

Could you play roller derby?

The basic rules of roller derby

Roller derby is a team sport played on quad roller skates on an oval track.

It's played by 2 teams of 14 players.

There are 4 skaters from each team are the blockers.

Together the blockers are called the pack.

1 skater from each team is the jammer - they are the point scorer and have a star on their helmet.

When the whistle blows the skaters set off and the jammers have to fight their way through the pack.

The blockers must try to stop the opposing jammer and assist their own jammer at the same time.

There are no grabbing or tripping but there are full body contact slams, hip checks and shoulder check that can send skaters flying across the track.

After the first pass through the pack the jammers can score, gaining 1 point for every member of the opposing team that they pass.

At the end of the game the team with the most points wins.