





ROLLER DERBY BASICS

Two 15-skater teams play two 30-minute periods. Each period consists of multiple "jams." Each jam is an opportunity for both teams to score points, and ends after 2 minutes or when the Lead Jammer calls off the jam.

It is legal for a skater to block opponents with their hips, rear, and shoulders. It is not legal to block to the back, to trip, elbow, or to back talk officials. Players committing illegal actions are penalized 30 seconds and their team plays short for that time.

JAM START

Each team fields 4 Blockers and 1 Jammer. Blockers start anywhere between the Jammer Line and the Pivot Line, 30 feet (9.15 meters) away. Jammers start behind the Jammer Line. Play starts with a single whistle blast.



Jammers wear a star on their helmets and are the scoring players for each team. The Jammers attempt to pass the opponents as many times as possible by sprinting around the track and lapping the pack.



The Blockers are simultaneously focused on stopping the opposing Jammer from passing them and assisting their Jammer to pass the opposing team's Blockers. The pack is formed by the largest group of Blockers with players from each team on the track.



The Pivot is the Blocker that wears the stripe on their head. They are 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.

FIRST PASS

During the first pass, the first Jammer to pass all skaters in the pack legally is Lead Jammer. Lead Jammer status is signaled by the officials blowing two short whistle blasts and pointing at the Lead Jammer.

SECOND PASS

In subsequent passes, Jammers earn 1 point for each opposing player they pass legally. The opposing Blockers will try to stop the Jammer, while helping their own Jammer through the pack.

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Derby Association (WFTDA)

KEY OFFICIATING SIGNALS





TRACK CUT PENALTY



OUT OF PLAY WARN



ABOUT WFTDA

The Women's Flat Track Derby Association (WFTDA) is the international governing body of roller derby representing more than 450 member leagues on 6 continents. The mission of the WFTDA is to govern and promote the sport of flat track roller derby and revolutionize the role of women in sports through the collective voice of its member leagues around the world. The WFTDA sets the international standards for rankings, rules, and competition each year and provides guidance and resources to the sport of flat track derby.



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The Twisted Handle

1632 N MILLS AVE, ORLANDO, FL 32803

Special Happy Hour Menn

TO GUESTS WHO SHOW THEIR ORD GAME TICKET



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August - October 2023

INFO SESSION: SUN, JULY 30TH 12:30PM-1:30PM IST PRACTICE: SUN, AUG 27TH 12PM-2PM

Barnett Park Gym 4801 W Colonial Dr

FAST TRACK IS FOR EXPERIENCED SKATERS ONLY: ROLLER DERBY, ROLLER HOCKEY, PARK SKATING, SPEED SKATING, ICE SKATING, ETC.

TO QUALIFY FOR FAST TRACK, SKATER MUST BE ABLE TO SKATE FORWARDS, BACKWARDS, STOP, AND CROSSOVER

Contact headtrainer@orlandoderbygirls.com for more info

HOME CAMES

-FEB-18 MARCH 18 APRIL 15

ORLANDO

MAY 27 JUN 17 JUL 15

AUG 19 OCT 14 NOV 4

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