

## CHANGE CONTROL MANAGEMENT: ROLLER DERBY RULEBOOK 2026

### Changes

Page, Item	Previous	New
Title	International Rules of Roller Derby - Third Edition	World Skate Rules of Roller Derby - Fourth Edition
Article 7 – Game Roster	At least twenty (20) minutes before the game is scheduled to begin, each team shall present a list to the designated Officials with the names and corresponding numbers of team members who are eligible to play in the game, as well as the names of the coaching staff members who are eligible to participate in the game (the “Game Roster”).	At least one (1) hour before the game is scheduled to begin, each team shall present a list to the designated Officials with the names and corresponding numbers of team members who are eligible to play in the game, as well as the names of the coaching staff members who are eligible to participate in the game (the “Game Roster”).
Article 10 – Team Benches	Each team shall have a separate seating area easily accessible to the track (the Team Bench). The team benches may be positioned in the infield or the sidelines of the track. Only players and coaching staff members listed in the game roster may be present in the team bench area during game play.	Each team shall have a separate seating area easily accessible to the track (the Team Bench). The team benches MUST be positioned on the sidelines of the track. Only players and coaching staff members listed in the game roster may be present in the team bench area during game play. If the venue does not permit this due to its size, bench positions need to be negotiated with the Head Officials.
Article 16 - Communication	Players may communicate directly with Officials to confirm an Official's communication to that player or in the case of an emergency. Any other communication by players or coaches directed to Officials shall be through the Captain and/or	Players may communicate directly with Officials to confirm an Official's communication to that player or in the case of an emergency. Any other communication by players or coaches directed to Officials shall be through the Captain and/or Alternate (see Article 8). If a

	<p>Alternate (see Article 8). If a player refuses to comply with the instructions of an Official after repeated attempts, the player shall receive an Insubordination penalty. If the player continues to ignore the instructions of the Officials after the penalty is received, the player shall be given an expulsion.</p>	<p>player refuses to comply with the instructions of an Official after repeated attempts, the player shall receive an Insubordination penalty. If the player continues to ignore the instructions of the Officials after the penalty is received, the player shall be given a misconduct penalty.</p>
Article 38 – Participating in the Jam	<p>If a team does not have at least two (2) included players during a jam, an Official Timeout shall be called immediately and a team penalty shall be assessed to the offending team.</p>	<p>If a team does not have at least two (2) included players during a jam, (one (1) of which MUST be a jammer); an Official Timeout shall be called immediately and a team penalty shall be assessed to the offending team.</p>
Article 43 – Pack Definition	<p>The Pack shall be the largest group of Blockers comprising players from both teams in proximity to one another, excluding Scorers. “Proximity” is maintaining a Relative Player Position not more than 3 m (10 ft) apart. A single player cannot be the Pack. A Blocker need not be in the Upright Skating Position or in-bounds in order to be part of the Pack. When two (2) or more groups of Blockers exclusively comprise players from the same team, the Pack is the group comprising all Blockers on a team and positioned most forward on the track. When two (2) or more groups of Blockers comprise an equal number of players, the Pack is the largest group with Blockers from both teams and most forward on the track.</p>	<p>The Pack shall be the largest group of Blockers comprising players from both teams in proximity to one another, excluding Scorers. “Proximity” is maintaining a Relative Player Position not more than 3 m (10 ft) apart. A single player cannot be the Pack. A Blocker need not be in the Upright Skating Position or in-bounds in order to be part of the Pack.</p> <p>A Skater who has chosen to stand beside the penalty box in the designated area after dismissal and has not made an effort to return to play is not considered for pack definition.</p> <p>When two (2) or more groups of Blockers exclusively comprise players from the same team, the Pack is the group comprising all Blockers on a team and positioned most forward on the track. When two (2) or more groups of Blockers comprise an equal number of players, the Pack is the largest group with Blockers</p>

		from both teams and most forward on the track.
Article 44 – Out-of-Play	Blockers who are not part of the Pack are considered out-of-play and may not block nor assist. An out-of-play Blocker who re-enters the rear of the Pack after lapping the Pack, will be subject to a penalty. If a team, comprising the Pack, laps part or all of the opposing team, then the opposing team's Blockers will return to in-play status as soon as they are within proximity to the Pack, except that the lapped team will receive a team penalty, which will be served by the first Blocker to re-enter the front of the Pack. Only one (1) team penalty will be issued each time a team is lapped.	Blockers who are not part of the Pack are considered out-of-play and may not block nor assist. An out-of-play Blocker who re-enters the rear of the Pack after lapping the Pack, will be subject to a penalty. If a team, comprising the Pack, laps part or all of the opposing team, then the opposing team's Blockers will return to in-play status as soon as they are within proximity to the Pack, except that the lapped team will receive an Out-of-Play penalty, which will be served by the first Blocker to re-enter the front of the Pack. Only one (1) Out-of-Play penalty will be issued each time a team is lapped.
Article 48 - Behavior	All members of the game roster are expected to act in a manner that displays good sporting behavior. Any action, collective or individual, that undermines the expected level of respect for one another, for the spectators, for the rules and regulations, for fair play or for the sport shall not be allowed. Members of the game roster are responsible for their conduct at all times and must endeavor to prevent unsporting behavior or disorderly conduct before, during or after the game, on or off the track and any place in the venue. The Referees may assess penalties to any member of the game roster for	All members of the game roster and Coaching Staff are expected to act in a manner that displays good sporting behavior. Any action, collective or individual, that undermines the expected level of respect for one another, for the spectators, for the rules and regulations, for fair play or for the sport shall not be allowed. All aforementioned of the game roster are responsible for their conduct at all times and must endeavor to prevent unsporting behavior or disorderly conduct before, during or after the game, on or off the track and any place in the venue. The Referees may assess penalties to any member of the game roster or Coaching Staff for failure to do so, and the Head Referee may issue an expulsion

	failure to do so, and the Head Referee may issue an expulsion depending of the degree of impropriety of the action.	depending of the degree of impropriety of the action. Should any member of a team's Coaching Staff be issued a penalty, it shall be issued as a Team Penalty (Article -67)
Article 63 Blocking Fouls	b. Blocking Penalty. If the blocking foul causes an opposing player to lose Relative Player Position, fall down, or go out of bounds, or if it allows the infractor to improve or intentionally alter her/his own position, the infractor should receive a thirty (30) second penalty.	b. Blocking Penalty. If the blocking foul causes an opposing player to lose Relative Player Position, fall down, or go out of bounds, or if it allows the infractor to improve or intentionally alter their own position, the infractor should receive a thirty (30) second penalty.
Article 74 - Entering and Exiting	Players are not allowed to enter the penalty box unless they have been penalized. Members of the coaching staff are not allowed to ever enter the penalty box. Penalized players must proceed immediately to the penalty box, skating in the Direction of Play outside the track to enter the penalty box. Penalized players are considered "in the box" for Scorer, Lead Scorer, and out-of-bounds rule purposes as soon as they are directed off the track after a penalty is called. However, the penalty clock will not start until they are seated in the box. A team captain or designated alternate captain may request a team timeout while in the penalty box and may temporarily leave the penalty box during a team or official timeout to talk to the Head Referee. All other players may not leave the penalty box during any timeout. Penalized players may	Players are not allowed to enter the penalty box unless they have been penalized. Members of the coaching staff are not allowed to ever enter the penalty box. Penalized players must proceed immediately to the penalty box, skating in the Direction of Play outside the track to enter the penalty box. Penalized players are considered "in the box" for Scorer, Lead Scorer, and out-of-bounds rule purposes as soon as they are directed off the track after a penalty is called. However, the penalty clock will not start until they are seated in the box. A team captain or designated alternate captain may request a team timeout while in the penalty box and may temporarily leave the penalty box during a team or official timeout to talk to the Head Referee. All other players may not leave the penalty box during any timeout. Penalized players may leave the penalty box during a period break. When there are ten (10) seconds remaining on the penalty clock of a penalized player, the player will be notified and may stand up in

	<p>leave the penalty box during a period break. When there are ten (10) seconds remaining on the penalty clock of a penalized player, the player will be notified and may stand up in front her/his seat, but shall not exit the penalty box until instructed to do so by the penalty timer. Once instructed to leave the penalty box, the penalized player must exit the boundaries of the penalty box and may wait beside the penalty box for an opportune time to re-enter the track. Re-entering the track after serving a penalty must be done from the penalty box area or right beside it. Players may not skate around outside the track and away from the penalty box before re-entering. After re-entering the track from the penalty box, players must rejoin the Pack from the rear. Penalized players who are incorrectly dismissed from the Penalty Box by an Official shall return to the box and serve their remaining time.</p>	<p>front their seat, but shall not exit the penalty box until instructed to do so by the penalty timer. Once instructed to leave the penalty box, the penalized player must exit the boundaries of the penalty box and may wait beside the penalty box for an opportune time to re-enter the track. Re-entering the track after serving a penalty must be done from the penalty box area or right beside it. Players may not skate around outside the track and away from the penalty box before re-entering. After re-entering the track from the penalty box, players must rejoin the Pack from the rear. Penalized players who are incorrectly dismissed from the Penalty Box by an Official shall return to the box and serve their remaining time.</p>
<p>Article 75</p> <p>Penalty Box Capacity</p>	<p>Each team may have a maximum of three (3) players seated in the penalty box simultaneously. If there are already three (3) players from a team in the penalty box and another player from that team is penalized, the player will stand beside the penalty box until a seat is available; the player will then sit in the available seat and will begin serving their penalty time. When their penalty time ends, players</p>	<p>Each team may have a maximum of three (3) players seated in the penalty box simultaneously. If there are already three (3) players from a team in the penalty box and another player from that team is penalized, the player will be instructed to return to the track until a seat is available. When their penalty time ends, players must exit the penalty box and the seat they occupied will become available.</p>

	must exit the penalty box and the seat they occupied will become available.	
Article 77  Jammer/ Pivot Penalty	Jammers and Pivots serving a penalty at the conclusion of a jam will remove their helmet covers and will serve the remainder of their time during the next jam as Blockers. Each team may field a new Jammer and Pivot at the start of the next jam. If both Scorers, or both Jammers who have not yet attained Scorer status, are seated in the penalty box at the same time, the Head Referee shall end the jam and begin a new one.	Jammers and Pivots serving a penalty at the conclusion of a jam will remove their helmet covers and will serve the remainder of their time during the next jam as Blockers. Each team must field a new Jammer and may field a new Pivot at the start of the next jam. If both Scorers, or both Jammers who have not yet attained Scorer status, are seated in the penalty box at the same time, the Head Referee shall end the jam and begin a new one.