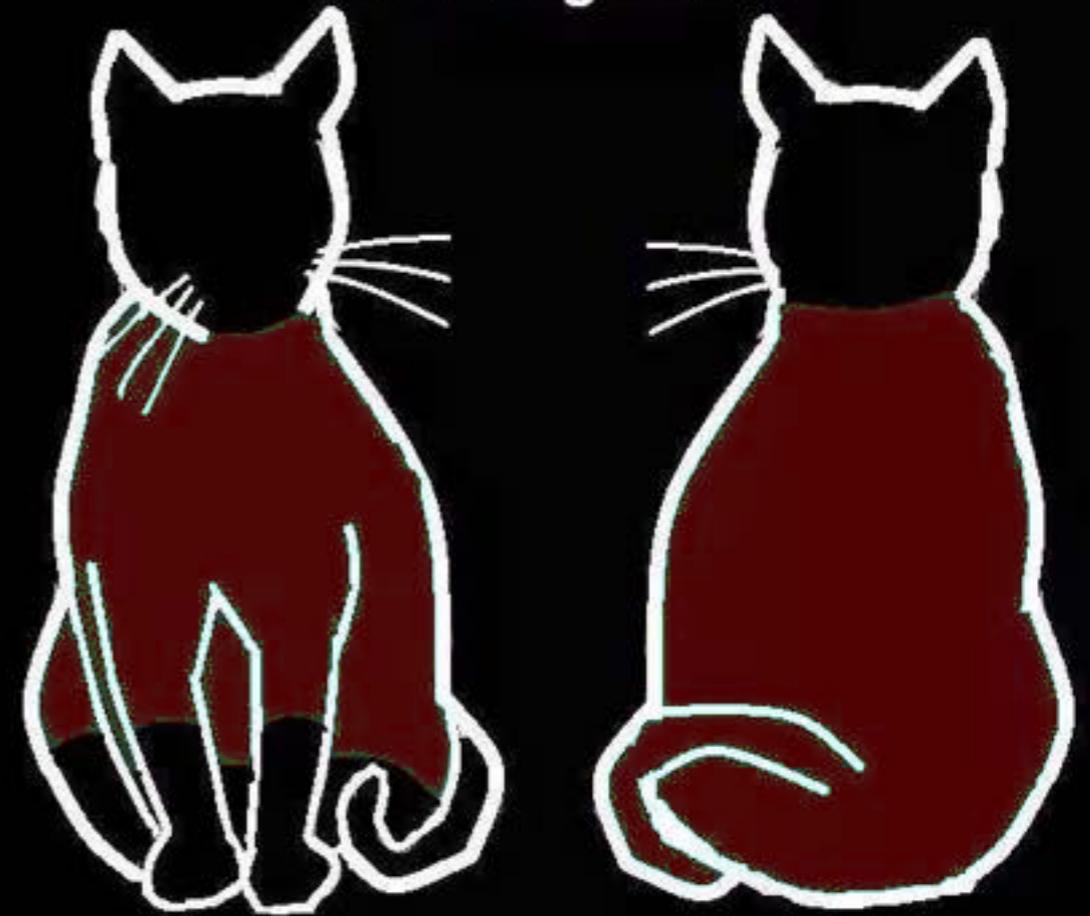


Only **legal** contact allowed

Target Zones



Blocking Zones

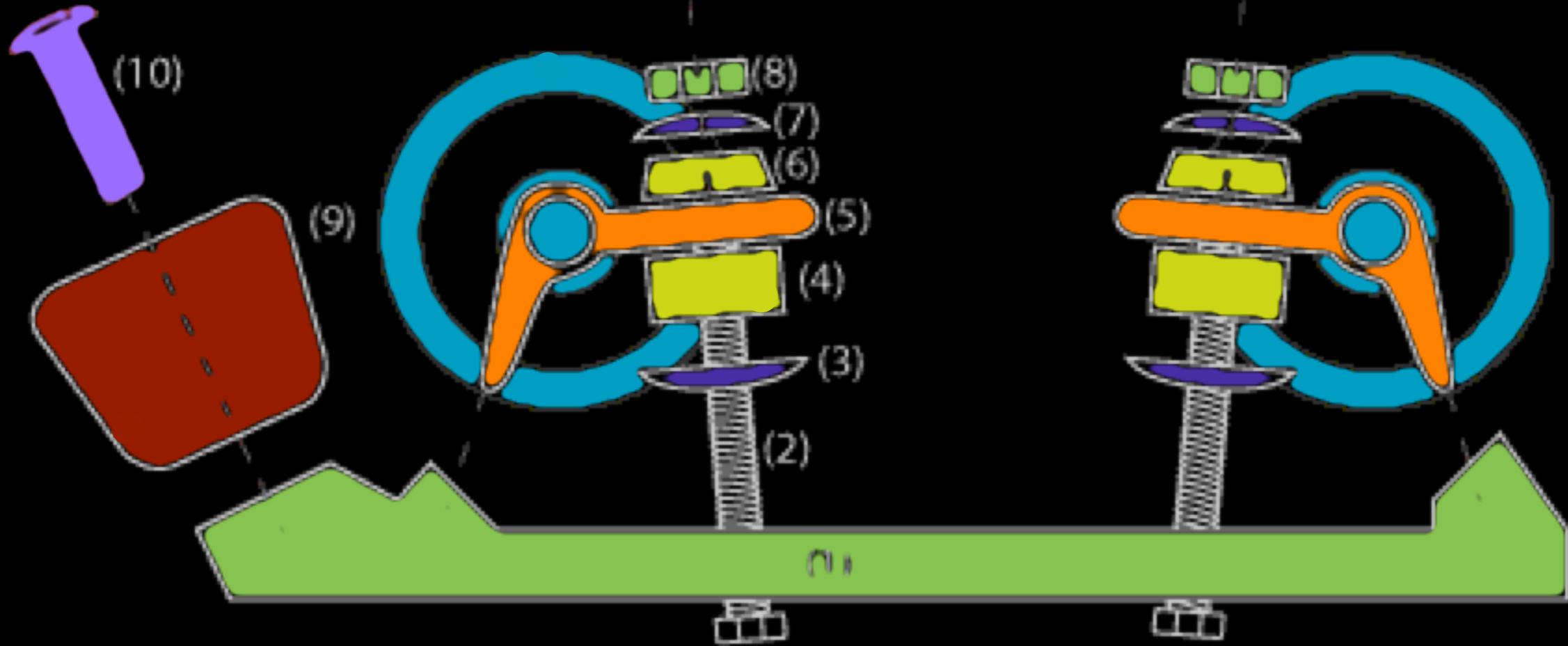


Penalty box

- Comprehensive set of rules ensuring safety and fairness (80 pages)
- You break a rule, you go to the **penalty box** for **30 seconds**
- 7 strikes and you're out
- All reckless, egregious, foul behaviour is grounds for **expulsion**



How does it work?

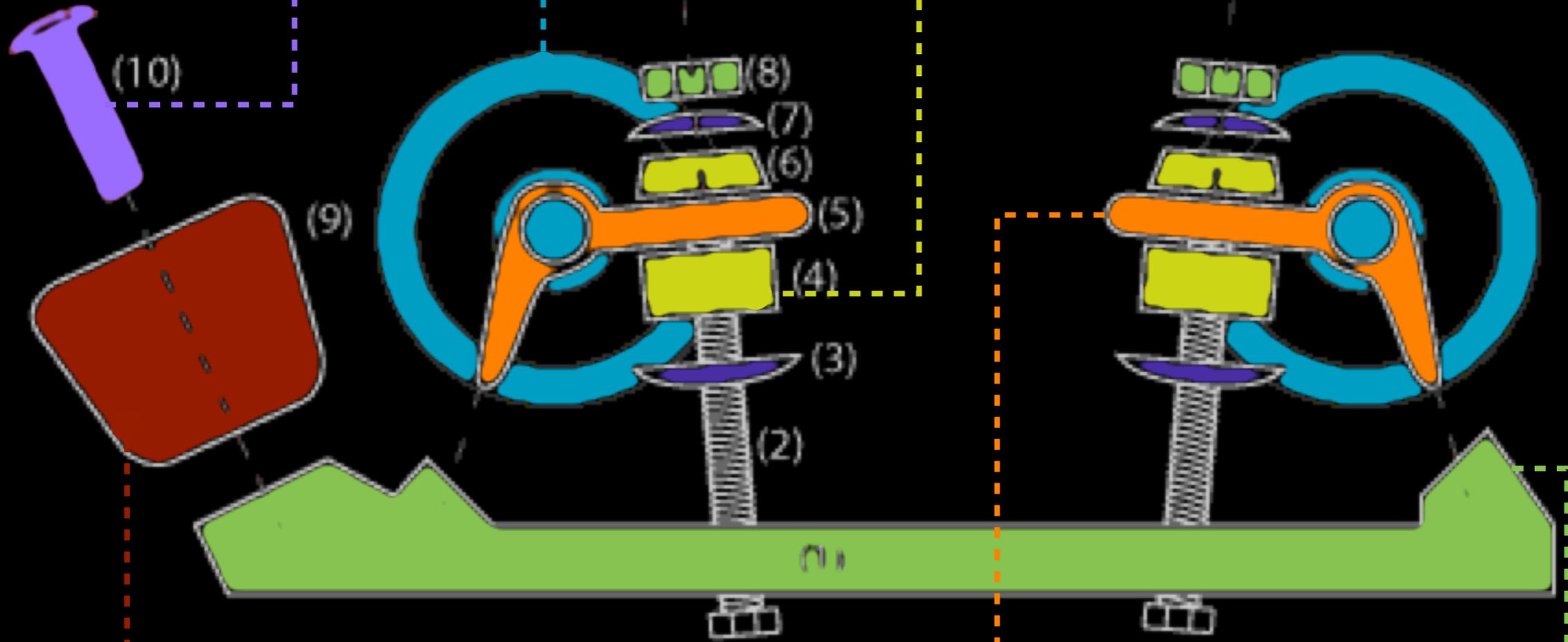


How does it work?

Power Jam

Lead Jammer

Points

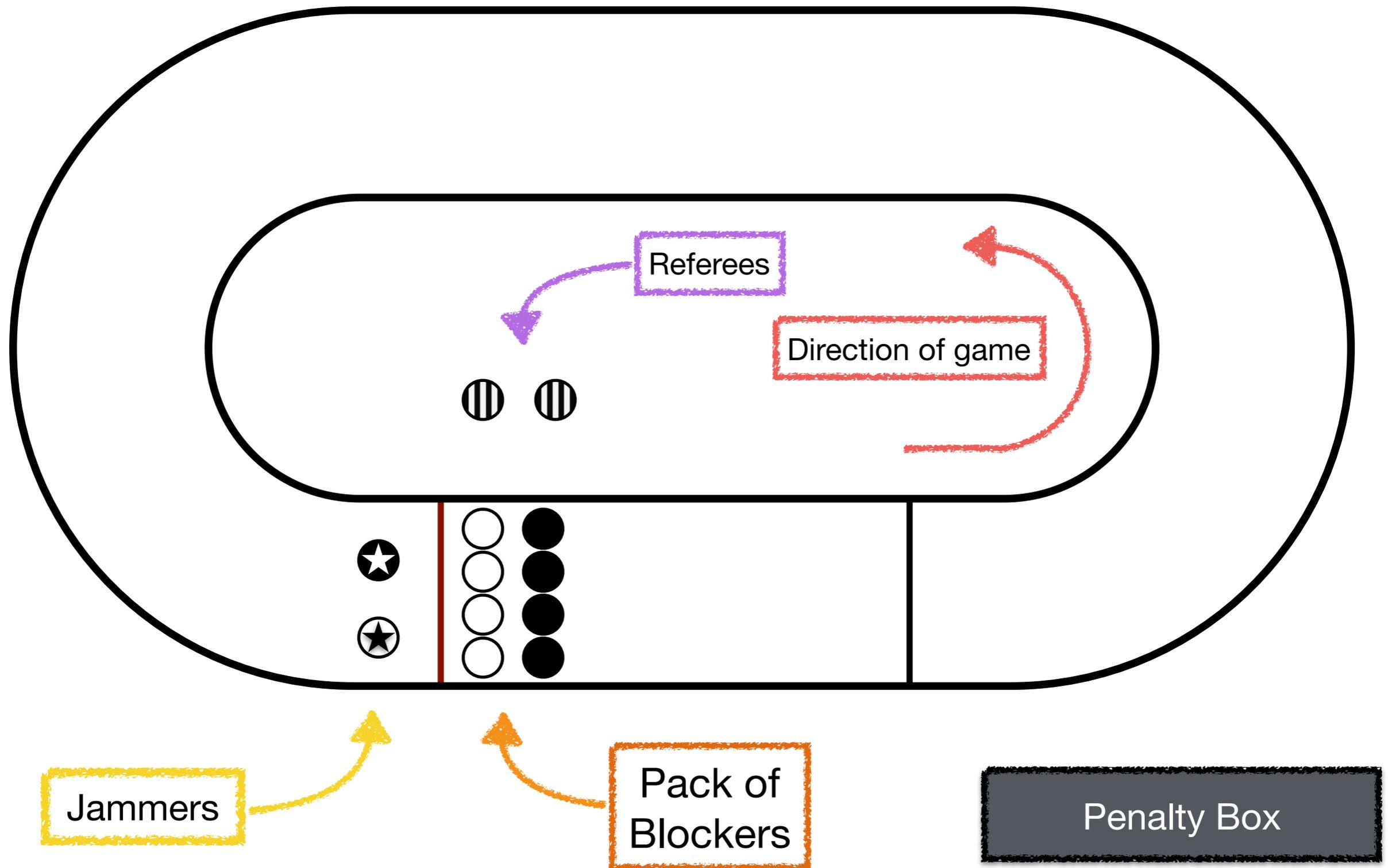


Penalties

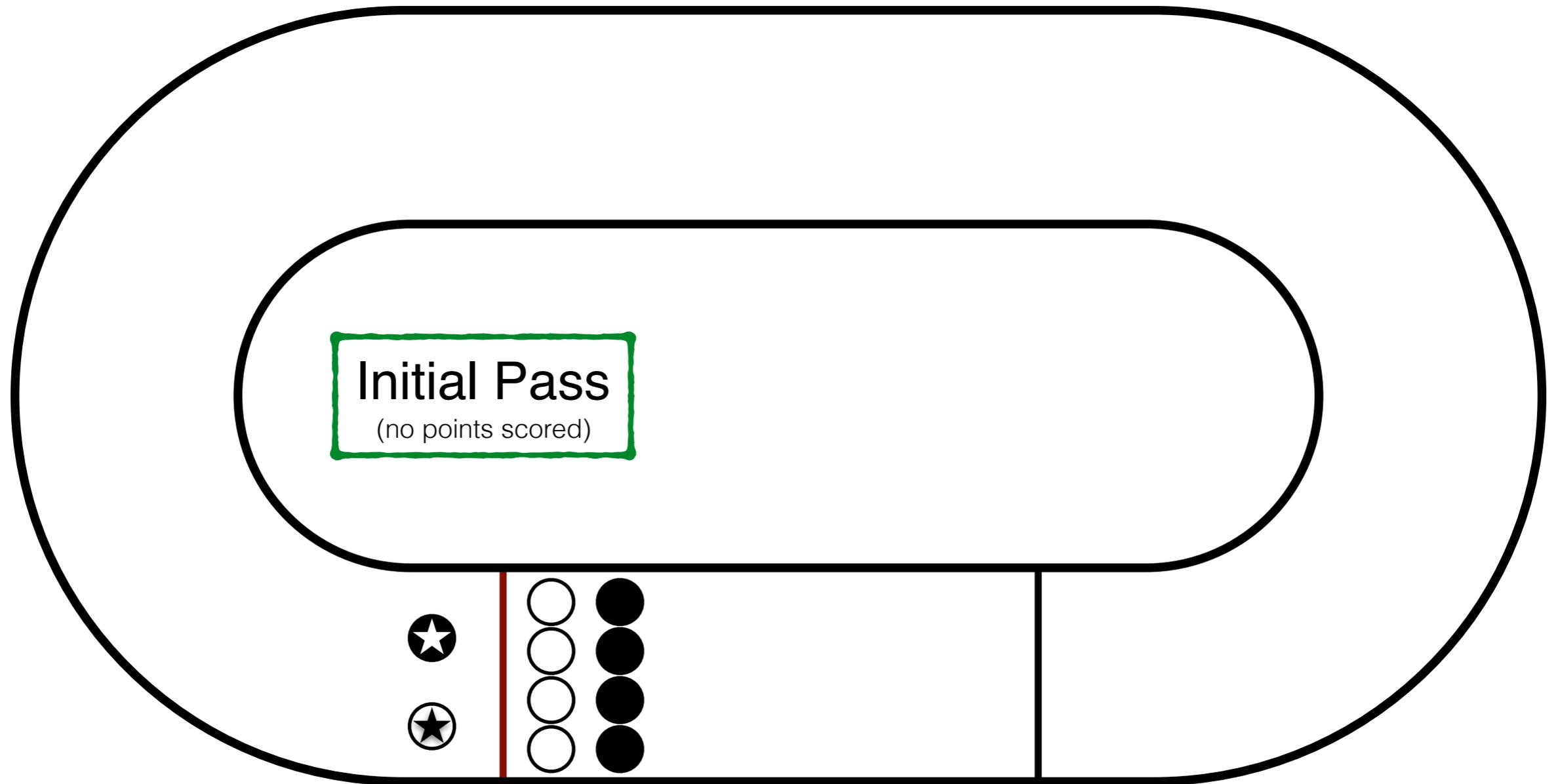
Star Pass

Jam

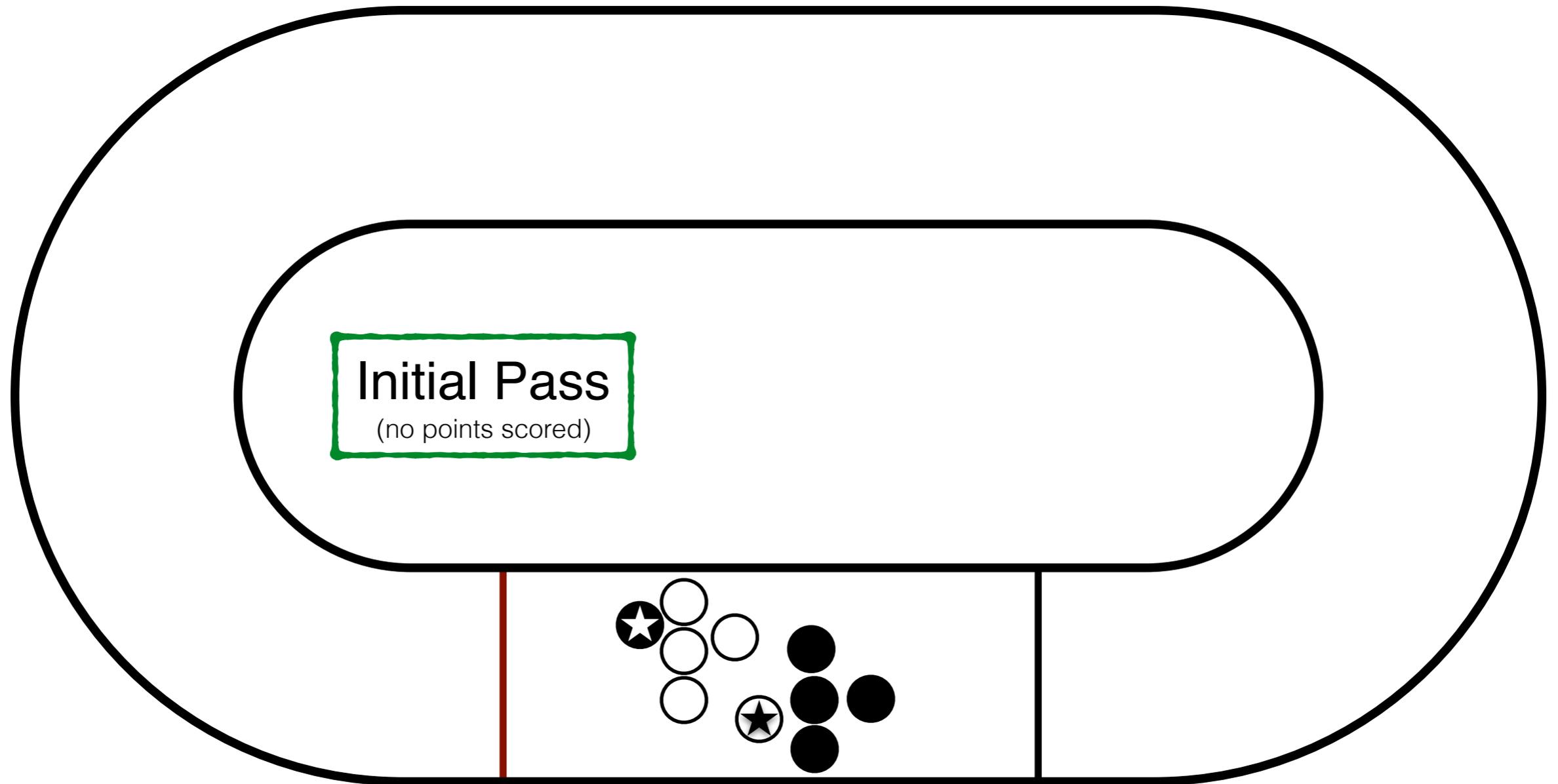
Anatomy of a Jam



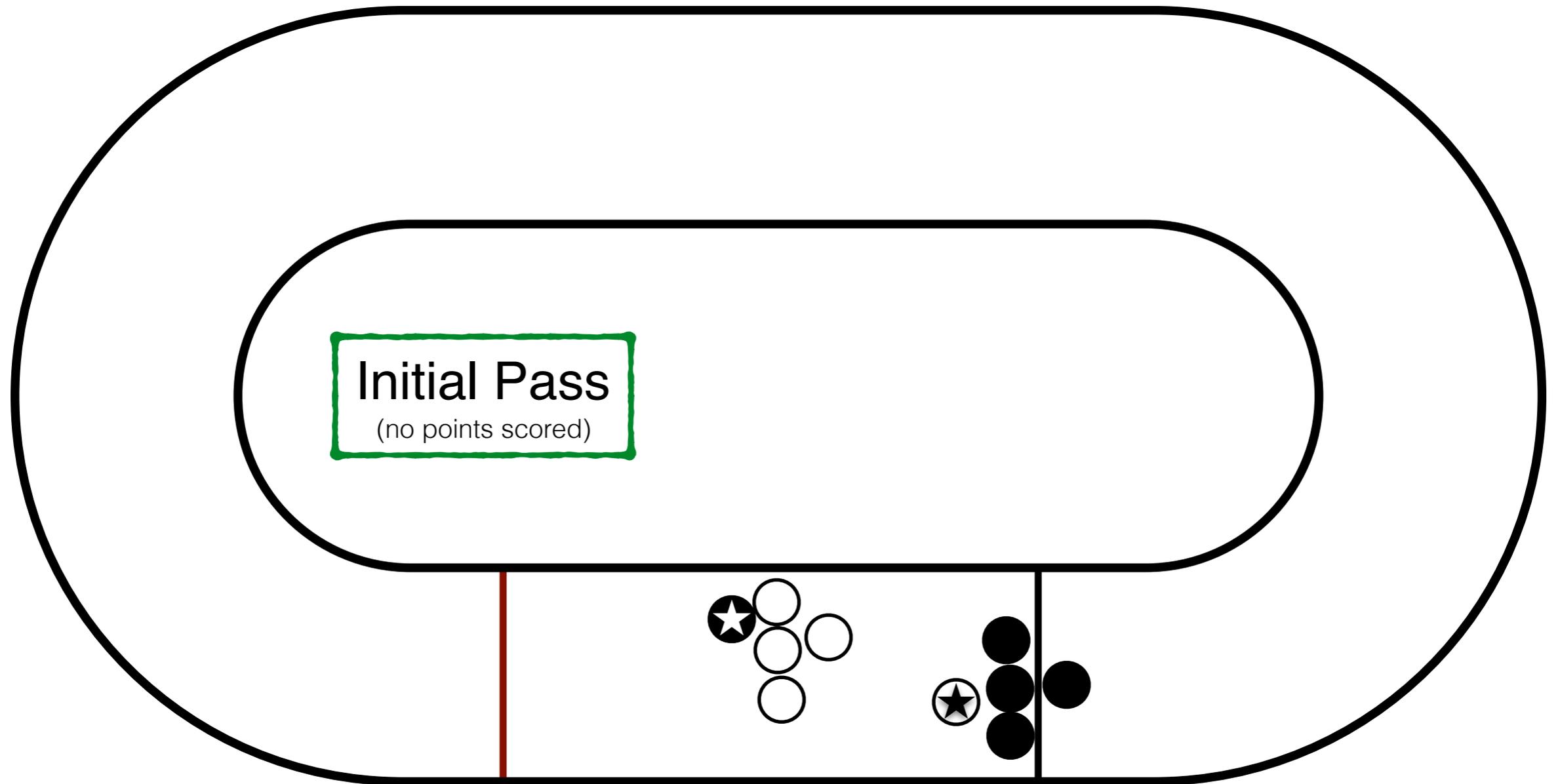
Anatomy of a Jam



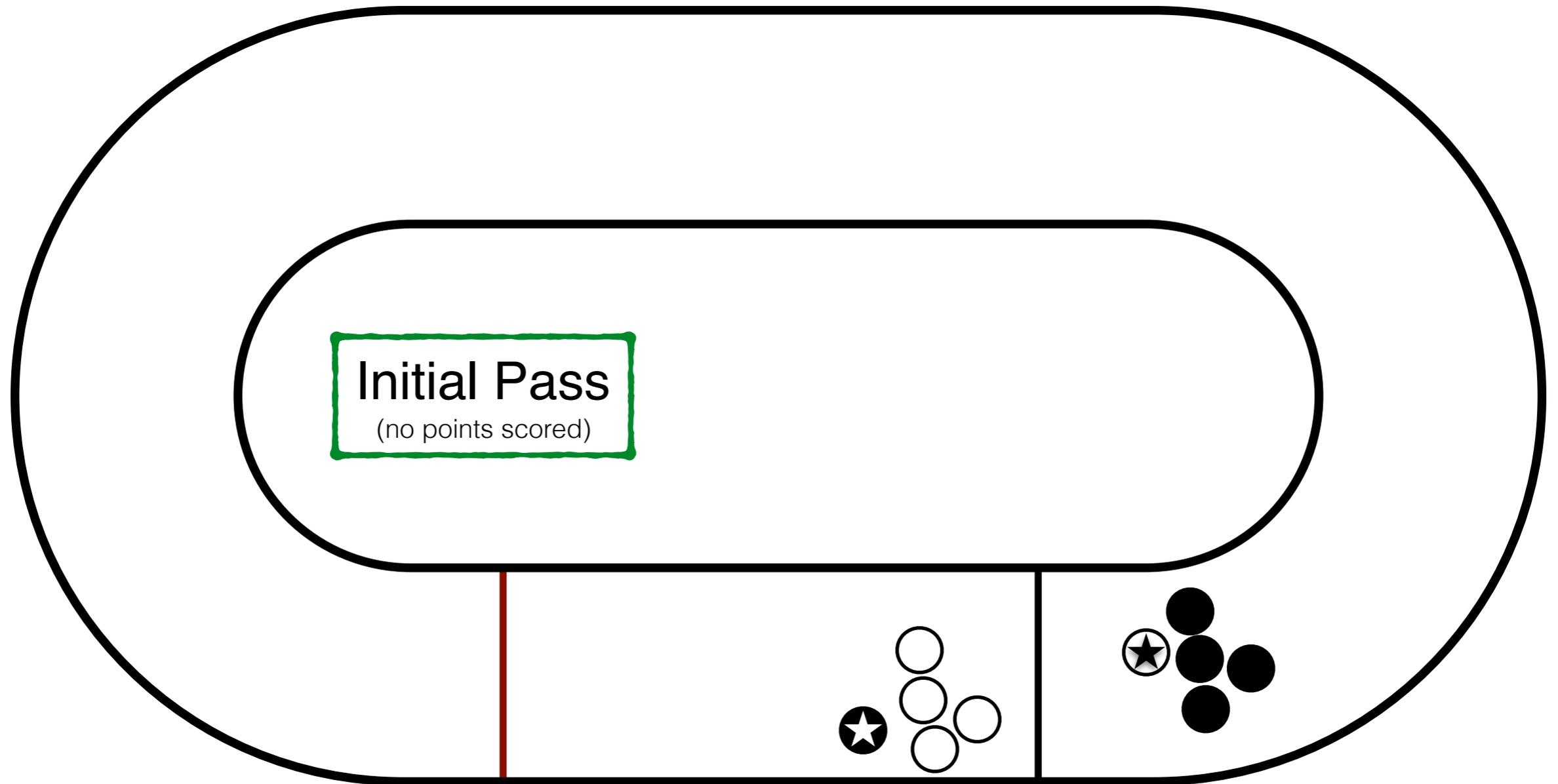
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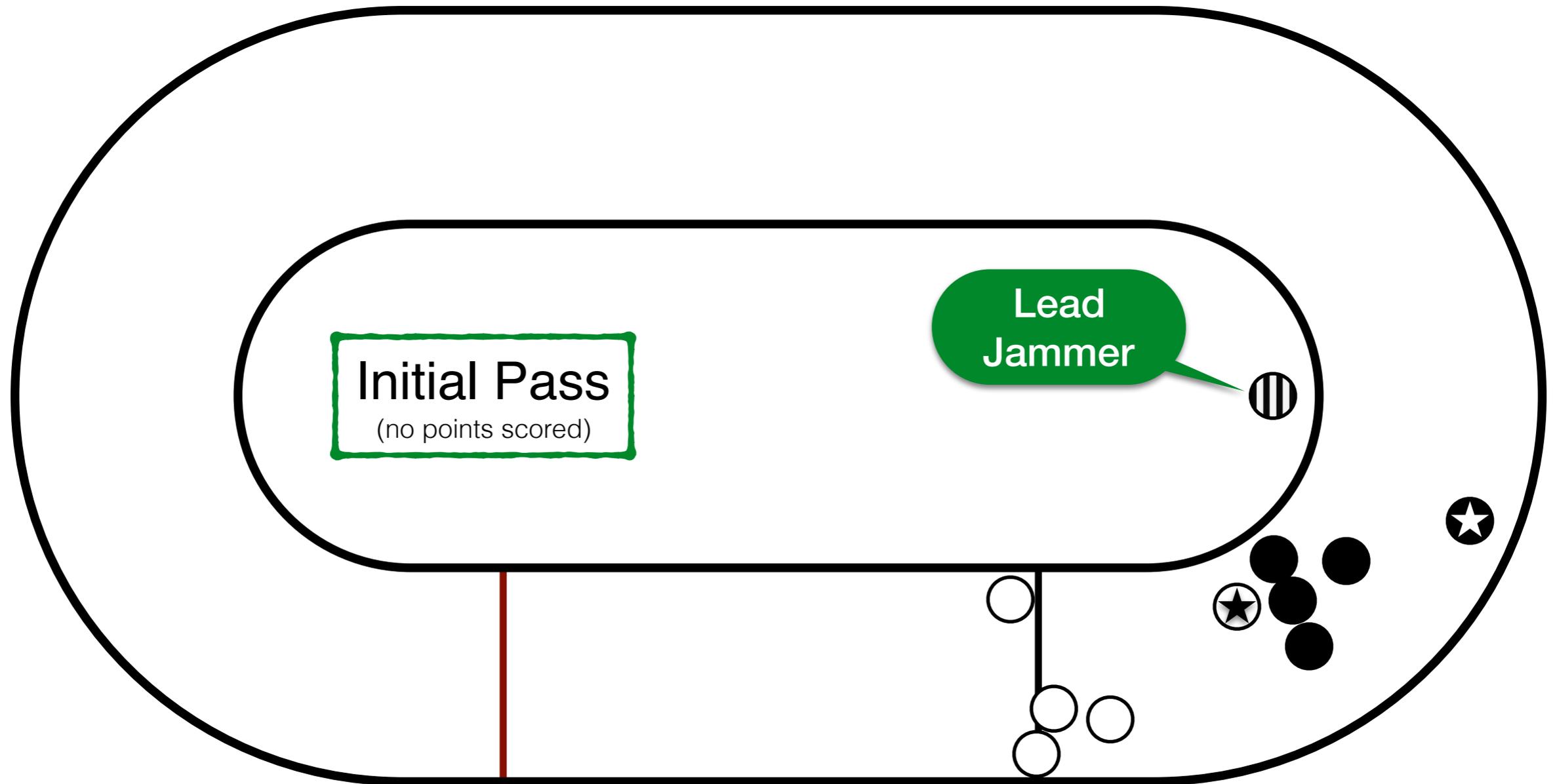
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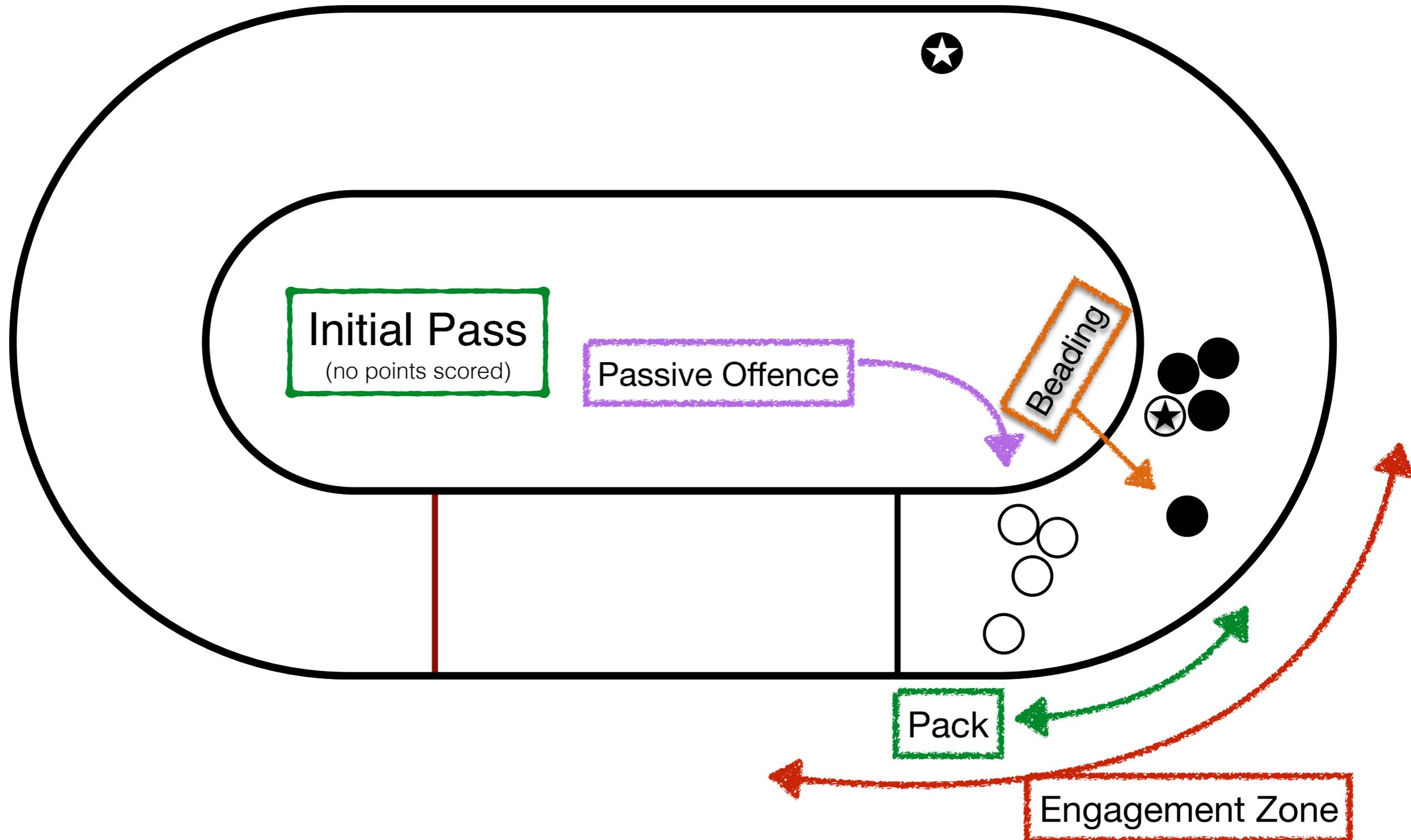
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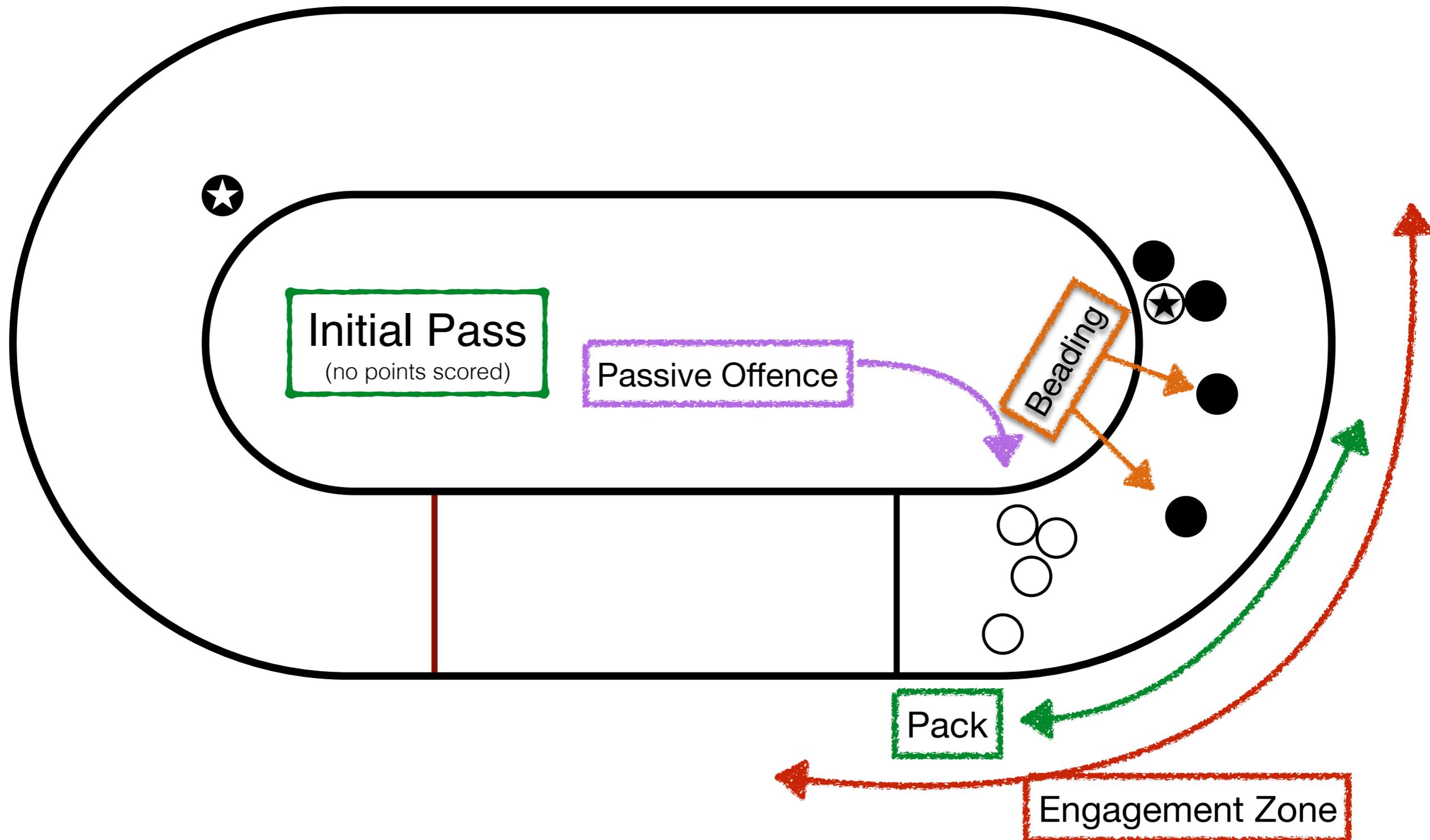
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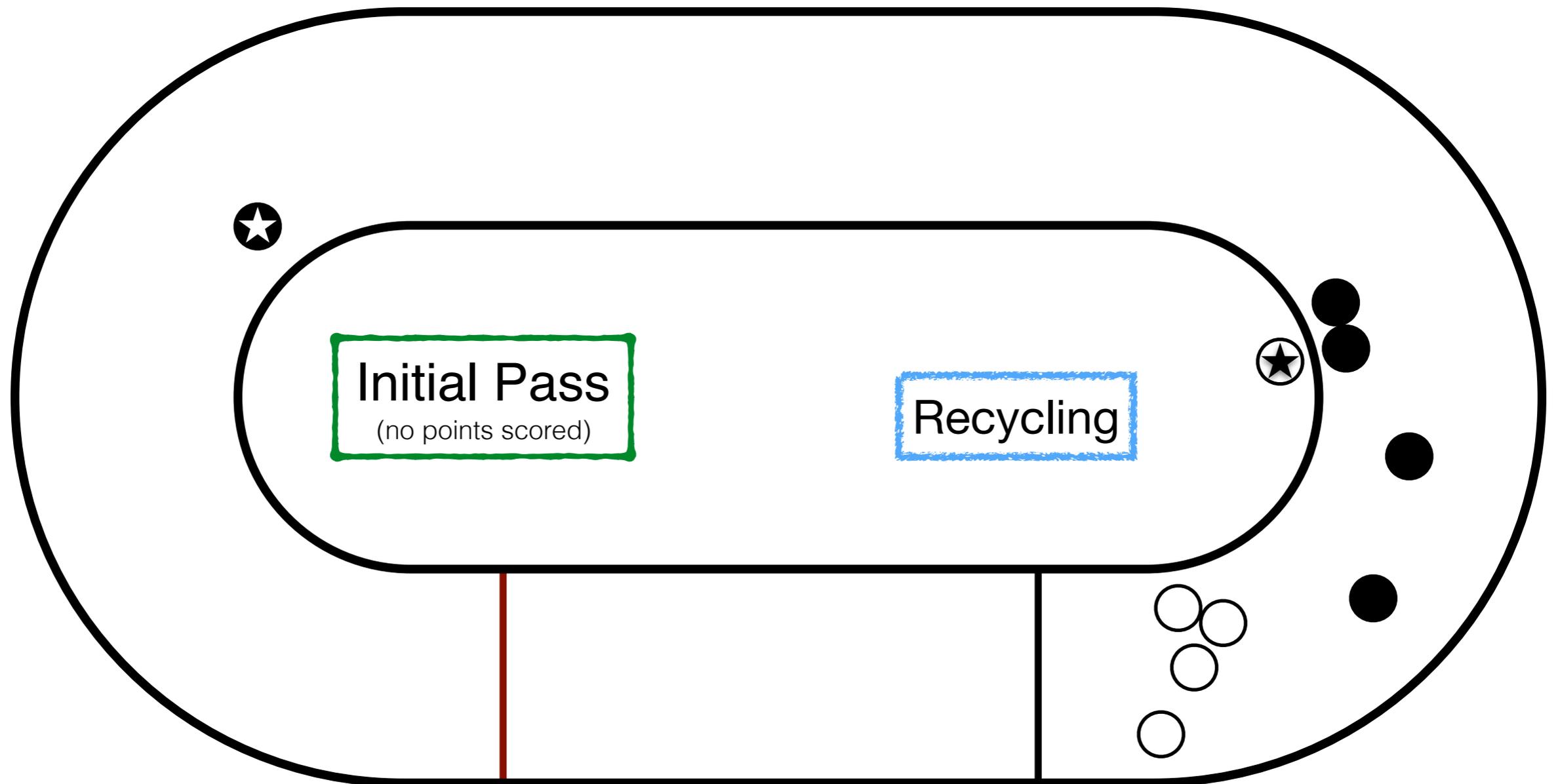
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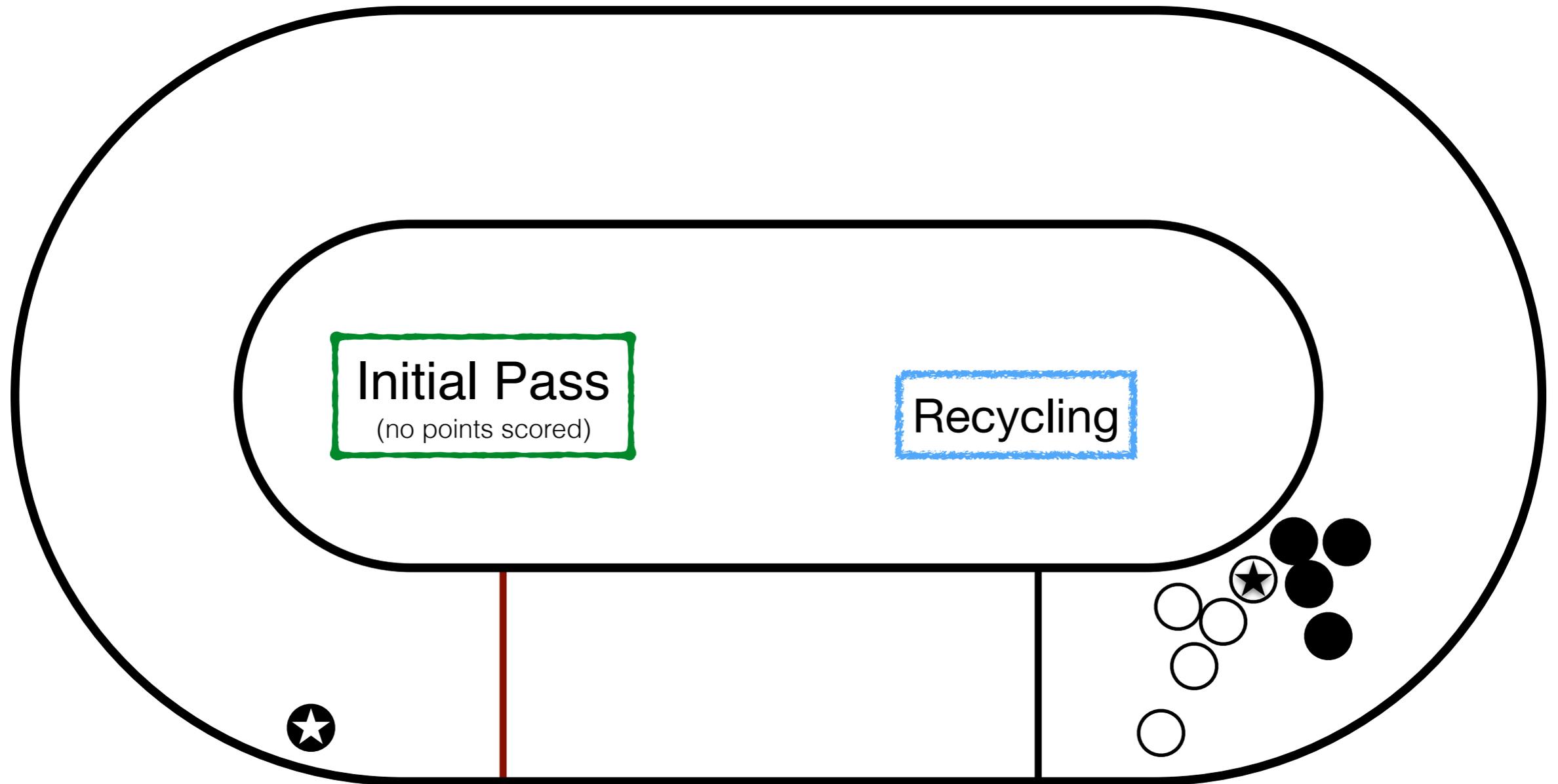
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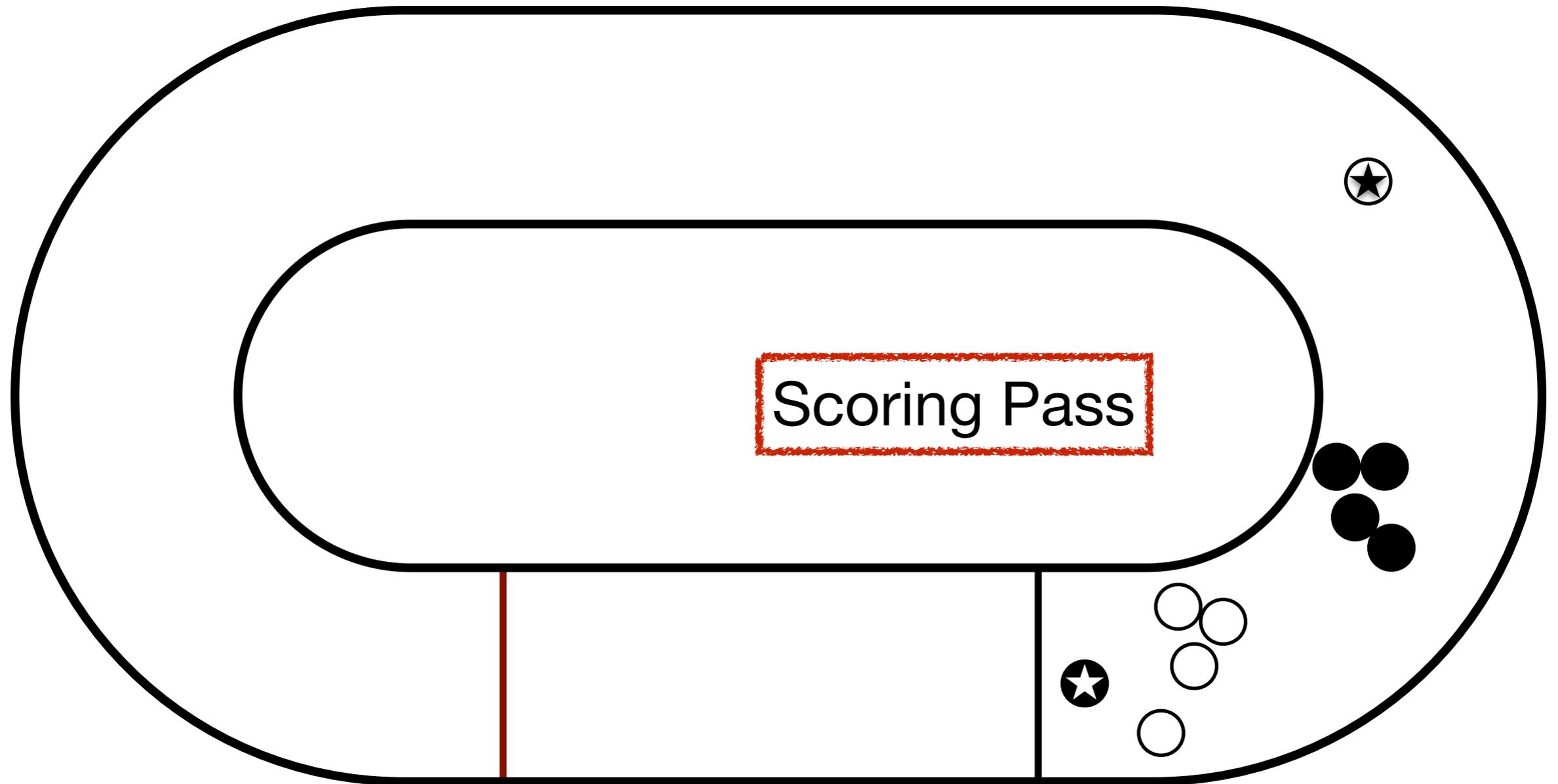
Anatomy of a Jam



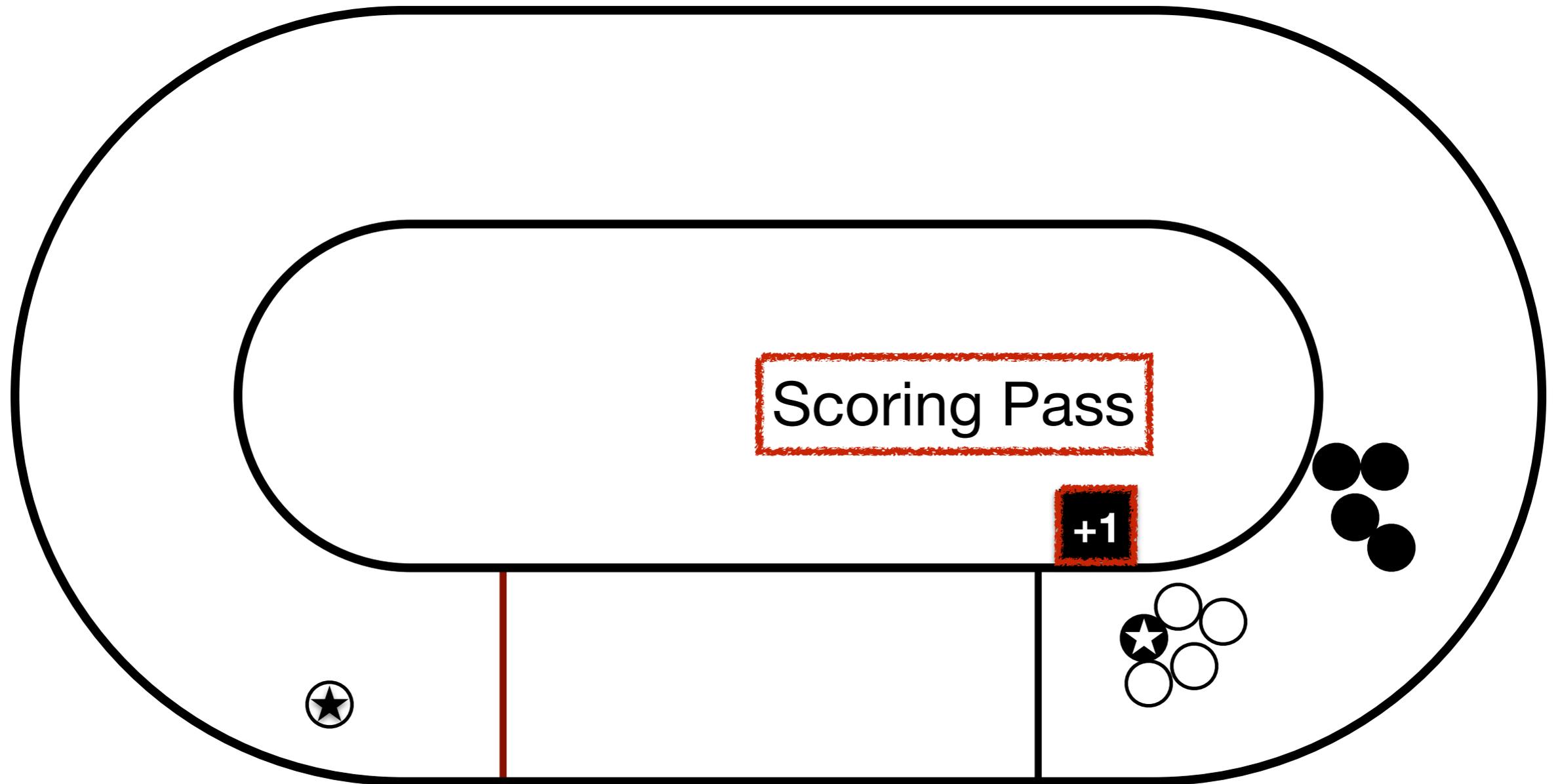
Anatomy of a Jam



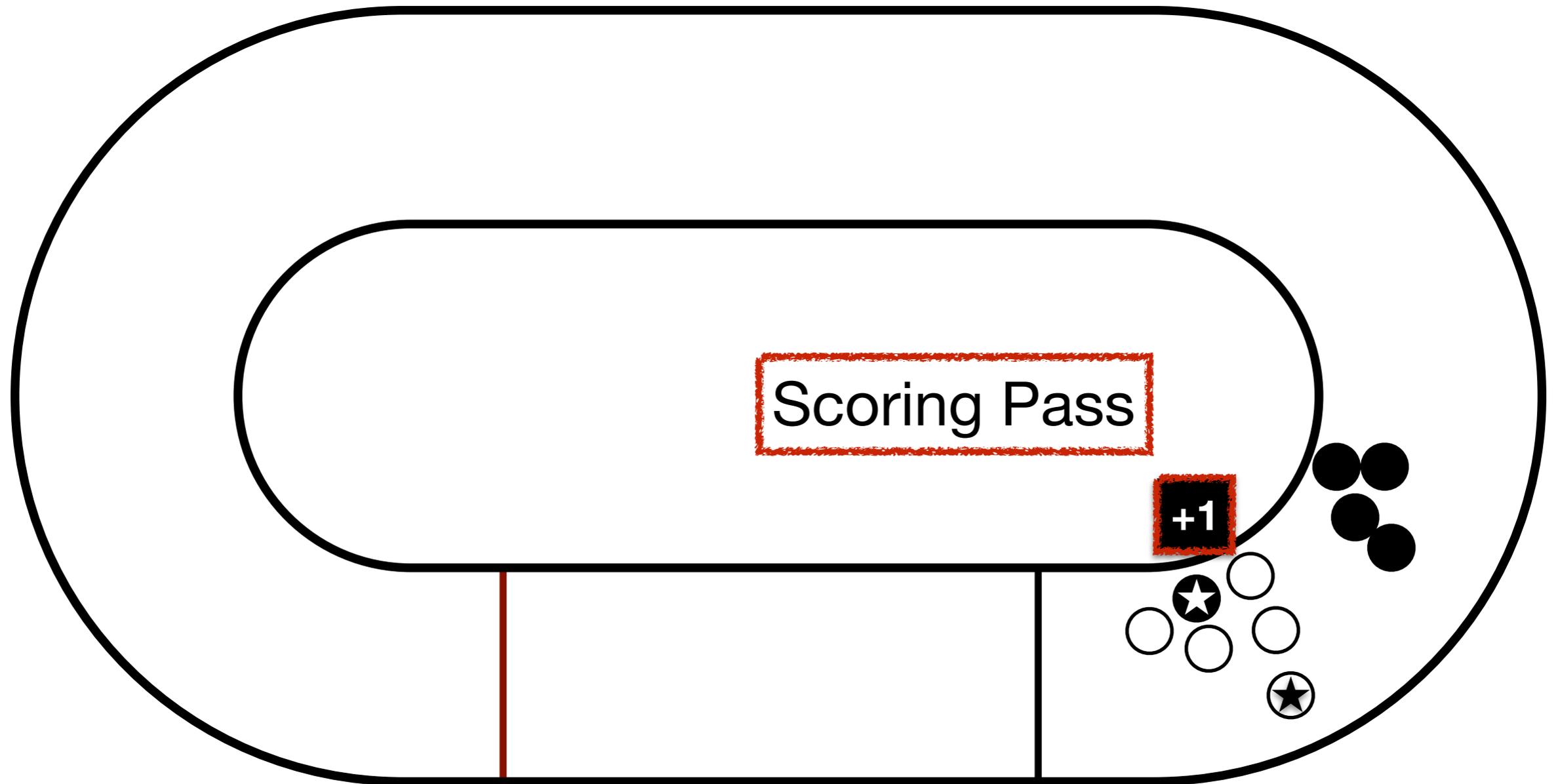
Anatomy of a Jam



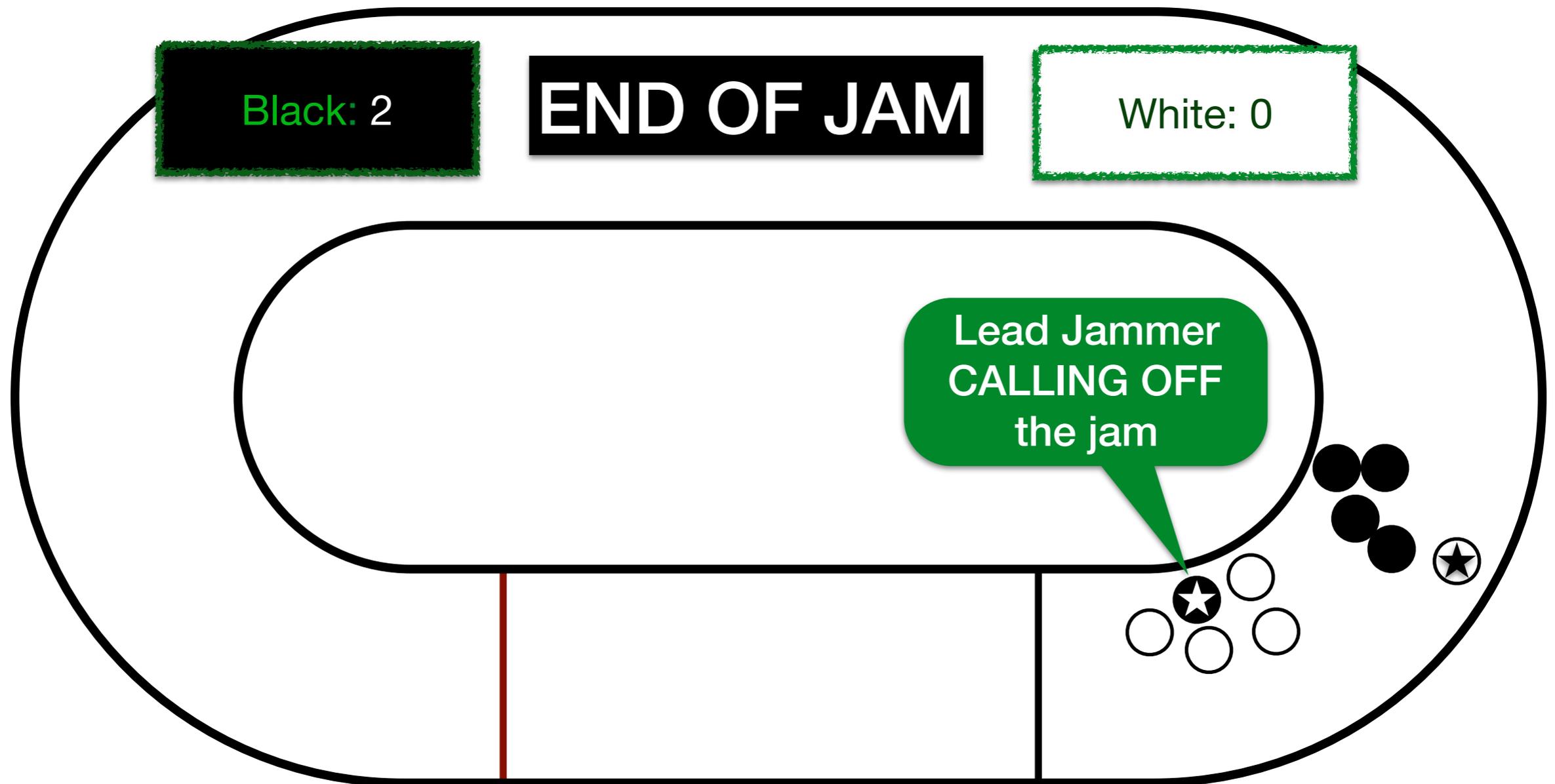
Anatomy of a Jam



Anatomy of a Jam



Anatomy of a Jam





[click here to watch on Youtube \(3 jams\)](#)

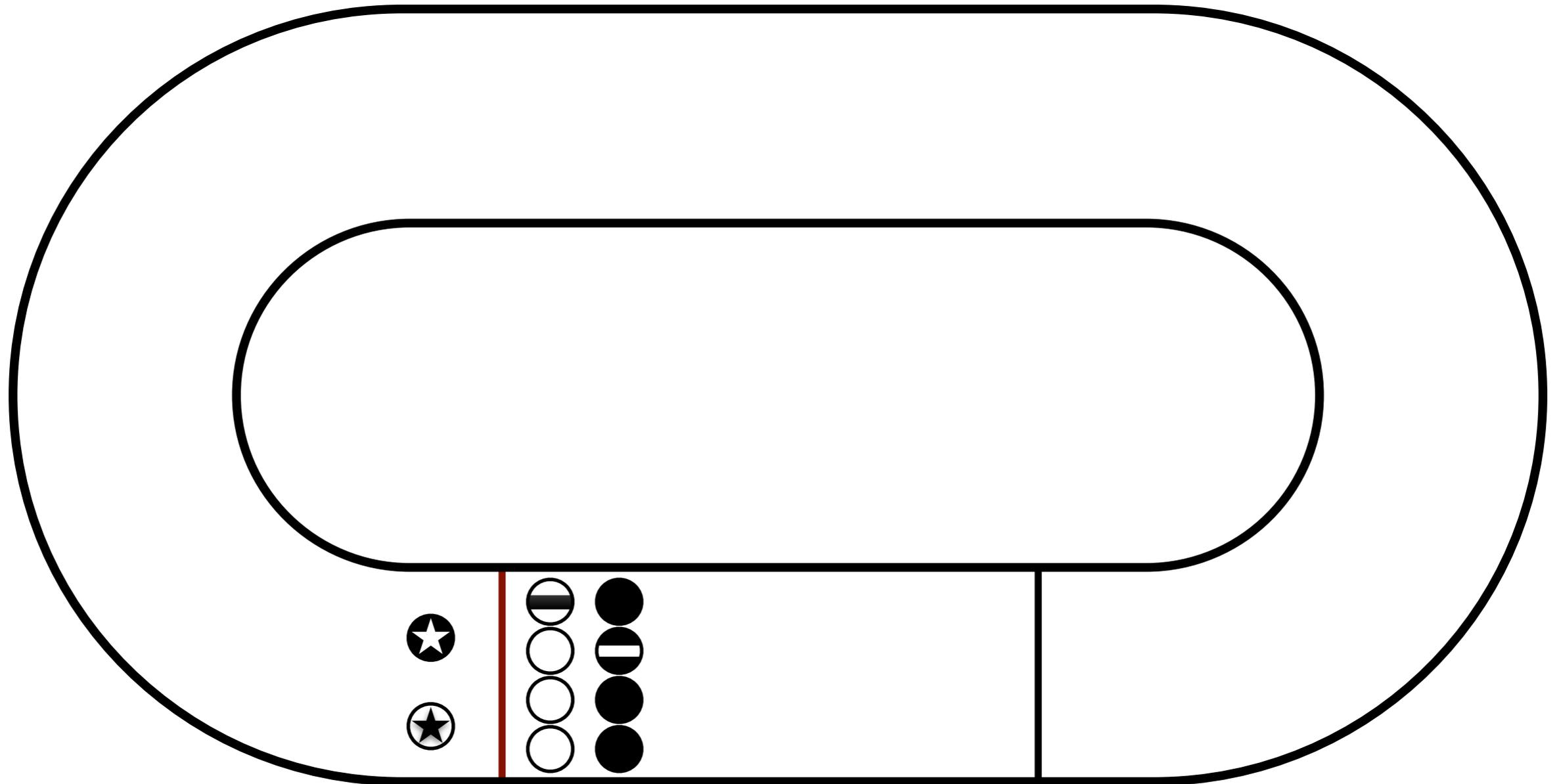


[click here to watch on Youtube \(3 jams\)](#)

(Unfortunately not)

All about Star Pass

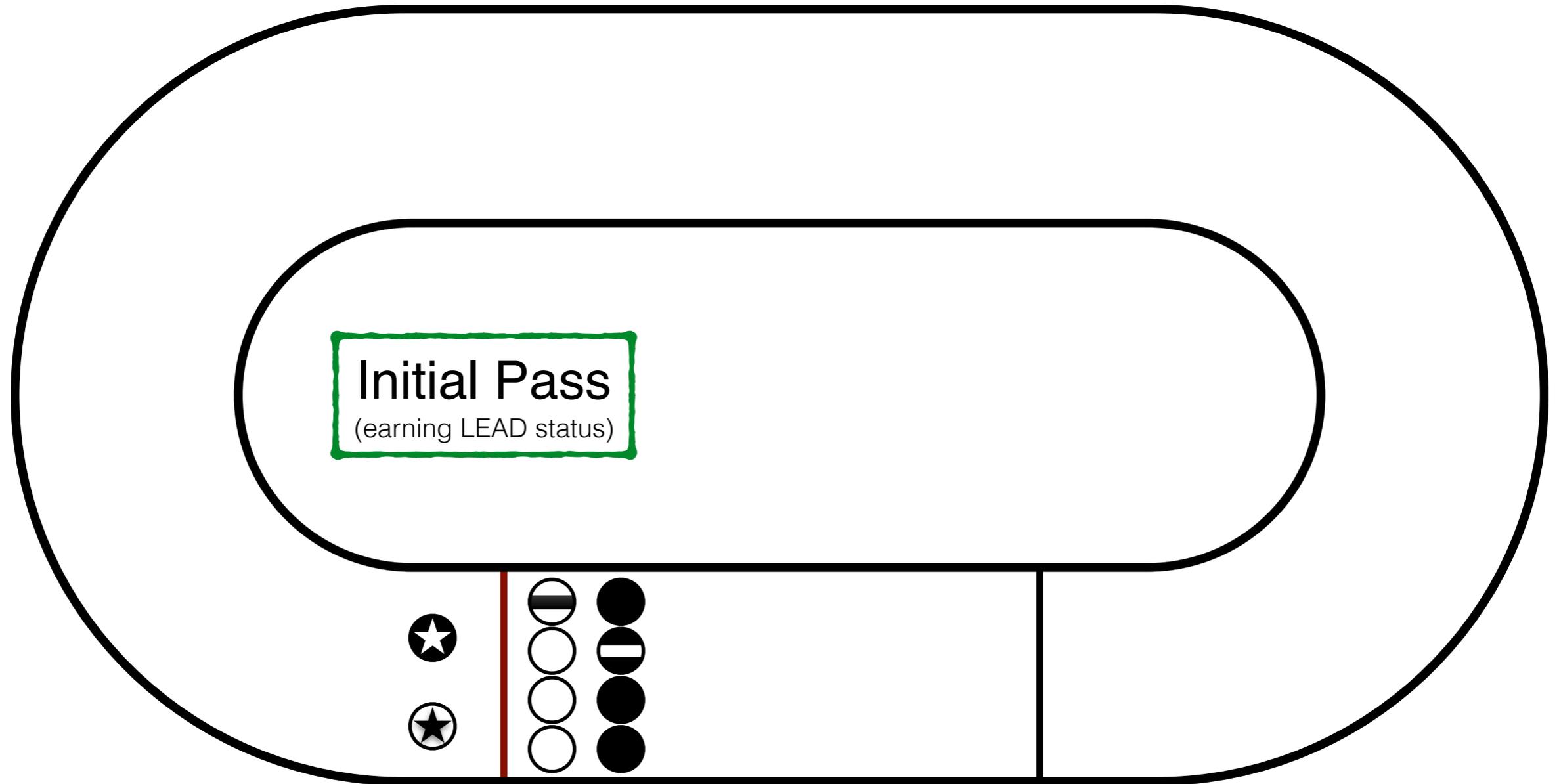
the sneaky raise of the understudy



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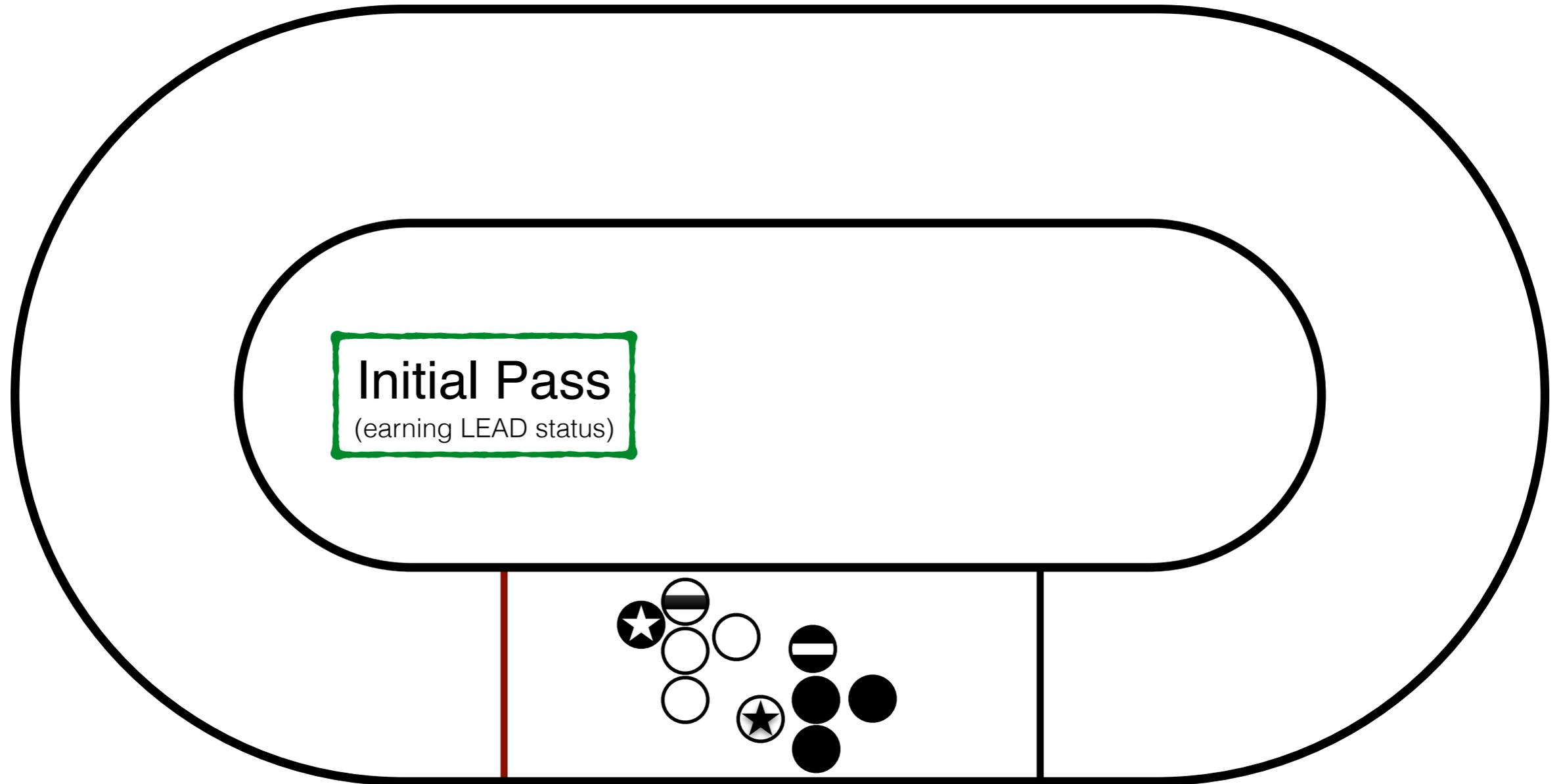
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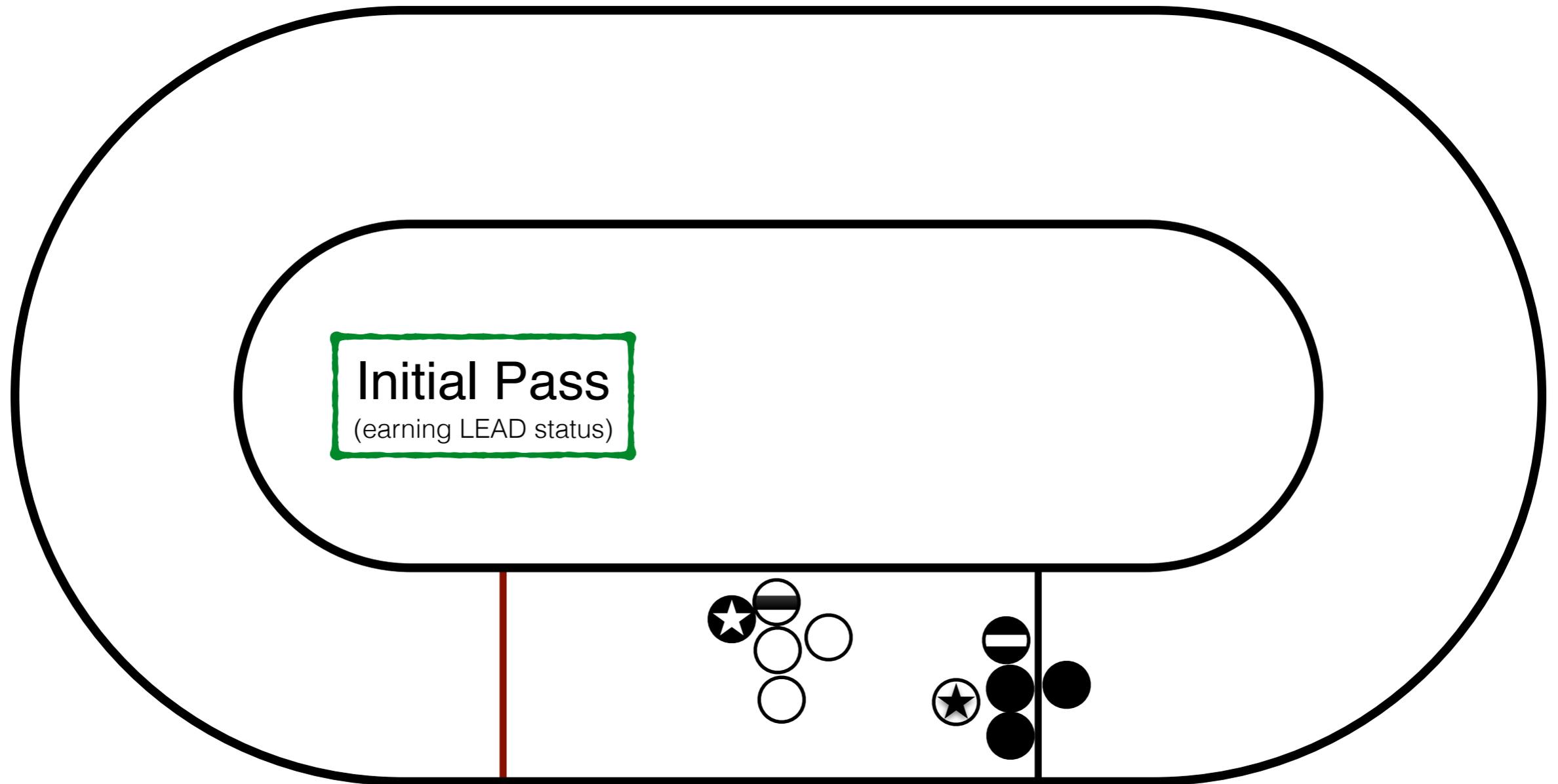
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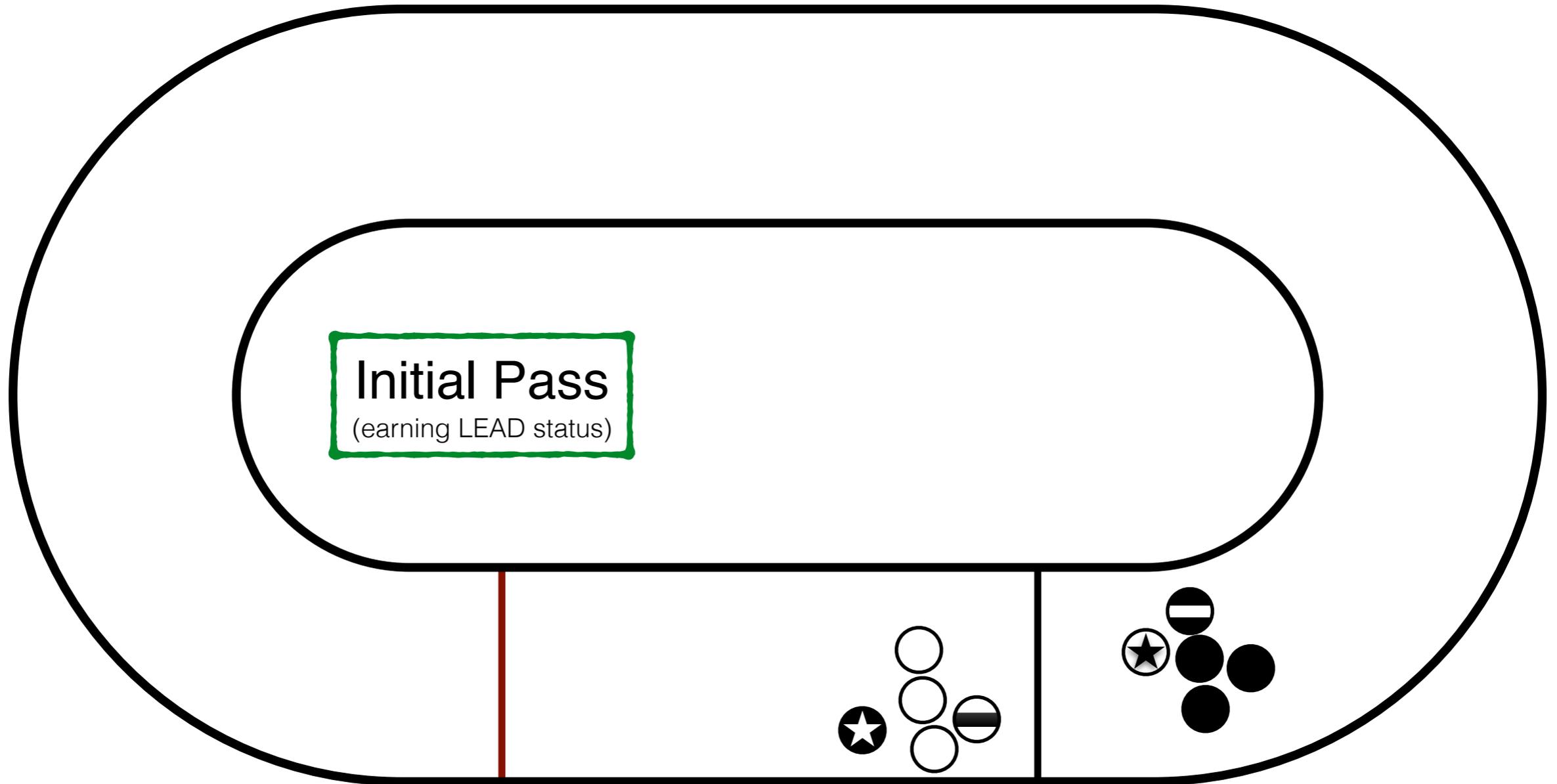
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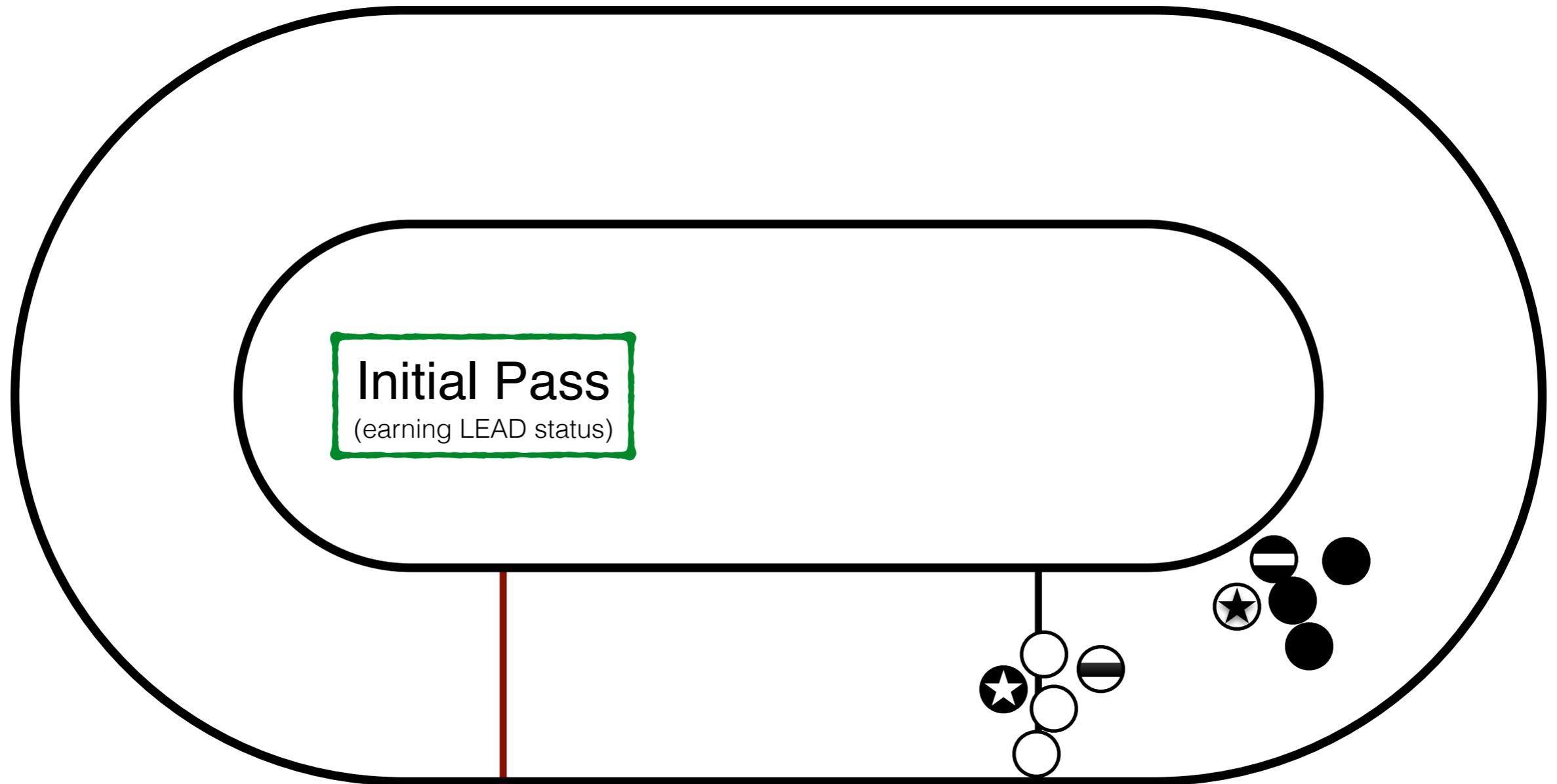
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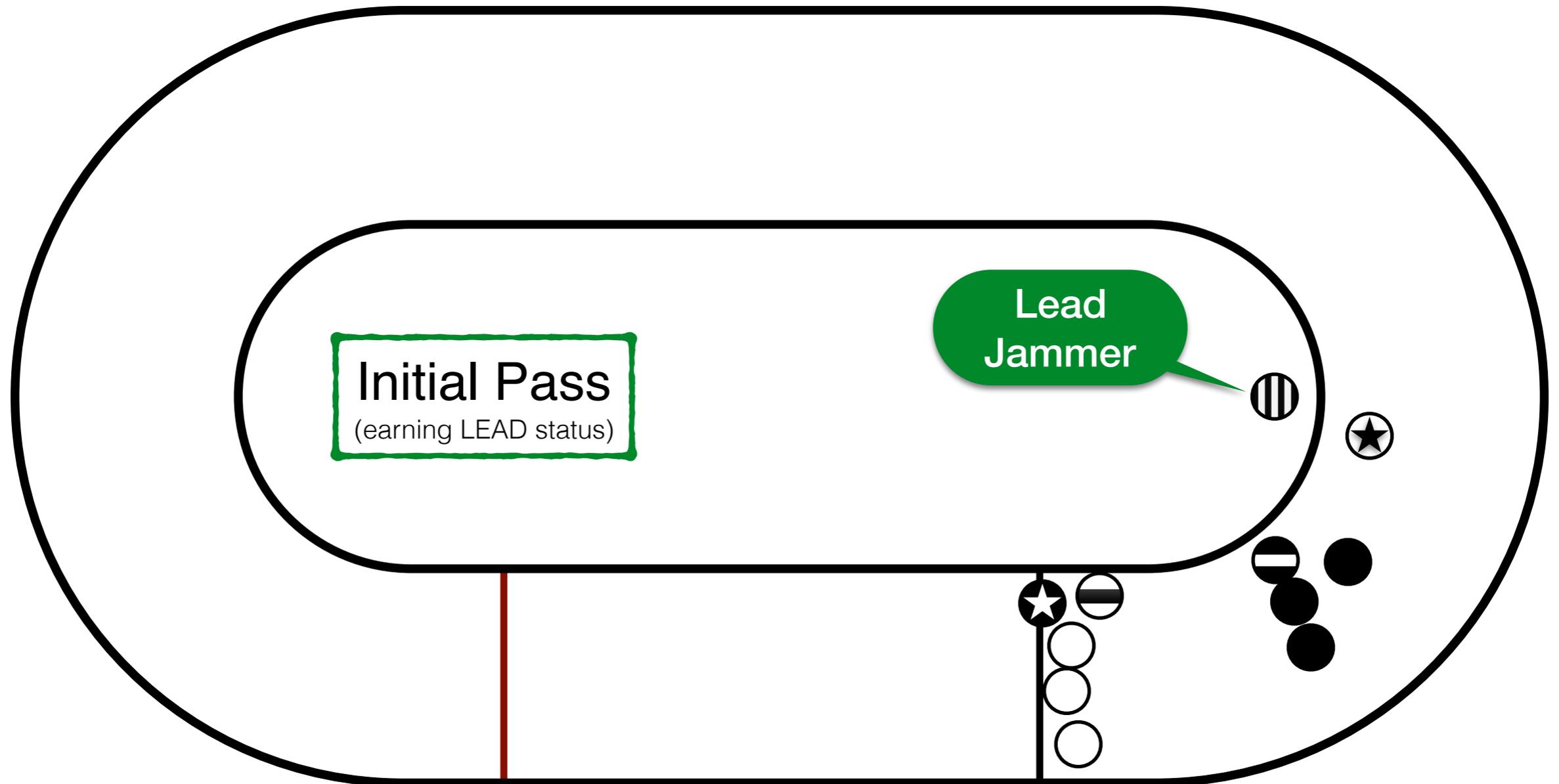
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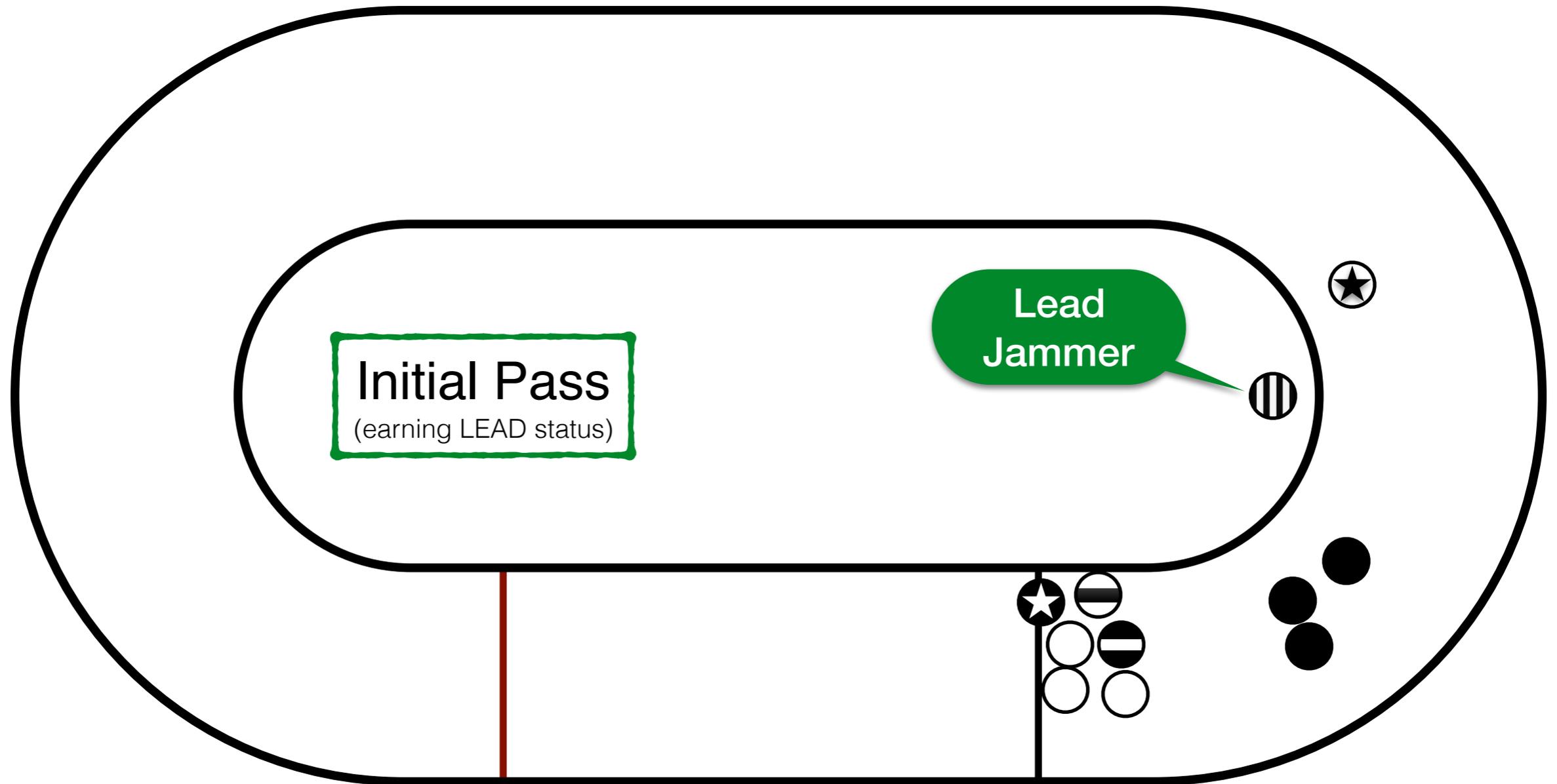
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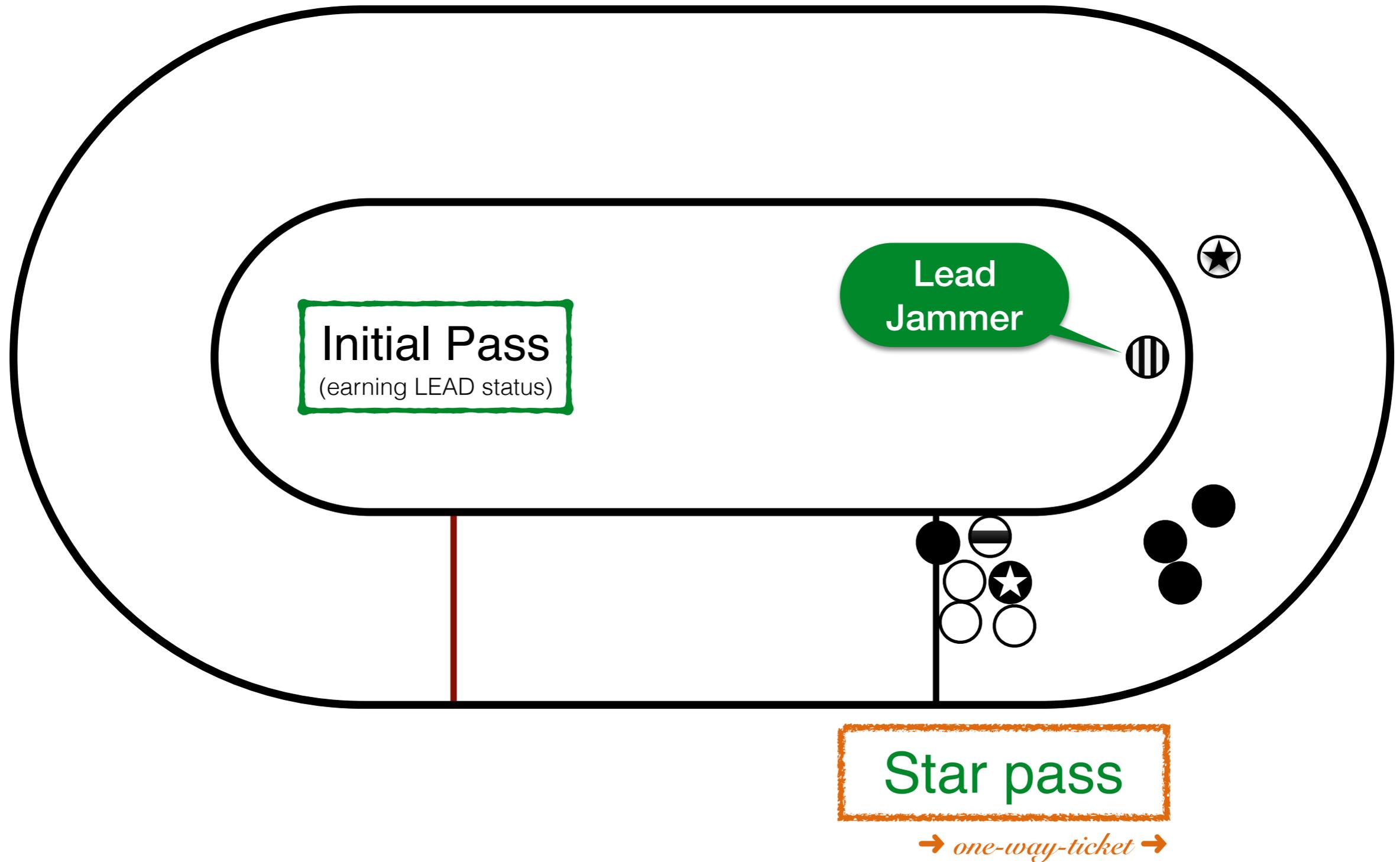
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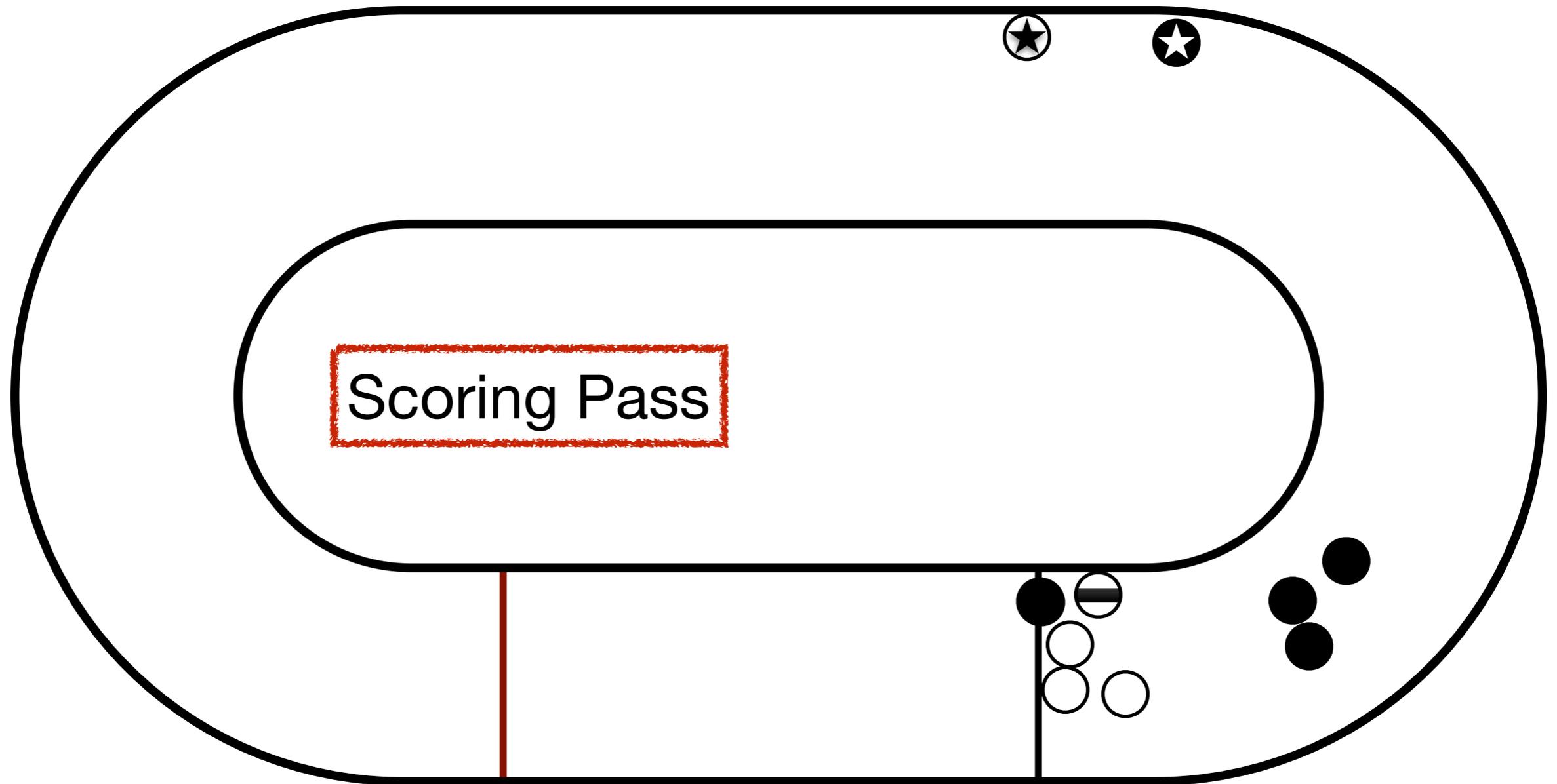
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Scoring Pass

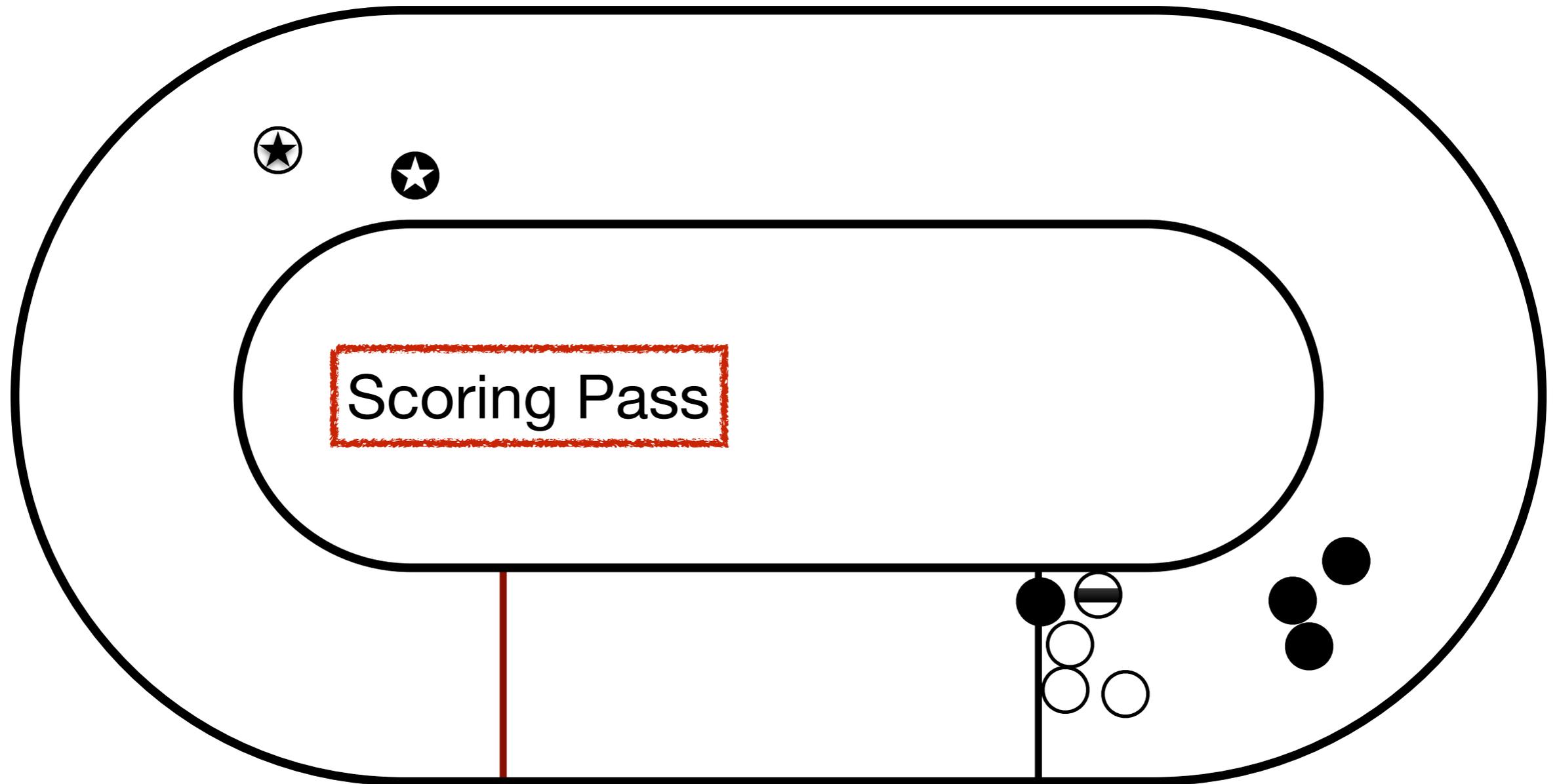
Star pass

→ *one-way-ticket* →

(Unfortunately not)

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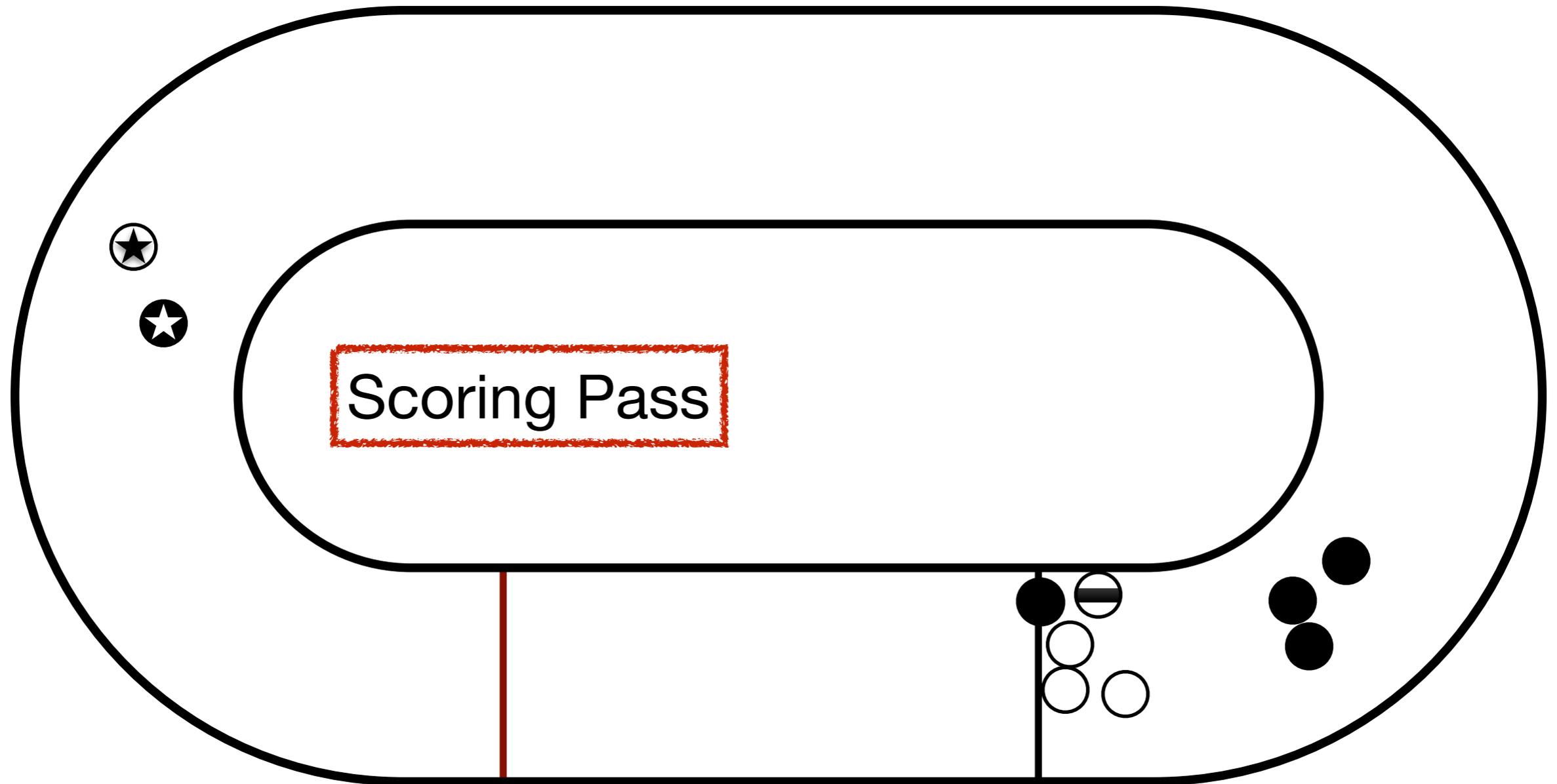
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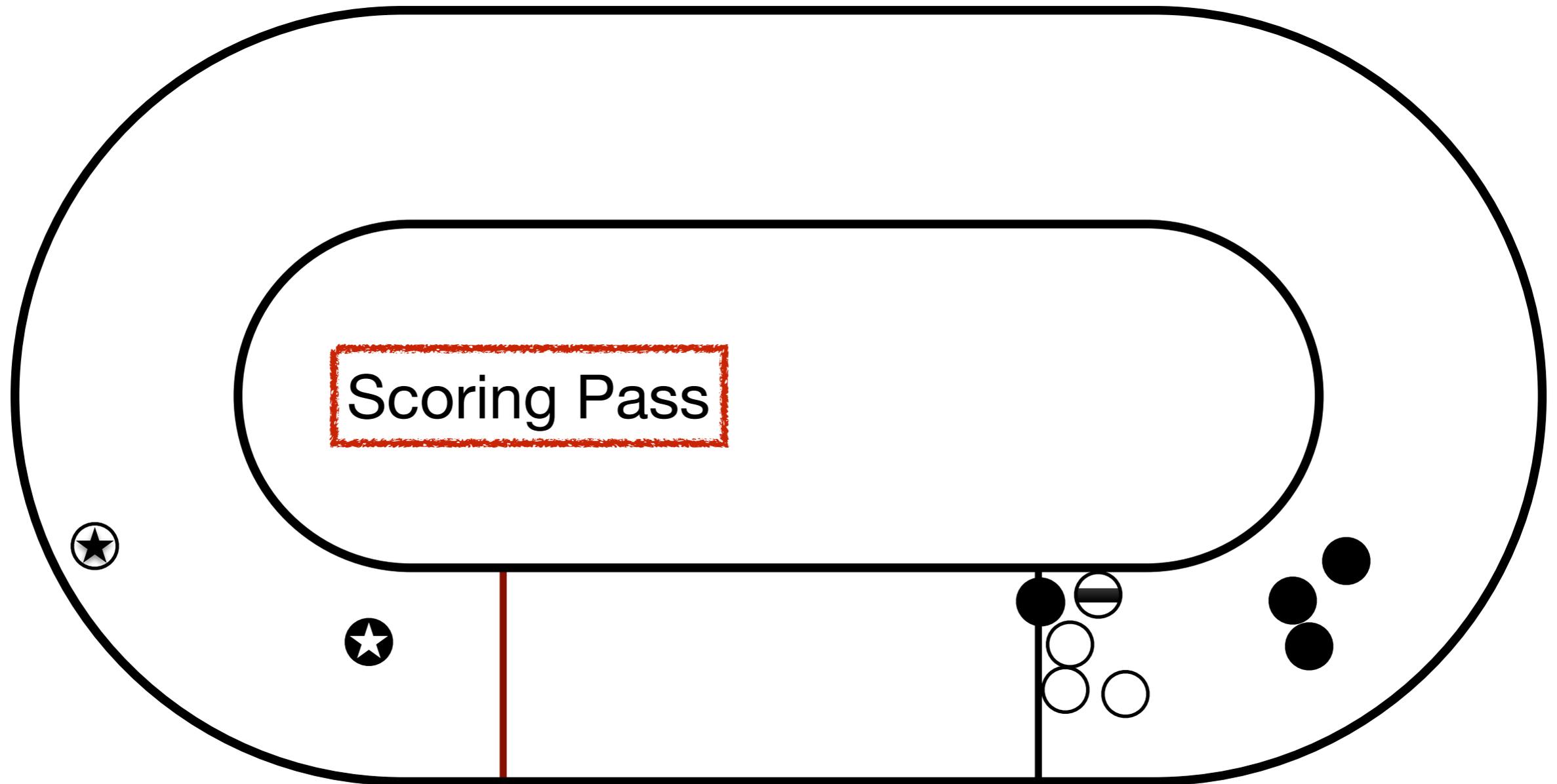
Star pass

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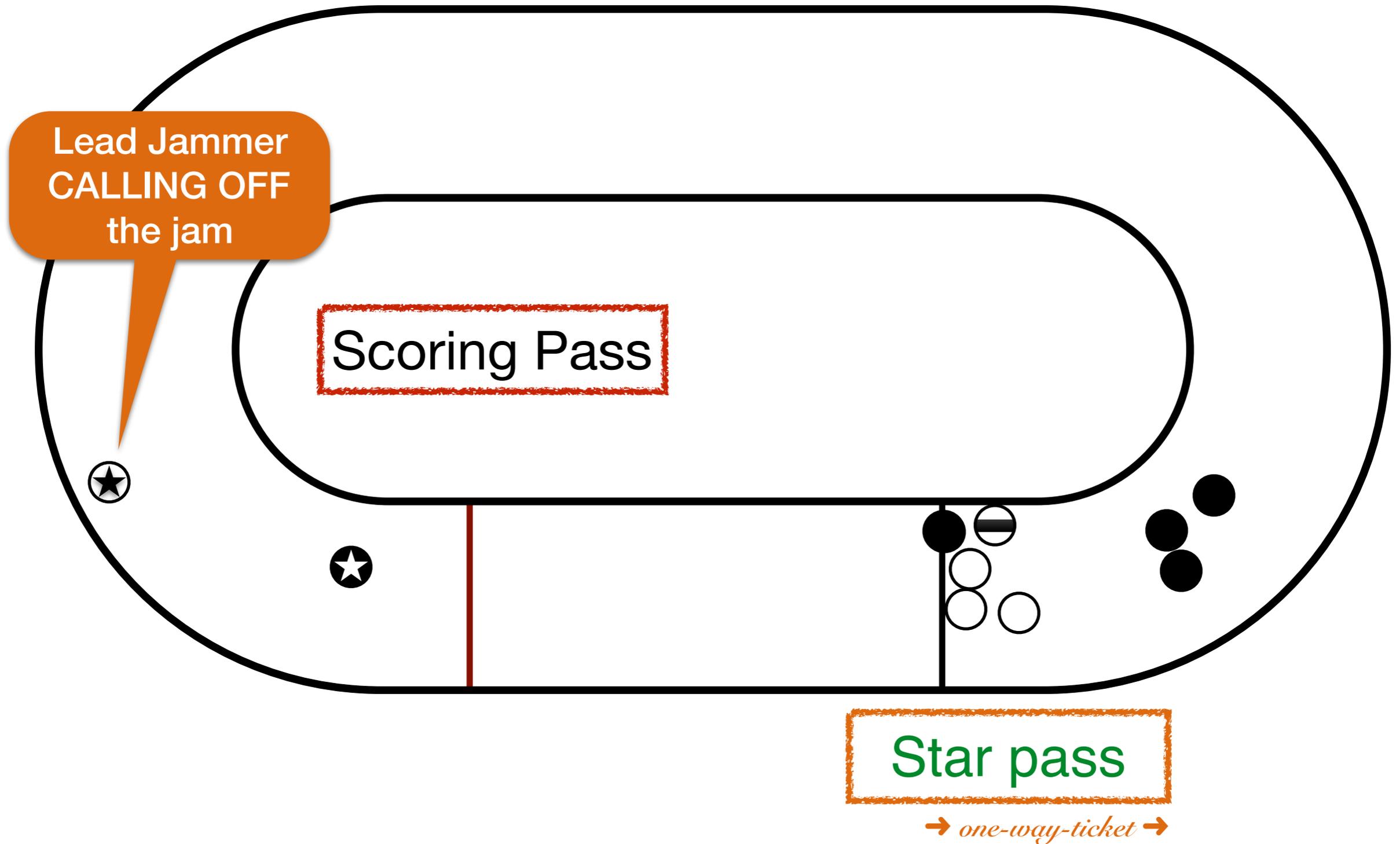
Star pass

→ one-way-ticket →

(Unfortunately not)

All about Star Pass

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[click here to watch on Youtube \(1 jam\)](#)



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Power Jam



Power Jam

★ *White Jammer* commits an **illegal** action

★ ... and gets sent to **penalty box** for **30 sec**





Power Jam

★ *White Jammer* commits an **illegal** action

★ ... and gets sent to **penalty box** for **30 sec**

★ *Black Blockers* can focus on helping *Black Jammer*

★ *Black Jammer* can score **up to 20 points** during PJ



Power Jam

★ *White Jammer* commits an **illegal** action

★ ... and gets sent to **penalty box** for **30 sec**

★ *Black Blockers* can focus on helping *Black Jammer*

★ *Black Jammer* can score **up to 20 points** during PJ

★ Power Start — Jam starts with a *Jammer* in **penalty box**



[click here to watch on Youtube \(1 jam\)](#)



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Advanced Topics

Penalties



Pack

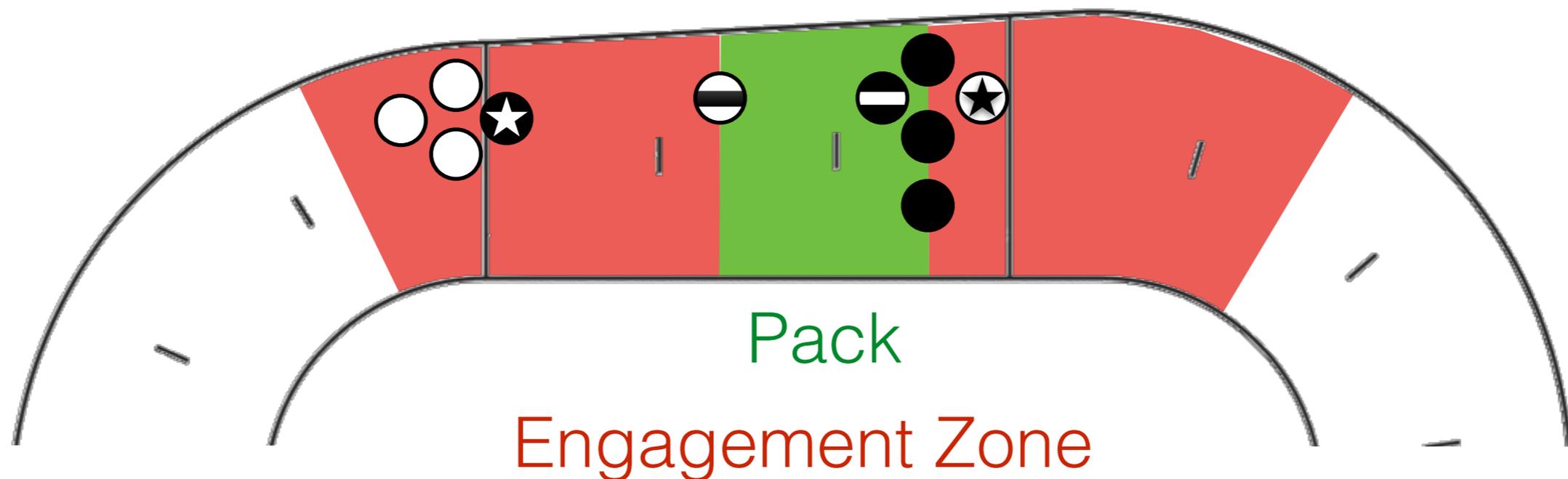


Pack

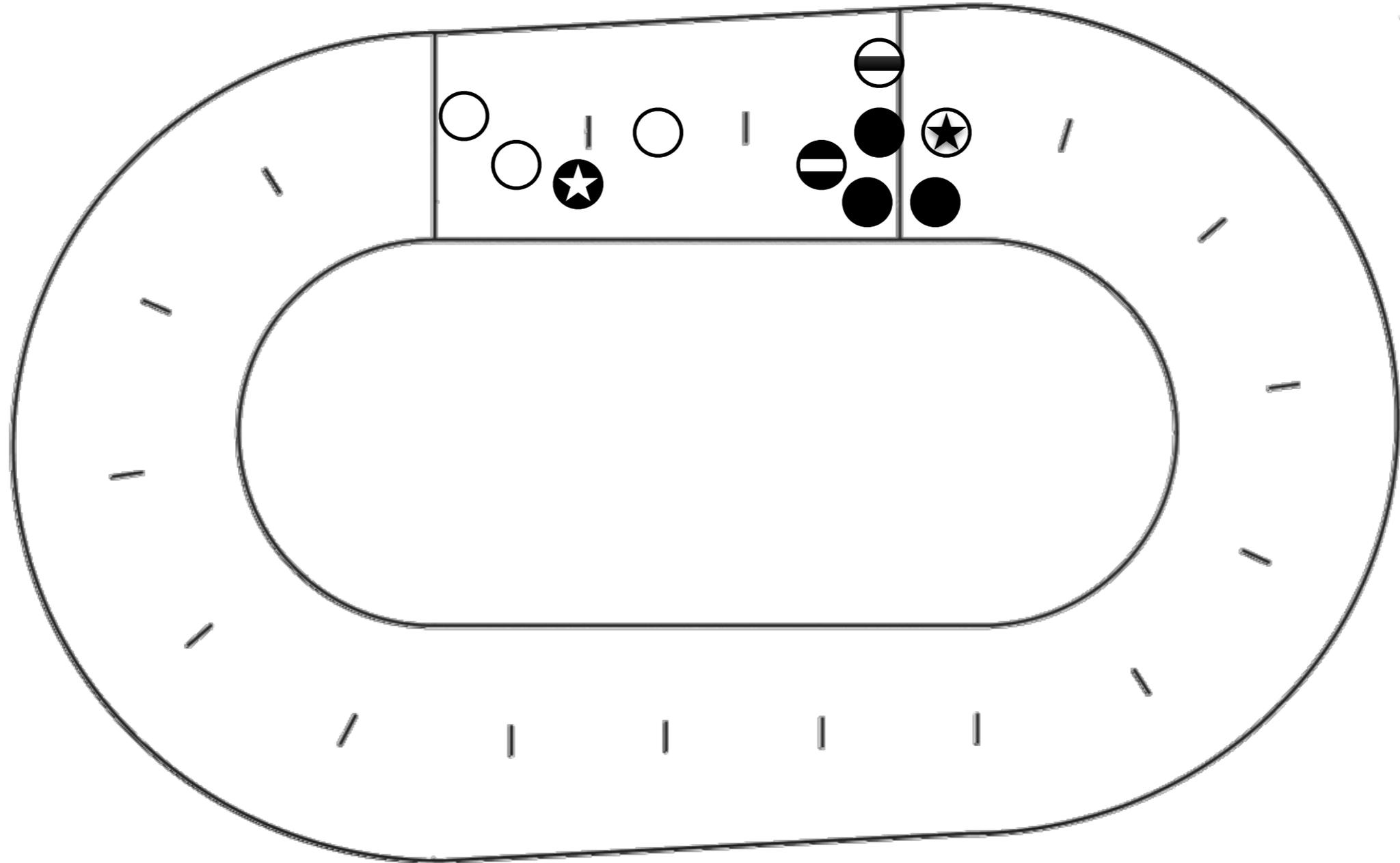
Pack is Fundamental

It gives Roller Derby its unique flavour

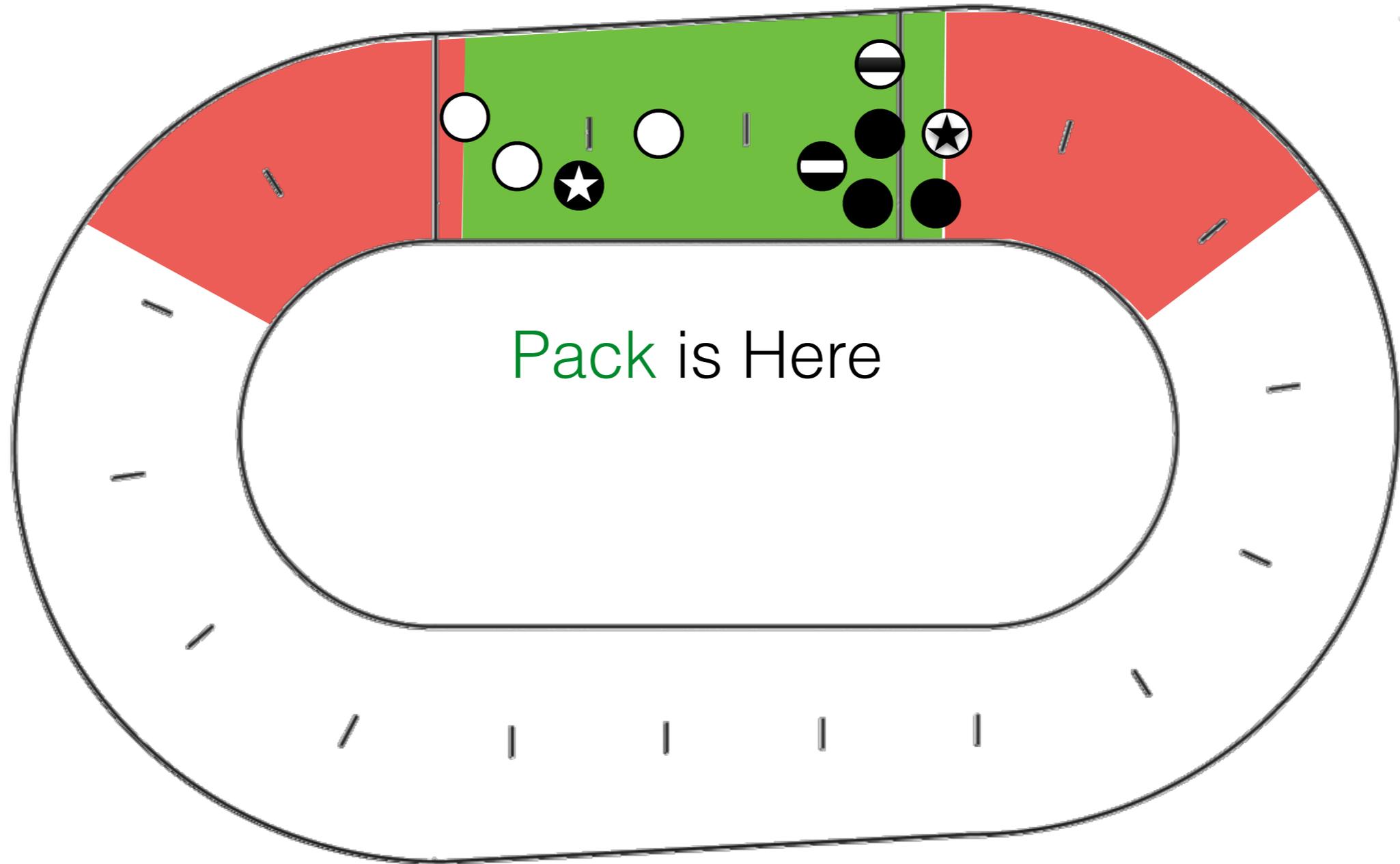
- It **requires** blockers to keep **relatively close** one to another.
- Pack is the **largest** group of **blockers** of **both** teams in **close proximity** (less than 10 feet = 3 meters)
- Engagement Zone = 20 feet \longleftrightarrow Pack \longleftarrow 20 feet
- Blockers may not leave **EZ** (*Out of Play* warning)



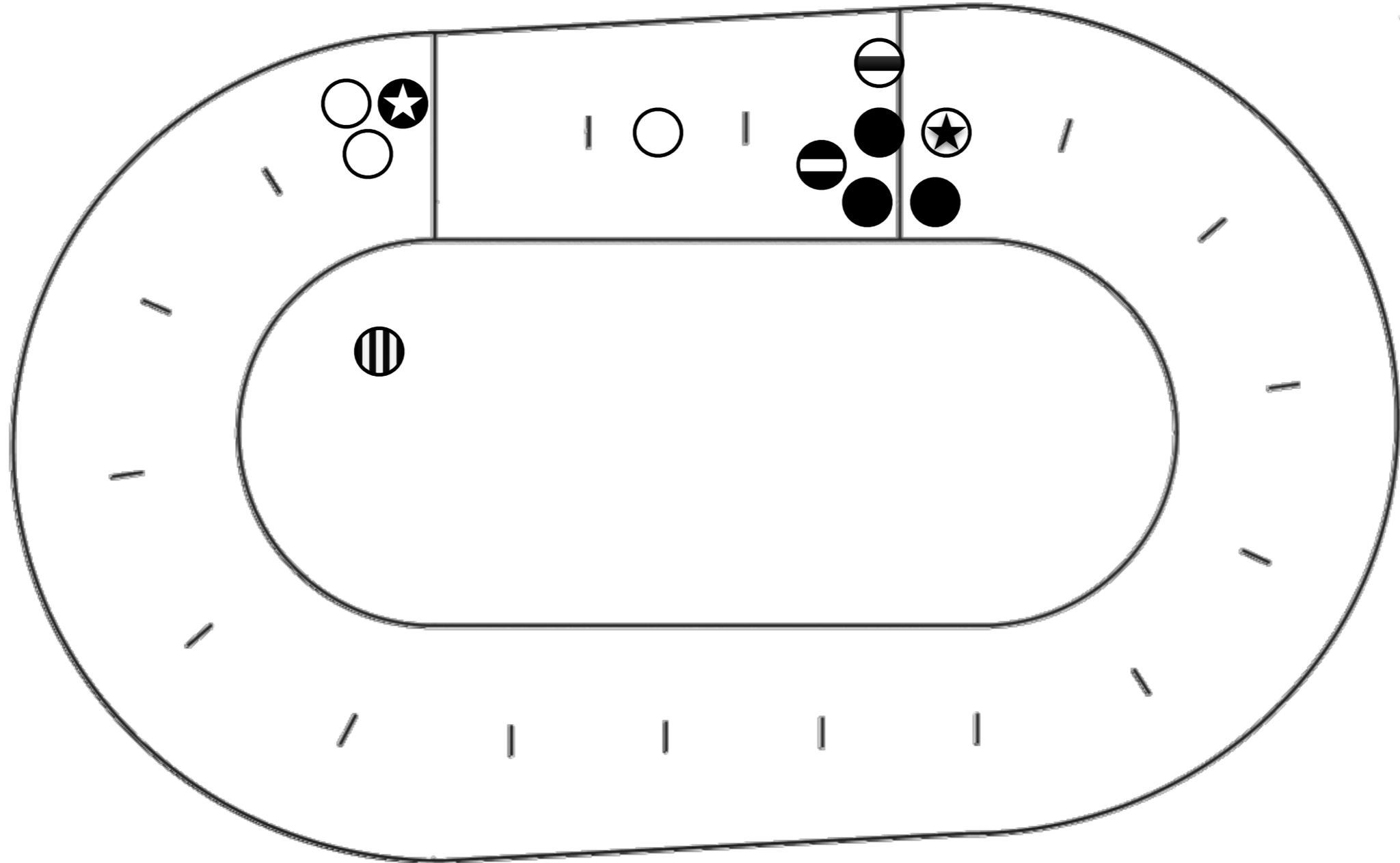
Pack or No Pack



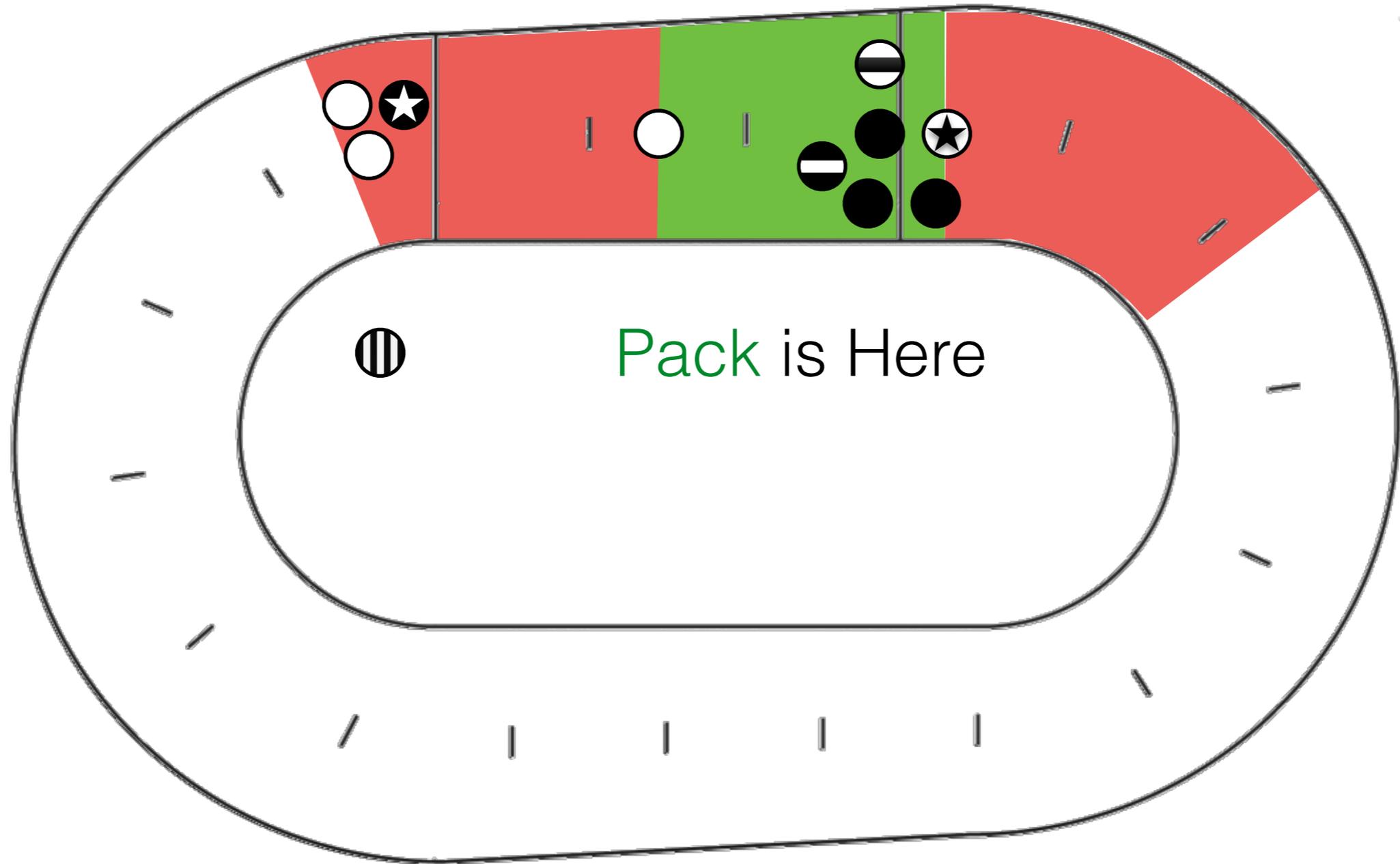
Pack or No Pack



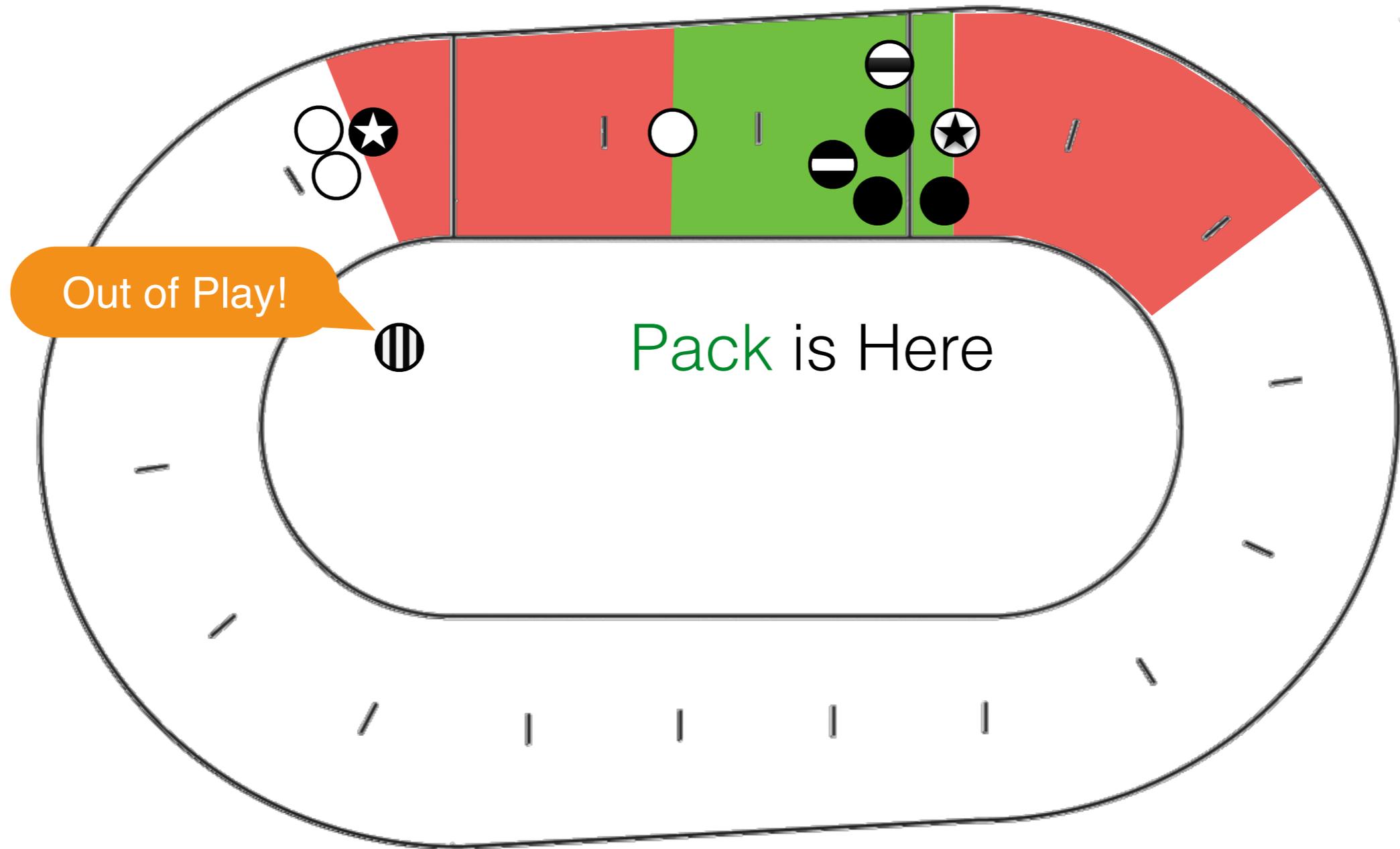
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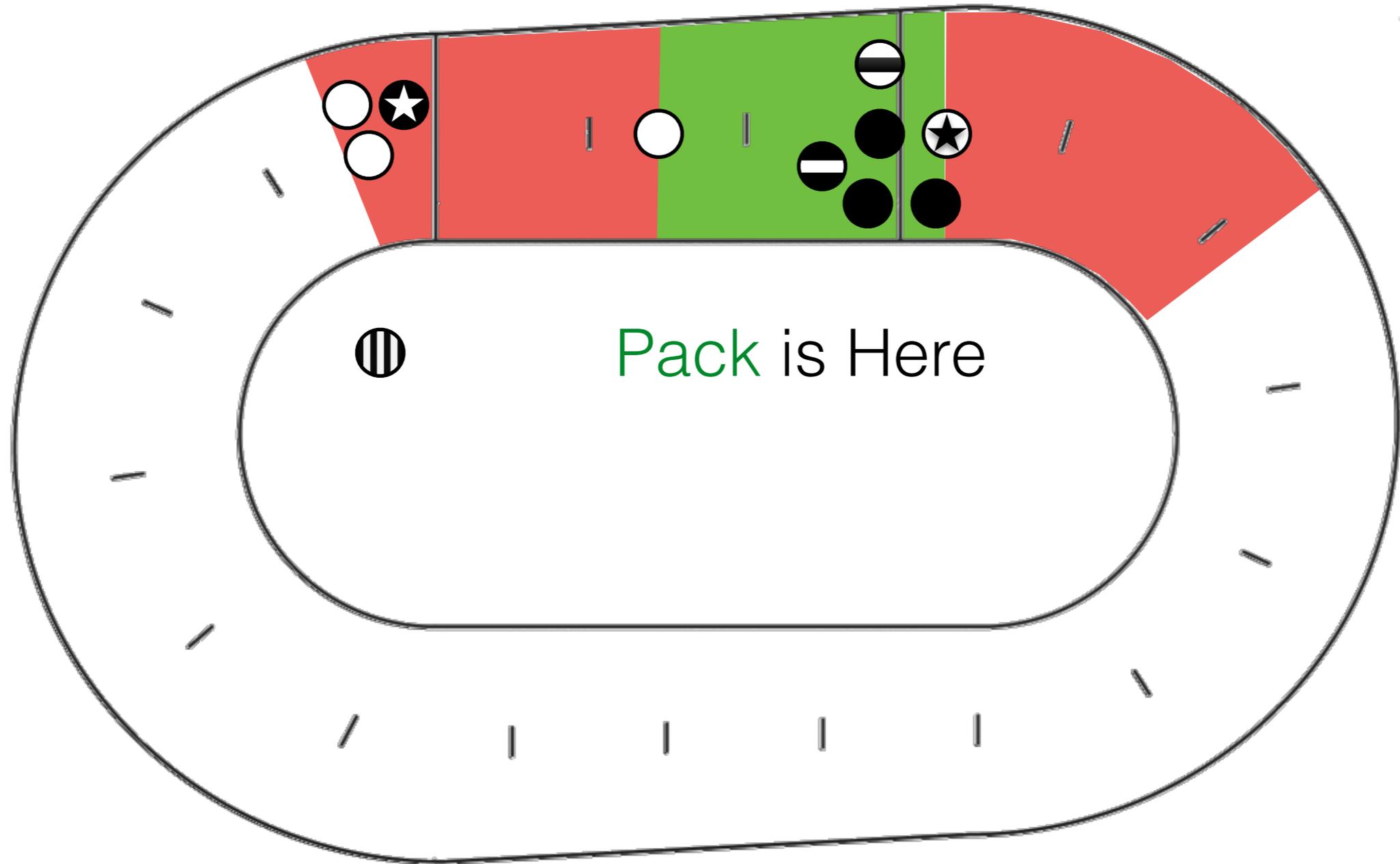
Pack or No Pack



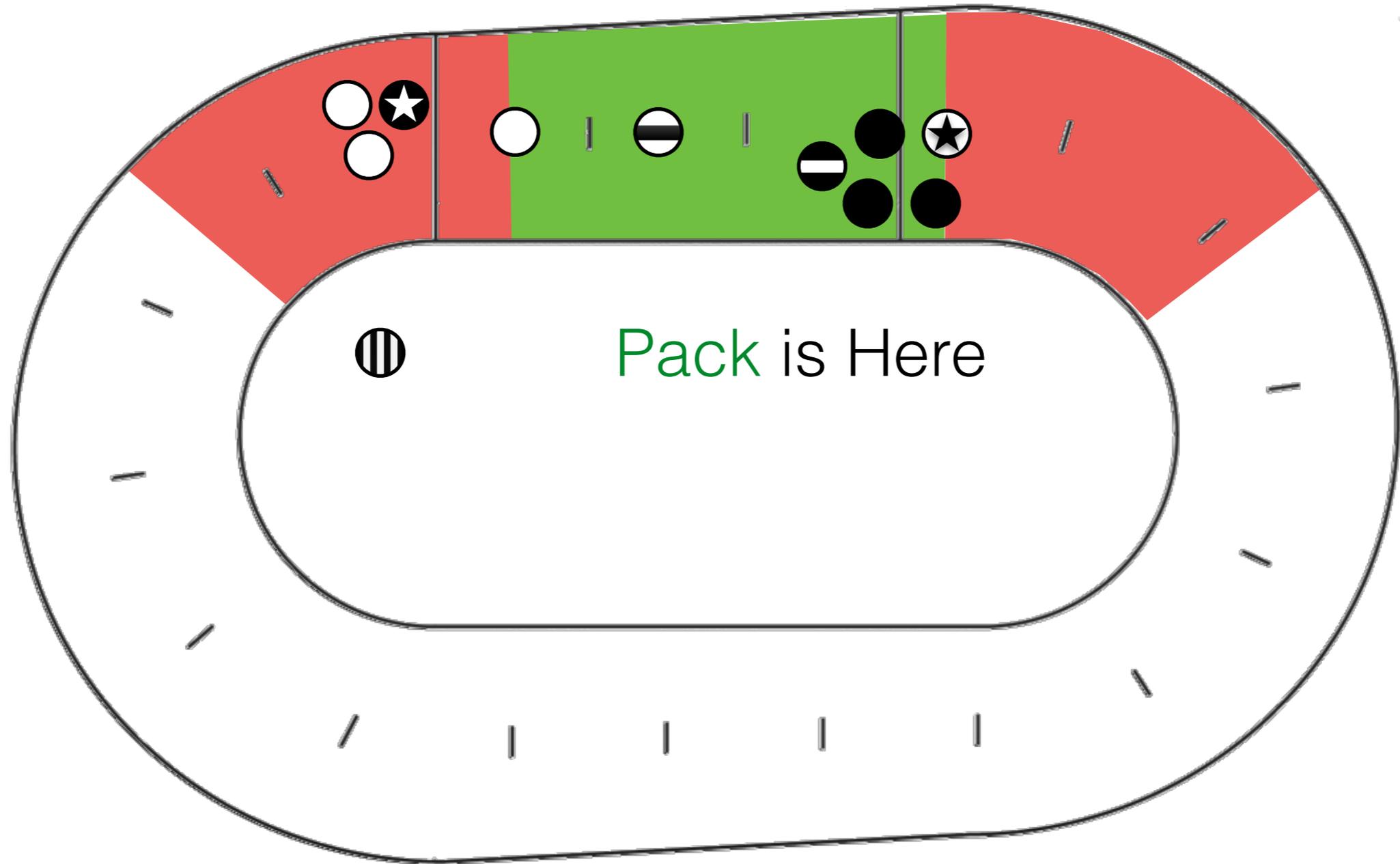
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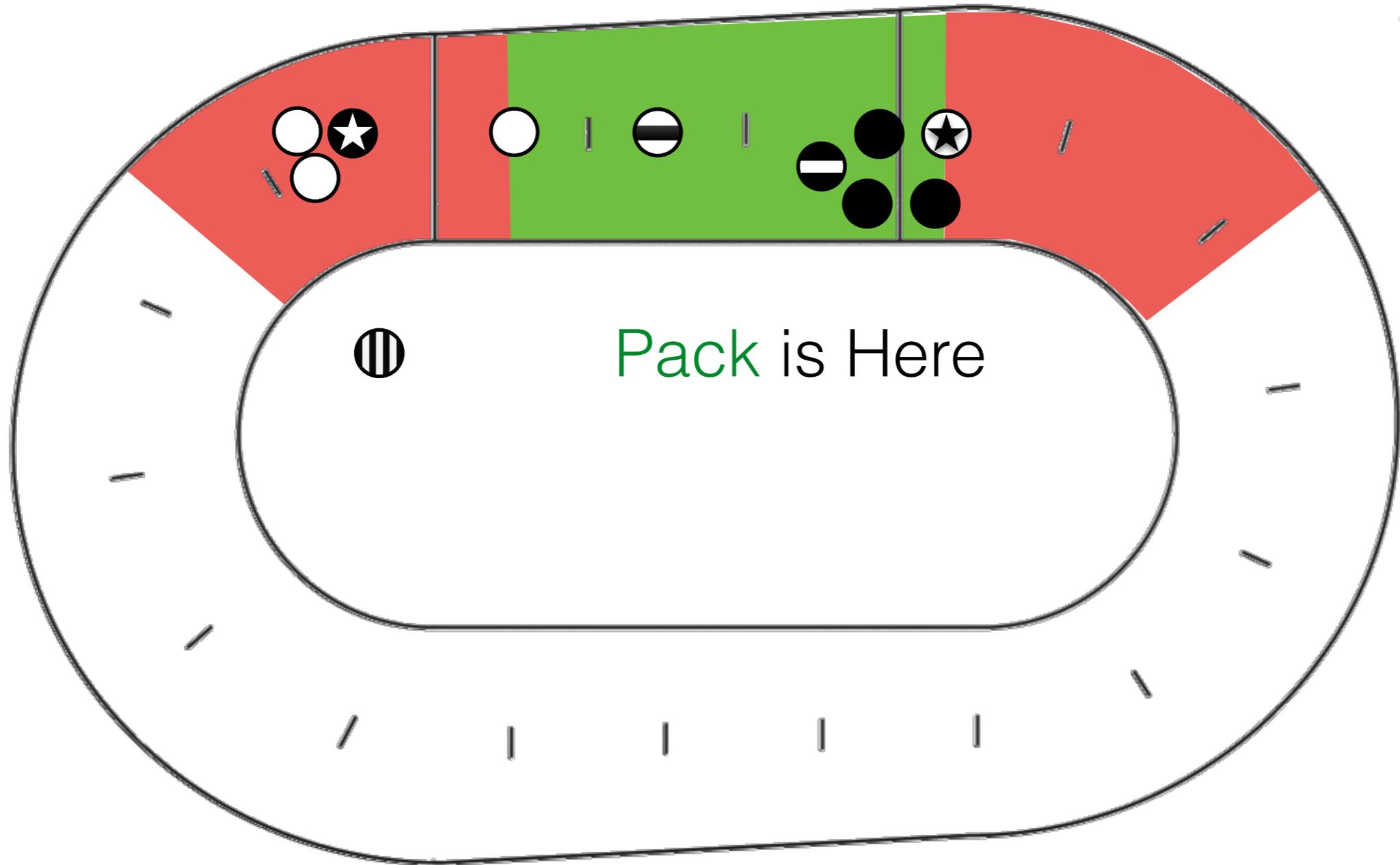
Pack or No Pack



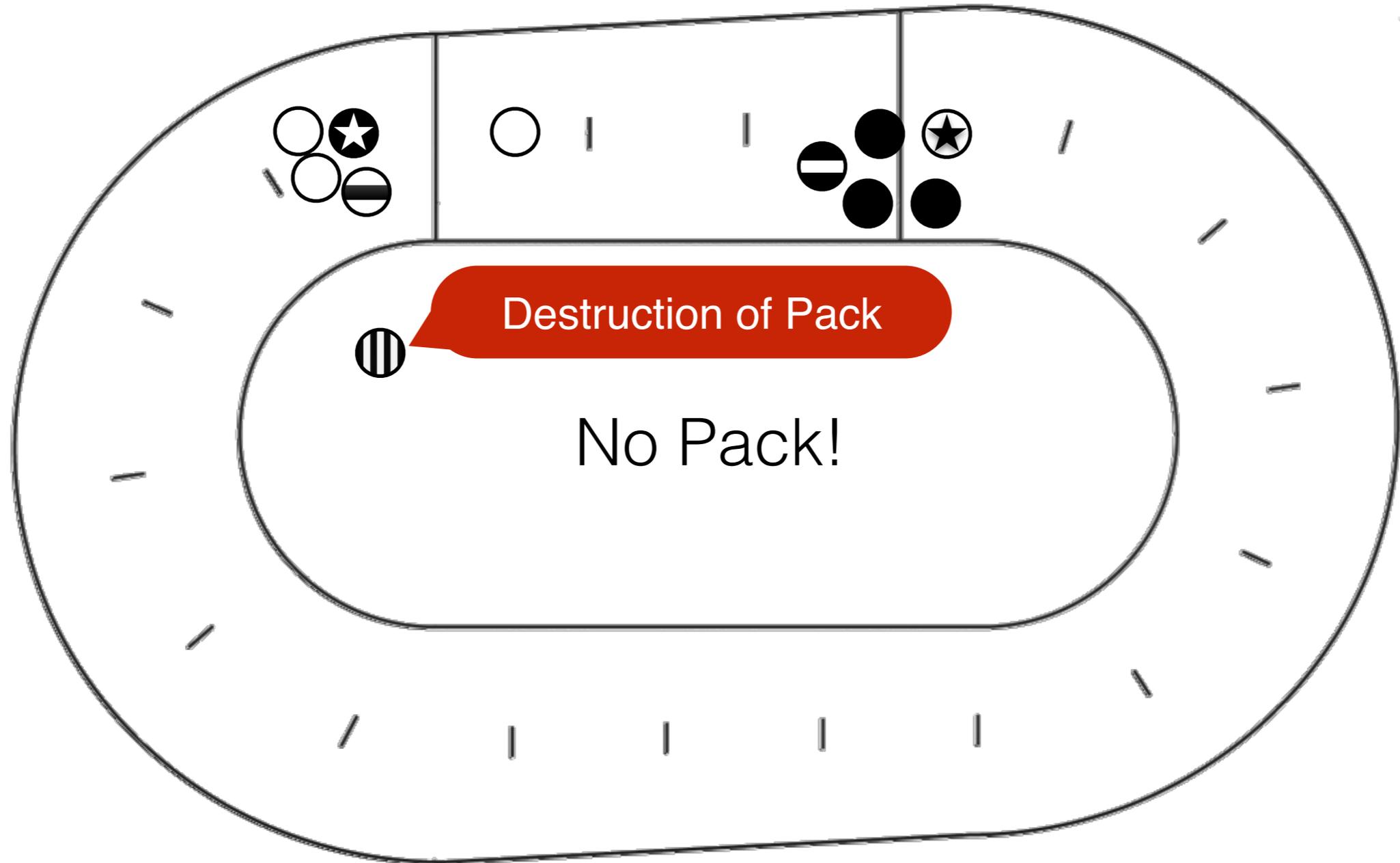
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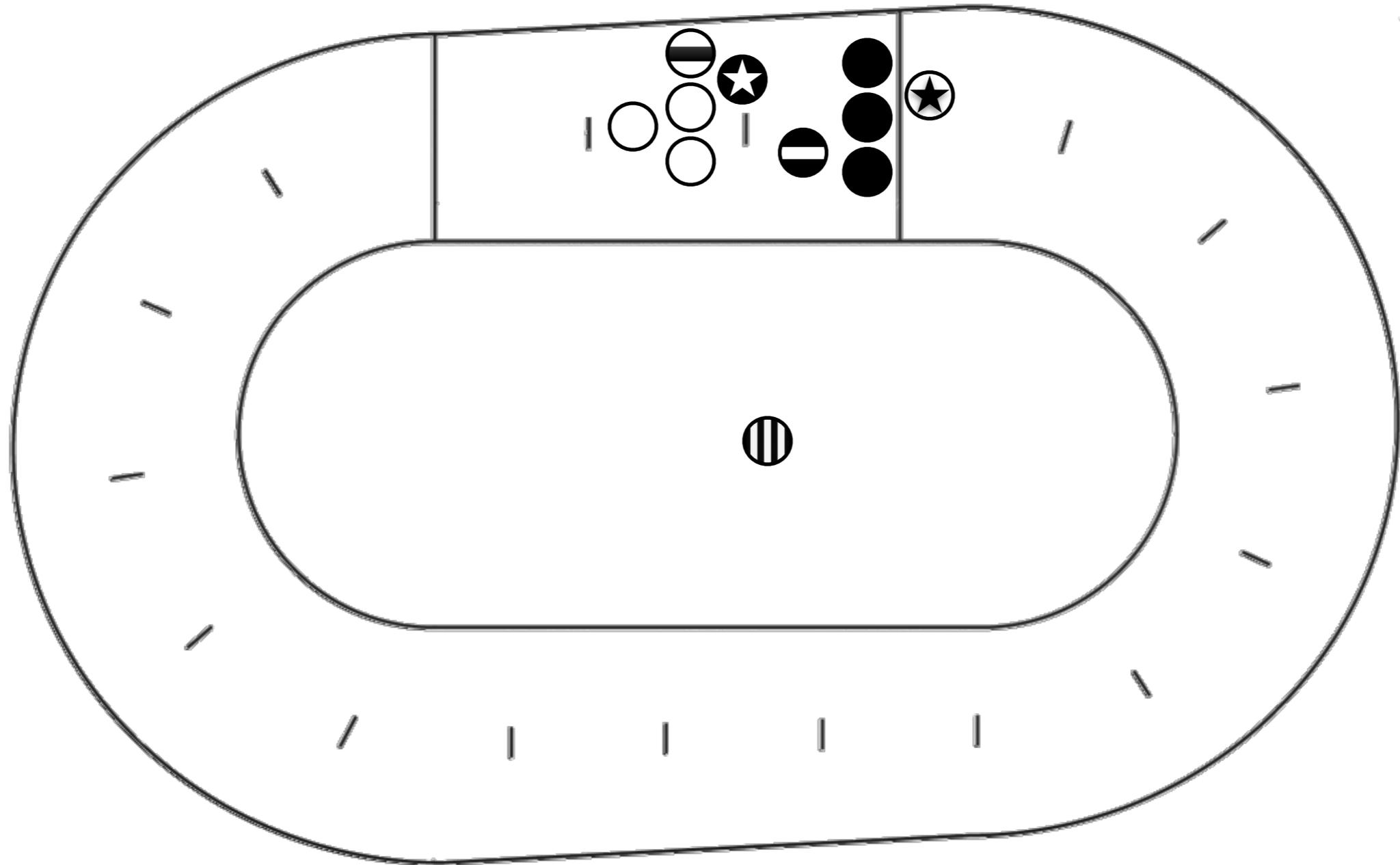
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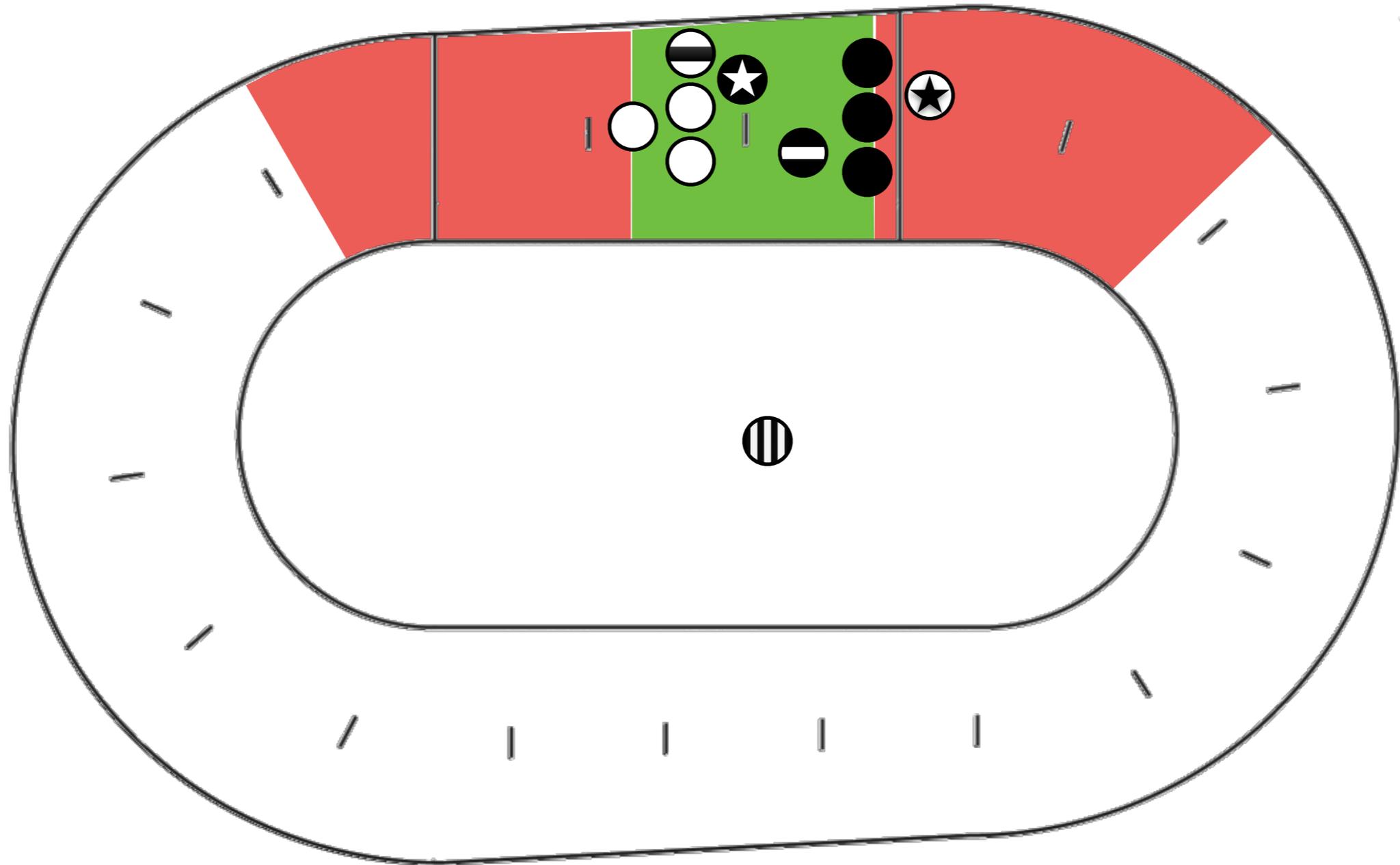
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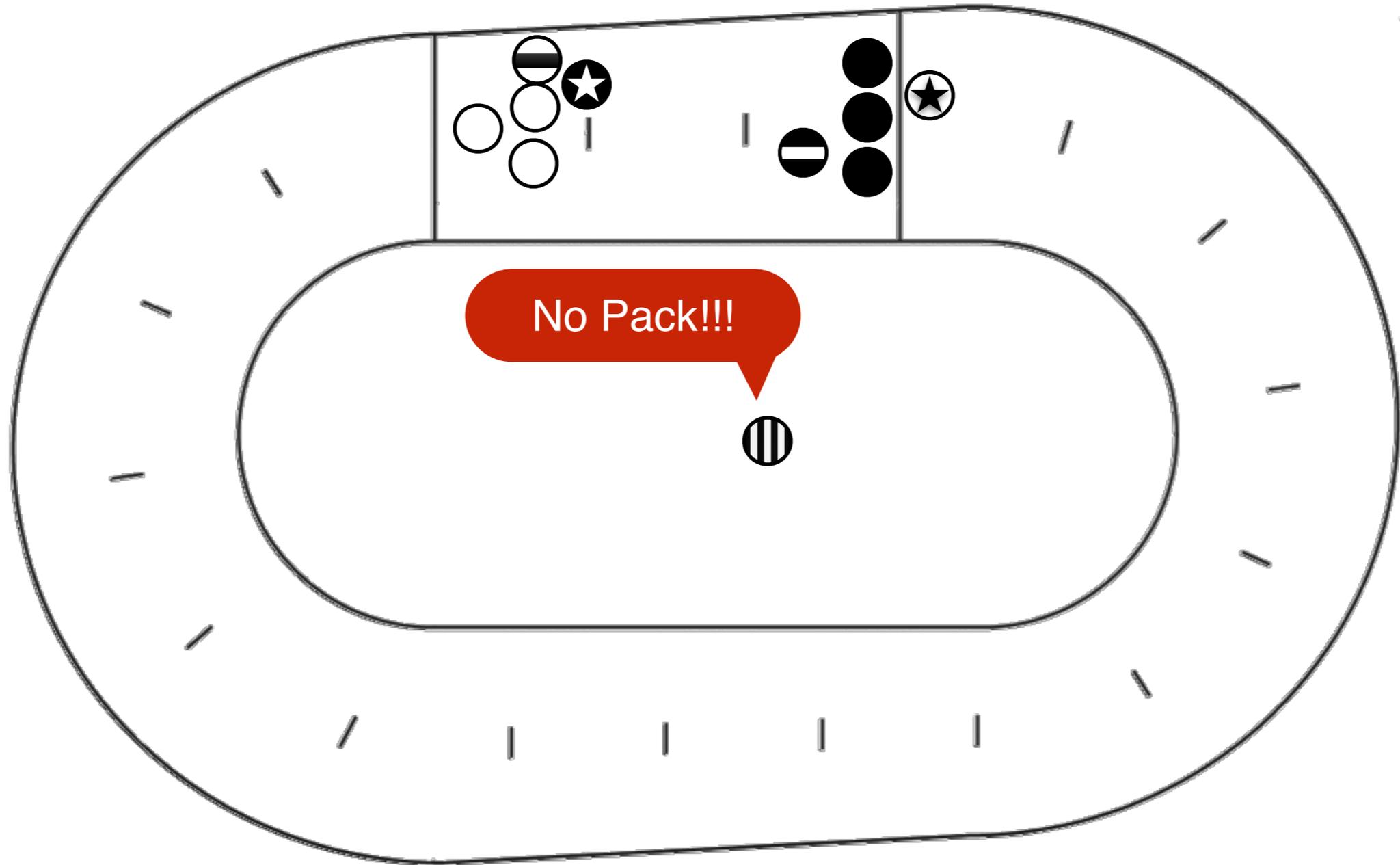
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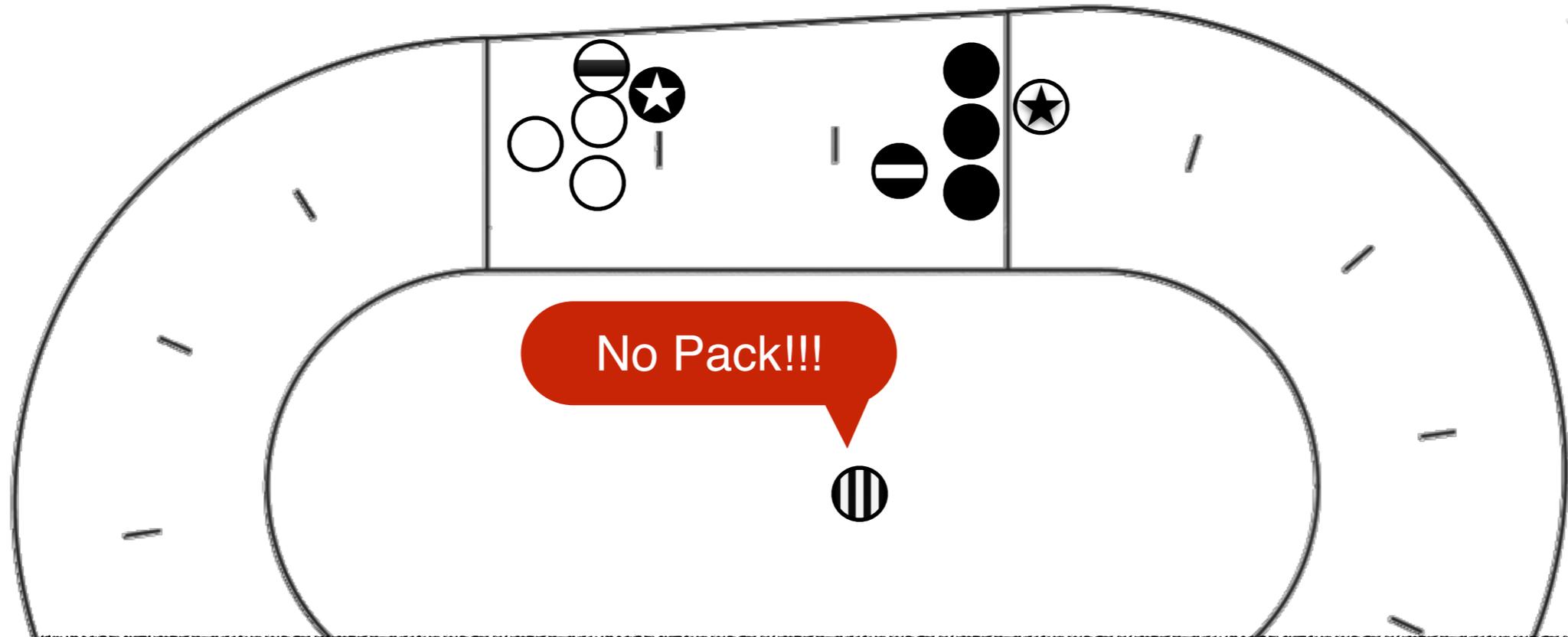
Pack or No Pack



Pack or No Pack



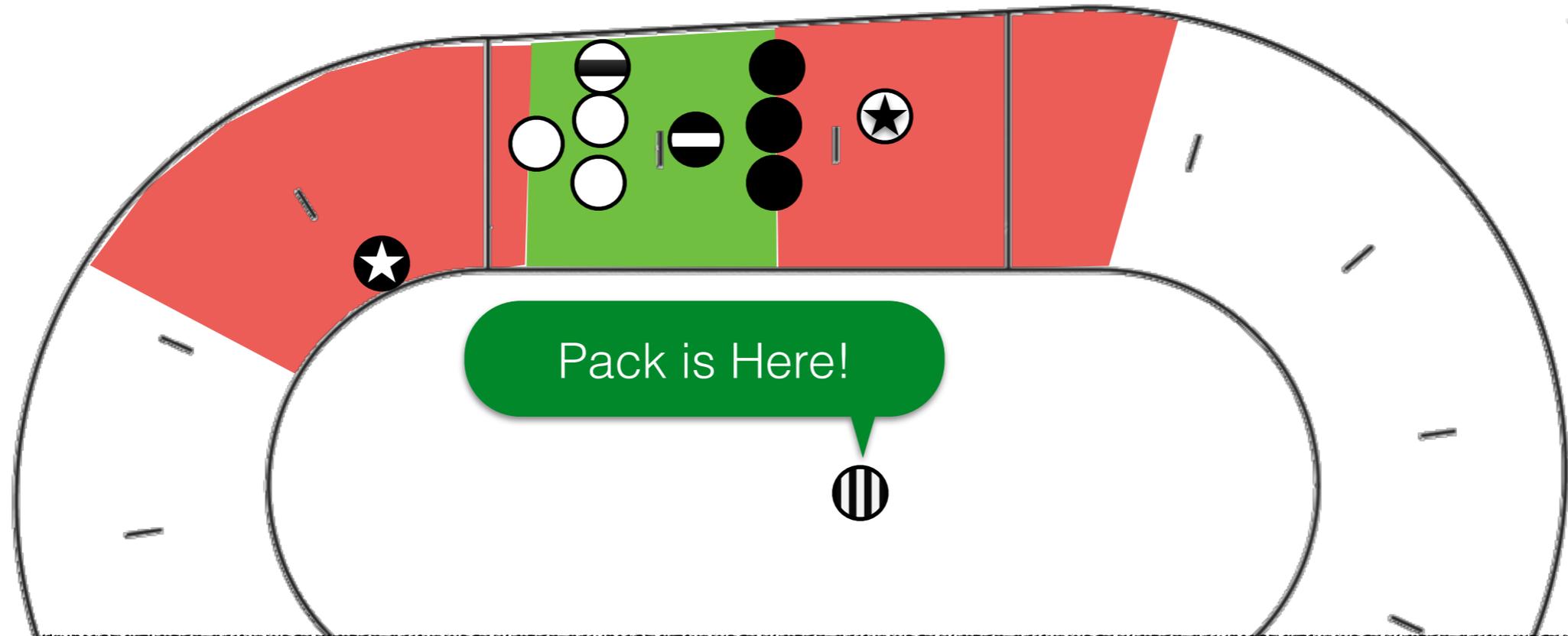
Pack or No Pack



During “No Pack” situation:

- Blocker **cannot** engage other skaters
- Blockers **must immediately** reform the pack
- **Front** blockers must come to a **stop**
- **Back** blockers must **sprint forward**

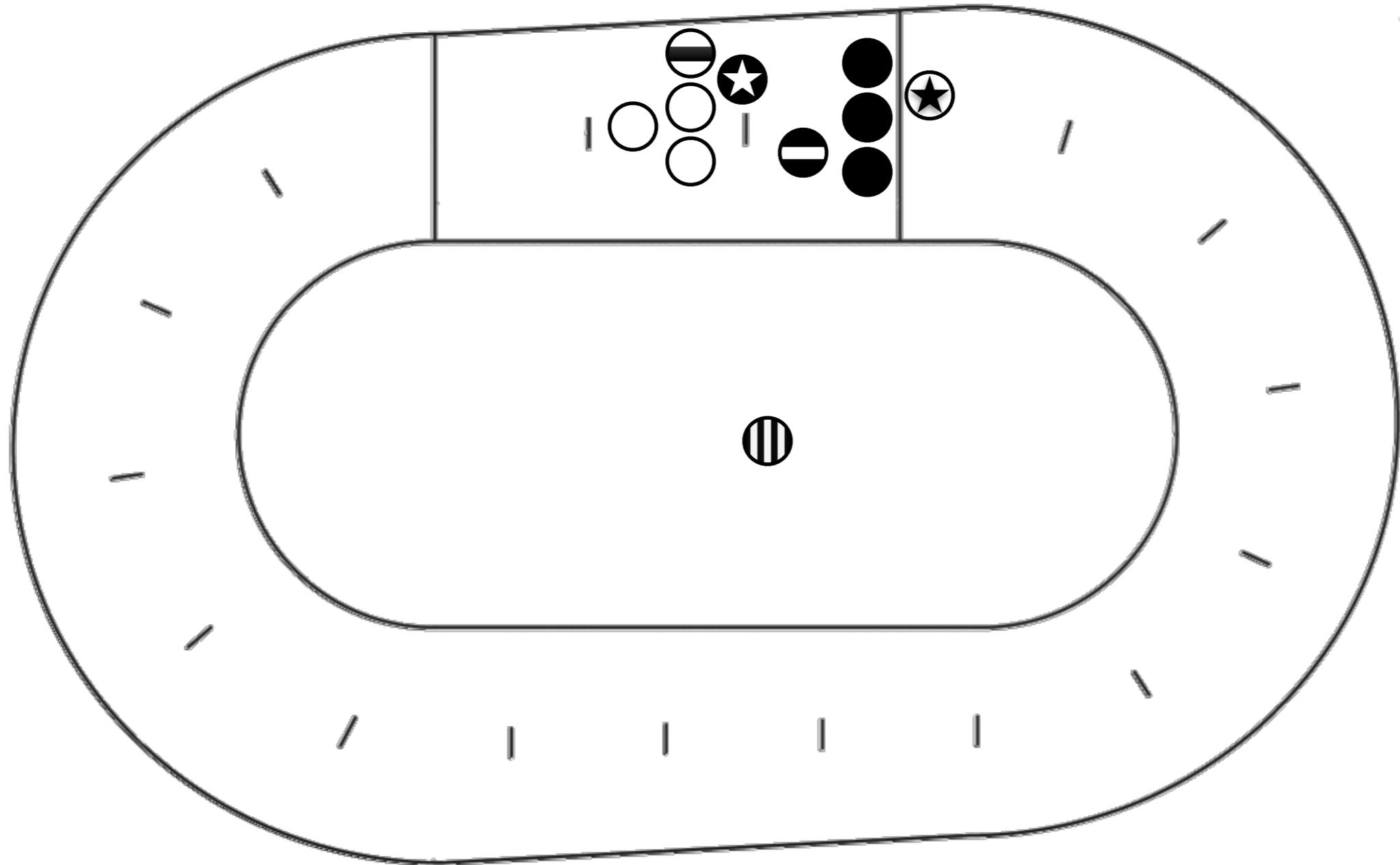
Pack or No Pack



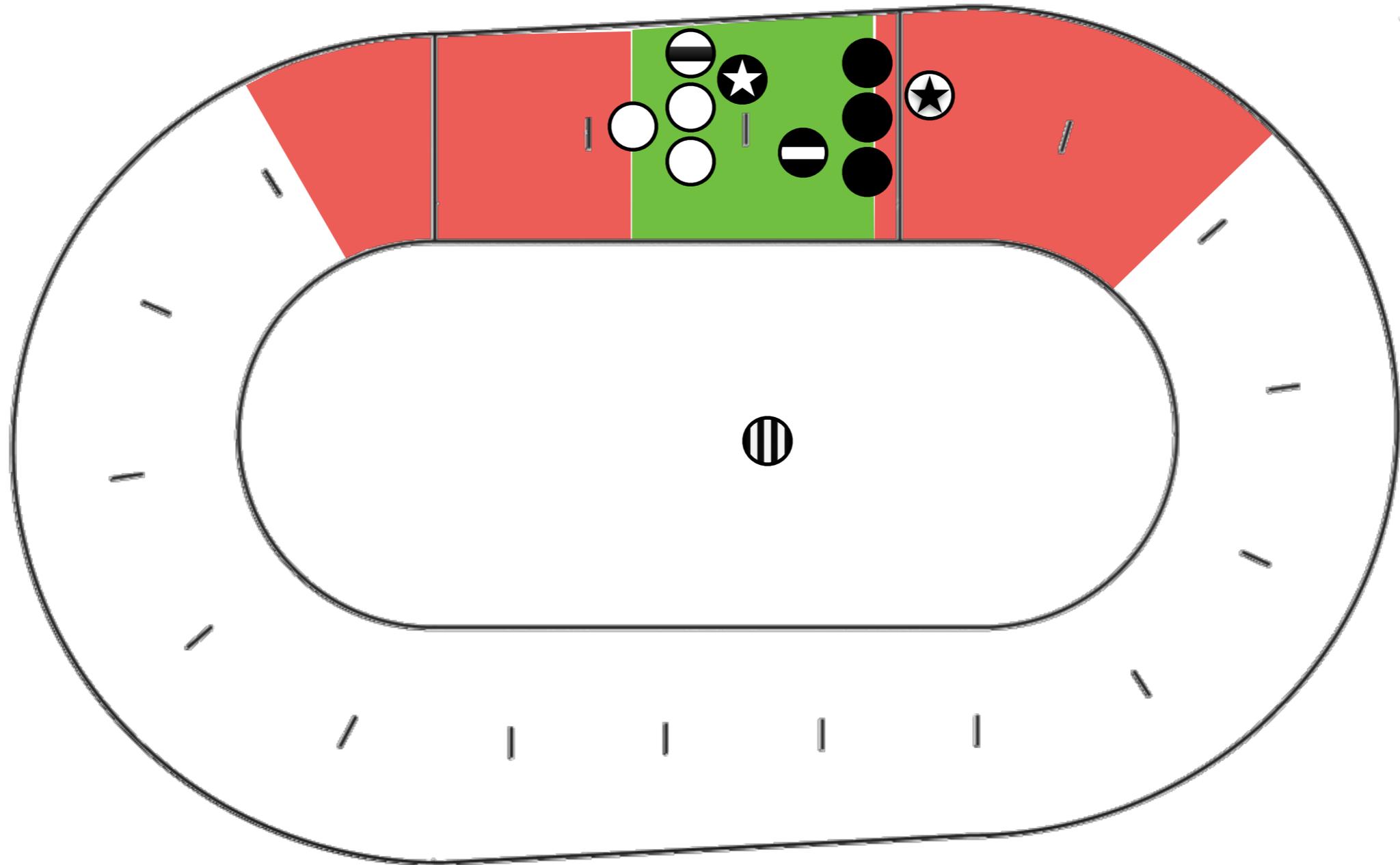
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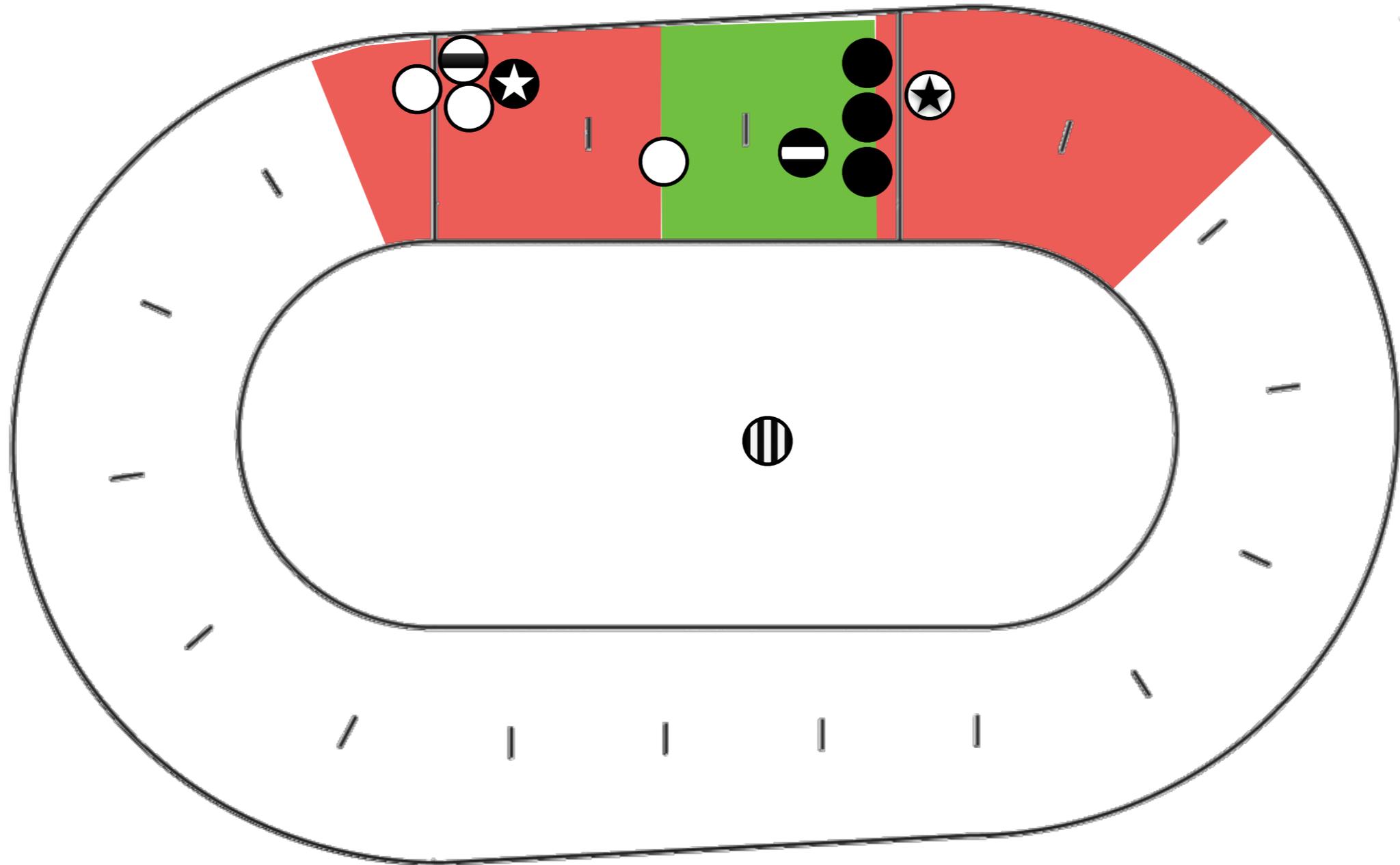
Pack or No Pack



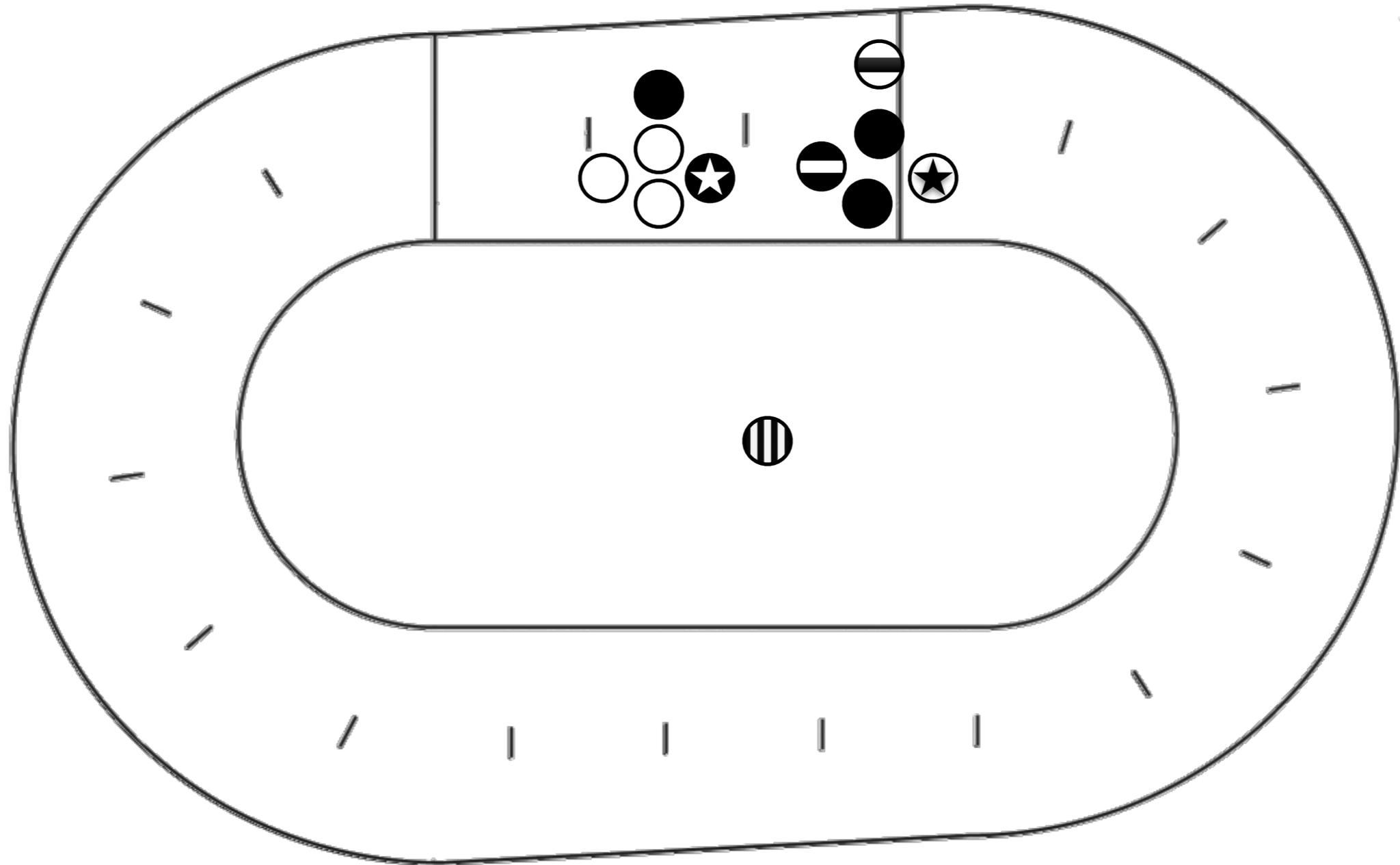
Pack or No Pack



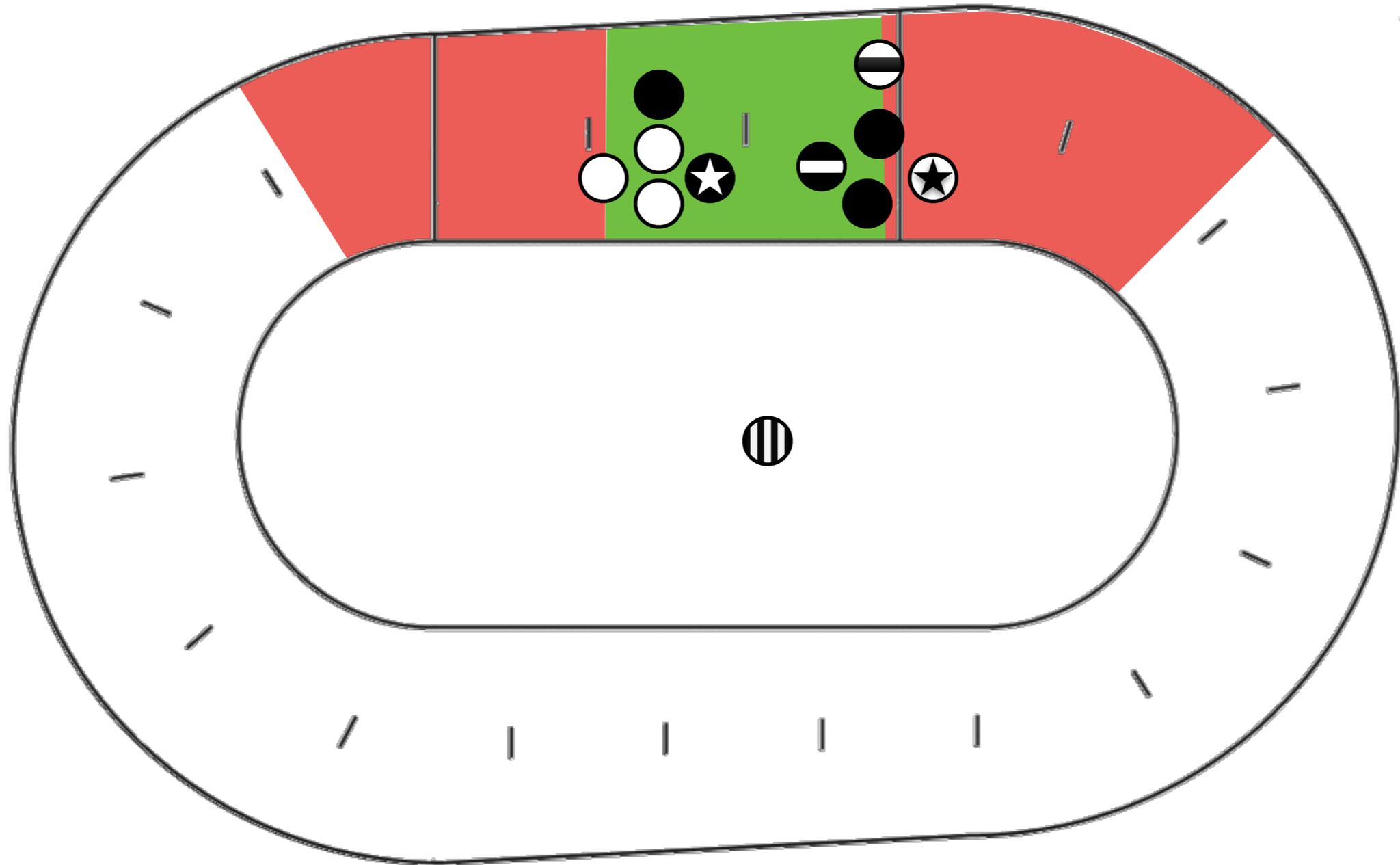
Pack or No Pack



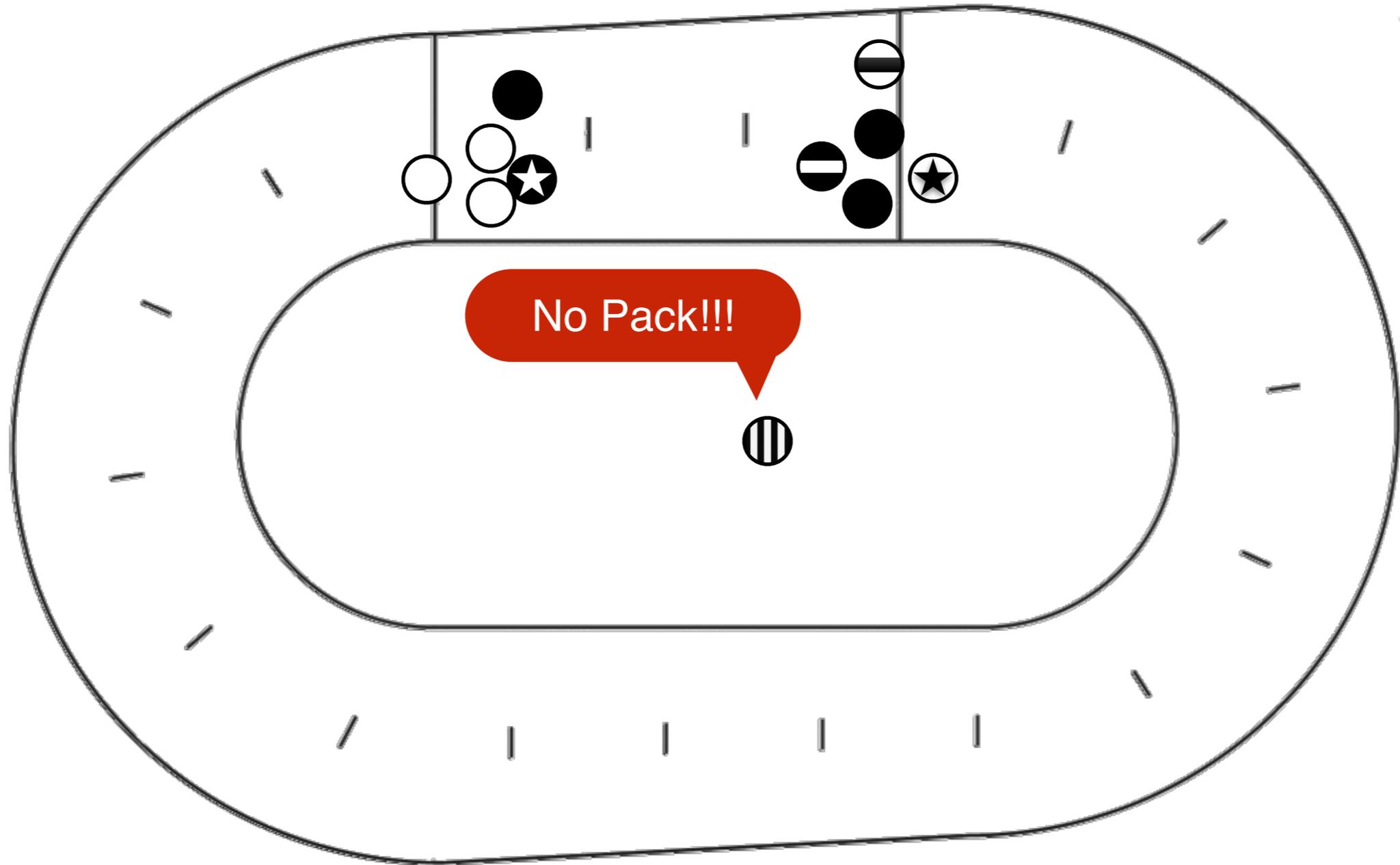
Split Pack



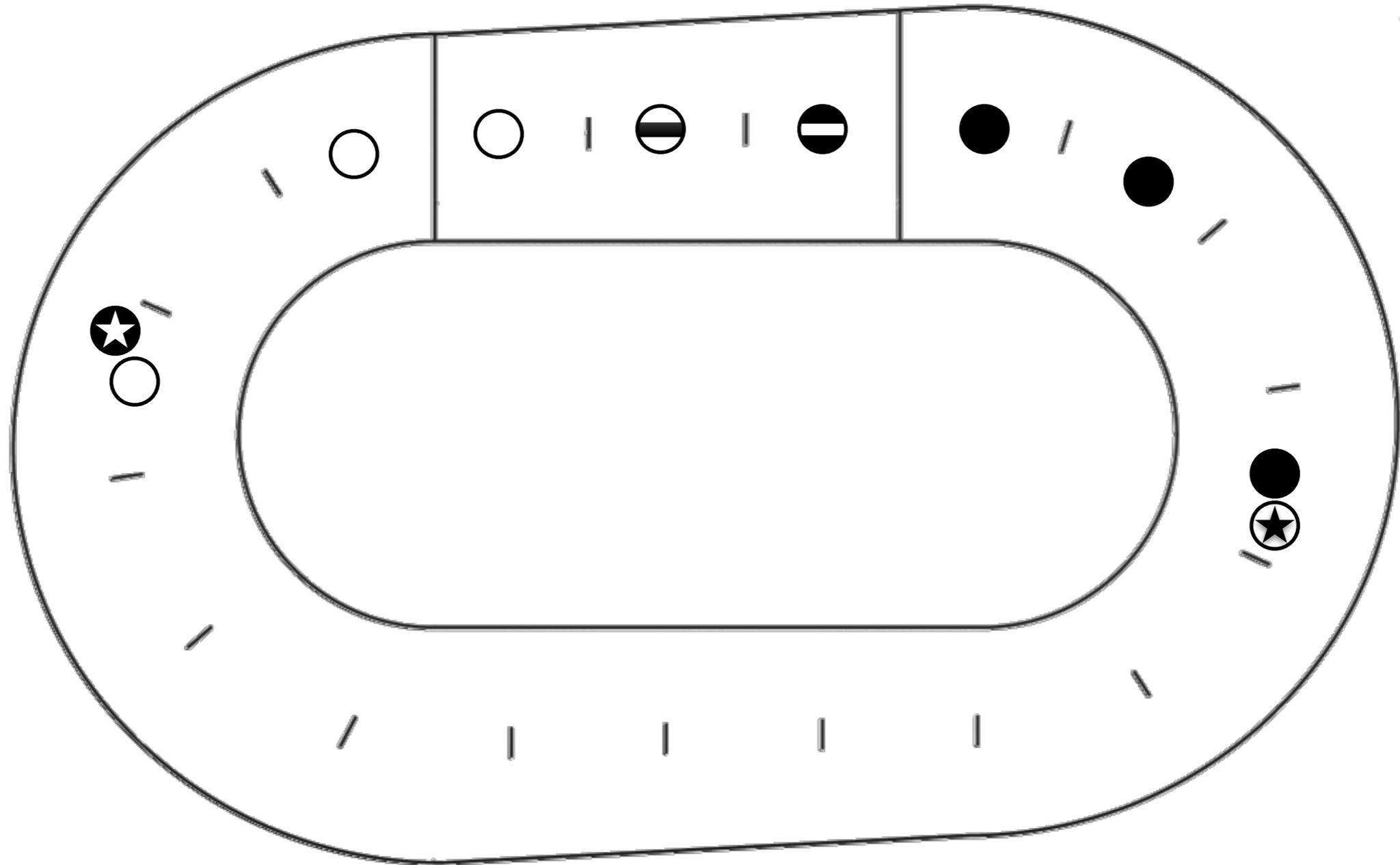
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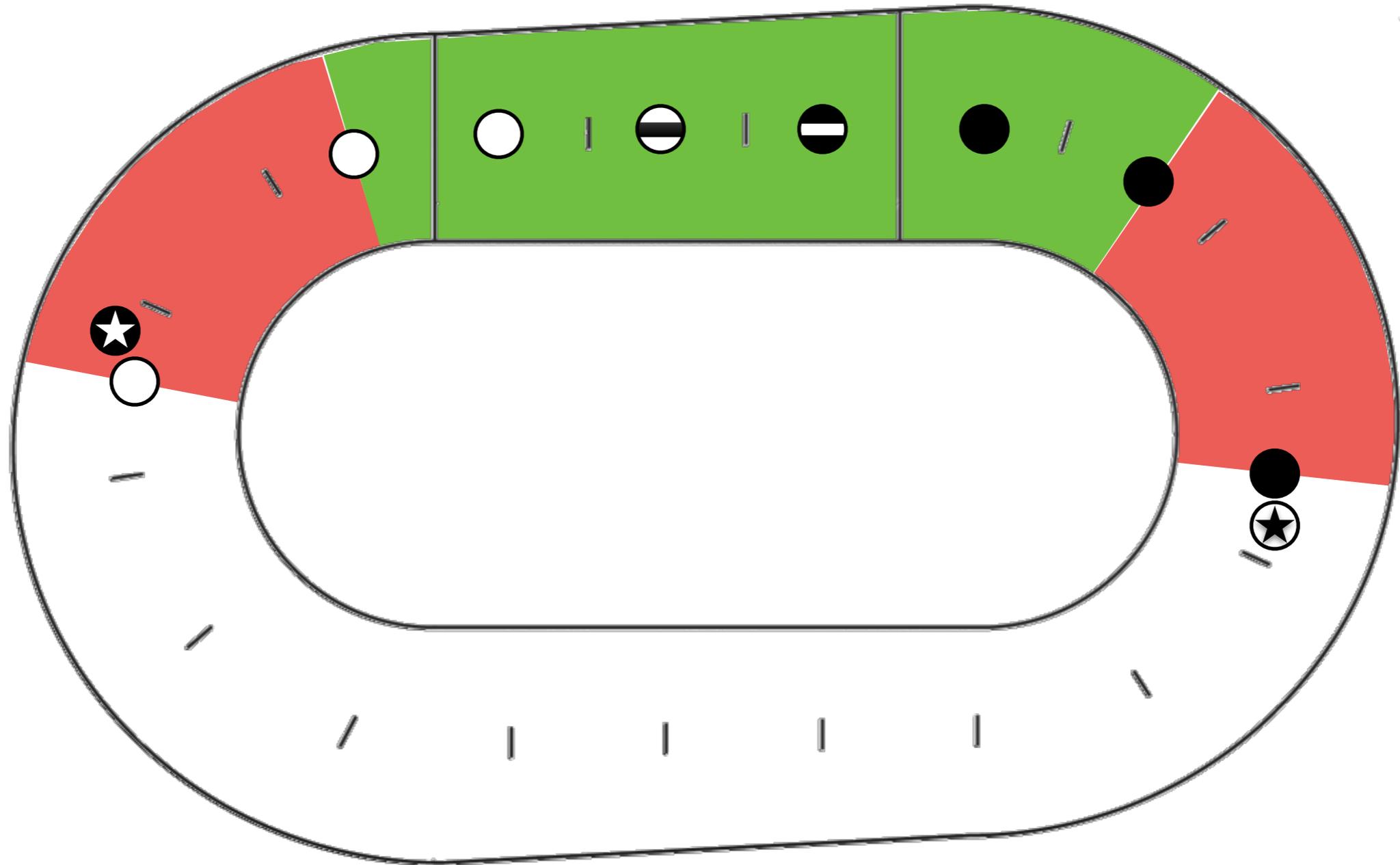
Split Pack



Pack is Long



Pack is Long



Penalties

Penalties



B
BACK BLOCK



A
HIGH BLOCK
Blocking to the Head



L
LOW BLOCK



E
ELBOWS



F
FOREARMS



H
BLOCKING WITH
THE HEAD



M
MULTI-PLAYER
BLOCK



O
OUT OF BOUNDS
BLOCKING

Penalties



DIRECTION OF GAME PLAYS

Clockwise... / Stopped... / Clockwise... / Stopped...



OUT OF PLAY

Destroying / Failure... / Out of Play...
Illegal Return / Destroying the Pack



CUTTING



SKATING OUT OF BOUNDS



ILLEGAL PROCEDURES

False... / ...Violation / Illegal...
Too Many Skaters / Interference / Stalling



INSUBORDINATION



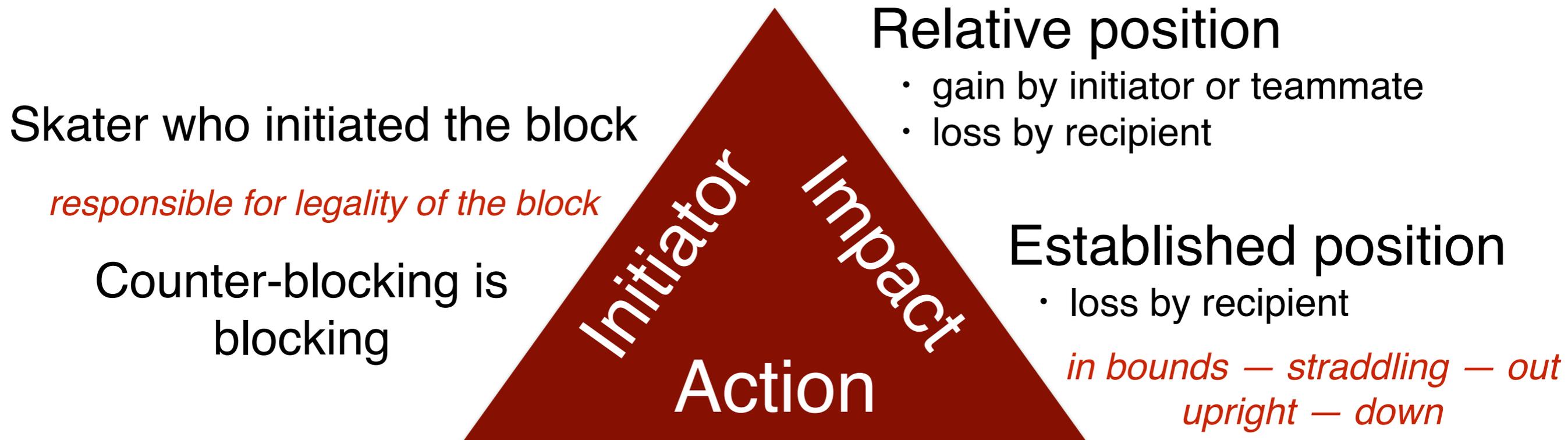
DELAY OF GAME



MISCONDUCT

Gross Misconduct

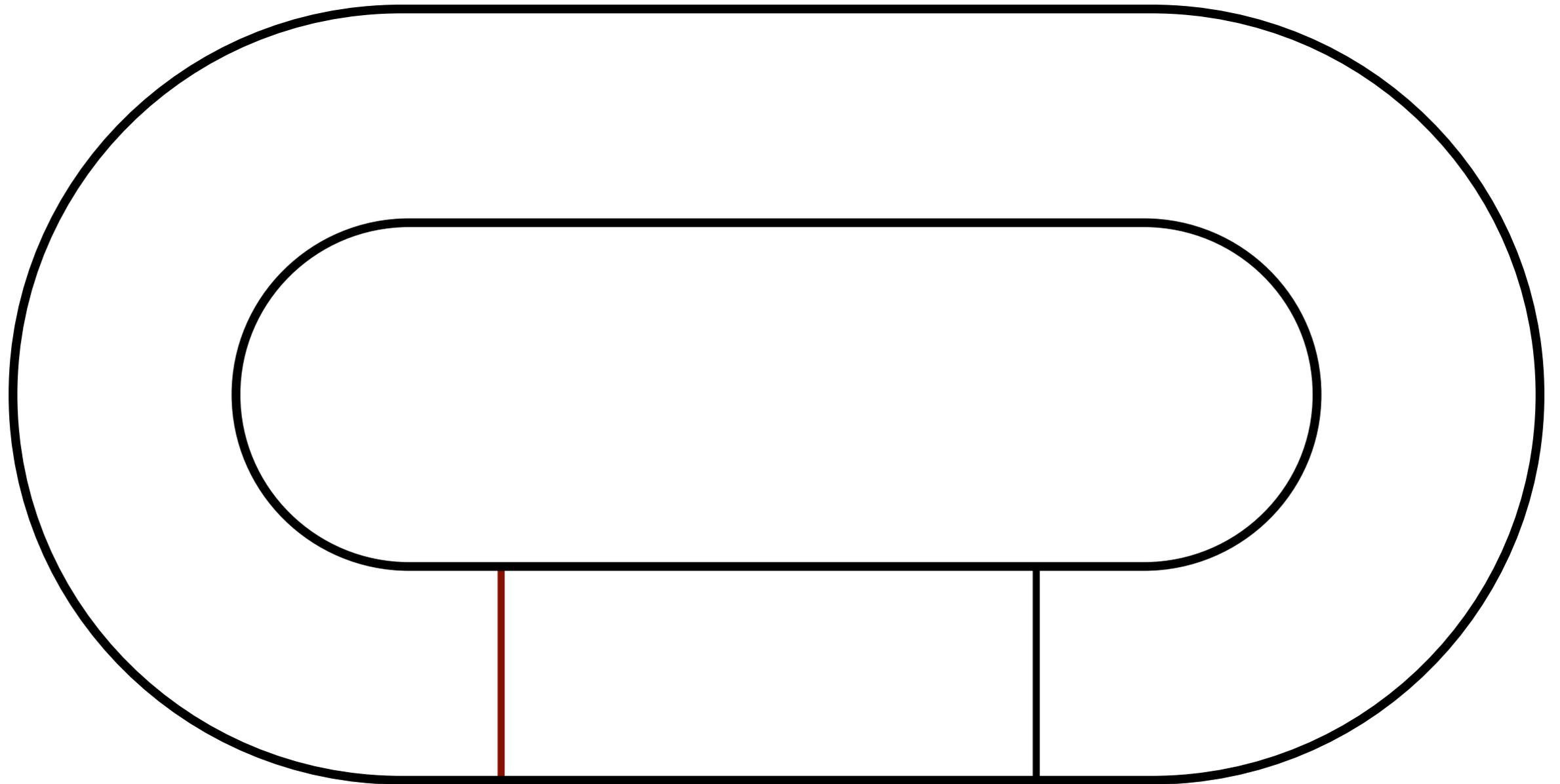
Penalty Assessment



- Target and blocking area legal?
- Skating in or out bounds, airborne?
- Direction of play

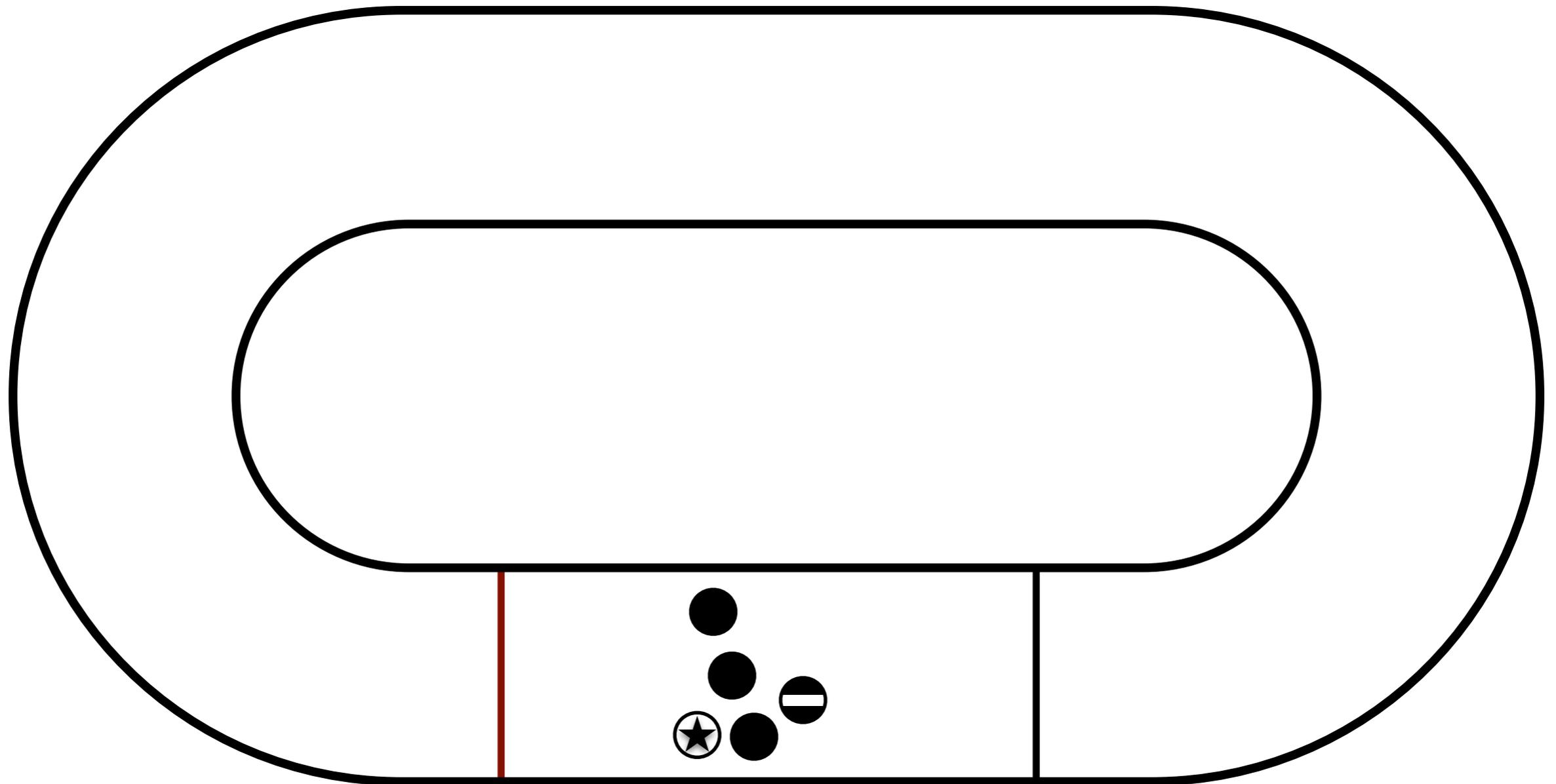
Cutting

Improving relative position while out-of-bounds



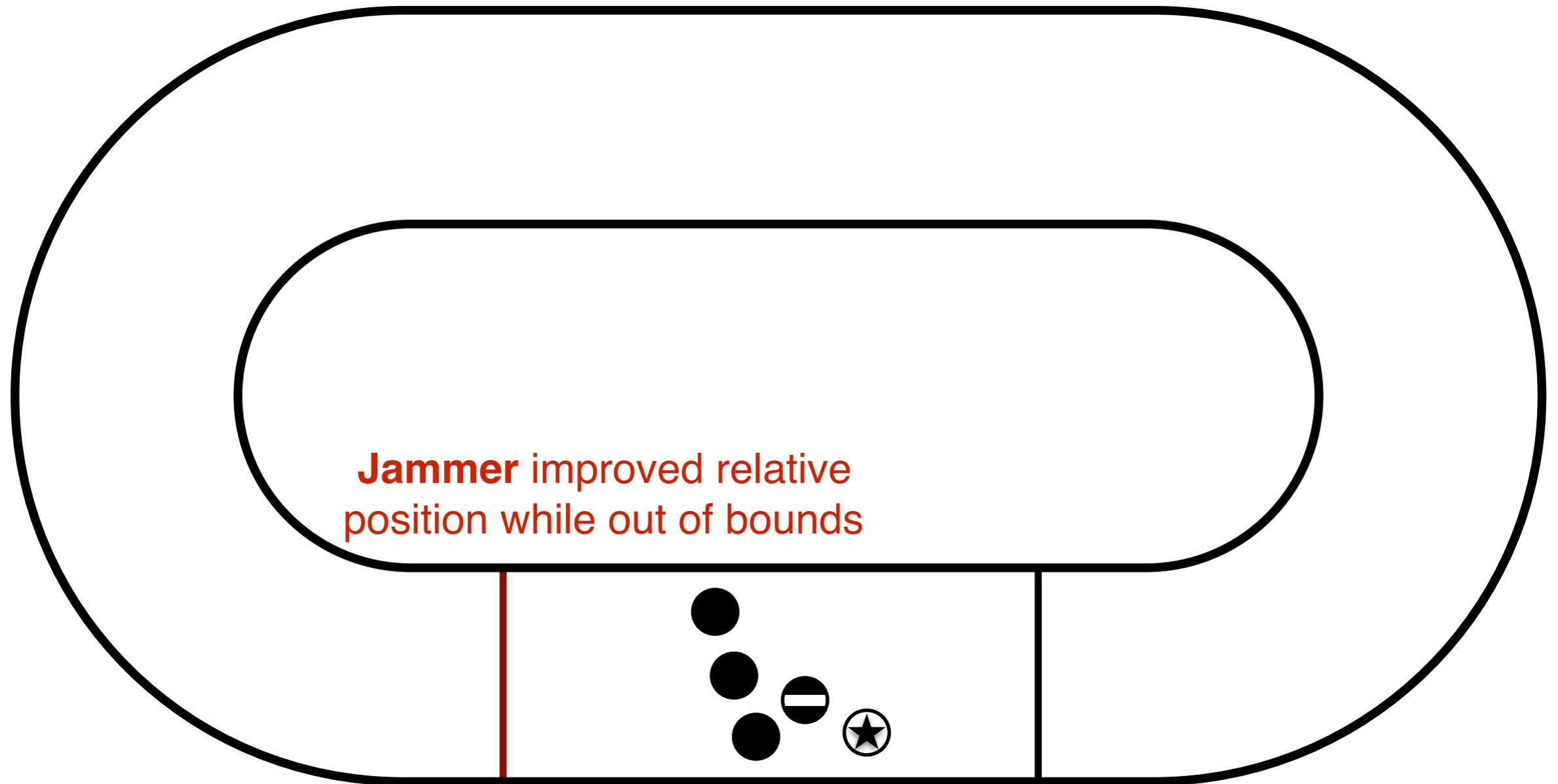
Cutting

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Cutting

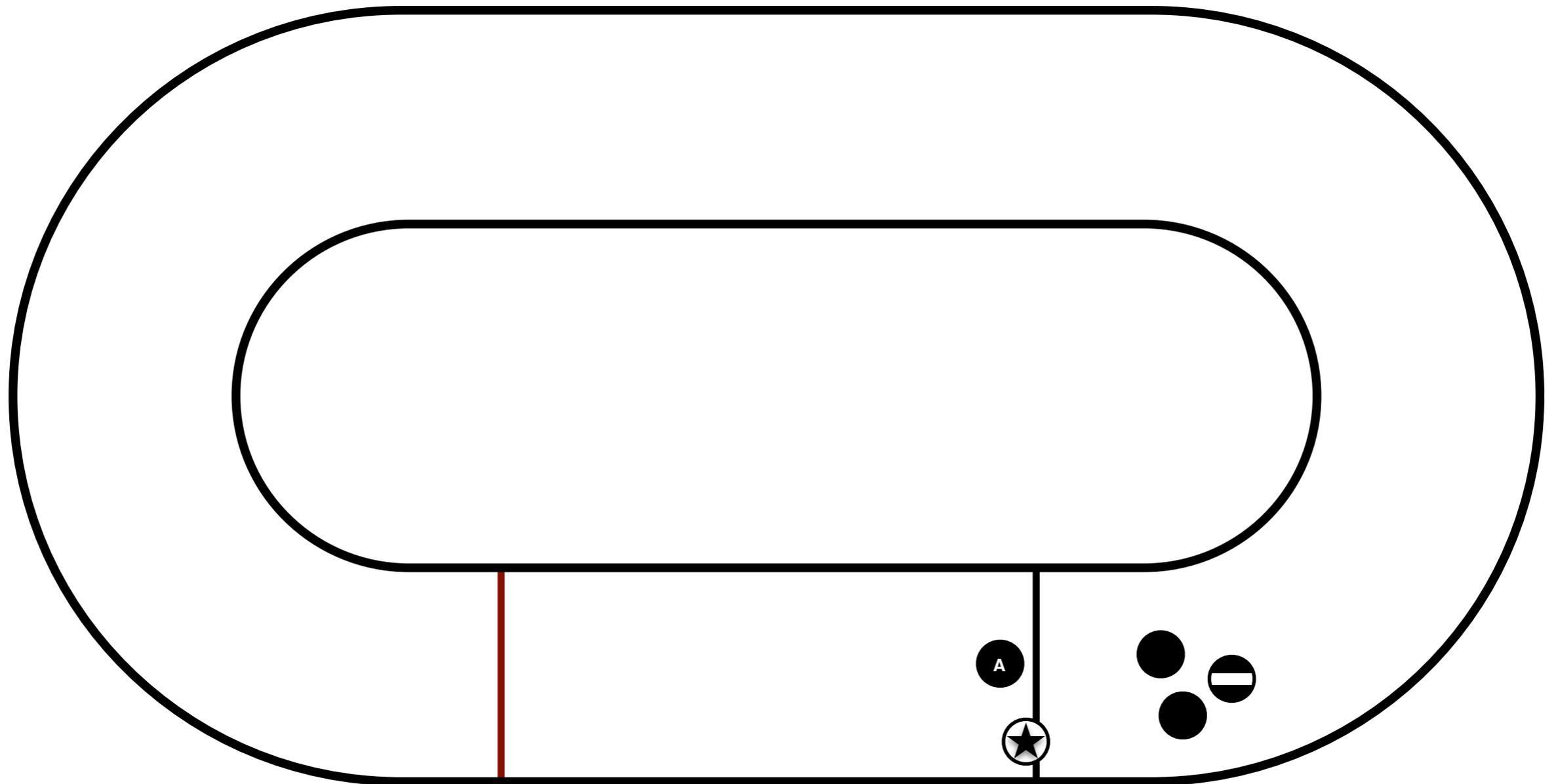
Improving relative position while out-of-bounds



Penalty

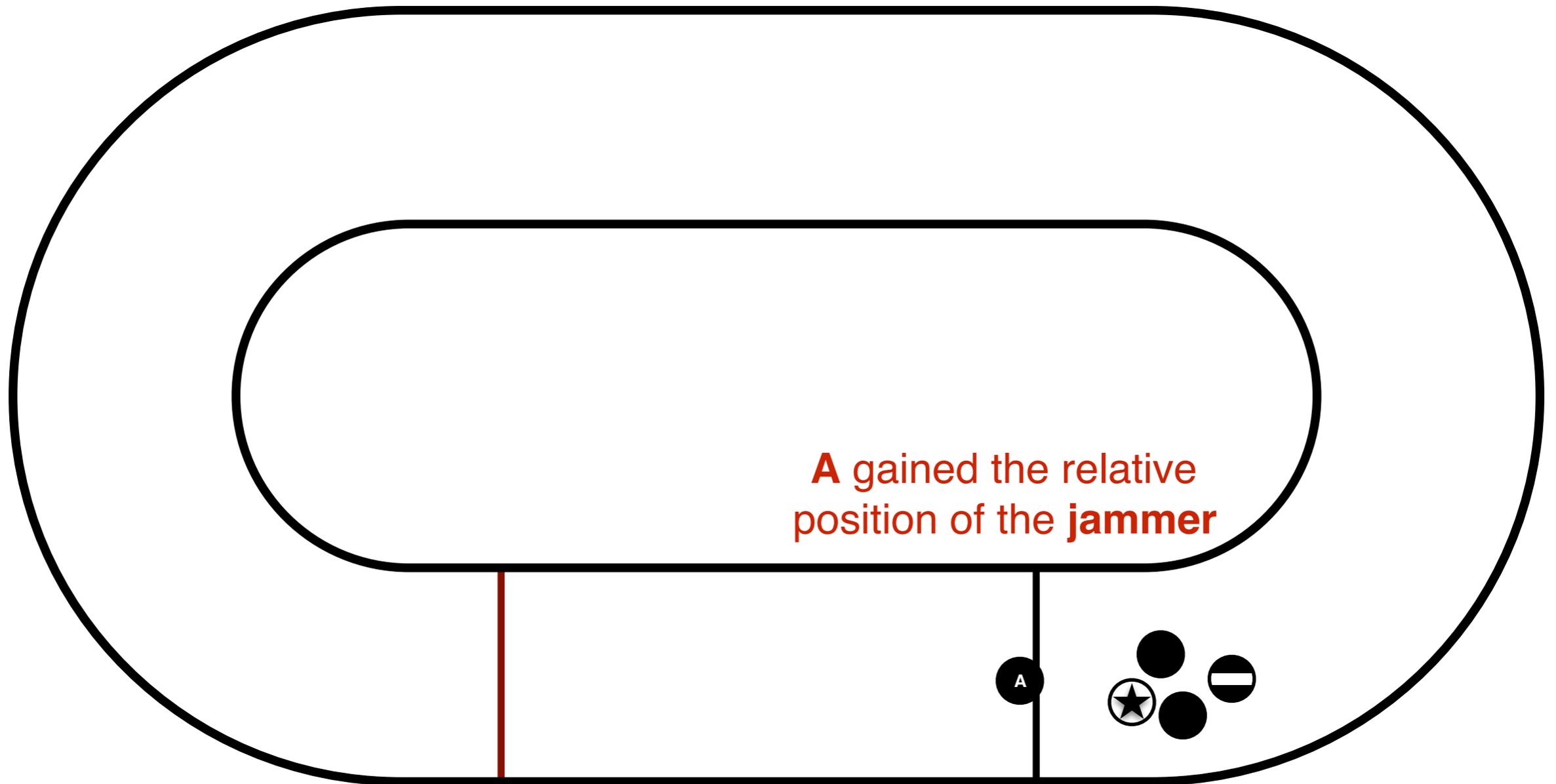
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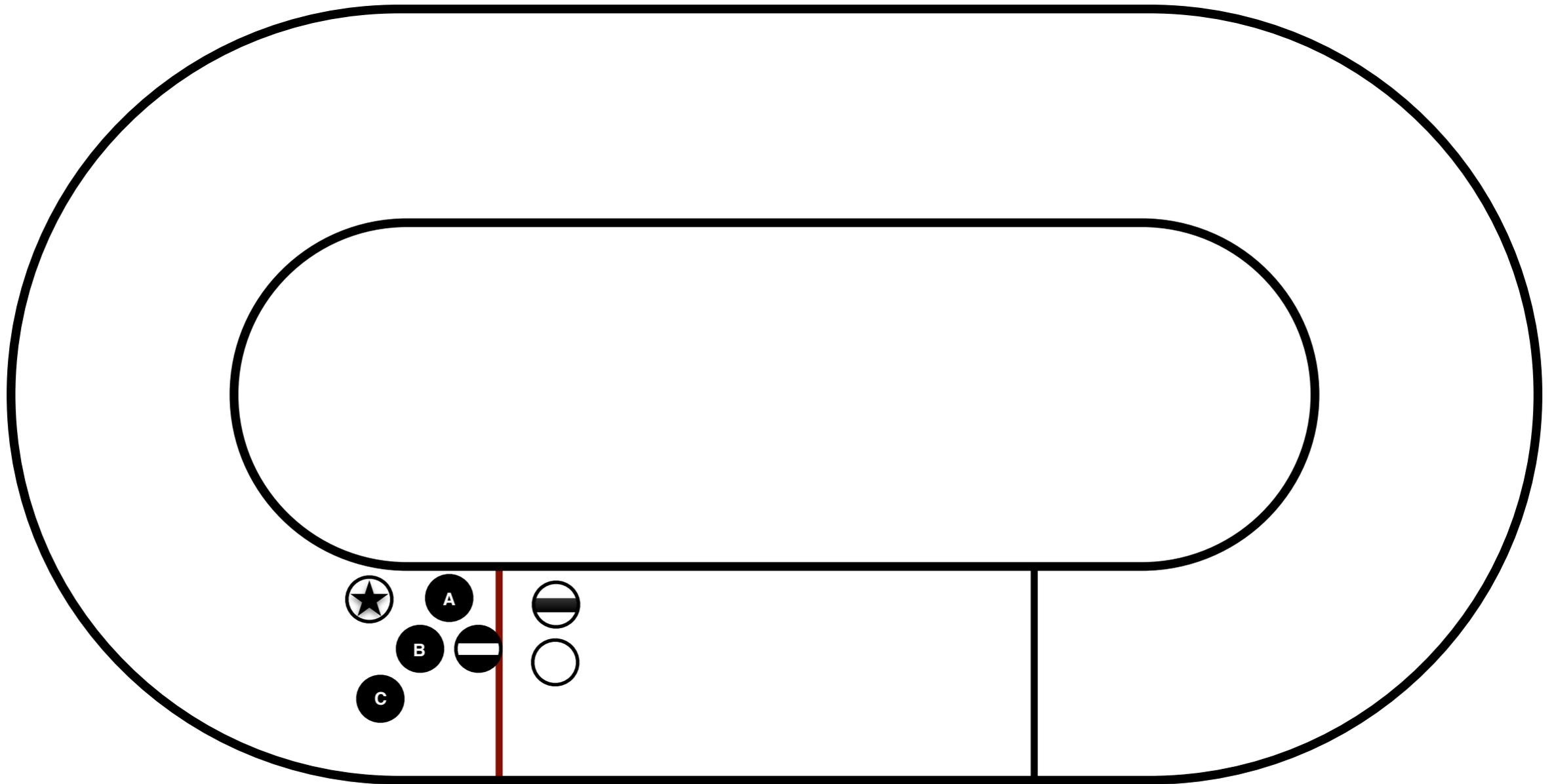


A gained the relative position of the **jammer**

Penalty

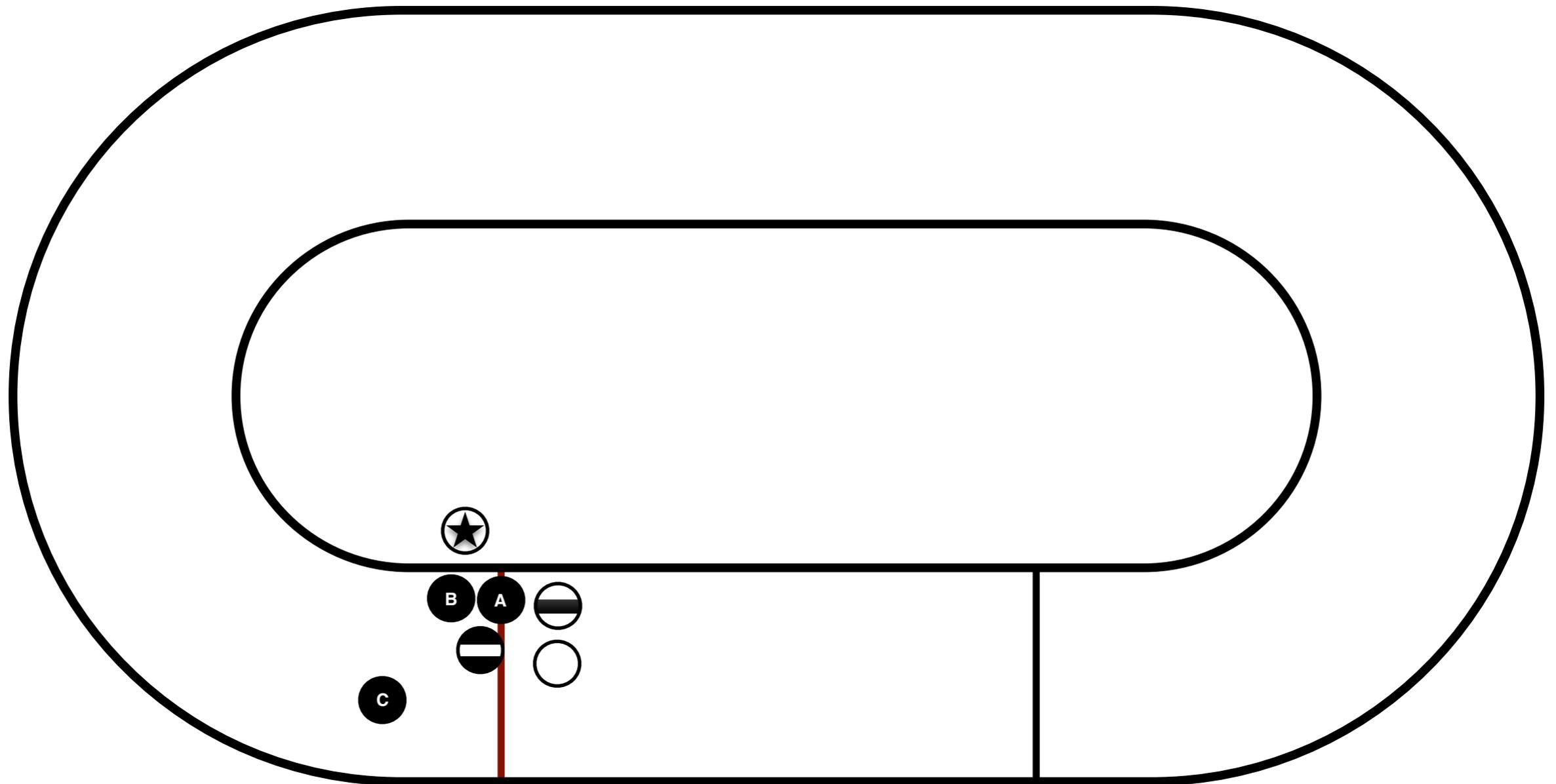
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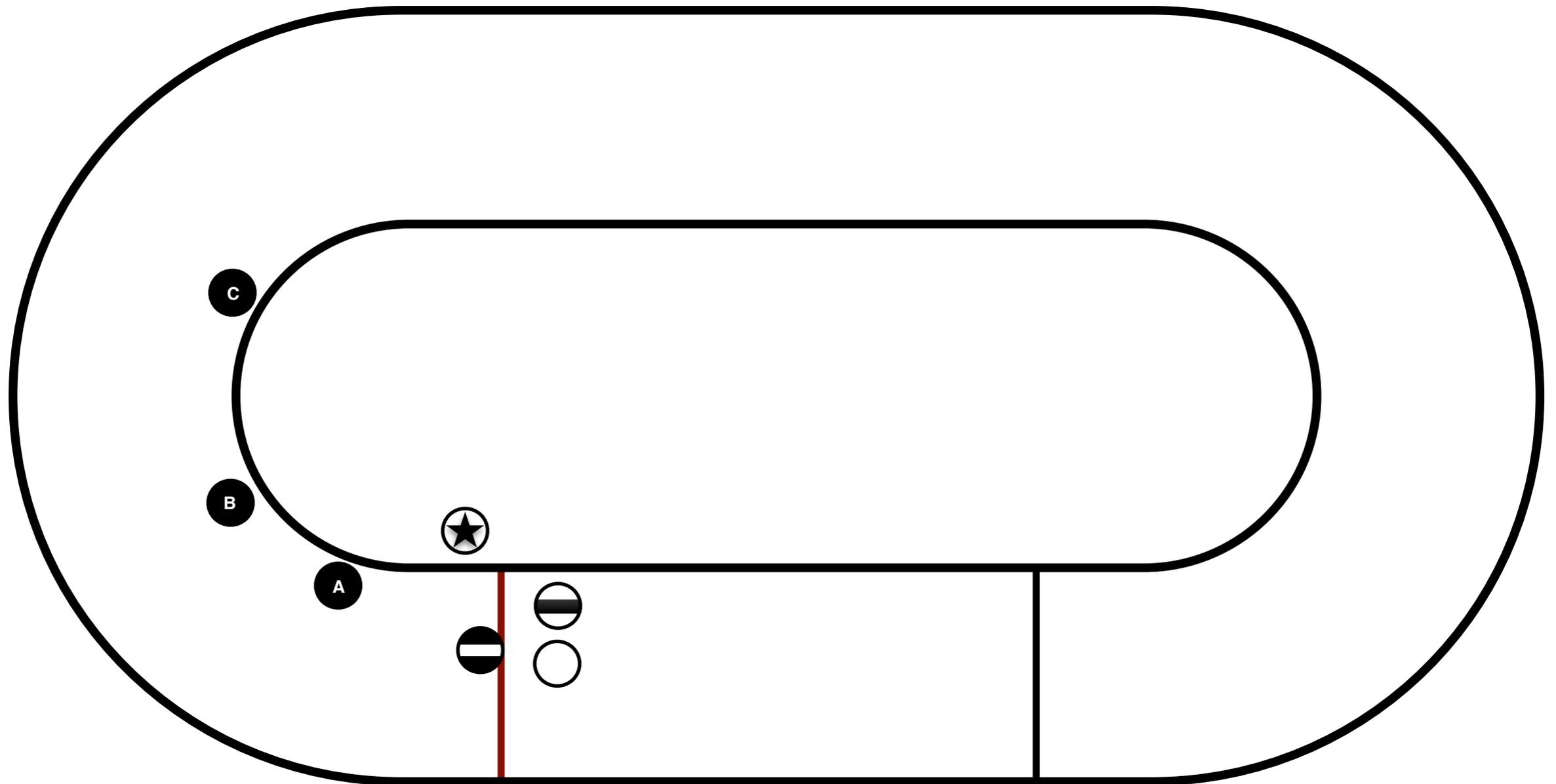
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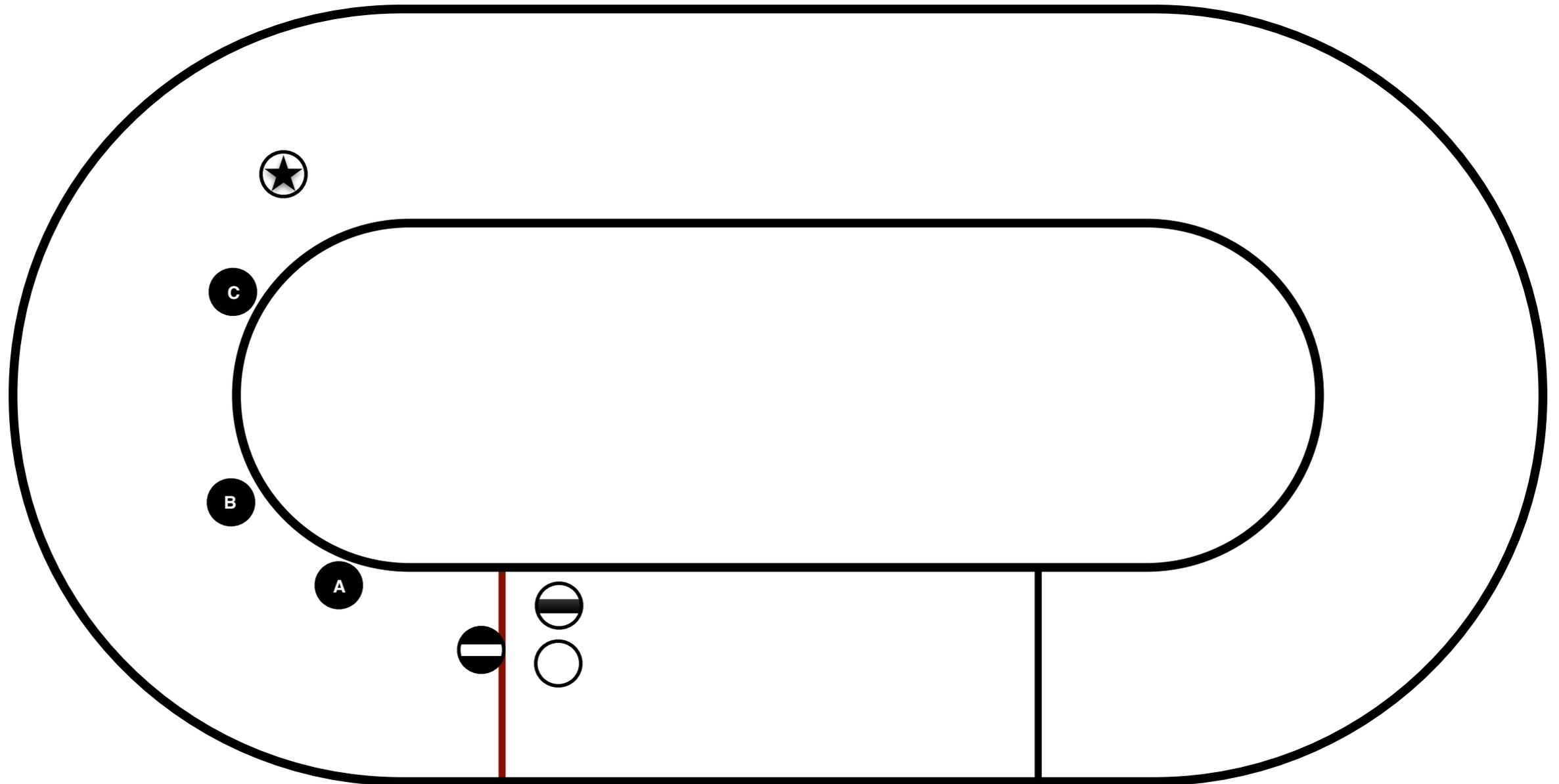
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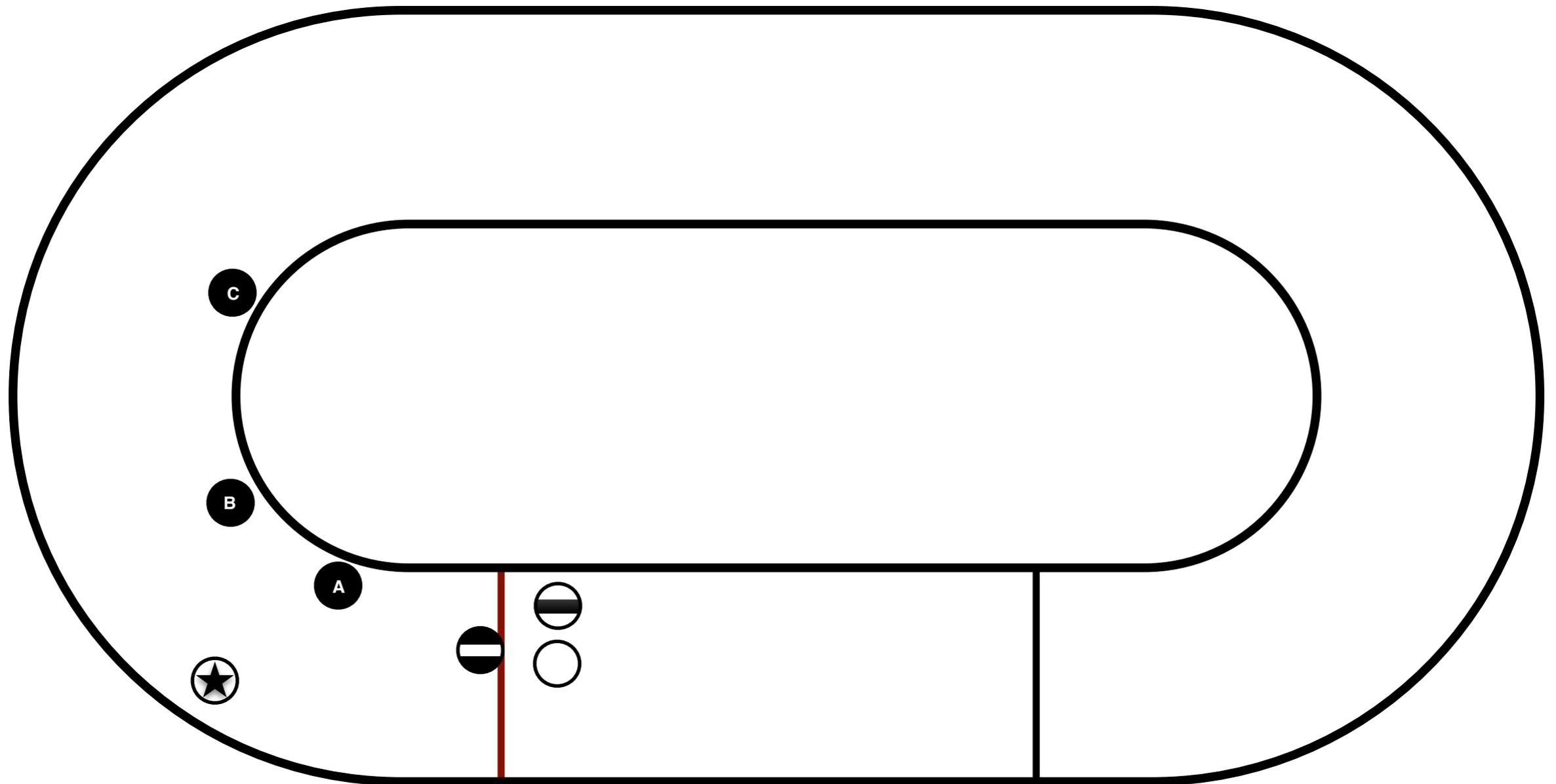
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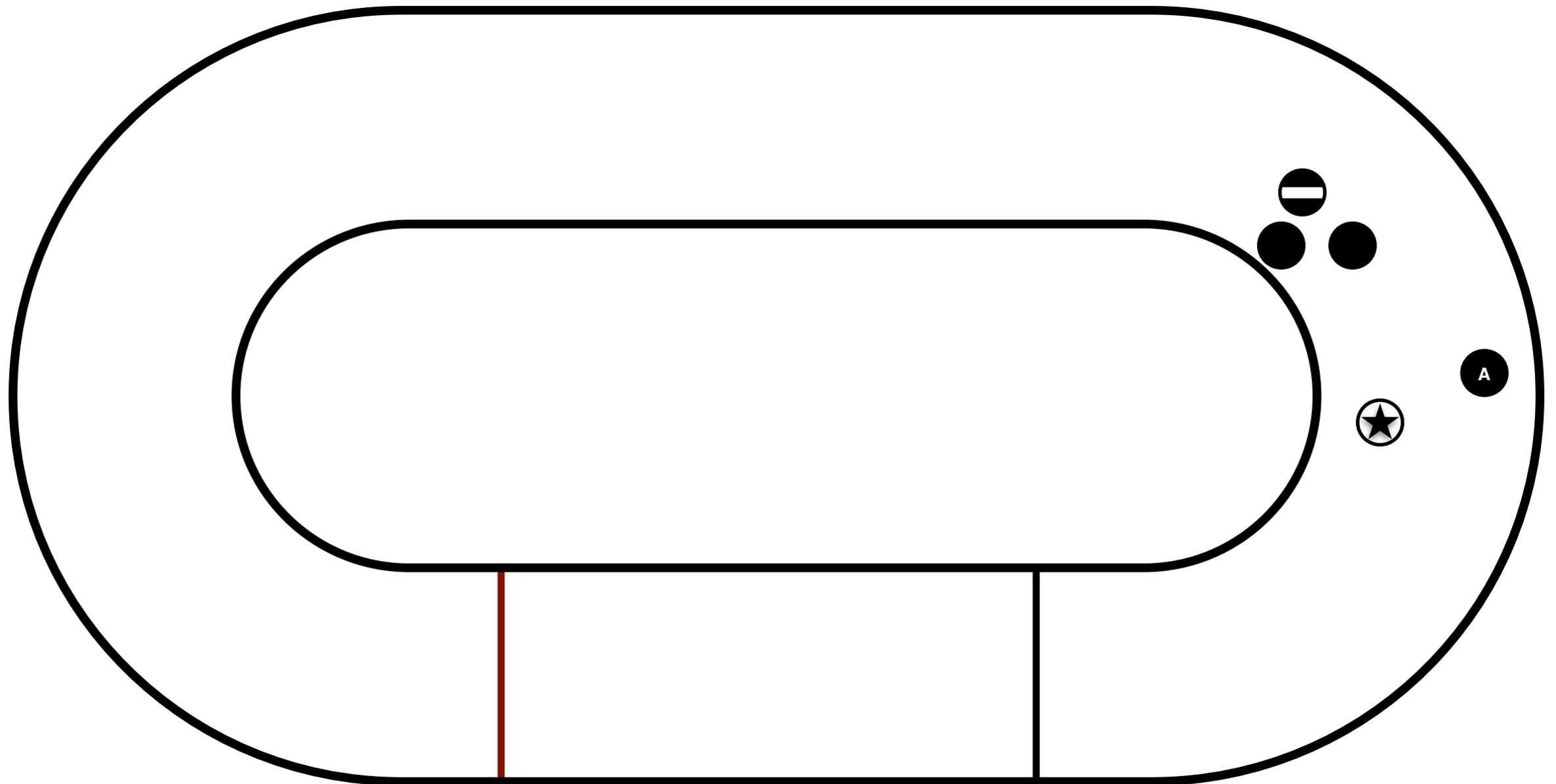
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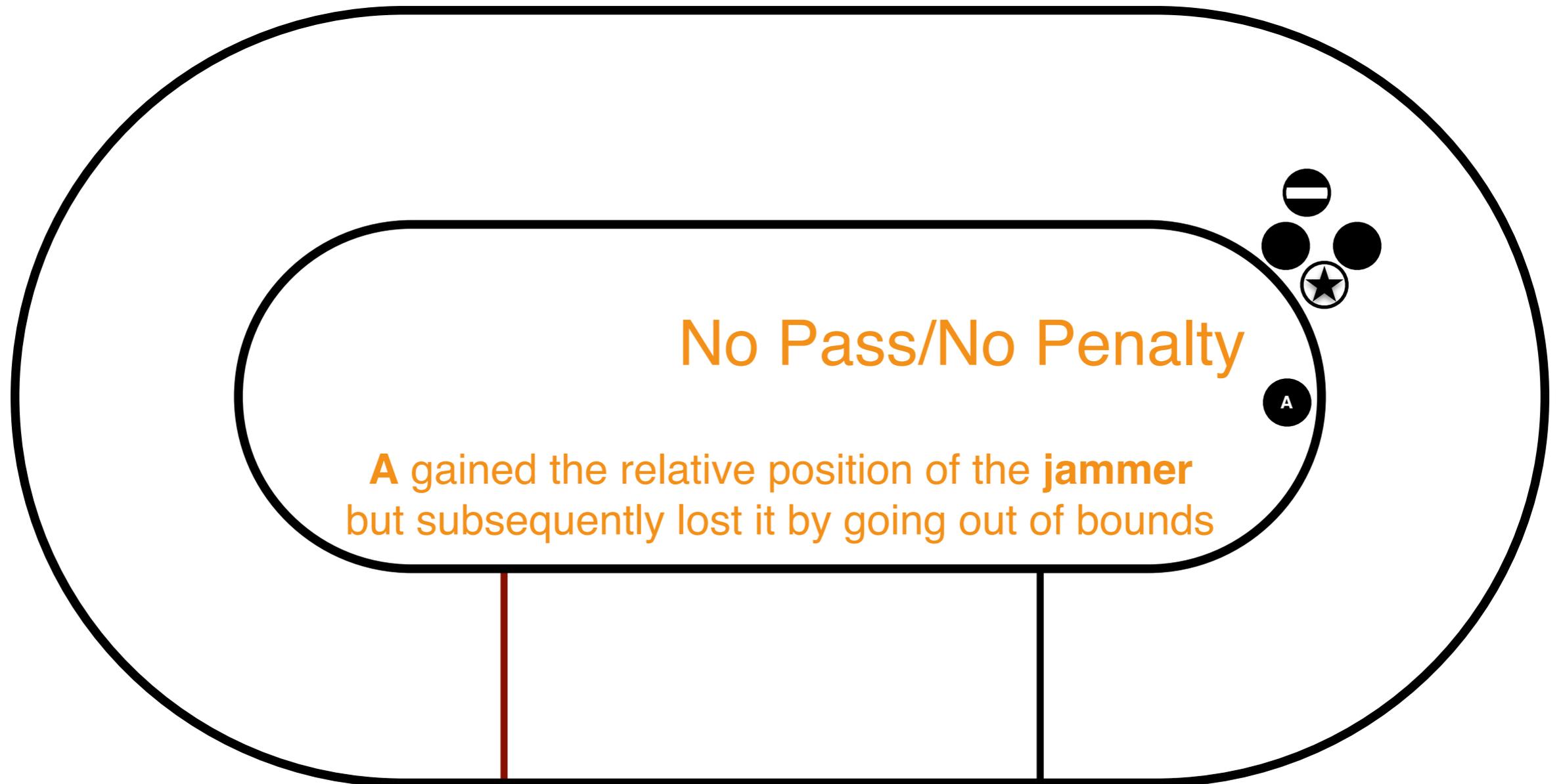
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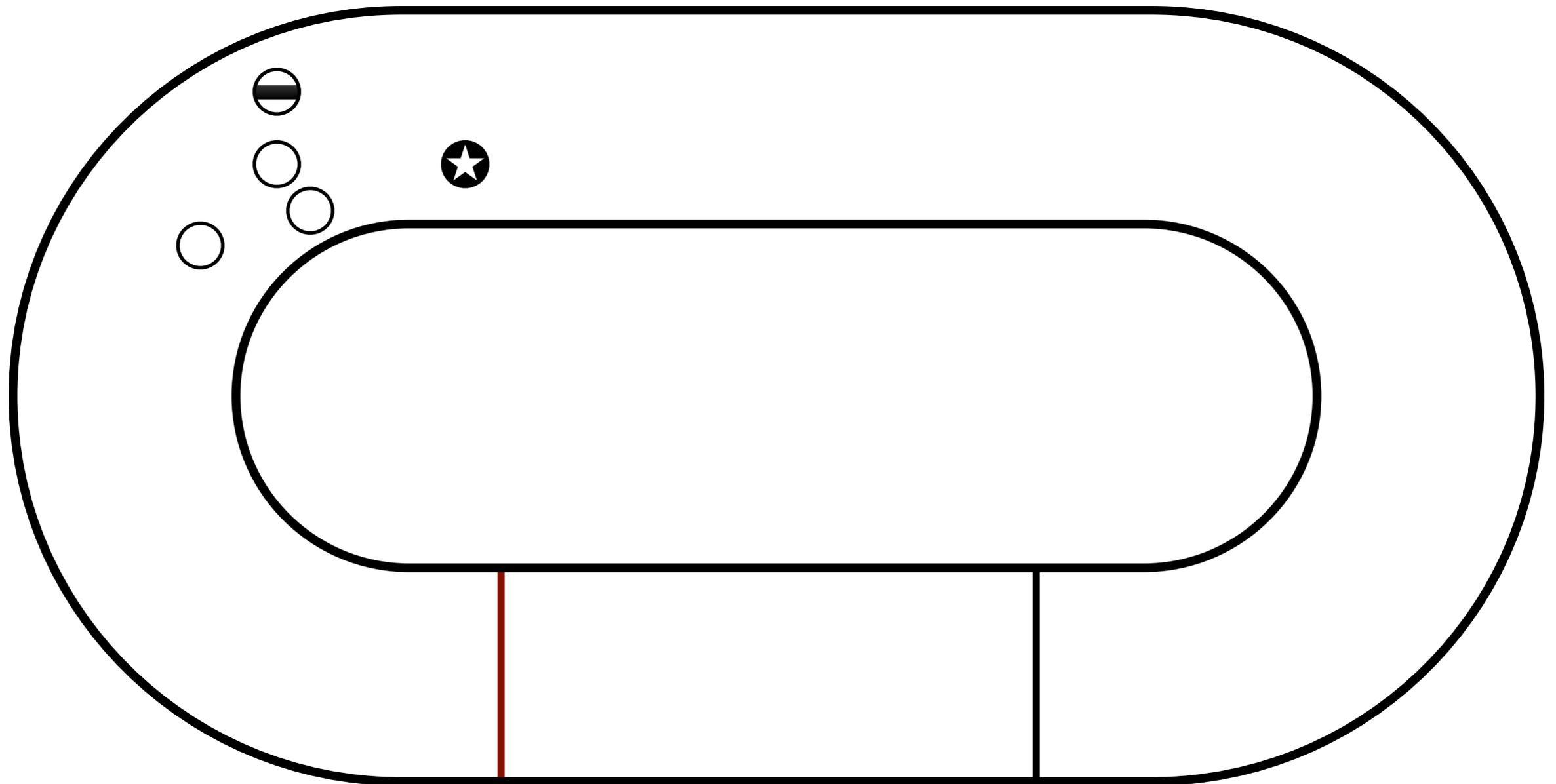
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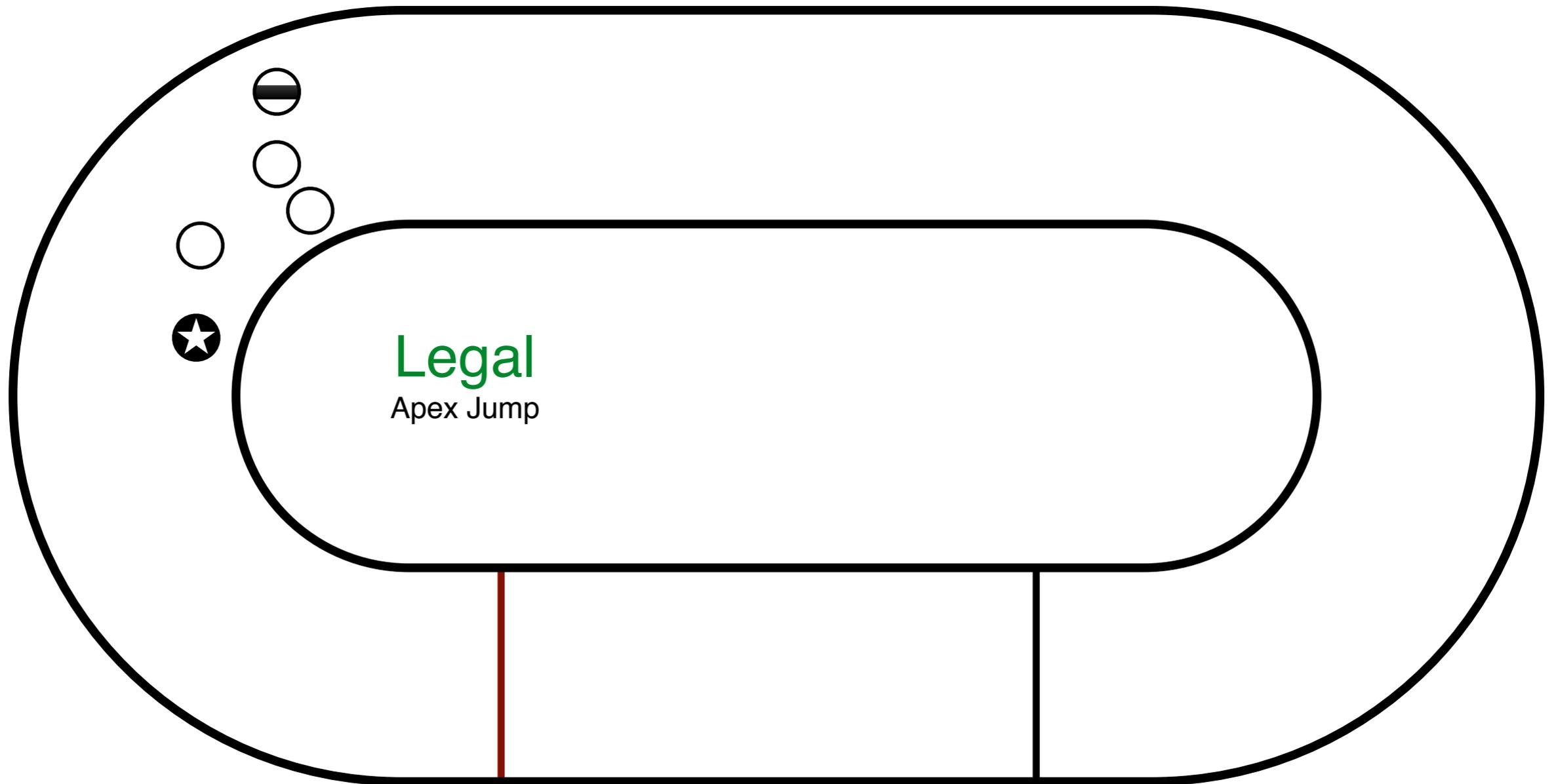
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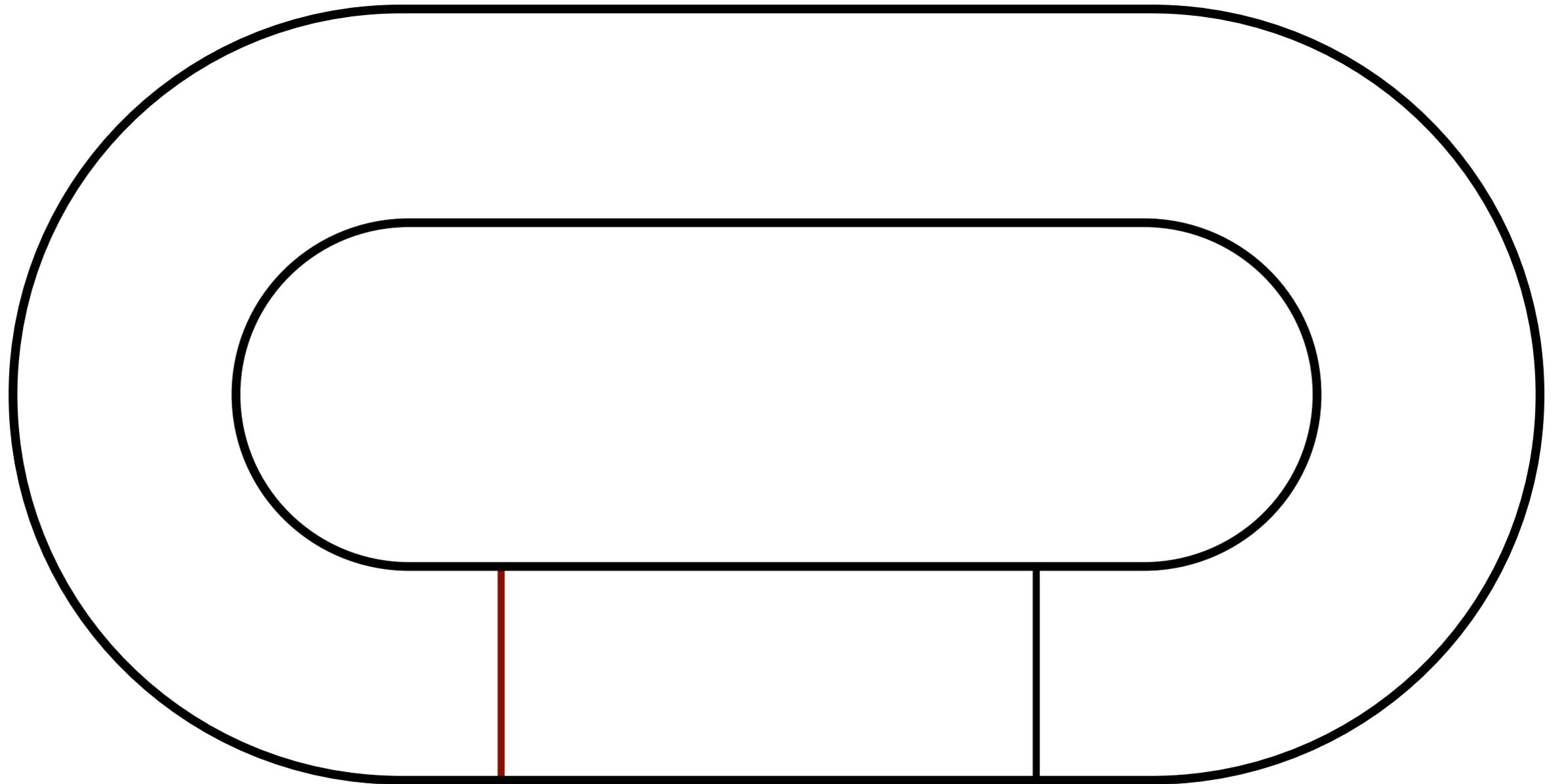
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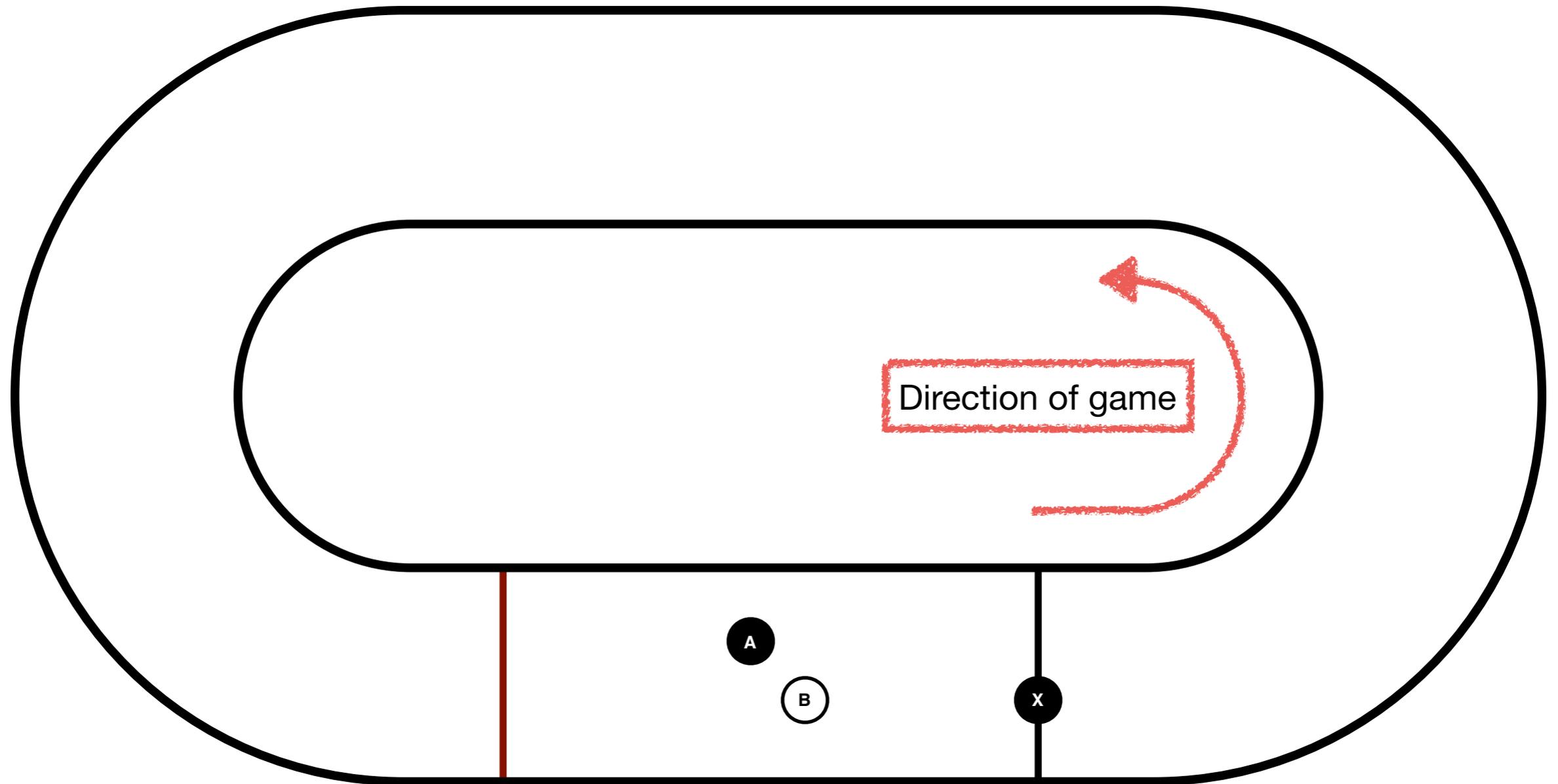
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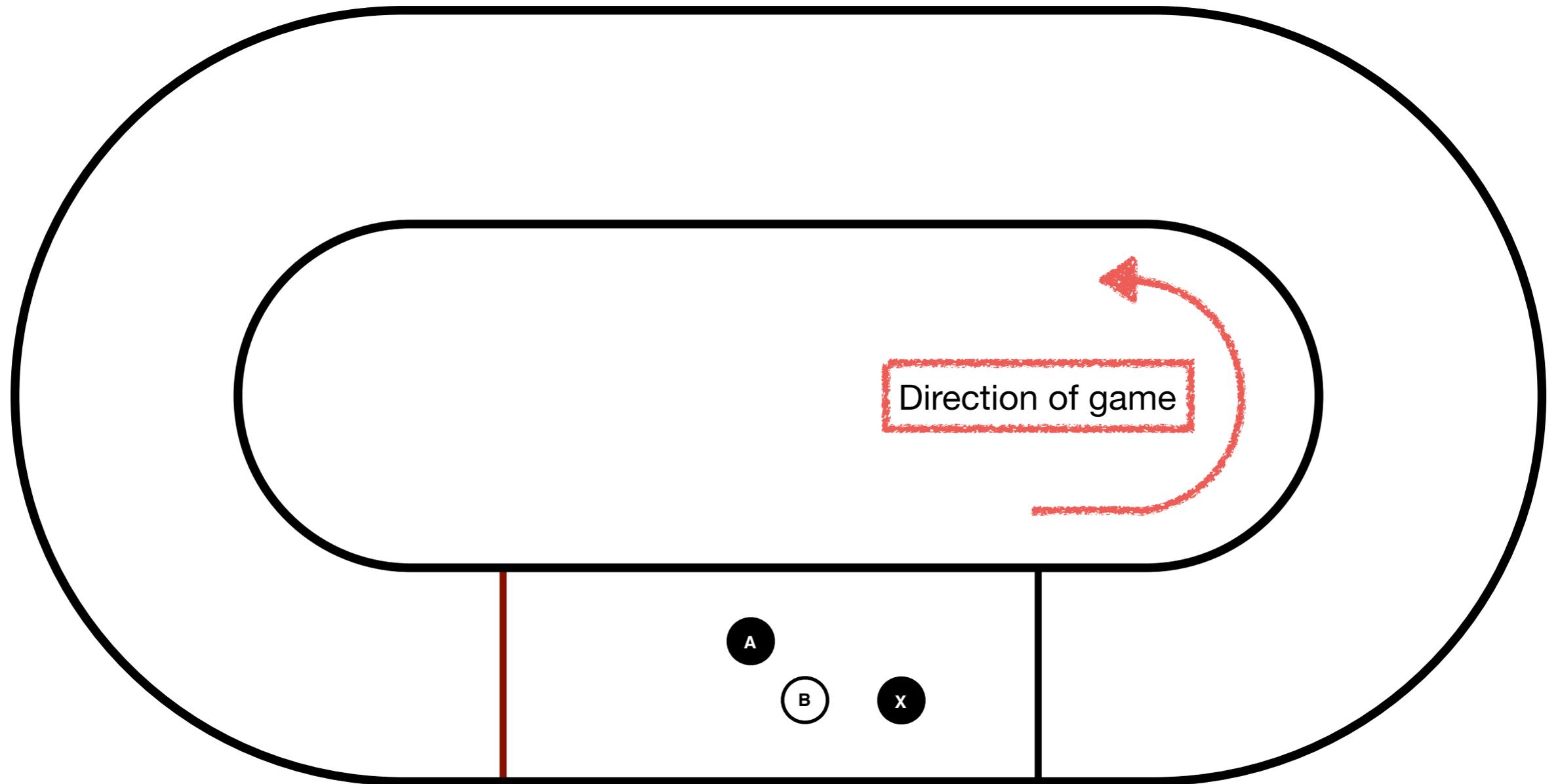
Direction of Game Play

Engaging opponents in non-derby direction



Direction of Game Play

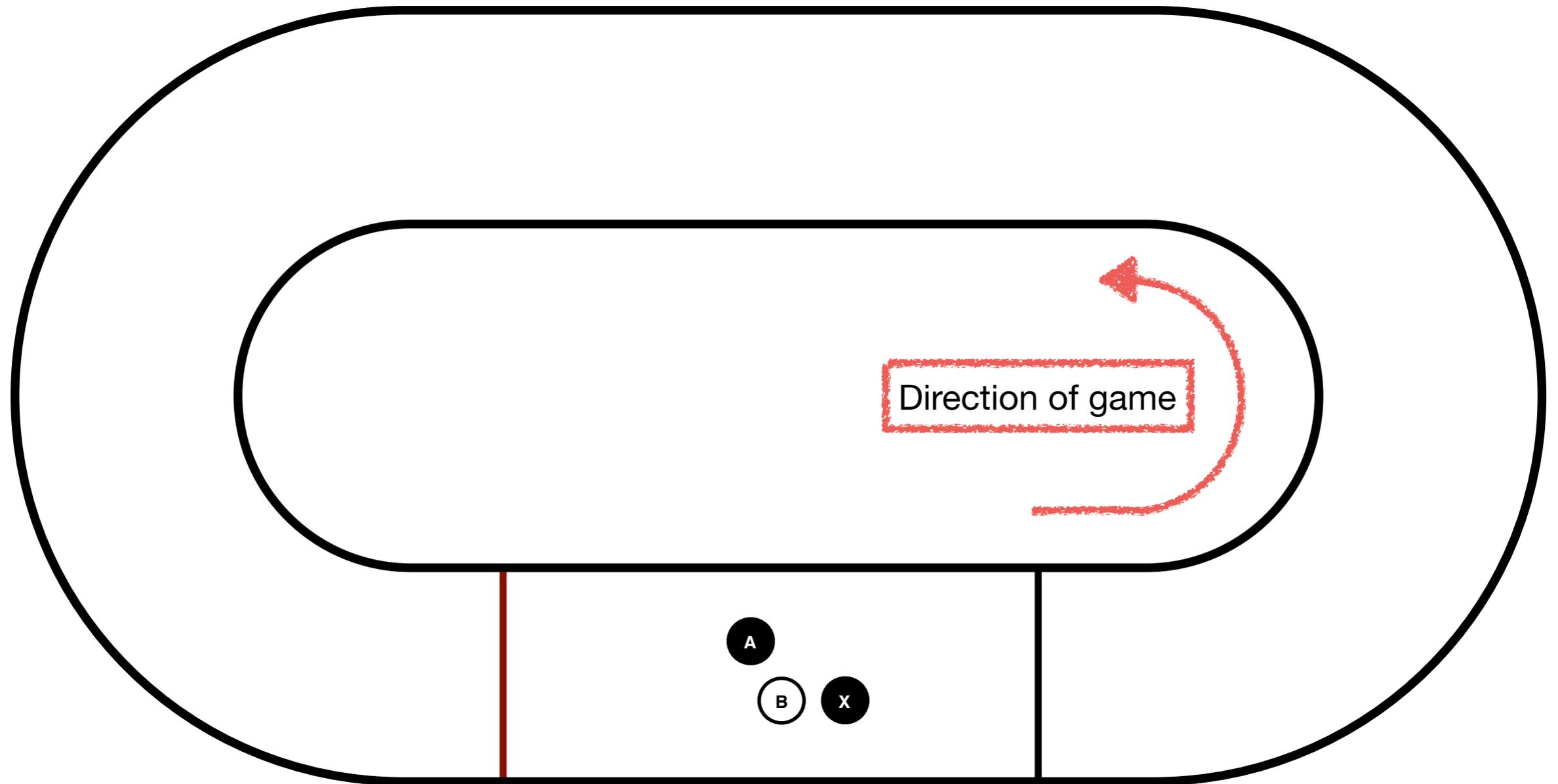
Engaging opponents in non-derby direction



Legal play

Direction of Game Play

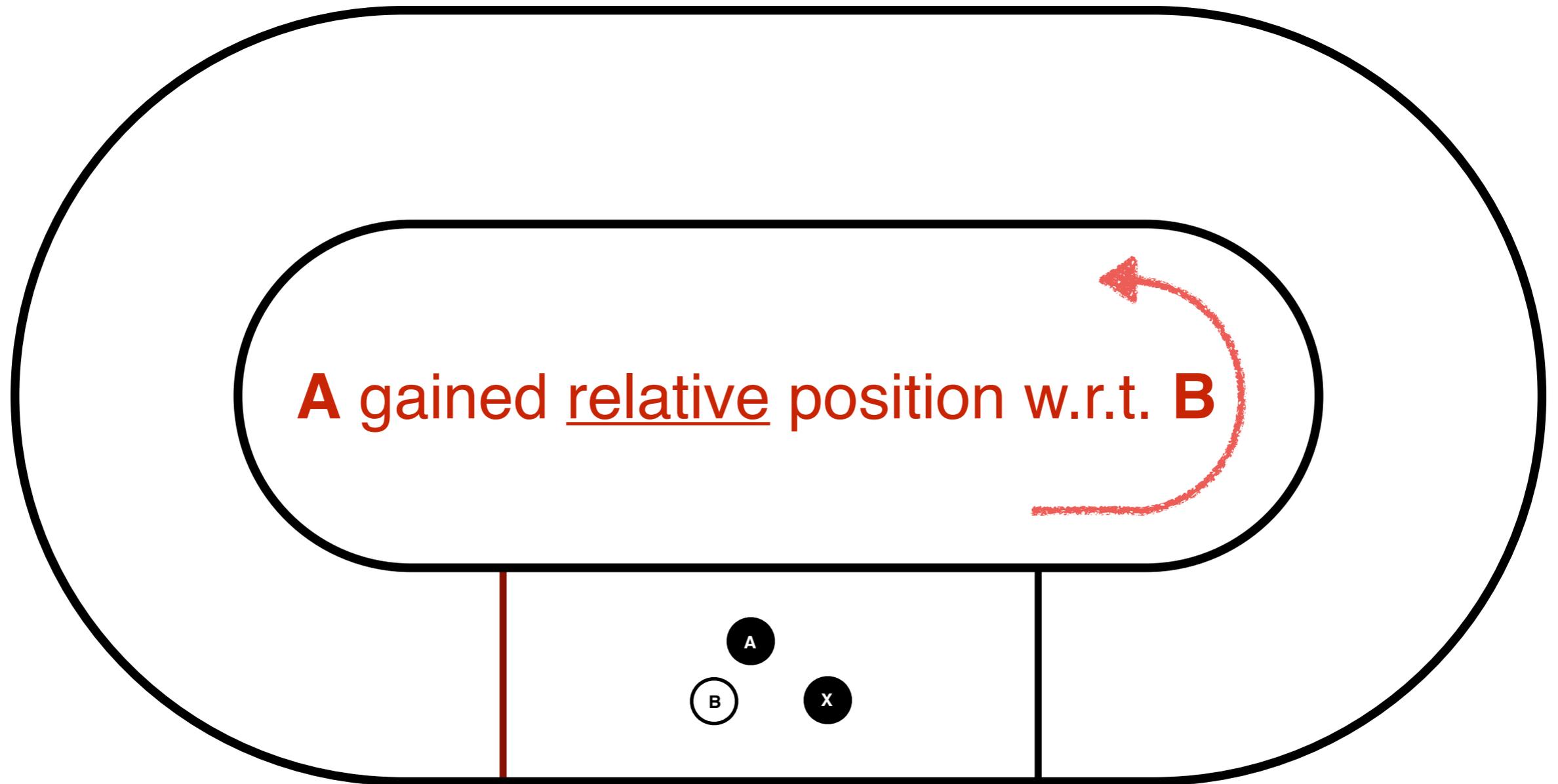
Engaging opponents in non-derby direction



No Impact/No penalty

Direction of Game Play

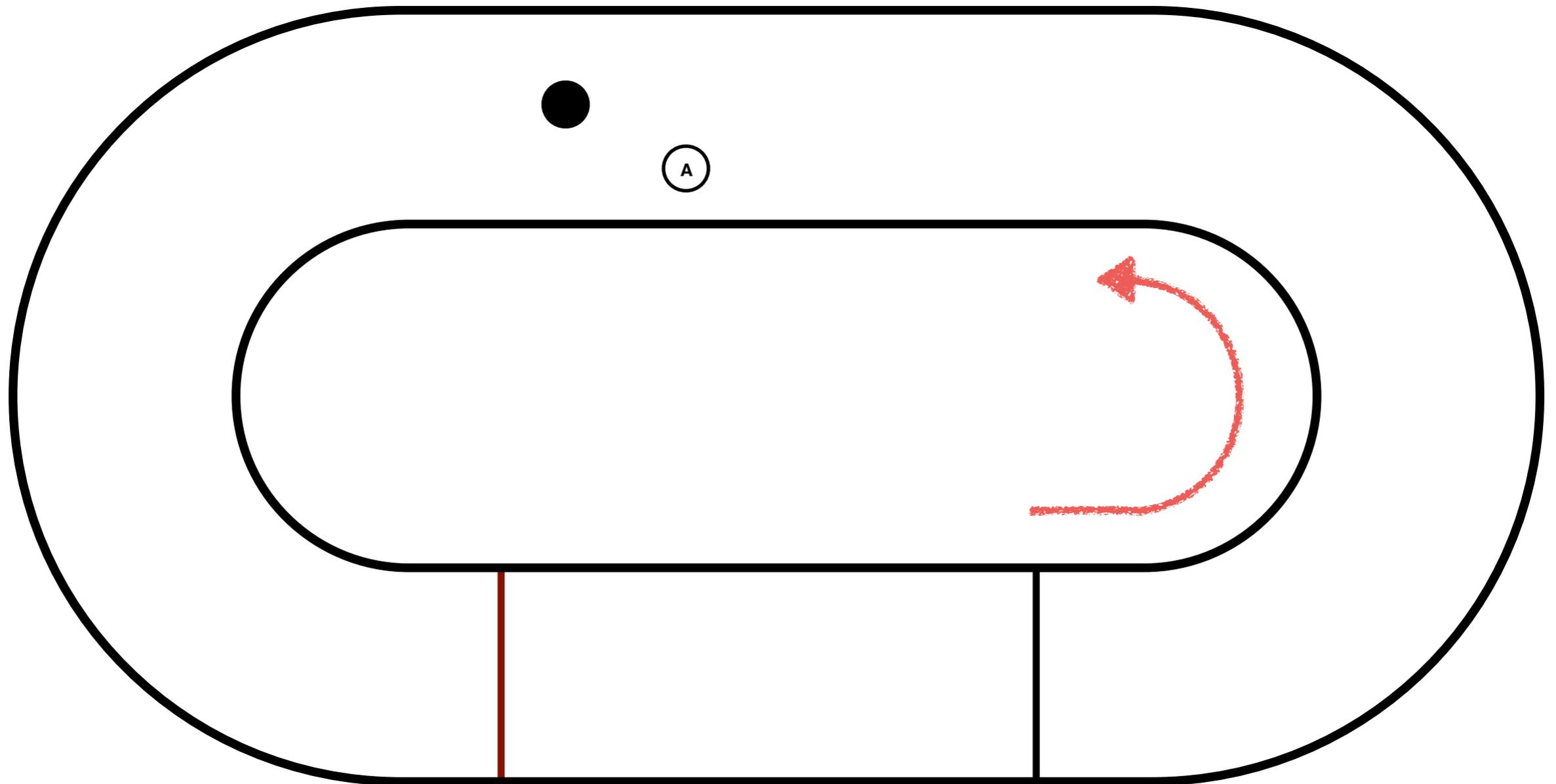
Engaging opponents in non-derby direction



Penalty

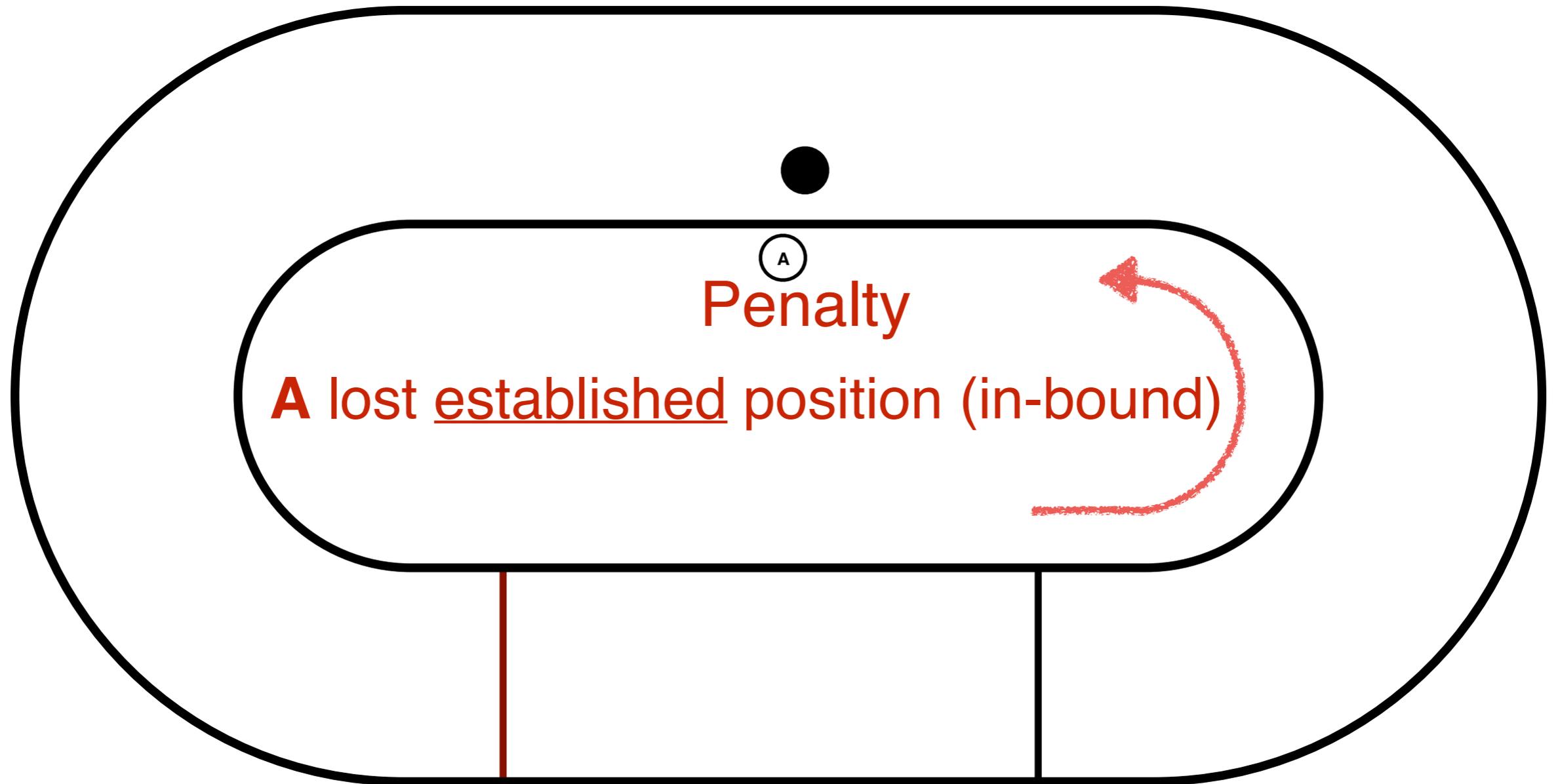
Direction of Game Play

Engaging opponents in non-derby direction



Direction of Game Play

Engaging opponents in non-derby direction



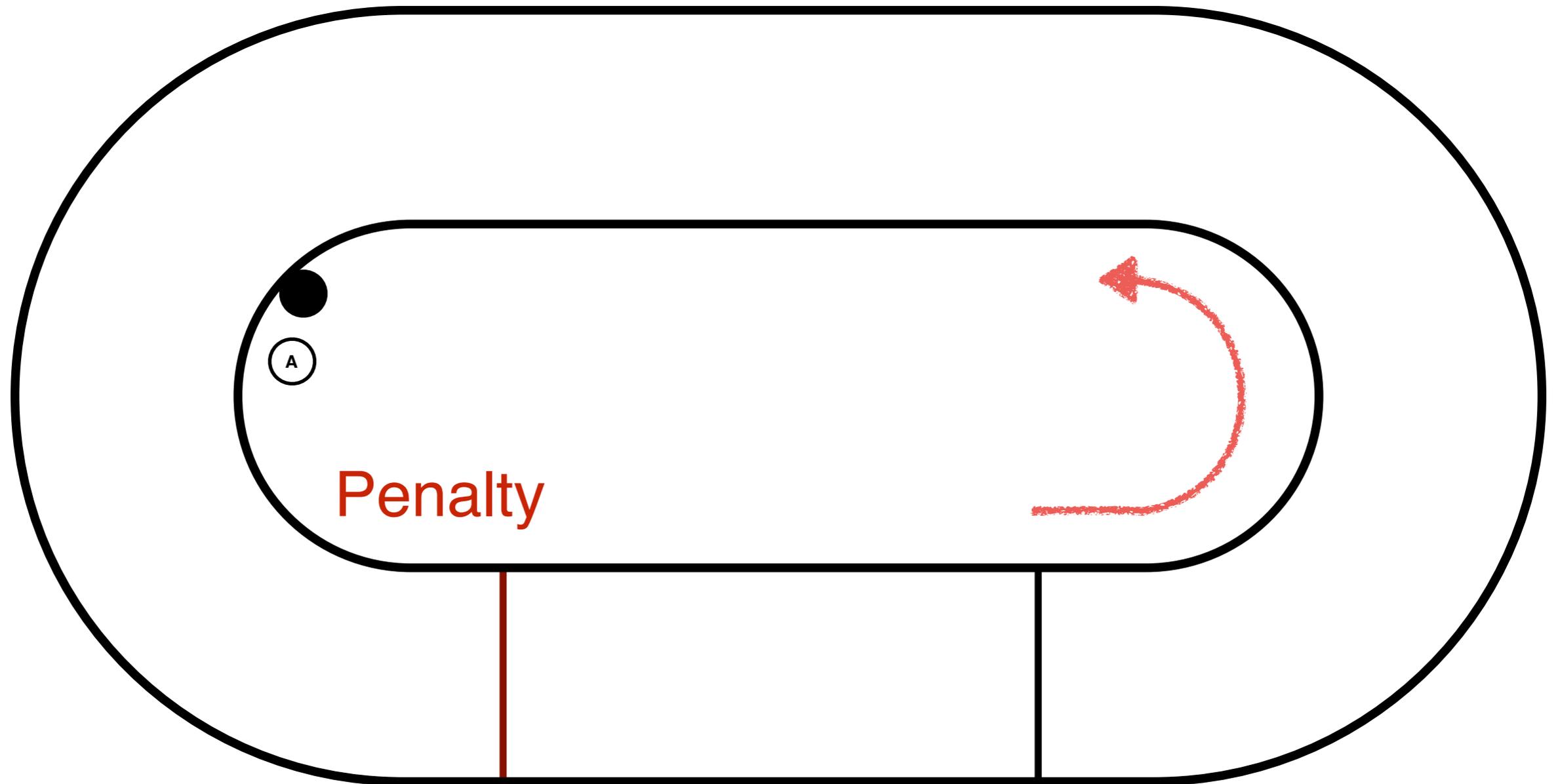
Direction of Game Play

Engaging opponents in non-derby direction



Direction of Game Play

Engaging opponents in non-derby direction



Misconduct

Dangerous and unsporting behaviour

- Blocking an opponent who is **down**
- Blocking while being **down**
- **Cheating** by adopting a **downed** position
- Initiating contact while airborne (**jumping**)
- Blocking **before the start** or **after the end** of a jam
- Colliding with a **referee**
- **Bad language**



Thank you