

MAJOR PENALTIES (not an exhaustive list, referees have discretion)

★new wording

↑ upgraded to Major

Type	Major Penalty
Back block	Loss of established position
High block	Initial contact landing above shoulders
Low block	Loss of relative position Repeatedly causes opponent to stumble ★Taking a knee to avoid a block
Elbows	Loss of relative position Contact above shoulders Pinning/hooking opponent
Forearms/hands	↑Touching opponent for 3+ seconds Loss of relative position Contact above shoulders Grabbing/holding opponent
Blocking with the head	Incidental contact causing loss of relative position Initiating block with the head regardless of impact on play
Multi-player block ¹	↑Maintaining link which is to impede or block opponent
Out-of-bounds block	Any contact from OOB causing loss of relative position Continuing block when gone OOB causing opponent to fall Any contact with opponent who is exclusively OOB causing them to fall or affecting their re-entry
Direction of gameplay (stopped/clockwise)	↑★Physical block but no loss of relative position Block causing loss of established position ↑Clockwise/stopped assist ★Coming to a stop and not immediately returning to counter-clockwise motion
Out-of-play (incl. No Pack)	↑Warned skater not returning Engagement Zone ↑Failure to reform pack after warning Sustained failure to reform pack ↑Blocker lapping pack ↑Blocker falling a lap behind OOP block that causes loss of established position OOP assist that improves recipient's position Illegally destroying pack
Cutting the track	★Entering front of 1+ in-play opponents ★Entering front of 2+ in-play team-mates
Skating out of bounds	↑Skating OOB to avoid block or to maintain/increase speed Skating across infield substantially
Illegal procedures	★↑Entering front of 1 in-play opponent from the box, after waved off the box, after adjusting equipment off track ↑Leaving the box during timeout ↑ Team-mates/members entering the box ² ↑Removal of safety equipment (other than mouthguard in the box) False start, not yielded Too many skaters on track, forced to call of the jam Improper uniform, jewellery or skates Non-lead jammer successfully calling off jam Passing the star violations Illegally blocking a star pass Contact before first whistle causing loss of established position Exiting the box before serving full penalty time Too many skaters/team staff in team area
Insubordination	Wilfully failing to leave track for penalty ★Obscene, profane or abusive language/gestures towards official.
★Delay of game	★Failure to be on track for jam if on penalty box queue ★Failure to field any blockers for a jam ★Successfully requesting team timeout when none available
Misconduct	★Contact with both skates off ground causing loss of established position Blocking a downed opponent ★Obscene, profane or abusive language/gestures towards mascot, audience member, announcer or other bout production individual ★Excessive obscene, profane or abusive language/gestures towards opposing skater, manager, coach or other team support staff Blocking opponent who is down ★Penalty box entry causing a person to avoid being forcibly contacted ★Habitual failure of penalty box seat on entry to box
Gross misconduct	-



Based on WFTDA Standardized Flat Track Toller Derby Rules 1 January 2013 update. Compiled by the Blizzard/Bristol Roller Derby.

¹ Can temporarily push/pull, but not grab/hold/link/join, unless front-to-back.

² Team members include coach and manager. Medical personnel are allowed.