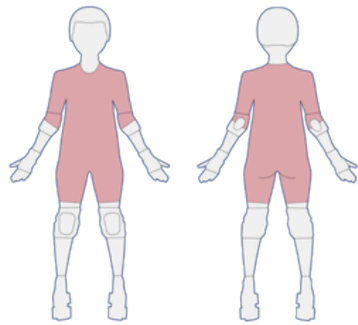


Legal target zones



Legal blocking zones

ROLLER DERBY BASICS

Two 15-skater teams play two 30-minute periods. Each period consists of multiple "jams." Each jam is an opportunity for both teams to score points, and ends after 2 minutes or when the Lead Jammer calls off the jam. It is legal for a skater to block opponents with their hips, rear, and shoulders. It is not legal to block to the back, to trip, elbow, or to back talk officials. Players committing illegal actions are penalized 30 seconds and their team plays short for that time.



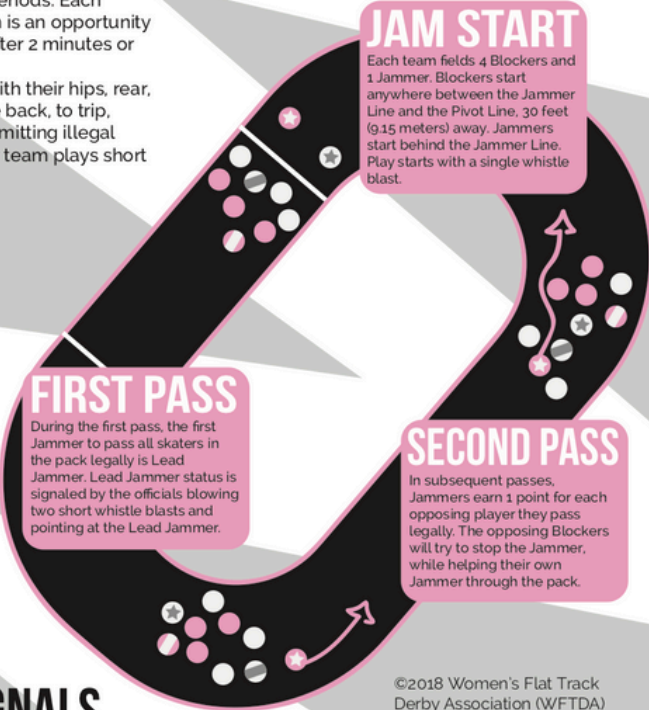
JAMMER Jammers wear a star on their helmets and are the scoring players for each team. The Jammers attempt to pass the opponents as many times as possible by sprinting around the track and lapping the pack.



BLOCKER The Blockers are simultaneously focused on stopping the opposing Jammer from passing them and assisting their Jammer to pass the opposing team's Blockers. The pack is formed by the largest group of Blockers with players from each team on the track.

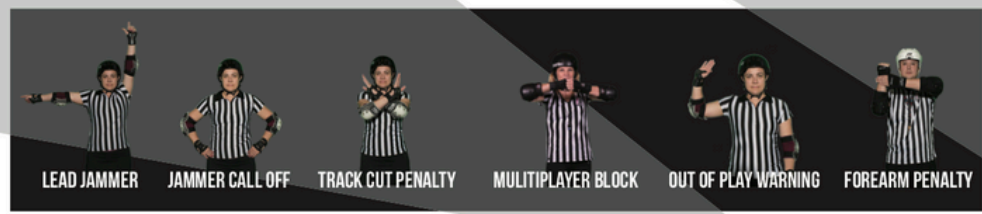


PIVOT The Pivot is the Blocker that wears the stripe on their head. They are the only Blocker that is allowed to accept a star pass from the Jammer, thus becoming the new Jammer and gaining the ability to score points.



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KEY OFFICIATING SIGNALS



2025 SEASON OPENER

APRIL 26TH

ROLLER DERBY

Photos by Down the Drain Photography



DOORS: 5 PM

FIRST WHISTLE: 6 PM



BiohazARDS
& FRIENDS



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ROCKCOASTROLLERDERBY.ORG

THANK YOU TO OUR SPONSORS



AROOSTOOK ROLLER DERBY

- #007 Jane Austentatious
- #10 Tenacity
- #13 Chorizo
- #21 Shortie
- #28 Leggz
- #313 Slim
- #314 Wolf-E
- #328 Sabs of Steel
- #6 R.I.P.unzel
- #7 Daddy Long Legs
- #714 Sucia
- #789 Thoréal
- #8 Malice Borealis



BiohazARDS

Coach: Wrex



UPCOMING
HOME GAMES :

MAY 31

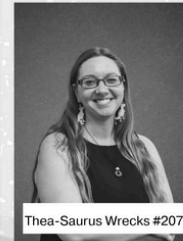
JUNE 28



Raz McStabz #309



TuckHerUp #999



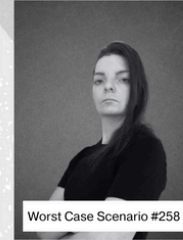
Thea-Saurus Wrecks #207



Lady Vader #501



Sweet Lady Pro-Pain #42



Worst Case Scenario #258



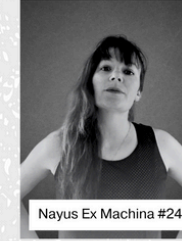
Fish Feet #227



Cinderhella #12



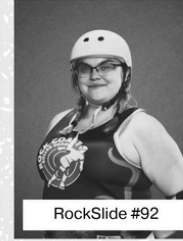
Locomotive Lopez #0



Nayus Ex Machina #24



Gnarwen #888



RockSlide #92



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Using trauma-informed, strength-based, restorative practices, The Landing Place aims to break cycles of poverty by compassionately supporting young people who are at high-risk of experiencing different types of adversity, such as unstable housing, food insecurity, insufficient access to resources and supplies, personal conflicts, and other barriers that make it difficult for youth to succeed.



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COACHING STAFF



TheraPistil



Ragin' Cajun