



Sugen på att bli en roller derby spelare? Skriv upp dig på listan så kontaktar vi dig vid nästa prova på-tillfälle!

Följs oss även på sociala medier för att ta del av matcher, evenemang som rullskridskodisco och prova på-tillfällen.



Ume Radical Rollers



umearollerderby



# Vad är roller derby?

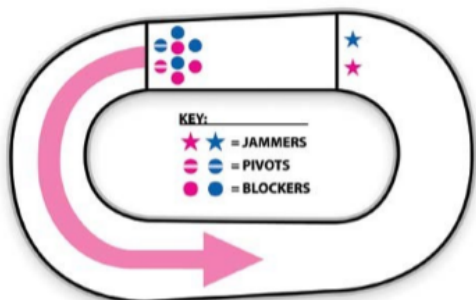
Roller derby är en fullkontaktsport på rullskridskor. Sporten utövas på en oval bana med två lag bestående av 5 spelare var. Varje lag ställer upp 1 JAMMER och 4 BLOCKERS på planen.

Jammerns uppgift är att ta sig förbi motståndarspelarna, för att därefter kunna ta poäng vid nästa varvning.

Jammern känns igen på att hen har ett överdrag med en stjärna på hjälmen.

Blockersarnas uppgift är att hindra motståndarens jammer från att ta sig förbi. En blocker i varje lag har ett hjälmöverdrag med en linje och kallas för PIVOT.

Pivoten kan ta över jammeruppgiften genom ett så kallat starpass, då jammern lämnar över stjärnöverdraget till pivoten som därmed kan plocka poäng istället.



I Roller derby kallas en match för BOUT. En match består av två 30 minuters halvlekar. Under varje halvlek spelas så många jams som hinns med. Ett jam kan max vara 2 minuter.

Den som har mest poäng i slutet av matchen vinner.

# ROLLER DERBY BASICS

## PROTECTIVE GEAR

HELMET: Helmet covers indicate position during gameplay

MOUTH GUARD

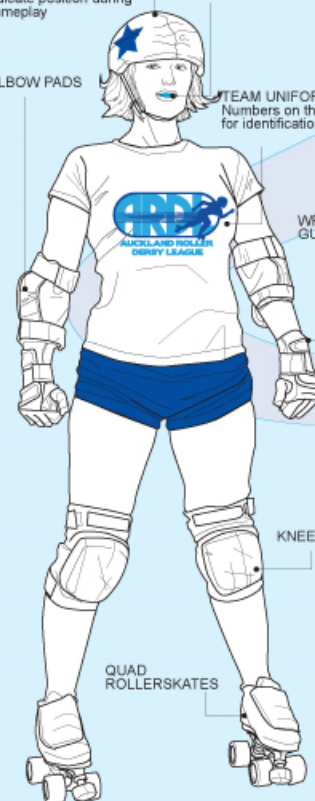
ELBOW PADS

TEAM UNIFORM: Numbers on the back for identification

WRIST GUARDS

QUAD ROLLERSKATES

KNEE PADS



## 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. If all skaters are not in position at the beginning of the jam, the jam will start without them and their team will skate short.

## STARTING POSITIONS

Jammers

The Pack

Pivot line

## THE PACK

The pack is defined as the largest group of blockers from both teams skating within proximity (10 feet). Blockers may not engage or assist any other skaters if they are more than 20 feet from the pack.

## SKATERS



**JAMMER**  
HELMET COVER W. STARS  
Scores points by lapping opposing team members. A jammer may transfer her position mid-jam by passing her helmet cover to her pivot.



**BLOCKER**  
NO HELMET COVER  
Prevents the opposition jammer from scoring by using positional blocks or body checks. Assists her own jammer through the pack.



**PIVOT**  
HELMET COVER W. STRIPE  
A blocker who may be designated as a jammer during the course of a jam. Usually establishes team strategy during normal gameplay.

## BASIC GAMEPLAY

A single whistle from the Jam timer gets the pack and Jammers started, and a Jam ends 4 rapid whistle blasts.

Blockers try to impede the opposition jammer while trying to get their own jammer through. The first jammer to pass through the pack legally and in-bounds becomes the "lead jammer". The jam referee will signal this by pointing at the lead jammer and making an "L" with their left hand held high above their head.

Once their initial pass has been completed, the jammers may now score points. Jammers score one point for each blocker they legally pass (hips in front of hips) on each subsequent pass through the pack. Jammers can also earn a "jammer lap point" if they lap the opposing jammer. Earning five points in one scoring pass, four for each blocker plus one jammer lap point, is known as a "grand slam".

The lead jammer may choose to end the jam strategically by touching her hands to her hips repeatedly. If there is no lead jammer, the jam will last a full two minutes; this is known as a "power jam". A jam ends when four short whistles are blown. Points may be scored up to the fourth whistle blast.

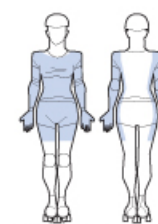
## PENALTIES

Major infractions will earn a skater 30 seconds in the penalty box and their team must skate without them.

## LEGAL CONTACT



**BLOCKING ZONES**  
Shaded areas indicate zones that a skater can use to block, hit or check legally.



**TARGET ZONES**  
Shaded areas indicate zones where a skater may be blocked, hit or checked legally.