

# DERBY BASICS



## THE SKATERS

### JAMMER

Jammers wear a star on their helmets and are the scoring players for each team. The Jammers obtain a point for each blocker they pass from the opposing team.

### PIVOT

The Pivot wears a stripe on their helmet and is the only Blocker that is allowed to accept a star pass from the Jammer, thus becoming the new Jammer and gaining the ability to score points.

### BLOCKER

Blockers are stopping the opposing Jammer from passing them by using positional blocks or body checks. They also assist their Jammer to pass the opposing team's blockers.

## THE BOUT

A bout consists of two 30-minute periods, broken up into 2-minute "jams". Between jams there are 30-second breaks for substitute skaters to reset in their starting positions.

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### JAM START

Each team sends out up to 5 skaters - 4 blockers, 1 jammer. The jam begins at the first whistle.

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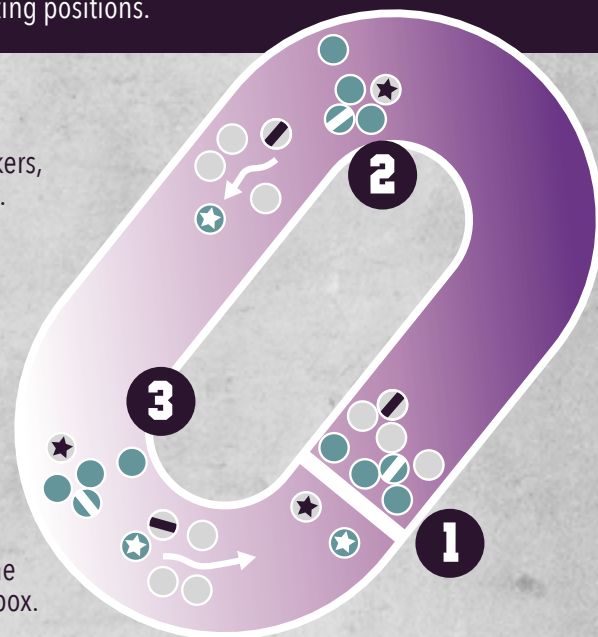
### FIRST PASS

The first jammer to legally pass the pack will become the **LEAD JAMMER** and can end that jam by tapping her hands on her hips.

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### SCORING POINTS

Jammers begin scoring points on their second pass through the pack of blockers. Jammers score one point for each opposing player they pass after the first trip through the pack, including players stuck in the penalty box.



- 2 minute = a jam
- 2 x 30 minute periods
- 1 penalty = 30 second in the box

- 2 x 30 minute periods
- 3 time-outs per jam
- 7 trips to the box = player ejection