



OSDA Flat Track Rules

(Last Revised March 28, 2011)

Game Definitions

- Women's Game: Only females competing.
 - Up to 14 players, 2 of which are alternates
 - 4 periods – 15 Minutes each

- Men's Game: Only males competing.
 - Up to 14 players, 2 of which are alternates
 - 4 periods – 15 Minutes each

- Co-Ed Game: Males and Females compete on same team in consecutive periods.
 - Up to 14 players, 2 of which are alternates
 - Number of Men and Women competing on each team to be agreed upon by teams playing
 - 4 periods – 15 minutes each

- Old School Game: Male and Female Teams compete, separate teams compete in alternating periods (points are cumulative)
 - Up to 14 players, 2 of which are alternates on each of the men's and women's teams
 - 8 periods – 10 minutes each, alternating men and women's periods (4 each)
 - Per 1 – Women
 - Per 2 – Men
 - Per 3 – Women
 - Per 4 – Men
 - Half Time
 - Per 5 – Women
 - Per 6 – Men
 - Per 7 – Women
 - Per 8 – Men

* Once a substitute takes over for another skater, the removed skater is taken off the roster for the remainder of the game.

Game Parameters

1. The length of time between periods is at the individual leagues' discretion.
2. Each period may have an unlimited number of jams.
3. A jam is a maximum 90 seconds of actual skating game time.
4. There is a maximum of 30 seconds setup time in between jams during which the skaters must get into position.
5. The team with the most points at the end of the last period is declared the winning team.
6. Games ending in a tie score will go into overtime. (See page 10 for further explanation of overtime)

Track requirements

1. The track is oval in shape and should be laid on a clean, smooth flooring surface (wood, sport court, polished concrete, or asphalt) with clearly marked boundary lines.
2. The inner most oval is restricted to the head referee, pack referee, jammer referees, penalized persons/penalty boxes, penalty and stat keepers; it is out of bounds to skaters.
 - a. Only the team captain may enter the center of the ring during designated times (see Code of Conduct)
3. The next 15' wide oval is the track; this area is 'in bounds' and is where the jams take place.
4. There is one line on the track, Start Line. Boundary lines are included as in bounds.
5. The 5' wide oval that surrounds the track is designated for referees only; it is also out of bounds to skaters.
6. The size of the track may be modified to accommodate the size of the venue but the outer oval boundary line should be approximately 96' long by 60' wide and the inner oval boundary line should be approximately 60' long by 30' wide. The track, including the referee pathway, should be approximately 106' long by 70' wide.

Positions

Jammer

1. A star on the skater's helmet designates the position of **Jammer**. Jammers start at the rear of the pack, just behind the Blockers. They start to skate at the same time as the pack.
2. On the whistle to start the jam, a Jammer may block the opposing Jammer and/or move forward through the pack. All blocks must be delivered while the skater throwing the block is in motion.
 - a. Jammers are not permitted to back block.
3. If a Jammer is called for a penalty, the Jammer goes directly to the penalty box to serve their time.
4. If a Jammer goes out of bounds during their first time passing through the pack, the Jammer *must* return to the back of the pack by letting the pack skate past them to begin legally working their way through the pack again.
 - a. If a lone skater is beyond 10ft from the rear of the pack due to falling or being knocked out of bounds, the jammer may enter the track in front of the stray skater.
 - b. If a skater from an opposing team hangs back to purposely keep a jammer from re-entering the pack, the ref may call a delay of game penalty on the offending skater.
5. A blocker may not legally engage a Jammer if they are beyond 20-feet from the pack (20ft in front and 20ft behind= 40ft range total) of the pack.
 - a. The pack is made up of the majority of skaters skating together and is designated by the pack ref.
6. Once a Jammer has successfully, remaining in bounds and without committing penalties, worked their way through the pack their status becomes an **Active Jammer**.
7. An Active Jammer no longer has to go to the back of the pack if they go out of bounds. They may re-enter the track wherever they went out, but must not advance their position in the pack.
 - a. If an active jammer is knocked out of bounds by a blocker, the jammer must re-enter the pack behind that blocker. If the jammer enters the pack in front of that blocker, they will not be awarded any points until they return to their position behind the blocker that knocked them out.
 - i. If the blocker that knocks them out of bounds falls and is beyond 10ft from the rear of the pack due to falling or being knocked out of bounds the jammer may enter the track in front of the blocker.
 - ii. If the blocker hangs back to purposely keep the jammer from re-entering the pack, the ref may call a delay of game penalty on the offending blocker.
8. Only Active Jammers are eligible to score points and/or become Lead Jammer. An Active Jammer scores a point for each opponent they pass as they enter the pack. The Active Jammer continues to lap the track and score points until the jam time expires or the Lead Jammer calls it off.

- a. A jammer scores a point for every active player passed regardless if they are in or out of bounds.
 - i. If a player from an opposing team is in the penalty box, the Jammer can only score a point if they pass the entire opposing team on the track.
 - 1. If the jammer passes all of the opposing teams blockers and the opposing jammer. They will collect 5 points: 1 for each blocker (including those in the penalty box) and 1 for the lapped jammer.
9. A **Lead Jammer** is the status of an Active Jammer who is physically in front of the other Jammer, regardless of the opposing Jammers status. The first Jammer out of the pack automatically becomes Lead Jammer.
- a. To remain Lead Jammer, the Jammer must maintain a physical position ahead of the opposing team's Jammer on the track. The status of Lead Jammer switches with the position of the Active Jammer in the lead.
10. Only the Lead Jammer may call off a jam, by tapping their hands on their hips; however, they must remain on their feet in bounds in order to do so.
- a. On their feet is defined as: on one skate or two; as long as no other body parts are touching the floor ex: hands, arms, knees.
11. If at any time an Active Jammer who is in bounds passes the Lead Jammer, that Jammer takes the Lead Jammer status.

Pivot

1. The position of **Pivot** is designated by a stripe on the skater's helmet.
2. Pivots are positioned at the head of the pack at the beginning of each jam and set the pace of the pack at the sound of the whistle.
3. Pivots may break from the pack and become an Active Jammer eligible to score points, but only if the opposing team has established Lead Jammer status.
4. Pivot may go out as Active Jammer if their Jammer is called for a penalty while they are in Active Jammer status.
5. Pivot scores points when they reach the rear of pack and are lapping the opposing skaters.
6. An Active Jammer may pass their status to their Pivot before the 20-foot mark; once this happens, the Jammer should fall back and become part of the pack.
 - a. First skater (jammer or pivot of the same team) who passes the 20-foot mark becomes the Active Jammer and stays the jammer for the duration of the jam.
 - i. The only circumstances where the Jammer can regain their original jammer status are: if the pivot gets called for a penalty or gets injured during a jam.
7. A Pivot, while acting as Jammer, has all the rights of a Jammer including becoming Lead Jammer.
8. A Pivot may break from anywhere in pack if their Jammer cannot get out of pack. If they are "out of bounds" trying to get out of pack, they need only come back into pack where they were deemed "out of bounds", just as the rules for active jammer. They do not have to go back to rear of the pack, as a Jammer must do when "out of bounds".

Blocker

1. Skaters without helmet covers containing stars or a stripe are identified as **Blockers**; they make up the majority of the pack. They play offense and defense simultaneously by assisting their Jammer through the pack while preventing the opposing Jammer from making it through the pack.
2. All blocks must be made during jam time while both skaters are in bounds and the skater performing the block is in motion.
3. Blockers may block other Blockers, Pivot and opposing Jammer by using shoulders (does not include chest), hips (includes pelvis and butt) and triceps.
 - a. Blockers can back block.
 - b. Fronts, sides and back of shoulders, hips, pelvis, butt and triceps are legal hitting zones.
 - c. Using the chest to block into the back of another player is **not** a legal block.
4. It is illegal for a blocker to prevent an out of bounds skater to return in bounds.
5. Double blocks are permitted. A double block occurs when two or more Blockers are side by side, with wrists crossed but not interlocking.
6. No holding of hands is permitted, nor may one blocker grab or hold the other Blockers wrist with their hand (with the exception of whips).

20 Foot Ruling

1. All skaters may be blocked within the pack as well as within 20 ft of the pack in either direction (20-feet in front **and** 20-feet behind the pack = 40 foot range).
 - a. 40 feet begins from the forward most skater in the pack and extends to the backwards most skater in the pack.
2. As long as a blocker stays within 20-feet of the pack, a blocker may drop back to the rear of the pack to engage a Jammer coming into score points for their team.
3. A blocker may also engage an Active Jammer who has just broken from the pack in an attempt to bring them back into the pack and or to stop them from going on a jam.
4. Once a Jammer has passed 20-feet beyond the pack, they may not be engaged by a blocker, but may be blocked by the other Active Jammer or Pivot (if the pivot has taken position of jammer).
5. Defensive skaters who attempt to block a Jammer more than 20-feet outside of the pack in either direction will be issued a 1-minute penalty.

Game Officials

Referees

1. Official games should include the following:
 - a. 1 Head Ref, 1 Pack Ref, 2 Jammer Ref's, at least 4 Line Ref's
2. One referee is assigned to each Jammer designated by wristband (worn on the right wrist) colored to match the team they are tracking.
 - a. Jammer referee will track Pivot if the Pivot takes over as Jammer.
3. Jammer referees help to ensure Jammers return to back of the pack whenever they go out of bounds on their attempt to become Active Jammer.
4. A Jammer referee extends their right arm, pointing to a Jammer when they become an Active Jammer.
5. A Jammer referee puts their left arm up and extends their right arm out pointing to a Jammer when they become Lead Jammer.
6. When a Lead Jammer places their hands on their hips to call off a jam, a Jammer referee acknowledges and ends the jam with one long, loud whistle blow.
7. At the end of the jam, the Jammer referees signal points scored by holding up a finger count on their right hand (with the wrist band) to the announcer and/or the scorekeepers.
 - a. The announcer verbally repeats the score for the referee to confirm, and then points are credited to the scoreboard.
8. When a Jammer Referee calls a penalty on a skater, they call out the name/number of skater and the skater goes directly to the penalty box.
 - a. After the jam is called off and points are awarded, they will then tell penalized skater why they received a penalty. The Jammer Referee will inform Head Referee of penalty and should immediately get ready for next Jam.
9. If a Jammer Referee sees an infraction and their Jammer is close to scoring points, they may wait until after the jam is called off, their points are given, then call the penalty.
 - a. Doing this will allow them to continue following their Jammer and count the correct points to be awarded.
10. If an illegal block stops their Jammer from scoring, i.e. a block to head area causing Jammer to fall injured, one point may be awarded and the offending skater is given a penalty.
 - a. If any skater cuts the track to advance their position or deliver a block to another skater, the offending skater is issued a 1-minute penalty for cutting the track and the other team is awarded 1 point.
11. Line/Outside referees skating outside of the track focus on boundaries and illegal blocking in the pack.
12. All referees may call penalties on all skaters by one short whistle blow, pointing at the offender and hand signal the offense. (See hand signals diagram)
13. During breaks, the stats person(s) can approach the referees to confirm a penalty call.
14. All referees may blow the whistle to call off a jam if an injured skater is on the track and unable to get off the track without assistance or if fighting breaks out which may interfere with the jam or game preceding safely.
15. The Head Referee over sees the game and has the final decision on all calls.

16. The Head Referee blows one short whistle to start each jam and keeps track of the 30 seconds between jams.
 - a. The Head Ref keeps track of the time for the last jam via stopwatch and makes the call to end the game.
17. The Pack Referee skates on the inside of the track and keeps one arm extended to indicate the pack.
 - a. Skaters should watch the Pack Ref, when judging their 20-foot status.

Penalty Keepers

1. Penalty keepers monitor and time skater(s) serving penalties.
2. Responsibilities include:
 - a. Recording penalties.
 - b. Confering with stats person during the period breaks and at end of the game.
 - c. Timing the penalty once the skater is seated in the penalty box. (Penalty time does not start until the penalized skater is seated)
 - d. Timing the length of the penalty and sending the skater out of the box once time is served.
 - e. Notifying captain/coach to send in replacement skater for 3rd penalized skater waiting for a seat in the box.
 - f. Ensuring that the replacement skater comes off the track when the penalized skater takes a seat in the box.
3. The penalty keeper will have a stopwatch per seat in the box to time the skaters in the box individually.
4. Penalty time will pause during the interval(s) of time between jams or during timeouts.

Statistician

1. Statisticians record penalties in ink and compare their recordings with those of the penalty keepers during period breaks and the end of the game.
2. Any discrepancies may be shown to referees for a final ruling.
3. Stats Keepers may also notify skaters if they have accumulated 6 minutes of penalties, warning 8 minutes of accumulated penalties skater is out of game.

Jam Set Up

1. Two teams of five skaters – a Jammer and the pack that consists of a Pivot, and up to three Blockers from each team– take their place on the track, behind the Start Line.
2. The Jammers start at the rear of the pack, directly behind the last row of Blockers.
3. When the pack is formed, Pivots line up at the front of the pack, on the start line, the blockers must line up behind the pivots.
 - a. Blockers are not allowed on the start line.
 - b. The blockers cannot line up further forward than the pivots.
 - c. Blockers cannot line up further back than their own jammer.
4. One short whistle is blown to start the jam. All skaters will start on the same whistle.
5. Jammers will have 90 seconds to circle the track and pass as many opposing skaters as possible to score points.
 - a. There is a 30 second break between jams for players to set up for the next jam.
6. All skaters are expected to be on the track ready to skate at the start of the jam. Teams may have fewer players during a jam if a skater is either serving a penalty or fails to be on the track when a jam begins; however, each team must have a minimum of three skaters on the track for a jam to commence. The three skaters must consist of a Pivot, Jammer, and one Blocker.
 - a. If the minimum number of skaters is present but the team is missing blockers when whistle blows, they must skate short that number of skaters, if no penalty is being served.
 - i. Jammers will be awarded points for skaters that fail to make it onto the track in the same manner as if they are in the penalty box.
 1. Jammers will be awarded all 4 points if they pass all of the pack members present on the track.
 - b. If the minimum of 3 skaters is not present when the whistle blows to start the jam, the team must choose a team member to serve a 1-minute penalty.
 - i. After which, team members may enter the track to line up for jam minus skaters serving penalties.
7. If a jam begins with too many skaters on the track, the jam will end immediately, the team having excess players will receive a 1-minute penalty for each offending player, and the jam will be restarted minus the extra players from the offending team.
8. There are three situations in which skaters may enter the track after a jam has begun:
 - a. Skaters who have finished serving time in the penalty box or their substitutions.
 - b. Substitutions for a skater who becomes injured.
 - c. Substitutions for a skater who has equipment problems during a jam.

Time Outs

1. Head referee calls team timeouts by blowing whistle, giving a “T” hand signal and pointing to team calling it.
 - a. Each team gets one time out per period.
2. Head referee calls a referee timeout by blowing whistle, giving a “T” hand signal, and tapping their shoulders.
3. Once the head referee declares a ruling, the decision is final and the two teams have a maximum of 30 seconds to return to the track.

****SEE CODE OF CONDUCT FOR FURTHER EXPLANATION OF TIMEOUTS
AND REFERES CALLS***

Scoring Points

1. Once a Jammer successfully makes it through the pack, they become an Active Jammer.
2. The Active Jammer in the lead is the Lead Jammer. An Active Jammer scores point(s) by lapping opposing skaters.
3. The status of Lead Jammer transfers every time an Active Jammer passes the Lead Jammer. As an Active Jammer laps the pack, they score one point for each opponent they pass while the Active Jammer is in bounds.
4. Opposing players do not have to be in bounds to be scored upon (i.e. Blockers from the Jammer’s team may have knocked opposing players out of bounds to help their Jammer proceed through the pack to score points).
 - a. An Active Jammer may also score points for skaters in the penalty box, but only if that Jammer is able to lap all of the opposing team’s pack members.
 - i. If this happens a total score of 4 points can be awarded to the team (1 point for each pack member passed and 1 for the players in the penalty box)
 - b. If the Jammer passes the entire pack and the opposing jammer at total of 5 points will be awarded, 4 for the pack and 1 point for the opposing teams jammer. (This 5 point score is referred to as a “Grand Slam”)
5. Jammers will be awarded one point for every opposing skater who cuts across the track. (Cutting the track is defined as advancing your position while out of bounds; this can be outside or inside the track.)
6. Out of bounds is defined as one full skate over the line.
 - a. If one skate is in the air, over the line but doesn’t touch the track the player is still in bounds.
 - b. If a skater leaps out of bounds around a skater that is in bounds and lands back in bounds (even if their skates never touch the ground) it is considered cutting the track.
7. If a team fails to have all eligible skaters at the start of a jam and the opposing teams’ Jammer passes all of the offending teams players, additional points will be awarded for missing players.
 - a. Ex: If only the pivot, 2 blockers, and jammer are on the track at the start of the

- jam, and all 3 players (pivot and blockers) are past, a 4th point is awarded for the missing blocker, the same as if the missing skater was in the penalty box.
8. Each jam lasts a maximum of 90 seconds; however, if the Lead Jammer is eligible (in bounds and on their feet) they may choose to call the jam off earlier by placing their hands on their hips.
 - a. Additionally, officials may end a jam due to skater injury.
 - b. A jam may also end early with the conclusion of a period.
 9. Between jams, a maximum of 30 seconds is allowed to have scores and stats recorded and to set up players for the next jam.

Penalties

Skaters (including captains) that fail to adhere to the Code of Conduct requirements may be assessed penalties for unsportsmanlike conduct, and ejected from the game and/or the premises at the head referee's discretion. Coaches and support personnel that fail to adhere to these requirements may be ejected from the game and or the premises, and the team may be assessed a penalty for unsportsmanlike conduct at the head referee's discretion.

Minor penalties (1 minute)

- Illegal blocks:
 - Hitting below the hips or above the shoulders
 - Using hands for pushing, grabbing uniforms or arms of opposing team
 - Using forearms (from elbow down) to block
 - Using elbow to block
 - Tripping
 - Deliberate falling
 - Interlocking arms, hold hands or wrists
 - Straight arm extension blocking
 - Holding a person down
 - 20' Rule for blocking, blocking out of bounds
 - Not allowing skater out of bounds to return to play
 - Blocking after jam has ended
 - Head of a skater making contact with the body of an opposing player
 - Throwing your body into another skater (ex. Hitting a player below the hips in their legs)
 - Holding (locking arms/hands or grabbing another players arm or wrist to create a block)
 - Jammers back blocking
- Other
 - Advancing position while out of bounds (1 point is awarded to other team)
 - Unauthorized person communicating with referee(s) (authorized being the Captain, Co-Captain or coach)
 - Unsportsmanlike behavior
 - Disrespecting referees
 - Cutting the track
 - Delay of game

Major penalties (2 minutes)

- Major penalties are two minutes long and may be called for:
 - Deliberately pulling a skater down
 - Choking
 - Biting
 - Kicking
 - Fighting
 - Blatantly ignoring a referee's call
 - Abusively using verbal obscenities
 - Airborne blocking (if both skates are off the ground at contact).
 - Throwing your body into another skater, i.e., hitting the opposing player below the hips on upper legs with their body, second time

Team penalties

1. Team Penalties are one minute long and may be called for:
 - a. Delay in jam- not accurate number of skaters on track

Player Ejection

1. Ejection may be assessed and (offender removed and team gets 2 min penalty) may be called for:
 - a. Abusively physically touching a referee
 - b. Any skater that accumulates 8 minutes in penalty time
 - c. Any person referee(s) deem incorrigible and/or out of control may be escorted out by security
 - d. Throwing your body into another skater for a third time
2. The use of alcohol or drugs before or during the game by all officiating crew is unacceptable and strictly forbidden. Any person found to be under the influence of these will be ejected from the game.

Serving Penalties

1. Penalties are served as soon as they are called. The offending skater goes directly to the penalty box for the time designated by the referee.
2. Penalty serving time is paused during breaks. Penalty time that is not completely served within the jam where the penalty occurred carries over to the next jam.
 - a. In an old school game, team members from the women's team will serve penalties for players on the men's team (and vice versa) if the penalty being served runs longer than the period clock.
3. Penalty time not served will carry over to the next period. The period's 1st jam will start minus the number of Blockers needed to serve the penalty time.
 - a. The offending team chooses which blocker they would like to serve the remainder of the penalty.
4. If a Jammer is called for a penalty, that Jammer must go directly to the penalty box. The Pivot skater is eligible to break from pack when passed by the opposing teams Jammer and go out on the jam as an Active Jammer.
 - a. If the Jammer is already active the Pivot can take off immediately, and does

- not have to wait to be passed by the opposing Jammer.
- b. In instances where a Jammer's penalty time carries over to the next jam, the offending team skates short one blocker until the Jammer's penalty time is completely served- at which point the skater may return to the track as a blocker in the pack.
5. If both Jammers receive penalties at the same time, both skaters go to the penalty box, the jam ends, and a new jam begins with new Jammers and each team minus one blocker.
 6. In the case where 3 skaters receive penalties from the same team, 2 skaters go directly in the box, the 3rd skater stands beside the box and their captain/coach sends a replacement skater from the bench to the track. Once a penalty time is served, the skater may leave the box and return to the track or be substituted on the track. Now the 3rd penalized skater must take a seat in the penalty box and their penalty time begins; their replacement must come off the track and return to the bench.

Last Jam Of The Game

1. If a Jammer breaks out of the pack during the last jam of the 4 TH period of the game and there is less than 90 seconds left on the clock, the jam will run the entire 90 seconds or until the Lead Jammer calls off the jam. (Playing an old school game the last jam of the 8th period)
2. If a Jammer does not break out the pack, the clock time will run down and the game is officially ended.
3. When the Jammer has broken out of the pack to signal a jam starting, the Jammer Referees will call out to the Skaters that "The jam will run the full 90 seconds" and repeat this loudly. This will be repeated several times, to make sure the Skaters have heard the announcement. The Announcer should also announce this to the fans, so once again the Skaters will hear the announcement.
4. When the period/game clock runs down, the jam will continue until the full 90 seconds has elapsed or the Lead Jammer has called off the jam. Any points scored by either team on this jam will be added to their scores.
5. The Head Referee will signal the end of the jam/game by one long whistle when the 90 second jam time has elapsed and/or when the Lead Jammer has called off the jam.
 - a. The Jammer Referee will also blow his/her whistle when the Lead Jammer has called off the jam.
6. Before the last jam of the game starts, the Head Referee will note the time, adding seconds to whatever time is shown to bring the jam time to 90 seconds. When the period clock runs down, only those added seconds will be skated to bring jam time to the full 90 seconds. I.e. 30 seconds on period clock add 60 seconds to run over buzzer for end of game.

Overtime

Teams will skate one period of five minutes. The team with the most points at the end of this period will be considered the winner of the game. If at the end of the first overtime period the score is still tied, another overtime period will be skated as “Sudden Death” (first team to score will win game). If no points are scored, the game will end in a tie.

Proper Procedure To Re-enter Track

Substitute for Injured Skater

1. The substitute skater stands on the outside of track close to the turn, with their arm raised waiting for the pack. As the pack passes they will be told to join the pack by the Head Referee.
2. No points are awarded for passing or lapping a skater with equipment problems/injury or the substitute skater. Once the skater has entered the pack, they may be passed for a point.

Substitute for replacing skater with equipment problem

1. A skater with equipment problem signals by raising their arm and immediately leaves the track, still with arm raised. They stand by their bench, arm raised so the Referee can observe them. The substitute skater stands outside of the track, at the turn, with arm raised to signal they are replacing the skater. As the pack passes they will be told to join the pack by the Head Referee.
2. No points are awarded for passing or lapping a skater with equipment problems/injury or the substitute skater. Once the skater has entered the pack, they may be passed for a point.

Returning to the track after serving penalty

1. The skater will stand at the edge of the track and wait for the pack to come around to them. As the pack passes, the skater will then join the pack, falling behind those skaters in the front of the pack.
2. No points are awarded over the returning skater until they have rejoined the pack.

Miscellaneous

***(See OSDA Drill Manual for further explanation of how to perform blocks and whips)**

Back Blocks

1. Blocking from behind is permitted as long as only the shoulders to triceps are used in executing the block. No hands or elbows are allowed to be used in back blocking.
2. Jammers are not allowed to back block.

Pivot Blocks

1. Pivot Blocks are allowed as long as contact with opposing Jammer is made with shoulder, not hands or arms from elbow down to wrist.

Spin Whips

1. Spin whips are allowed as long as contact is not made with the hands, (holding penalty).
2. It is legal to make contact with opposing skater during this move. However, it is illegal to make hand contact with an opposing skater while advancing your Jammer.
3. **SPIN WHIPS AND PIVOT BLOCKS** are not considered to be skating backwards as the skating motion of the blocker is still in a counter-clockwise direction.

Travel Team

1. Players may be changed to make up a team suitable for fair competition.
 - a. For example, a new inter-league team does not need to compete against another league's most advanced skaters.
2. A Travel team is made up of 14 players, 2 of which are alternates.
3. Travel team rosters must be submitted to the home team 3 weeks prior to game date; no changes can be made after this time without authorization of the opposing team.

Attire

1. Uniforms identify skaters as team members. Color selection should distinguish each team.
2. If both teams share the same color scheme, the home team gets the choice of colors to be worn.
3. Skater name should be legible across back.
4. Skater's number should be at least 4" large on back of uniform.
5. All team skaters are required to wear helmets, elbow pads, kneepads, wrist guards, and quad skates. Mouth guards and tailbone protection are strongly recommended, but not required.

OSDA REFEREE HAND SIGNALS



**NUMBER
OF POINTS
SCORED**



DELAY OF GAME



PUSHING



NO SCORE



EXPULSION



**REFEREE
TIME OUT**



HOLDING



**JAM
CALLED OFF**



**CUTTING
THE TRACK**