JRDA Level 3 Rules Test

Last Updated October 2024

Instructions: Place a mark in the box for the correct answer. For questions with multiple answers, mark all that apply.
80% Required to PASS (16/20 correct questions)

Player Name: _____ **Jersey Number**: _____

1. A Jammer is in the Penalty Box for a penalty they received in the previous Jam. Are they eligible for Lead Jammer in the next Jam when their penalty time is complete?
▢ Yes ▢ No

2. A Jammer starts skating before the Jam-Starting whistle and is gaining speed toward the Jammer Line when the whistle blows. Did the Jammer False Start?
▢ Yes ▢ No

3. When may a player substitute for a fouled-out player who is in the Penalty Box?
▢ A. As soon as the foul-out occurs
▢ B. When the Jam is over
▢ C. When the fouled-out player stands in the Penalty Box
▢ D. When the fouled-out player's penalty time is up

4. Does a penalized Jammer continue to earn points until they exit the track?
▢ Yes ▢ No

5. White Jammer is knocked off balance and grabs the red Pivot's jersey. White Jammer regains their balance without gaining position on the red Pivot and remains in bounds. Which penalty is assessed, if any?
▢ A. Forearm
▢ B. Illegal Contact
▢ C. Cut
▢ D. No penalty

6. The Jammer removes their helmet cover and accidentally drops it onto the track while attempting to pass the Star. Their Pivot picks up the helmet cover. What must the Pivot do next to complete the Star Pass?
▢ A. Put it on their helmet before passing anyone
▢ B. Return it to the Jammer, who in turn passes it back to the Pivot
▢ C. Hold it in their hand until they are out of the Pack
▢ D. Drop it back on the floor for the Jammer to pick up and put back on their helmet

7. If a team calls an Official Review in the first period and wins that review, how many more Official Reviews can they take in the first period?
▢ A. None
▢ B. One
▢ C. Two
▢ D. Unlimited as long as teams keep winning reviews

8. Immediately after the Jam-Ending Whistle, a player's momentum causes them to block an opponent off the track, but they do not stumble or fall. Should an Illegal Contact penalty be given to the player for the late hit?
▢ Yes ▢ No

9. A player (who is neither the Captain nor the Designated Alternate) uses the Team Timeout hand signal to communicate with their Captain to ask for a team timeout to be called. The Officials mistake the Blocker's hand signal for a legal request and call a Team Timeout. Is the Blocker penalized?
▢ Yes ▢ No

10. Red Jammer's helmet cover is accidentally knocked to the floor by a white Blocker on their initial trip. Red Jammer picks it up, puts it back on, and completes their initial trip legally before the white Jammer. What happens?
▢ A. Red Jammer is given Lead status
▢ B. Red Jammer is not given Lead status
▢ C. Red Jammer is given a penalty
▢ D. White Jammer is given Lead status

Player Name: _____ **Jersey Number**: _____

11. White Blocker falls small, red Blocker then initiates forceful contact to the downed white Blocker. Who is assessed a penalty?

▢ A. White Blocker
▢ B. Red Blocker
▢ C. Both
▢ D. Neither

12. Red Jammer earns lead and then completes a legal Star Pass on their second trip. The white Jammer then completes their initial trip. Who is the Lead Jammer?

▢ A. Red Jammer
▢ B. White Jammer
▢ C. No one
▢ D. Both

13. Red Jammer passes all four white Blockers on a scoring trip but is then absorbed back into the Pack before completing the scoring trip. A white Blocker goes to the Penalty Box and the red Jammer passes two white Blockers. How many points will red Jammer receive on this trip?

▢ A. 3
▢ B. 4
▢ C. 6
▢ D. 7

14. A Blocker leaves the track to fix their knee pad that has fallen down their leg which then causes a No Pack to occur. Should the Blocker receive a penalty?

▢ Yes ▢ No

15. Red Jammer initiates non-forceful contact to the buttocks of a white Blocker using their knee. Red Jammer does not knock down the white Blocker and does not pass any other white Blockers. What penalty is given to the red Jammer, if any?

▢ A. No penalty
▢ B. Back Block
▢ C. Low Block
▢ D. Misconduct

16. Red Blocker skates around a downed white Blocker and in doing so, goes out of bounds. The red Blocker returns to the track in front of the downed white Blocker. Should the red Blocker get a Cut penalty?

▢ Yes ▢ No

17. What differentiates an Overtime or Sudden Scoring Jam from a regular Jam? (*Mark all that apply).*

▢ A. No Lead Jammer is declared
▢ B. Both Jammers begin scoring on their first trip
▢ C. Only 3 Blockers are allowed on the track
▢ D. No Pivot is allowed on the track

18. During the Jam-Starting Whistle, a Blocker has one foot in bounds and one foot out of bounds, straddling the line. What happens to the straddling Blocker?

▢ A. The straddling Blocker plays in the jam
▢ B. The straddling Blocker is given a False Start warning
▢ C. The straddling Blocker is given a penalty
▢ D. The straddling Blocker is told to return to their bench

19. Are the penalties assessed to a Captain on behalf of another player counted towards the Captain fouling out?

▢ Yes ▢ No

20. Which of the following instances of forceful contact to an illegal target zone is/are a penalty regardless of impact? (*Mark all that apply)***.**

▢ A. Forearm
▢ B. Back Block
▢ C. Direction
▢ D. High Block