

Referee Signals



Tripping



Back Blocking



Head Block



Block Out Of Bounds



Elbows



Illegal Procedure



Insubordination



Cutting The Track



Hands



Forearms

Major Penalty - A foul that has measurable physical force or effect which causes harm or adversely affects the game. One major penalty = 1 minute in the box.

Minor Penalty - A foul that has measurable physical force or effect but does not cause harm or adversely affect the game. Four minor penalties = 1 minute in the box.

Back Blocking - Any contact to the back of the torso, booty or legs of an opponent.

Cutting the Track - Intentionally cutting the track or skating out of bounds, bettering a player's position within the pack by passing opposing players outside of the track.

Elbows - When blocking another player, elbows may not be swung with a forward, backward, upward or downward motion. The point of the elbow cannot be used to initiate a block.

Forearms - Forearms or hands may never be used to grab, hold or push an opponent.

Grand Slam - If one jammer completely laps the opposing jammer, she will score an additional point each time she fully laps her.

Hands - Using the hands in an illegal manner, such as grabbing or pushing an opposing player will result in a penalty.

Head block - The head may not be used in blocking. No contact can be made above the shoulders.

Illegal Procedure - Technical infractions that give the offending team an advantage but do not directly impact a specific opponent.

Insubordination - Disrespectful and unladylike behavior toward the referees results in a major penalty or ejection.

Lead Jammer - First jammer to legally pass all of the blockers and pivots.

No Lead Jammer - Both jammers were unable to get through the pack without committing a penalty. The jam will last two minutes.

Official Timeout - At anytime deemed necessary for the safety of the skaters.

Out of bounds blocking - Skaters must be in-bounds when initiating a block.

Timeout - A timeout called by team captains. Each team is allowed three one-minute timeouts per game.

Tripping - Skaters may not trip or intentionally fall in front of another skater.

Penalties are cumulative for the entire bout. They are not "reset" between periods.

No team may have more than two skaters in the penalty box at a time. If a team has more than two penalized skaters, the third skater will sit out once the first skater has served her penalty.



Timeout



Official Timeout



Lead Jammer



No Lead Jammer

