

J-TOWN ROLLER GIRLS PRESENT  
A ROLLER DERBY DOUBLE HEADER  
**GIVE 'TIL IT HURTS**

**SATURDAY**  
**SEPTEMBER 13th**

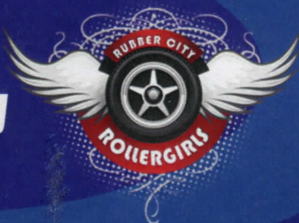
**\$10** GENERAL  
ADMISSION



**Flood City Sirens**

**VS**

**The Rubber City  
Rollergirls**



**Cambria County War Memorial**

**Doors open at 3:00 / First whistle at 4:00**

**Tickets and special VIP seating info available at:**  
**[www.jtownrollergirls.com](http://www.jtownrollergirls.com)**



**A portion of the proceeds donated to the local**  
**Make~A~Wish Foundation**



**for more details**

**Donations will be accepted and highly appreciated  
for the local Make~A~Wish Foundation.**

**Doors open: 3:00 pm**

**Announcers:** An-Die & Brother Bruno

**National Anthem performed by:**

Charis Biancuzzo & Ed Locher IV

**First bout begins: 4:00 pm**

Two 30 minute periods • 10 minute halftime

**RUBBER CITY ROLLERGIRLS**

wearing Black

vs.

**FLOOD CITY SIRENS**

wearing Pink

**Intermission:** Tomahawks Ice Girls

**Second bout begins:** After Intermission

Two 30 minute periods • 10 minute halftime

**WESTCO DERBY**

wearing White with Neon Green

vs.

Hybrid Team Consisting of

**Iron Mountain Roller Girls &**

**Harrisburg Area Roller Derby**

wearing Black

**After Party:** Following the game, please join us in the lounge for refreshments. After you leave the War Memorial, head to Woodside Bar & Grill to meet and dance with the skaters at the after party. Keep your ticket stub to get in for free! Located at 430 Highland Park Rd.



## REFEREES

Scooby Drew  
Brad to the Bone  
Wheel E. Rydher  
Douglas Quads  
Fitz'n  
Jeff.er.ee  
Mysta Call

## NON-SKATING OFFICIALS

Lil' Red FireKracker  
Owen Standley  
Cherry Bomb  
Marjorie Theys  
Track Stabber  
Tammy ToeStop  
FearItself  
Tenacious Dee

## OTHER VOLUNTEERS

An-Die  
Brother Bruno  
Todd Stiffler  
Travis Fausey  
Keith Licastro  
Charis Biancuzzo  
Ed Locher IV  
Seth Decker  
Tyler Flecker  
Ryan Maxwell

Stephanie Conrad  
Emily Pudliner  
Adam Pudliner  
Matt Noel  
Joel Fatal  
Diane Turchak  
Babe-raham Laiken  
Ziggy Scardust  
Dixie Detroit  
Allison Griffith  
Eve'A Destruction  
Julie Jawbreaker  
Cresta Miller-Kowalski

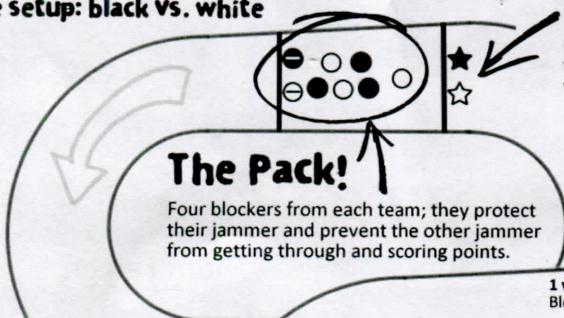
# THANK YOU

to all the volunteers

# DERBY 101

Roller Derby is a full-contact sport played between 2 teams in a competition called a bout. A bout consists of two 30-minute periods in which the competitors skate as many 2-minute "jams" as possible. Each jam can last up to 2 minutes & there is an unlimited number of jams per period. The track is a modified ellipse - 88 ft long & 53 ft wide - wider on the outside curve to allow for speed. The skaters travel in a counter-clockwise direction around the track.

## 1 the setup: black vs. white



## Jammers!

Note the stars on their helmets; they're the **ONLY** ones on the track who can score points for their team

## 2 the start

1 whistle: starts the jam. Blockers take off!!!

1 whistle: releases the jammers. It's a race to get through the pack!

First jammer through the pack clean is **Lead Jammer**. She can call off the jam to keep the other jammer from scoring. Watch the jam refs, who will point at the lead jammer.

## 3 scoring

(Black Jammer)

(White Jammer)

Both jammers score points - one for each opposing player they pass, starting with their second pass through the pack.

Jams last **2 minutes** unless the Lead Jammer calls it off early.

1 whistle: MAJOR penalty!!

4 whistles: ends the jam

**Pivots (striped helmets):** blockers who can receive the star during the jam, taking over for the jammer

Both **major** and **minor** penalties are awarded in derby. A major -- or 4 accumulated minors -- wins a player a trip to the penalty box for 1 minute.



# ★ ★ ★ That's A No-No! ★ ★ ★

SOME COMMON HAND SIGNALS BROUGHT TO YOU BY WFTDA'S FINEST REFEREES!



**LEAD JAMMER**

REFEREE WILL SIGNAL AND POINT

**BACK-BLOCKING!**



PLAYERS MAY NOT HIT FROM BEHIND!



**LOW BLOCK**

OCCURS BELOW LEGAL BLOCKING ZONE  
WHICH INCLUDES TRIPPING!



**SORRY CHARLIE, YOU'RE...**



**..NOT LEAD JAMMER!**

REFEREE WILL WAVE HANDS BACK & FORTH



**USE OF  
FOREARMS & HANDS!**



**USE OF  
ELBOWS!**



**BLOCKING  
WITH THE HEAD!**



**NO PACK!** PACK MUST  
REFORM!



**BLOCKING OUT OF BOUNDS!**

NOW THAT'S JUST SILLY.



2 OR MORE PLAYERS  
MAY NOT 'LINK' TOGETHER  
TO IMPEDE AN OPPONENT  
(AS THEY TRY TO PASS  
THROUGH THAT LINK).



**MULTI-PLAYER BLOCK!**

**DIRECTION OF PLAY  
(THE WRONG DIRECTION!)**

SKATING CLOCKWISE IS OK, BUT  
BETTER NOT HIT ANYONE!



**ILLEGAL PROCEDURE!**

SOME EXAMPLES INCLUDE: FALSE STARTS,  
OR TOO MANY PLAYERS ON THE TRACK

# RUBBER CITY ROLLERGIRLS

Coaches: Chuck Norris & White Shadow

Wee Hulk #L7

Mae B Hazardous #D20

Nastalie Beating #P40

Punisher Pixie #3

Valiant Vixen #219

Shockwave #7

ER Tripp #911

Nancy Scarygan #41

SaMash-her #9

Red Rumble #5

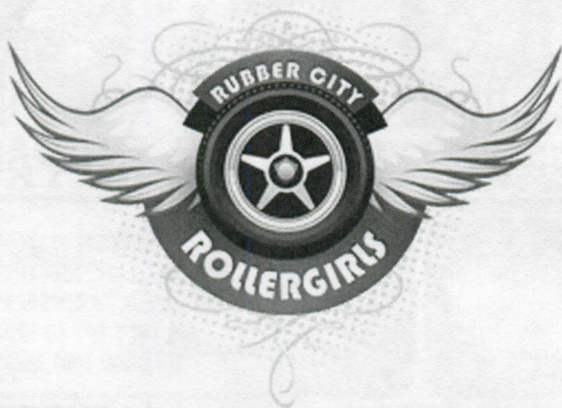
Rink Havoc #73

Molly McEvil #918

Flutter Rage #13

Lucy Lyncher #37

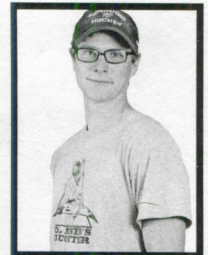
Fireball Phoenix #513 (Alt)







Brad the Builder  
Coach



Johnny Ringo  
Coach



Daisy Duk'in  
01



Kimproper Konduct  
2K



Miss Behavin'  
X3



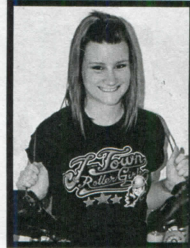
Driver Crazy  
9.99



Jannibal Lecter  
14



Rayna Tearher  
20



Betty Bombshell  
23



Shan Pain  
80



Tiny Terror  
113



Foxy Balboa  
180



Nikki Nightmare  
231



Hurt'er Hoover  
1929



Nun Crusher  
6669

# HYBRID TEAM

## Iron Mountain Roller Girls HARRISBURG AREA ROLLER DERBY

### *J-Town Roller Girls*

Coach: Jamie Kimmell



Ginger C Unrest  
24: IMRG



Slammerkin  
35: IMRG



Boo T Bot  
w00t: IMRG



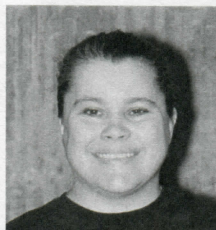
Tailbone Crusher  
919: IMRG



Love Pushin  
N09: IMRG



Roxy Torment  
21: IMRG



Off D Wall  
2: IMRG



Charlie Foxtrot  
6: HARD



Pixie Panzer  
31: HARD



Eden Venom  
813: HARD



Foxy Balboa  
180: JRG



Nun Crusher  
6669: JRG



Fresh to Death  
2K: JRG



Miss Behavin'  
X3: JRG



# WESTMORELAND ROLLER DERBY

Coach: Ambush • Bench manager: D-Cupcake

Code Red #86

Kimchi Tiger #37

Pinky #1953

Skitzo Fitzo #33

Stiletto Flame #2424

Queen of Hurts #22

Heather Scissorhands #31

Punchberry #1213

Malice Chalmers #333

Ginger Fightus #32

Furious George #17

Ophelia Pain #718

Salty Wench #77

Sadie Exe Cutioner #1040ez

Kish of Death (Alt)





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**Good luck to  
all Skaters!**



**GOOD LUCK**

*J-Town Roller Girls from*

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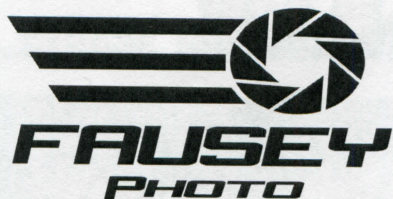
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CONTRIBUTIONS!



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THE J-TOWN ROLLER GIRLS

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FOXY BALBOA**



**ARTIST:**

**JESSE RICHARDS**

**THINK INK**

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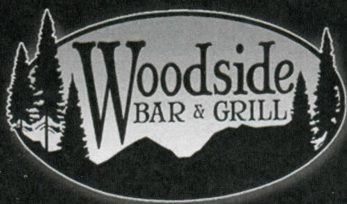
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814-254-4003 • woodsidebar.com**

**Meet and dance with  
the skaters at the after  
party! Keep your ticket  
stub to get in for free!**



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# About J-Town Roller Girls

## OUR PURPOSE

J-Town Roller Girls is a women's sports league based in Johnstown, PA. Our mission is to provide an outlet for competition, athleticism, and camaraderie to the women of Johnstown and the surrounding area while promoting the sport of Flat Track Roller Derby.

## OUR MISSION

JRG works hard to be a competitive force on the derby track. By maintaining standards of athletic excellence and sportswomanship, JRG will ensure not only personal and team achievement, but also exciting derby action for JRG fans.

We are dedicated to serving the community through volunteer and service projects, as well as acting as representatives of the greater Johnstown area. Likewise, JRG cannot achieve success without the support of the community.

## INTERESTED IN SPONSORING US?

\$50 is requested from those who would like to sponsor our skaters and referees, during one bout, within the J-Town Roller Girls league. The funds will be used to help cover the team expenses, bout costs, and rental space for that event.

**Thank you for your consideration, and we are grateful for your support of the J-Town Roller Girls, Johnstown area's first and only Women's Flat Track Roller Derby League!!**



# Stay up to date with your *L-Town Roller Girls*

JtownRollerGirls.com



/JtownRollerGirls



/JtownRG





# ROLLER DERBY MEAT & GREET

*with J-Town Roller Girls*

**FRIDAY, SEPTEMBER 19, 6:30 PM**

Windber Community Building  
1605 Graham Avenue • Windber, PA 15963



## WILL YOU MAKE THE CUT?

Attend this year's Meat & Greet to learn all about roller derby. Then, if you decide that you've got what it takes, come try it at Fresh Meat Boot Camp, when we'll meet twice a week from October 3rd to December 14th and get you whipped into shape. Don't miss this once a year opportunity - we'll bring the gear, you bring the fresh meat!

For more information, visit [jtownrollergirls.com/freshmeat](http://jtownrollergirls.com/freshmeat)  
[facebook.com/JtownRollerGirls](https://facebook.com/JtownRollerGirls) • [jtownrollergirls@gmail.com](mailto:jtownrollergirls@gmail.com)