



Flat Track Rules (Last Revised March 5, 2008)

Game Definitions

Women's Game:	Only females competing.
Men's Game:	Only males competing.
Co-Ed Game:	Males and Females compete on same team in consecutive periods.
Old School Game:	Male and Female Teams compete, separate teams compete in alternating periods.

Game Parameters

A game consists of three twenty-minute periods separated by fifteen-minute intermissions. Each period may have an unlimited number of jams.

A jam is a maximum 90 seconds of actual skating game time.

There is a maximum of 30 seconds setup time in between jams during which the skaters must get into position.

The team with the most points at the end of the third period wins the game.

It is customary for the winning team to take a victory lap and shake hands with the opposing team.

Track requirements

The track is oval in shape and should be laid on a clean, smooth flooring surface (wood, sport court, polished concrete, or asphalt) with clearly marked boundary lines.

The inner most oval is restricted to the head referee, jammer referees, penalized persons/penalty boxes, penalty and stat keepers; it is out of bounds to skaters.

The next 15' wide oval is the track; this area is 'in bounds' and is where the jams take place.

There are two lines approximately 40' apart, across the track; the first marks where the pivots will line up and the second is the jammer line where the jammers line up to start the jam. Boundary lines are included as in bounds.

The 5' wide oval that surrounds the track is designated for referees only; it is also out of bounds to skaters.

The size of the track may be modified to accommodate the size of the venue but the outer oval boundary line should be approximately 96' long by 60' wide and the inner oval boundary line should be approximately 60' long by 30' wide. The track, including the referee pathway, should be approximately 106' long by 70' wide.

Positions

Jammer

A star on the skater's helmet designates the position of **jammer**. Jammers start at the jammer line.

On the 2nd whistle of a jam, a jammer may block the opposing jammer and/or move forward through the pack.

If a jammer is called for a penalty the jammer goes directly to the penalty box to serve their time.

If a jammer goes out of bounds during their first time passing through the pack the jammer must return to the rear of the pack. A jammer **must** return to the back of the pack by letting the pack skate past them to begin legally working their way through the pack again.

A blocker may not legally engage a jammer if they are beyond a 20 foot range of the pack.

Once a jammer has successfully, (remaining in bounds and without committing penalties), worked their way through the pack their status becomes an **active jammer**. An active jammer no longer has to go to the back of the pack if they go out of bounds. They may re-enter the track wherever they went out but must not advance their position in the pack.

Only active jammers are eligible to score points and/or become lead jammer. An active jammer scores a point for each opponent they pass (lap) as they enter the pack. The

active jammer continues to lap the track and score points until the jam time expires or the lead jammer calls it off.

To remain lead jammer, the jammer must maintain a physical position ahead of the opposing team's jammer on the track. The status of lead jammer switches with the position of the active jammer in the lead.

Only the lead jammer may call off a jam; however, they must remain on their feet in bounds in order to do so. If a lead jammer goes out of bounds they may retain lead jammer status by returning in bounds on their feet without having advanced their position out of bounds while remaining in front of the opposing team's jammer.

If at any time an active jammer who is in bounds passes the lead jammer, that jammer takes the lead jammer status.

Once a jammer has successfully remaining in bounds and without committing penalties-worked their way through the pack their status becomes an **active jammer**. An active jammer no longer has to go to the back of the pack if they go out of bounds. They may re-enter the track wherever they went out but must not advance their position in the pack. Only active jammers are eligible to score points and/or become lead jammer. An active jammer scores a point for each opponent they pass (lap) as they enter the pack. The active jammer continues to lap the track and score points until the jam time expires or the lead jammer calls it off.

A **lead jammer** is the status of an active jammer who is physically in front of the other jammer, regardless of the opposing jammer's status. The first jammer out of the pack successfully automatically becomes lead jammer. To remain lead jammer, the jammer must maintain a physical position ahead of the opposing team's jammer on the track. The status of lead jammer switches with the position of the active jammer in the lead. Only the lead jammer may call off a jam; however, they must remain on their feet in bounds in order to do so. If a lead jammer goes out of bounds they may retain lead jammer status by returning in bounds on their feet without having advanced their position out of bounds while remaining in front of the opposing team's jammer. If at any time an active jammer who is in bounds passes the lead jammer, that jammer takes the lead jammer status.

Pivot

The position of **pivot** is designated by a stripe on the skater's helmet. Pivots are positioned at the head of the pack at the beginning of each jam and set the pace of the pack at the sound of the 1st whistle.

Pivot may go out as active jammer if their jammer is called for a penalty while they are in active jammer status. Pivot scores points when they reach the rear of pack and are lapping the opposing skaters.

Pivots may break from the pack and become an active jammer eligible to score points, but only if the opposing team has established lead jammer status.

If the break away pivot is caught up to by their jammer, they may give their jammer a whip or just allow them to pass to restore the original jammer to active jammer status; the pivot is no longer able to score points and should return to the pack.

An active jammer may pass their status to their pivot by whipping them ahead before the 20 feet mark; jammer must return and become part of the pack. First skater who passes 20 feet mark is active jammer.

A pivot while acting as jammer has all the rights of a jammer including becoming lead jammer.

A pivot does not have to be positioned at rear of pack to break out on a Jam. They may break from anywhere in pack if their jammer cannot get out of pack. If they are "out of bounds" trying to get out of pack, they need only come back into pack where they were deemed "out of bounds". They do not have to go back to rear of pack, as a Jammer must do when "out of bounds".

Blocker

Skaters without helmet covers containing stars or a stripe are identified as **blockers**; they make up the majority of the pack. They play offense and defense simultaneously by assisting their jammer through the pack while preventing the opposing jammer from making it through the pack.

All blocks must be made during jam time while both skaters are in bounds.

Blockers may block other blockers and opposing jammer by using shoulders, hips or triceps.

It is illegal for a blocker to prevent an out of bounds skater to return in bounds.

Double blocks are permitted. A double block occurs when two or more blockers are side by side, with wrists crossed but not interlocking.

No holding of hands is permitted, nor may one blocker grab or hold the other blockers wrist with their hand (with the exception of a whip).

20Ft Ruling

All skaters may be blocked within the pack as well as within 20 ft of the pack in either direction. As long as a blocker stays within the 20 ft range of pack, a blocker may drop back to the rear of pack to engage a jammer coming into score points for their team.

A blocker may also engage an active jammer who has just broken from the pack in an attempt to bring them back into the pack and or to stop them from going on a jam.

Once a jammer has passed 20 ft of pack they may not be engaged by a blocker, but may be blocked to by the other jammer and/or Pivot. Defensive skaters who attempt to block a jammer more than 20' outside of the pack in either direction may be issued a penalty.

Referees

One referee is assigned to each jammer designated by scarf or armband colored to match the team they are tracking.

Jammer referees help to ensure jammers return to back of the pack whenever they go out of bounds on their attempt to become active jammer.

A jammer referee extends their right arm – pointing to a jammer when they become active. A jammer referee puts their left arm up and extends their right arm out pointing to a jammer when they become lead jammer.

When a lead jammer places their hands on their hips to call off a jam, a jammer referee acknowledges and ends the jam with a long, loud whistle blow.

At the end of the jam, the jammer referees signals point score by holding up a finger count to the announcer and pointing to the team they are referring to.

The announcer verbally repeats the score for the referee to confirm, and then points are credited to the scoreboard.

Jammer referee will track pivot if the pivot takes over as jammer.

Additional referees skating outside of the track focus on boundaries and illegal blocking in the pack.

All referees may call penalties on all skaters by a short whistle blow, pointing at the offender and hand signal the offense.

During breaks stats person(s) can approach the referees to confirm a penalty call.

Referee calls timeout of team by blowing whistle, giving a "T" hand signal and pointing to team calling it.

Referee timeouts are called by blowing whistle, giving a "T" hand signal, and tapping their shoulders.

Referees may blow whistle to call off a jam if an injured skater is on track and unable to get off the track without assistance or if fighting breaks out which may interfere with the jam or game proceeding safely.

Penalty Keepers

- ☑ Penalty keepers monitor and time skater(s) serving penalties.
- ☑ Responsibilities include:
 - Recording penalties
 - Conferring with stats person during the period breaks and at end of the game.
 - Notifying penalized skater to come off the track.
 - Timing the penalty once the skater is seated in the penalty box.
 - Timing the length of the penalty and sending the skater out of the box once time is served
 - Notifying captain/coach to send in replacement skater for 3rd penalized skater waiting for a seat in the box.
 - Ensuring that the replacement skater comes off the track when the penalized skater takes a seat in the box.

The penalty keeper will have a stopwatch per seat in the box to time the skaters in the box individually.

Penalty time will pause during the interval(s) of time between jams or during timeouts.

Statistician

Statisticians record penalties in ink and compare their recordings with those of the penalty keepers during period breaks and the end of the game.

Any discrepancies may be shown to referees for a final ruling.

Stats Keepers may also notify skaters if they have accumulated 6 minutes of penalties warning 8 minutes of accumulated penalties skater is out of game.

Jam

Set up

Two teams of five skaters – a jammer and the pack that consists of a pivot, and up to three blockers from each team– take their place on the track.

All skaters are expected to be on the track ready to skate. Teams may have fewer players during a jam if a skater is either serving a penalty or fails to be on the track when a jam begins; however, each team must have a minimum of three skaters on the track for a jam to commence. Three skaters consist of Pivot, Jammer, and one Blocker.

If a team is short the correct number of skaters on the track when the whistle blows, they must skate short that number of skaters, if no penalty is being served.

There are only two situations in which skaters may enter the track after a jam has begun. These include skaters who have finished serving time in the penalty box or their substitutions, and substitutions for a skater who becomes injured or has equipment problems during a jam.

If a jam begins with too many skaters on the track, the jam will end immediately, the team having excess players will receive a penalty, and the jam will be restarted minus one blocker from the offending team.

The 1st whistle signals the start of a 90 second jam wherein pivots lead the pack counter clockwise around the track.

The 2nd whistle signals the jammers to begin skating.

They must race to catch up to the other skaters and then attempt to make their way through the pack.

Scoring Points

Once a jammer successfully makes it through the pack they become an active jammer. The active jammer in the lead is the lead jammer. A jammer scores point(s) by lapping opposing skaters.

The status of lead jammer transfers every time an active jammer passes the lead jammer. As an active jammer laps the pack, they score one point for each opponent they pass while the active jammer is in bounds.

Opposing players do not have to be in bounds to be scored upon (i.e. blockers from the jammer's team may have knocked opposing players out of bounds to help their jammer proceed through the pack to score points).

An active jammer may also score points for skaters in the penalty box, but only if that jammer is able to lap all of the opposing team members on the track – including the opposing team’s jammer.

Jammers will be awarded one point for every opposing skater who cuts across the track.

Each jam lasts a maximum of 90 seconds; however, if the lead jammer is eligible (in bounds and on their feet) they may choose to call the jam off earlier by placing their hands on their hips.

Additionally, officials may end a jam due to skater injury. A jam will end early with the conclusion of a period.

Between jams, a maximum of 30 seconds is allowed to have scores and stats recorded and to set up players for the next jam. During this time, team captains/coaches may call 1 time out or briefly dispute or clarify a call with a referee. Each team is allowed a timeout to stop the clock for one minute per period by the captain/coach signaling the referee with a hand “T” sign.

Referees may make the call to immediately stop the jam, or wait until the break to stop the clock for an interval of time before the next jam.

A resolution must be made before the next jam begins.

Once the head referee declares a ruling, the decision is final and the two teams have a maximum of 30 seconds to return to the track.

Penalties

Minor penalties (1 minute)

Illegal blocks:

- Hitting below the hips or above the shoulders
- Using hands for pushing, grabbing uniforms or arms of opposing team
- Using forearms from elbow down to block
- Using elbow to block
- Swinging upper or lower cutting motions for blocks
- Tripping
- Deliberate falling
- Blockers who interlock arms
- Straight arm extension blocking
- Holding a person down
- 20’Rule for blocking, blocking out of bounds
- Not allowing skater out of bounds to return to play

- Blocking after jam has ended
- Back blocking with elbows or hands

Others

- Advancing position while out of bounds
- Unauthorized person communicating with referee(s) (authorized being the Captain, Co-Captain or coach)
- Unsportsmanlike behavior
- Disrespecting referees
- Not in proper uniform.
Cutting the track

Major penalties (2 minutes)

Major penalties are two minutes long and may be called for:

- Deliberately pulling a skater down
- Choking
- Biting
- Kicking
- Fighting
- Blatantly ignoring a referee's call
- Abusively using verbal obscenities
- Airborne blocking (if both skates are off the ground at contact).

Team penalties

- Team Penalties are one minute long and may be called for:
- Delay in jam- not accurate number of skaters on track

Automatically out of game

Ejection may be assessed and (offender removed and team gets 2 min penalty) may be called for:

- Abusively physically touching a referee
- Any skater that accumulates 8 minutes in penalty time
- Any person referee(s) deem incorrigible and or out of control may be escorted out by security

Serving Penalties

Penalties are served as soon as they are called. The offending skater goes directly to the penalty box for the time designated by the referee.

Penalty serving time is paused during breaks. Penalty time that is not completely served within the jam where the penalty occurred carries over to the next jam.

Penalty time not served will carry over to the next period. The period's 1st jam will start with two jammers but minus the number of blockers needed to serve the penalty time.

Skaters who received the penalty may not skate this jam, however, a substitute may fill the position of the jammer or to meet the minimum of three skaters on the track.

If a jammer is called for a penalty, that jammer must go directly to the penalty box. The Pivot skater is eligible to break from pack and go out on the jam as an Active Jammer.

In instances where a jammer's penalty time carries over to the next jam the offending team skates short one blocker until the jammer's penalty time is completely served- at which point the skater or their replacement may return to the track as a blocker in the pack.

If both jammers receive penalties at the same time both skaters go to the penalty box, the jam ends, and a new jam begins with new jammers and each team minus one blocker.

Once the penalty time is served those skaters or their replacements may return to the track in the back of the pack, as a blocker for the remainder of the jam.

In the case 3 skaters receive penalties from the same team, 2 skaters go directly in the box, the 3rd skater stands beside the box and their captain/coach sends a replacement skater from the bench to the track. Once a penalty time is served the skater may leave the box and return to the track or be substituted on the track. Now the 3rd penalized skater must take a seat in the penalty box and their penalty time begins; their replacement must come off the track and return to the bench.

Miscellaneous

Back Blocks

Blocking from behind is permitted as long as only the shoulders to triceps are used in executing the block. No hands or elbows are allowed to be used in back blocking.

Pivot Blocks

Pivot Blocks are allowed as long as contact with opposing skater is made with shoulder, not hands or arms from elbow down to wrist.

Spin Whips

Spin whips are allowed as long as contact is not made with the hands, (holding penalty). It is legal to make contact with opposing skater blocker during this move. However, it is illegal to make hand contact with an opposing skater while advancing your jammer.

SPIN WHIPS AND PIVOT BLOCKS are not considered to be skating backwards as the skating motion of the blocker is still in a counter-clockwise direction.

Travel Team

Players may be changed to make up a team suitable for fair competition.

For example, a new inter-league team does not need to compete against your league's most advanced skaters.

Travel team is 14 players, 2 of which are alternates.

Travel team rosters must be submitted to the home team 3 weeks prior to game date; no changes can be made after this time without authorization of the opposing team.

Attire

Uniforms identify skaters as team members. Color selection should distinguish each team.

If both teams share the same color scheme, the home team gets the choice of colors to be worn.

Skater name should be legible across back.

Skater's number should be at least 4" large, visible on back of uniform, and marked on outside of both upper arms.

All team skaters are required to wear helmets, elbow pads, kneepads, wrist guards, and quad skates. Mouth guards are strongly recommended as are tailbone protection.

Overtime

Teams will skate one period of five minutes. The team with the most points at the end of this period will be considered the winner of the game. If at the end of the first overtime period the score is still tied, another overtime period will be skated as "Sudden Death" (first team to score will win game). If no score this period the game will end in a tie.