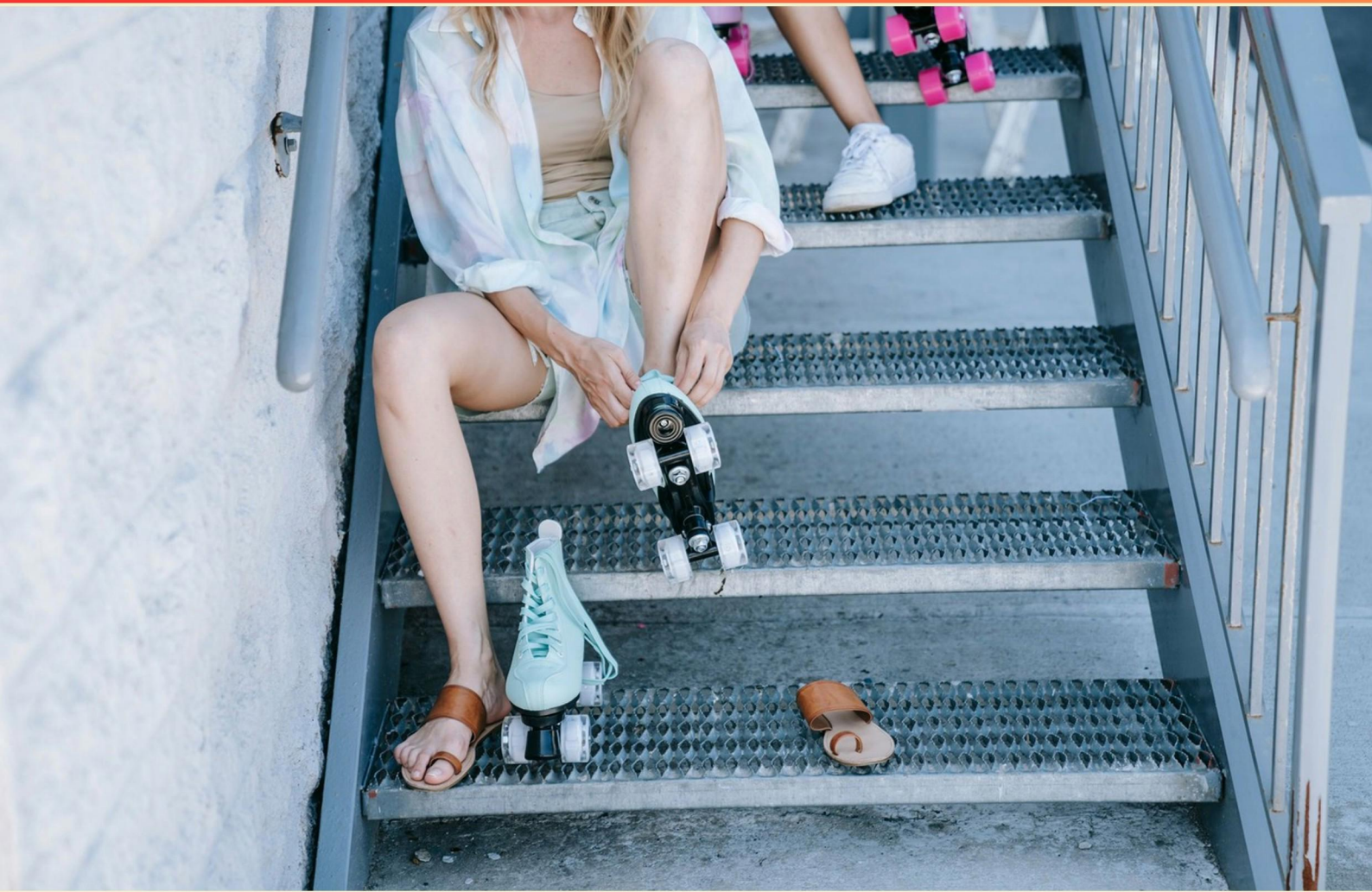


ROLLER DERBY SKILLS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://rollerderby.examzify.com>



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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is the primary role of a jammer in roller derby?**
 - A. To defend against opposing blockers
 - B. To score points for their team
 - C. To call off the jam when necessary
 - D. To provide support for blockers

- 2. When must a penalized Skater leave the track?**
 - A. When the illegal action occurs
 - B. When the Official says the Skater's color and number
 - C. Upon completion of the correct hand signal from the Official
 - D. After regaining legal position on the track

- 3. What constitutes 'blocking out-of-bounds' in roller derby?**
 - A. A foul for using excessive force on opponents
 - B. A foul for hitting an opponent off the track or outside boundaries
 - C. A strategy to gain positional advantage
 - D. A method of improving defensive maneuvers

- 4. How do you perform a crossover turn?**
 - A. Lean back, cross the outside foot over the inside foot
 - B. Lean into the turn, cross the inside foot over the outside foot, and maintain speed
 - C. Keep feet parallel and shift weight
 - D. Turn head first and then body

- 5. What is a penalty box in roller derby?**
 - A. A special area for practicing skills
 - B. A designated area where players serve time for penalties
 - C. Where team coaches strategize
 - D. A place for injured players to rest

6. What is 'bracing' in blocking?

- A. The technique of holding your position to avoid being moved
- B. The technique where blockers form a wall to strengthen their defense against opposing jammers
- C. An offensive strategy to push opponents away
- D. A defensive maneuver to evade penalties

7. What is a 'safety gear check' in roller derby?

- A. An inspection to ensure all skaters are wearing proper protective gear
- B. A method for checking skate performance before a bout
- C. A technique for adjusting the skate wheels
- D. A system for evaluating player readiness

8. What is the recommended stance for executing a good block?

- A. Feet close together and upright
- B. Lower center of gravity, feet shoulder-width apart, and ready to pivot or shift weight
- C. High center of gravity with arms elevated
- D. Any comfortable position that feels right

9. How does proper falling technique contribute to injury prevention?

- A. It allows skaters to fall without any risk
- B. It reduces the risk of injury during falls by promoting safe landing
- C. It increases the speed of recovery
- D. It prevents players from participating in risky maneuvers

10. In the scenario where Red Jammer completes a legal Star Pass but is caught in the pack, which Jammer is considered Lead Jammer?

- A. Red Jammer
- B. White Jammer
- C. Neither
- D. Both

Answers

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1. B
2. C
3. B
4. B
5. B
6. B
7. A
8. B
9. B
10. C

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Explanations

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1. What is the primary role of a jammer in roller derby?

- A. To defend against opposing blockers
- B. To score points for their team**
- C. To call off the jam when necessary
- D. To provide support for blockers

The primary role of a jammer in roller derby is to score points for their team. Jammers are unique players who wear a designated helmet cover with a star on it, distinguishing them from other skaters. Once the jam begins, the jammer's objective is to lap the opposing team's blockers and ultimately skate past them to score points. Each time the jammer successfully passes a blocker from the opposing team, they earn points for their team. This scoring element is fundamental to the game and is what ultimately contributes to the team's success. While other roles, such as defending and calling off the jam, are important in the context of gameplay, they do not define the primary responsibilities of the jammer. Instead, those aspects relate more closely to the roles of blockers or the strategies used during gameplay. The core focus for any jammer is to maximize scoring opportunities, making option B the most accurate representation of their role.

2. When must a penalized Skater leave the track?

- A. When the illegal action occurs
- B. When the Official says the Skater's color and number
- C. Upon completion of the correct hand signal from the Official**
- D. After regaining legal position on the track

A penalized skater must leave the track upon the completion of the correct hand signal from the Official. This procedure ensures that the officiating crew manages the game flow effectively and allows the skater to exit the track in an orderly manner, minimizing disruption to the game. The hand signal is the official way of indicating a penalty to the skater, providing clarity about the skater's status and reminding them of the consequences of their actions. This system is crucial for enforcing rules fairly and maintaining the integrity of gameplay, as skaters may not immediately recognize that a penalty has been called against them. By focusing on the completion of this hand signal, the process emphasizes the importance of communication between officials and skaters during a match, ensuring that all parties understand when a skater must leave the track.

3. What constitutes 'blocking out-of-bounds' in roller derby?

- A. A foul for using excessive force on opponents
- B. A foul for hitting an opponent off the track or outside boundaries**
- C. A strategy to gain positional advantage
- D. A method of improving defensive maneuvers

Blocking out-of-bounds specifically refers to the act of removing an opponent from the track or forcing them outside the established boundaries of the playing area. This constitutes a foul within roller derby play because it goes against the rules designed to maintain safety and fair play. Players are expected to stay within the track boundaries, and pushing an opponent out is a violation aimed at ensuring that the game remains competitive and safe. This action disrupts the flow of the game and can lead to injuries, which is why it is penalized. Acceptable physical engagement in roller derby is defined by the parameters of the track, and players are trained to use blocking techniques that do not involve pushing opponents out of bounds. The principle behind this rule is to keep the game fair and to contain the play within a defined area, promoting skillful play rather than reckless physicality that can lead to safety concerns.

4. How do you perform a crossover turn?

- A. Lean back, cross the outside foot over the inside foot
- B. Lean into the turn, cross the inside foot over the outside foot, and maintain speed**
- C. Keep feet parallel and shift weight
- D. Turn head first and then body

To perform a crossover turn effectively, you need to lean into the turn and cross the inside foot over the outside foot while maintaining your speed. This technique allows you to generate the necessary force to navigate the curve efficiently, ensuring that your weight is evenly distributed and your balance is maintained. Leaning into the turn helps you stay low and centered, which is crucial for maintaining control while making the turn. By crossing the inside foot over the outside foot, you enable a smoother transition and prevent any loss of momentum, which is vital in roller derby for maintaining speed and position during gameplay. This method is particularly important in roller derby, where agility and quick changes of direction are key elements of successful performance on the track.

5. What is a penalty box in roller derby?

- A. A special area for practicing skills
- B. A designated area where players serve time for penalties**
- C. Where team coaches strategize
- D. A place for injured players to rest

In roller derby, the penalty box is a specific area designated for players who have committed fouls or infractions during the game. When a player breaks the rules, they must "serve time" in the penalty box, which typically lasts for a set duration, often 30 seconds to two minutes, depending on the nature of the penalty. This serves as a disciplinary action that temporarily removes the player from the game, impacting their team's ability to score and play effectively. While other areas like practice zones and benches exist in a roller derby setup, the penalty box specifically functions as a consequence for rule violations, reinforcing fair play and sportsmanship within the game.

6. What is 'bracing' in blocking?

- A. The technique of holding your position to avoid being moved
- B. The technique where blockers form a wall to strengthen their defense against opposing jammers**
- C. An offensive strategy to push opponents away
- D. A defensive maneuver to evade penalties

Bracing in blocking refers to the technique where blockers form a wall or a solid structure to strengthen their defense against opposing jammers. This involves a collective effort from teammates, creating a united front that is harder for the jammers to break through. By working together, blockers can effectively control the movement of the opposing team's players, using their body positioning, weight, and alignment to maintain stability and support one another. This not only helps in preventing jammers from advancing but also positions the blockers to react quickly to any changes in the play. The emphasis on teamwork and positioning is vital; when blockers brace effectively, they can maintain a stronger foothold on the track and enhance their overall defensive strategy. This tactic is crucial in roller derby, where communication and collaboration among teammates can significantly impact the outcome of the game.

7. What is a 'safety gear check' in roller derby?

- A. An inspection to ensure all skaters are wearing proper protective gear**
- B. A method for checking skate performance before a bout
- C. A technique for adjusting the skate wheels
- D. A system for evaluating player readiness

A 'safety gear check' in roller derby is an inspection to ensure that all skaters are properly equipped with the necessary protective gear. This typically includes helmets, knee pads, elbow pads, wrist guards, and sometimes additional gear like mouthguards. The vital goal of this check is to minimize the risk of injury during gameplay by confirming that each skater is wearing gear that fits correctly and is free from defects. Having all skaters properly equipped contributes to the overall safety of the game and compliance with league regulations, fostering a safer environment for participants. The other choices focus on different aspects of preparation or performance rather than safety gear. Checking skate performance, adjusting skate wheels, or evaluating player readiness do not specifically address the critical aspect of ensuring that protective gear is worn, which is paramount for skater safety during matches and practices.

8. What is the recommended stance for executing a good block?

- A. Feet close together and upright
- B. Lower center of gravity, feet shoulder-width apart, and ready to pivot or shift weight**
- C. High center of gravity with arms elevated
- D. Any comfortable position that feels right

The recommended stance for executing a good block emphasizes a lower center of gravity, feet shoulder-width apart, and being prepared to pivot or shift weight. This setup enhances stability and balance, which are crucial for effective blocking in roller derby. By maintaining a lower center of gravity, skaters can better absorb impact and maintain their position against opponents. The shoulder-width stance allows for a solid base that supports lateral movements, enabling the skater to adjust quickly in response to an opposing player's actions. Being ready to pivot or shift weight is crucial because blocking often requires the skater to change direction rapidly, keeping their opponents from getting past them while maintaining their own balance. This stance contrasts with other options that promote either an unstable position or an impractical height for engaging with opponents on the track. By adopting the recommended stance, skaters can perform blocks more effectively, contributing to their team's defensive efforts.

9. How does proper falling technique contribute to injury prevention?

- A. It allows skaters to fall without any risk
- B. It reduces the risk of injury during falls by promoting safe landing**
- C. It increases the speed of recovery
- D. It prevents players from participating in risky maneuvers

Proper falling technique is crucial in roller derby because it significantly reduces the risk of injury during falls by promoting safe landing practices. When skaters know how to fall correctly, they can distribute their body weight more effectively and avoid landing on potentially vulnerable areas like their wrists, elbows, or knees. This technique involves bending the knees, rolling onto the side of the body, and using the arms to cushion the fall, which can help absorb the impact. By mastering this skill, skaters can lessen the likelihood of causing harm such as sprains, fractures, or other injuries that can occur if a fall is improperly executed. Therefore, a well-learned falling technique contributes to not only the safety of the individual skater but also the continuity of play in roller derby, allowing participants to engage in the sport confidently.

10. In the scenario where Red Jammer completes a legal Star Pass but is caught in the pack, which Jammer is considered Lead Jammer?

- A. Red Jammer
- B. White Jammer
- C. Neither**
- D. Both

In roller derby, the Lead Jammer designation is given to the first jammer who successfully makes it through the pack without any penalties. When a Jammer completes a Star Pass, they transfer their Jammer status to a teammate who is positioned in a way to continue scoring points. However, even if the Red Jammer performs a legal Star Pass while being caught in the pack, this does not automatically grant them Lead Jammer status. In this scenario, since the Red Jammer is caught and unable to navigate beyond the pack, they cannot establish themselves as Lead Jammer. The Lead Jammer must have clear passage through the opposing team and the ability to call off the jam, which is not applicable in this case. The White Jammer may or may not be in the same situation, but if the Red Jammer is effectively neutralized in the pack, neither Jammer qualifies for Lead Jammer under these circumstances. Thus, it's accurate to state that neither Jammer is considered Lead Jammer.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://rollerderby.examzify.com>

We wish you the very best on your exam journey. You've got this!

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