



Ad for EMRD's Feb 2016 event. Roller Derby Sevens format devised by John Webb (Xavier Bacon) & Caroline Grace (Phoenix in Flames) 2014

What is Roller Derby Sevens? Format Info Pack

This pack is your guide to Sevens rules, as used at Essex Men's Roller Derby and England Men's Roller Derby's upcoming events.

Advantages of Roller Derby Sevens

- The format works for men's, women's or co-ed, and can be run in any structure, from one game, to a round robin competition, to a seeded bracket tournament, be it on one day or over a season.
- The short game format lends itself well to a scrim, an exciting open event, whether training skaters up or providing a challenge for seasoned players.
- It is engaging for audiences, as there are clear winners to each game, progression through a bracket structure, and (mostly) normal rules... nothing difficult to assimilate.
- Fewer skaters means fewer faces to remember - easy for audiences to pick favourites and become fans quicker.
- The format we've used successfully for previous events has been a Seven Team Seeded Consolation Bracket.
- PrintYourBrackets.com is an excellent resource to find a suitable bracket for your event.
- For the bracket format, Teams should complete a Seeding Ballot to determine tournament seeding.
- This seeding will be used to populate the Bracket and determine the day's games.

The Basics

- **Roller Derby Sevens** is a 'short teams' version of flat track roller derby; a similar idea to Rugby Sevens or Five-A-Side Football (but better, as it's roller derby).
- The majority of the game is exactly as you know it from WFTDA/MRDA rules, with some amendments to accommodate shorter game length and fewer players.
- A full-sized WFTDA/MRDA specification track will be used.
- If not replaced by **Roller Derby Sevens**-specific rules, all current WFTDA/MRDA rules apply, including latest Q&As and Clarifications.
- Teams play, score and receive penalties as per the current WFTDA/MRDA rules.

- A win is a win, a loss is a loss. No special scoring rules or points per game.
- Wins and losses determine how a team progresses through the tournament bracket.
- Whoever wins the final, wins the tournament (and everlasting glory, etc. etc.).

Game Duration

- A **Roller Derby Sevens** game consists of one 21 minute period. There will be no half time.
- All usual WFTDA/MRDA rules about jam and lineup period durations apply.
- Each game will end when the game clock reaches 00:00. As usual, if the game clock reaches zero during a live jam, that jam will be allowed to reach its natural conclusion, at which point the game ends.
- A game may not end in a tied score. If the score is tied at the end of a game an Overtime Jam will be run, following the usual WFTDA/MRDA rules for Overtime Jams.

Bench Selection

- Benches will be decided by coin toss at the pre-game Captains meeting.
- There will be no bench swap during a game.

Penalties and Fouling Out

- Penalties will be assessed and enforced as per the current WFTDA/MRDA rules.
- A skater who accrues 4 penalties in a single game will foul out of the game.
- Fouling out does not prevent that skater returning to play in subsequent games.
- There is no overall 'grand tally' that would cause a skater to foul out of the tournament.

Expulsions and Suspensions

- If a skater's actions warrant expulsion they must sit out the remainder of the current game, must remain outside the sports hall and must not interfere with the event in any way.
- Actions resulting in expulsion may be serious enough to warrant a multi-game suspension or ejection from the tournament.
- Such decisions are at the sole discretion of the Head Ref/ Tournament Head Ref and their decision is final.

No Timeouts or Official Reviews

- There will be no Team Timeouts or Official Reviews.
- The HR and THR's decisions are final in all matters.

Official Timeouts

- We want to ensure teams get the full allotted 21 minutes of game time to play the game.
- Accordingly, the clock will stop for Official Timeouts (OTO).
- OTOs will be used where strictly necessary and kept as brief as possible.
- Officials will endeavour to solve as many problems that occur during the natural 30-second line-up periods as possible, but we ask teams to be understanding if a brief stoppage is needed to best serve your game.

Injuries

- We always hope that an event will go off successfully without any injuries, but Roller Derby is a full contact sport and unfortunately injuries sometimes occur.
- If there is a significant injury requiring a jam to be called off by the Officials, the clock will stop. The medics, HR and THR will assess the situation.
- If a delay is likely to be so significant as to threaten completion of the event, the HR and THR may decide the current game has to be abandoned. The scores at this point in time will stand and be recorded as the final official score for this game.
- In such an event the HR/THR's decision will be final.

Please note: there is NO COST or fee to use these rules... just tell Phoenix and Bacon, we'll be excited, and can maybe even help you plan. :-)

Any questions/thoughts?

- Spam Mr Bacon at johnwebbactual@gmail.com with any thoughts, feedback, questions, suggestions or pics of your Sevens practice/event! Or use the hashtag #RDSevens on social media and we'll stumble across it.