

CAPE GIRARDEAU ROLLER DERBY

PRESENTS



v.

THE WORLD


DOORS: 5PM


NOV
16


A.C. BRASE
ARENA

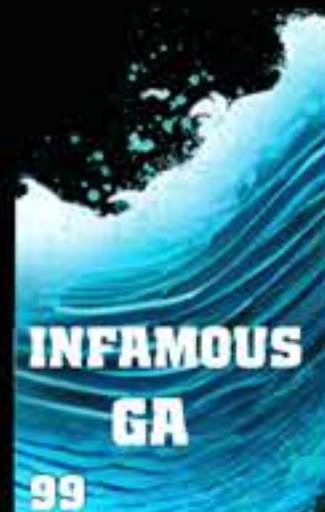
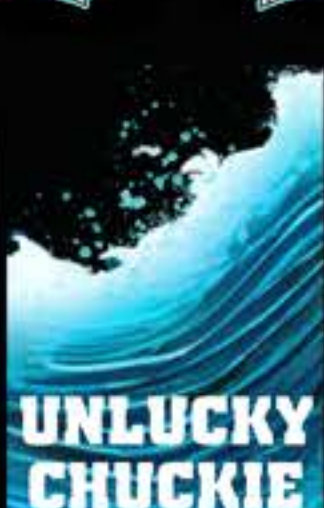
CHARITY:
TIGER LILIES



 www.capegirardeaurollerderby.com

 @capegirardeaurollerderby

 CGRD: Cape Girardeau Roller Derby



COACH: SPLATTER



CAPE GIRARDEAU
ROLLER DERBY

HEADSHOTS BY: BRITTANY RENEE PHOTOGRAPHY



**WRECK TANGLE
SHUDDER SPEED
TAURUS PALLIDUS QUIETUS
HIGHWAY SULLIVAN
PROF. PLUM CRAZY
RADAR JAMMIN'
LEFTY LUCY
MAC-A-TACK
SOUP BEANS
IRON MEGAN
CUP-A-TNT
LOBSTER
JAX
SIN**

THE WORLD

COACHES: SLAYTOVEN & BEASTIE

Two fifteen skater teams, play two, thirty minutes periods. Jams are two minute plays, that end when the lead jammer calls off the jam or the two minutes expire.

Jams are called off when the lead jammer tapes their hips.

Skaters can block opponents with their hips, rear, and shoulders. It is not legal to block to the back, to trip, to elbow, or push with forearms.

Players who receive penalties must sit in the penalty box for thirty seconds. Their team must play short, this might mean that a Jammer is in the box. This is called a power jam.

★ ★ JAMMER

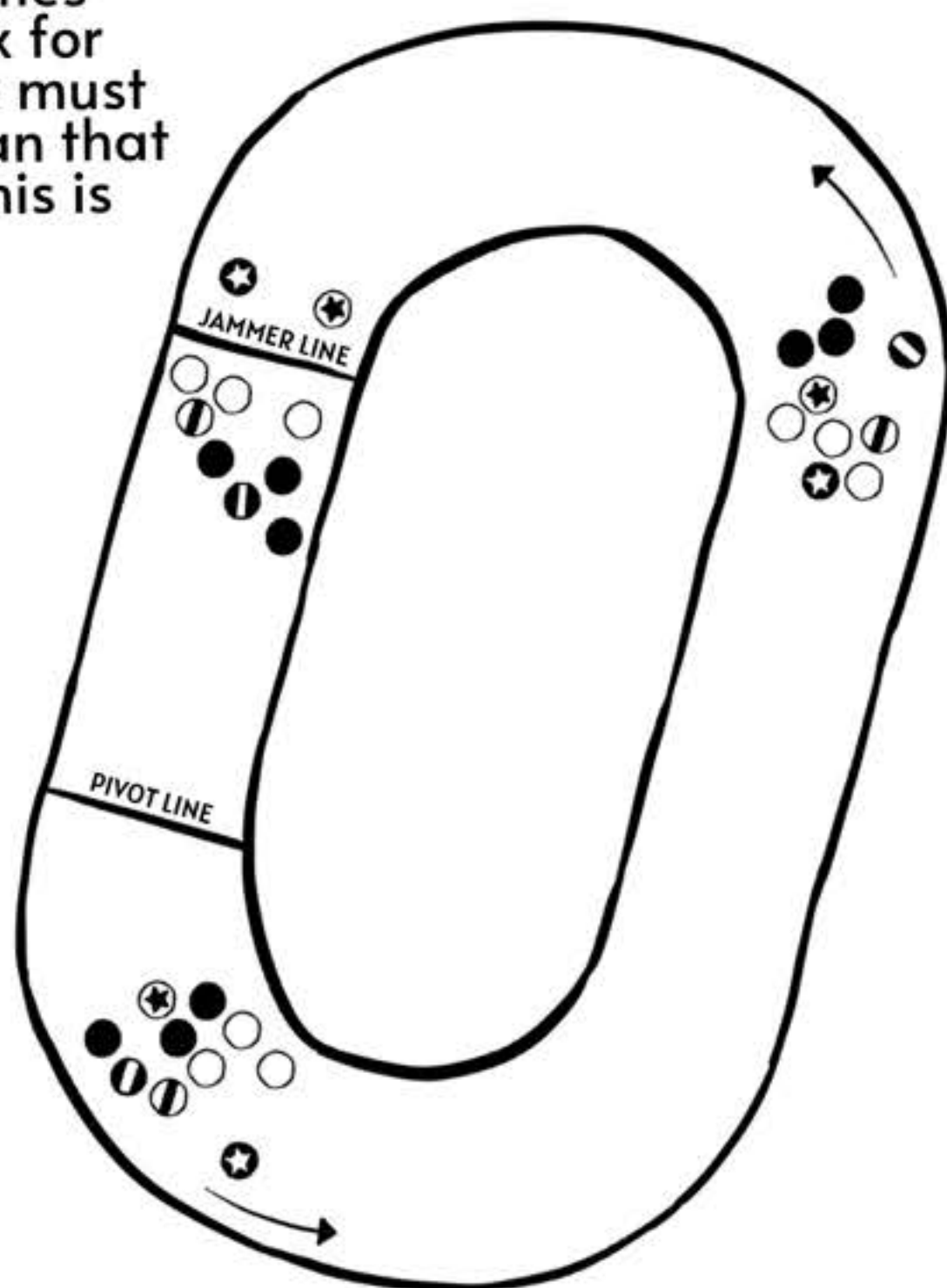
The scoring player for each team. They sprint around the track and lap opposing skaters.

● ○ BLOCKER

Offensively block opposing jammers and defensively aid their jammer in getting through the pack.

◐ ◑ PIVOT

A blocker that is allowed to become the jammer, if the jammer passes the star on their helmet.



JAM START

Each jam start includes four blockers and a jammer from each team. Jammers start behind the jammer line and blockers start anywhere between the jam and pivot line.

1ST PASS

The first jammer to pass the opposing pack is the lead jammer. Lead jammer status is signalled by an official blowing two short whistles, pointing at the skater, and holding up an L.

2ND PASS

In each additional pass, jammers earn one point per opposing, upright and inbound skater they pass.

TERMS TO KNOW

BOUT

The terminology "bout" comes from boxing, because a derby match is a fight to the end.

THE PACK

The largest group of in bounds blockers containing members from both teams. If there is no pack, there can be no physical contact with jammers.

TRIPOD

A typical triangular formation of three blockers on the track.

POWER JAM

An action packed period in which one jammer is in the penalty box and only one jammer is left on the track to score.

ZEBRA

Our loving name for our friends in stripes, the refs!

NSO

Non-skating officials, such as our time keepers, penalty box, score keepers, etc.

APEX JUMP

A technique used to escape blockers, where the jammer cuts the inside of the track by jumping over it.

DERBY DIRECTION

Skaters move in a counter-clock wise direction. Skaters can not force an opposing skater to move opposite of derby direction.

WHY ARE PEOPLE STANDING STILL/ SPREAD APART? BRIDGING

The engagement zone is the largest group of blockers from both teams within 10 feet of one another.

By separating up to 10 feet, blockers can stretch both the pack and the engagement zone, allowing teammates to keep hindering the opposition jammer.

WHY DID THE JAMMER TAKE OFF THE HELMET COVER? PANTY PASS

The jammer passes the star to the pivot, so that they can become the jammer. The star can not be thrown or passed with the help of other skaters.

A jammer does this because they are tired, stuck behind the pack, or to make a strategic choice as part of game play.

WHY ARE THEY SKATING BACKWARDS AFTER THEY HIT SOMEONE OUT?

When hit out, a skater must enter behind all skaters previously in front of them.

Skaters will run back on the track to force a delayed re-entry, further down the track.





THANK YOU!

An **EXTRA** special thanks goes out to our **volunteers, NSOs, and Refs** - without you there is no roller derby.



HEAD REF
REVENJAMIN



ANNOUNCER
STEPHEN K



DJ
RAGING JIM

We also want to thank our friends and family for their endless support. Without your ticket sales, cheers in the stands, supportive signs, and excitement bout day would never be the same.

