



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.



Play starts with a single whistle





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.



KEY OFFICIATING SIGNALS



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.

WFTDA.COM/NEW





SPECIAL THANKS TO OUR SPONSORS





ORLANDO ROLLER DERBY IS NOW ACCEPTING SPONSORSHIP
OPPORTUNITIES PLEASE CONTACT
SPONSORSHIP@ORLANDODERBYGIRLS.COM
FOR MORE DETAILS.



MANATEE MAYHEM AUGUST 19, 2023

Team Captain



Slamasaurus



She/Her Alley GATOR Slayer



Barbarian Barbie



Clown





DALA

She/He Elektra



Gypsea Rough Lea



Hella **Enchanted**



Hufflescuff



olol



She/Her Super Pi



Malice Alice



Mamasica



MO-Mayhem



Phelony **PhatBottom**



ReFlux



T-Wrecks



Texxxass Chainsaw Mascara



Velotta Trouble



Heatwave Helicats Aug. 19, 2023

Bench Coaches





Donuts

DeadLee Force

Team Captain



Co-Captain





193 RLANDO She/Her

AWOL

Hurt Macklin FBI

Lexxxi

Grim Possible

She/Her

Hickey Ricardo

84



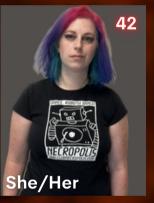
SGT GY6



Shania Pain



Buns of Teal



Shod N. Froyda Shreddy Krueger



Stabby Cat



Sweet Lightning



Dragon Roll



Substitutes



Knightro Jen

She/Her



Velotta Trouble





Team Captains

SNOWBIRD BOMBERS AUG 19, 2023

Bench Coaches





Jenerator

Chyanide



WedneSLAY **Madams**



Hot Wheels



Alien Daze



Amina Acid



Aubrey Anne of Tarth



BAMbina



Beat Em' Up Beetle



Breko Bones



Criss Cross Grapplesauce



Diva



Hailey Explosive



Jamel Toe



Jinx



Nacho Baby



Phoenix



Pummelgum



Knightro-Jen



Valkyrie











DONATE TODAY!

THE OZONE SLAYERS ARE ON THE ROAD TO WACO, TX TO PLAY ROCKIN CITY ROLLER DERBY. SUPPORT OUR PLAYERS BY DONATING TO SUPPORT THE SKATERS TRAVEL EXPENSES.





STAY TUNED FOR MORE UPDATES AND EXCITING FUNDRAISING OPPORTUNITIES.

JOIN US AFTER THE GAME FOR THE

EXIT



The Twisted Handle

1632 N MILLS AVE, ORLANDO, FL 32803

Special Happy Hour Menu

TO GUESTS WHO SHOW THEIR
ORD GAME TICKET





FAST TRACK RECRUITMENT

August - October 2023

EMAIL
HEADTRAINER@ORLANDODERBYGIRLS.COM
FOR MORE INFO
1ST 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



