

# ROLLER DERBY: JAMMERS AND BLOCKERS AND PIVOTS, OH MY!

## ANATOMY OF A ROLLER GIRL

**Helmet:** Protects against head injury and indicates position during jam.

**Mouth guard**

**Team uniform shirt:** Team name on front, derby name on back. Derby names are registered to ensure no two skaters have the same name.

**Elbow pads**

**Wrist guards**

**Short skirt or shorts** provide maximum manoeuvrability

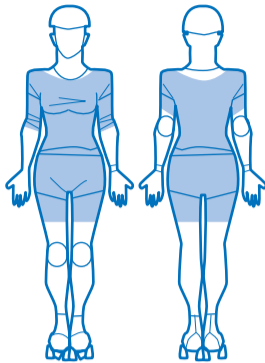
**Knee pads**

**Ankle-high, quad-wheel roller skates**

## LEGAL CONTACT

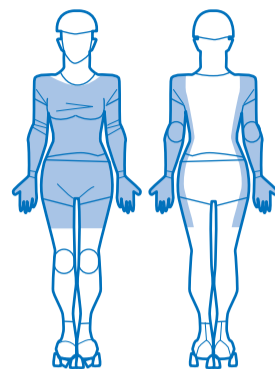
### BLOCKING ZONES

Shaded regions are legal areas a skater can use to block, hit or check.



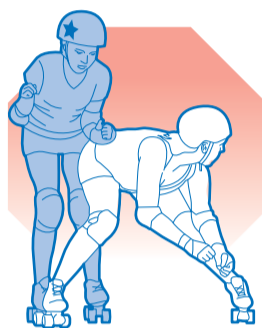
### TARGET ZONES

Shaded regions are legal areas where a skater may be blocked, hit or checked.



## TYPES OF BLOCKS

### BOOTY BLOCK



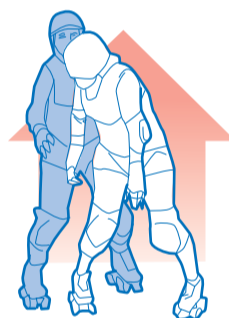
Keep the opposing jammer from passing by keeping your "booty" in their way.

### J-BLOCK



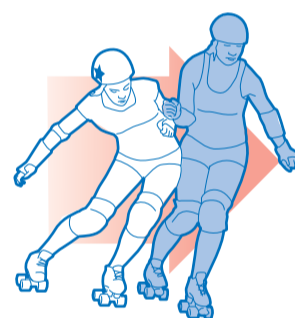
Use the full body to spring shoulder-first into the opposing player.

### THE CAN-OPENER



From a crouching position, spring upward, ramming your shoulder into the other skater's sternum. Be careful to keep your elbow away from their body or you'll receive a penalty.

### HIP CHECK



Thrust your hip into the opposing player, sending them off balance and preventing them from passing or enabling the jammer to pass the blocker.

## THE BOUT

A bout consists of two 30-minute periods, each period is broken up into 'jams'. Each jam lasts up to two minutes with a 30 second break between jams. If all skaters are not in position at the beginning of the jam, the jam will start without them and the team will skate short.

## A JAM

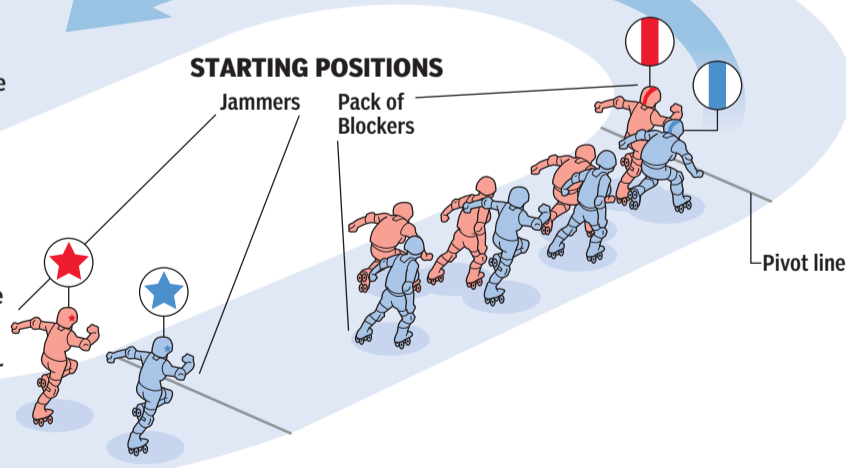
The whistle blows once and the pack takes off. When the last blocker crosses the pivot line, the whistle blows twice and the jammers take off.

The jammers work to get through the pack. The first time through, the jammers try to beat each other through the pack to become the "lead jammer." Jammers don't score on the first pass.

On subsequent passes, the jammers can score points. The blockers block the opposing jammers while trying to get their jammer through. 'Lead jammers' can end the jam before the two minutes are up by repeatedly placing their hands on their hips.

A jam is over once the referee blows his whistle four times.

## STARTING POSITIONS



## WHO'S WHO IN THE PACK

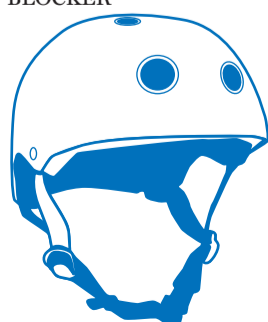
### JAMMER



**Helmet cover with stars.**

**Duties:** Scores points by lapping opposing team members. A jammer may transfer her position to the pivot during the bout by removing the helmet cover and passing it to the pivot.

### BLOCKER



**No helmet cover.**

**Duties:** Helps the team's jammer progress through the pack, hinders the opposing team's jammer by preventing her from passing.

### PIVOT



**Helmet cover with stripes.**

**Duties:** A blocker who may be designated as a jammer during the course of a jam. Establishes team strategy during play.