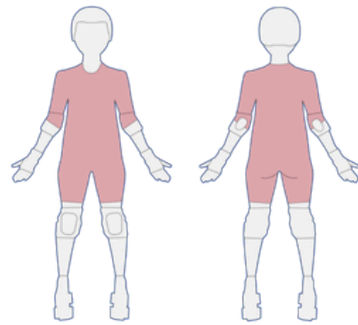


Legal target zones



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.



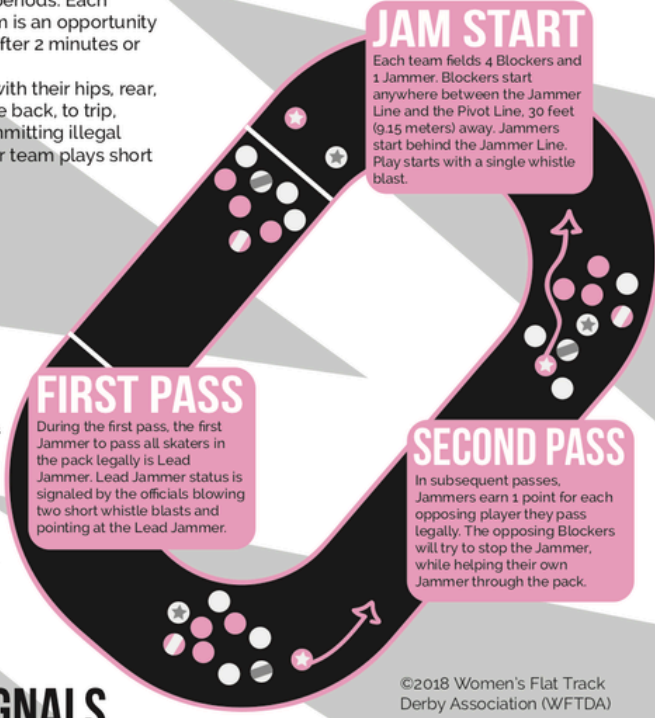
JAMMER Jammers wear a star on their helmets and are the scoring players for each team. The Jammers attempt to pass the opponents as many times as possible by sprinting around the track and lapping the pack.



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.

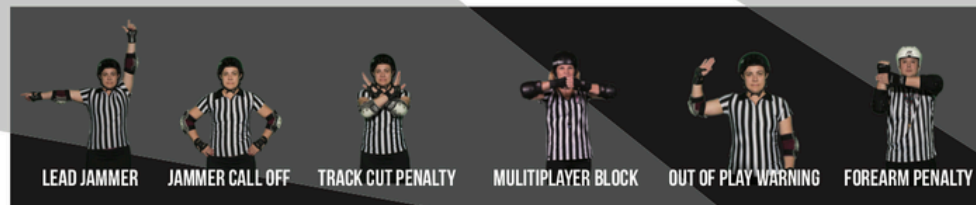


PIVOT The Pivot is the Blocker that wears the stripe on their head. They are the only Blocker that is allowed to accept a star pass from the Jammer, thus becoming the new Jammer and gaining the ability to score points.



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KEY OFFICIATING SIGNALS



ROCK COAST ROLLER DERBY

2026 HOME SEASON

CELEBRATING 15 YEARS

**DOORS AT 5PM
FIRST WHISTLE AT 6PM**

APRIL 11

VS. MAINE ROLLER DERBY

MAY 16

TROLLER DERBY MIXED SCRIMMAGE

MAY 30

VS. DIVERGENCE ROLLER DERBY

JUNE 20

VS. GREEN MOUNTIAN ROLLER DERBY



**535 WEST ST.
ROCKPORT, ME**



EST. 2011



rockcoastrollerderby



Rock Coast Roller Derby



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Photo by Down the Drain Photography



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ROCKLAND, MAINE

DAMARISCOTTA



Betty B. Tough #897



Brawly Parton #925



Bruise Lee #315



Candy Pain #23



CupQuake #218



Heartless Birch #518



Lemon Bomb #629



Manic at the Disco #329



Miss Bee Haven #1111



Roly Poly #150



Sticky Situation #69



Sylvia Wrath #425



The Missing Lynx #67



Velocity Raptor #31



WreckKit #52



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Locomotive Lopez #0



Raz McStabz #309



TuckHerUp #999



Barbwire Bush #203



Infernal Flea #117



Fish Feet #227



Betty Vendetta #7



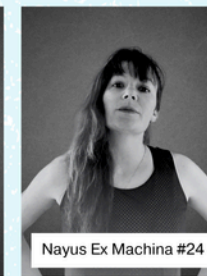
Stinging Nettle #333



YIKES #592



Freak #3



Nayus Ex Machina #24



RockSlide #92

COACHING STAFF



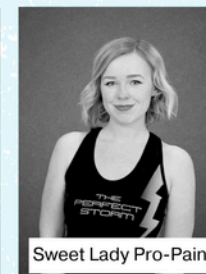
Jolly Dodger



Natural Disaster



Rebar



Sweet Lady Pro-Pain

THANK YOU TO OUR OFFICIALS

TUGBOAT, Muffin, Cinderellbows, Gnarwen, Sabs of Steel, Lady Vader, Ragin' Cajun, Dry White Toast, Thea-saurus Wrecks, Kayla, Obsidian Axe, Madcap Eris, Brickhouski, Worst Case, Scenario, Candied Bacon, SIN, and Cinderhella.



SKATE-A-THON **MAY 2ND 4-6 PM**
ANYONE CAN PARTICIPATE!
ALL LEVELS, ALL AGES
SKATES & BLADES AVAILABLE