JUNIOR ROLLER DERBY LEVEL 1 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. Which action defines back blocking?

A. Blocking from behind the pack.

B. Hitting an opponent in the back, back of the legs, or back of the booty.

C. Blocking with elbows above shoulders.

D. Blocking while out of bounds.

2. How many skates must be on the floor to perform a block?

A. At least one skate.

B. Both skates.

C. None; blocking is done while in the air.

D. Three skates.

3. Who signals when to end a jam or call a timeout?

A. The referee.

B. The coach.

C. The scorekeeper.

D. The jam timer.

4. Blocking above the shoulders is misconduct. Which option correctly states this?

A. Blocking started below the shoulders is misconduct.

B. Blocking started at the hips is allowed.

C. Blocking started above the shoulders is misconduct.

D. Blocking is never a misconduct.

5. In roller derby, what does the term 'pack' describe?

A. A specialized role for jam start.

B. The group of skaters skating together as a unit during play.

C. An equipment kit used by skaters.

D. The area around the penalty box.

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6. Are names required on a uniform?

A. Yes, names are required on all uniforms.

B. No, names are not required, but the initial design has to match those of the other players on your team.

C. Names must appear on back only.

D. Names must appear on sleeve.

7. What is a blocking zone?

A. The penalty area.

B. Parts of the body that can be used to move an opponent when performing a block.

C. The track's center line.

D. The bench area.

8. What is suspension in junior roller derby?

A. A time-out

B. To remove a player from more than one game

C. A warning issued to a team

D. A penalty that applies only during the current jam

9. How long is a skater penalized in the penalty box?

A. 15 seconds

B. 45 seconds

C. 30 seconds

D. 60 seconds

10. What is the penalty box used for?

A. For players to serve penalties and sit out the jam.

B. To store extra equipment.

C. As a place to cool down between jams.

D. For referees to record penalties only.

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Answers

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

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Explanations

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1. Which action defines back blocking?

A. Blocking from behind the pack.

B. Hitting an opponent in the back, back of the legs, or back of the booty.

C. Blocking with elbows above shoulders.

D. Blocking while out of bounds.

Back blocking is when you make contact with an opponent in the back area—the back, the back of the legs, or the back of the butt. These hits are not allowed because they're hard to see and can cause serious injury, so skaters must avoid hitting from behind and keep contact to legal areas in front or to the sides. The other options describe different rules or situations not about hitting someone in the back, such as where you're blocking from the overall position, how high the elbows are, or whether you're in bounds.

2. How many skates must be on the floor to perform a block?

A. At least one skate.

B. Both skates.

C. None; blocking is done while in the air.

D. Three skates.

Blocking is a contact action done from a skating stance on the track, and you must be in contact with the floor to perform a legal block. You only need a base on the floor, so one skate touching the ground is enough to legally block an opponent. You can block with both skates if you're in a wider stance, but it isn't required. Blocking while in the air isn't allowed, and there aren't three skates to use. So the minimum is at least one skate on the floor.

3. Who signals when to end a jam or call a timeout?

A. The referee.

B. The coach.

C. The scorekeeper.

D. The jam timer.

Managing the clock and signaling the end of each jam or a timeout is handled by the on-track timekeeping team. The scorekeeper is the person who signals when a jam has ended or a timeout has been called because they are responsible for stopping the jam clock and updating the scoreboard accordingly. They coordinate with the officials to ensure the timing is accurate and the period/score reflects what happened on the track. While referees may blow a whistle to end play and coaches request timeouts, the formal signal that ends the jam or confirms a timeout for the records comes from the scorekeeper.

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4. Blocking above the shoulders is misconduct. Which option correctly states this?

A. Blocking started below the shoulders is misconduct.

B. Blocking started at the hips is allowed.

C. Blocking started above the shoulders is misconduct.

D. Blocking is never a misconduct.

The main idea is safety: in this sport, you're not allowed to initiate contact above the shoulders because that can injure players' heads and necks. So the rule states that blocking that starts above the shoulders is misconduct. The correct statement captures that rule exactly: starting a block above the shoulders is misconduct. The other ideas don't fit because blocking started below the shoulders isn't misconduct (it's within the legal contact zone), starting at the hips is allowed (also within the legal area), and it's not true that blocking is never misconduct.

5. In roller derby, what does the term 'pack' describe?

A. A specialized role for jam start.

B. The group of skaters skating together as a unit during play.

C. An equipment kit used by skaters.

D. The area around the penalty box.

The idea being tested is what "pack" means in roller derby: it's the group of skaters skating together as a unit during a jam. This core group is usually made up of blockers from both teams who move in coordination to control pace, create blocking angles, and defend the jammers. Jammers work to break through and pass the pack to score points, while the pack's proximity and movement shape how the jam unfolds. The other options describe things like a single role, gear, or the penalty box area, which aren't what the term refers to.

6. Are names required on a uniform?

A. Yes, names are required on all uniforms.

B. No, names are not required, but the initial design has to match those of the other players on your team.

C. Names must appear on back only.

D. Names must appear on sleeve.

The main idea here is that a team's uniform should look like a cohesive unit. Names on uniforms aren't required, but the design must match what's used by the rest of the team. This keeps players clearly identified as part of the same squad, which helps officials and spectators recognize teammates on the track. So the best answer says names aren't mandatory, but the initial design has to align with the other players' uniforms. It emphasizes team identity through consistent colors, logos, and layout rather than individual name placements. The other options impose fixed naming requirements or specific locations, which isn't how uniform guidelines typically work for junior roller derby.

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7. What is a blocking zone?

A. The penalty area.

B. Parts of the body that can be used to move an opponent when performing a block.

C. The track's center line.

D. The bench area.

Blocking zone refers to the parts of your body you can use to block an opponent and move them off their path. In practice, you block with your torso, hips, shoulders, and controlled use of your arms to slow or redirect a skater, keeping contact within legal limits. This concept is fundamental because it defines how you actively affect an opponent during a block—not where on the track things happen or where penalties are tracked. The other options describe places on the track or areas not involved in how you block.

8. What is suspension in junior roller derby?

A. A time-out

B. To remove a player from more than one game

C. A warning issued to a team

D. A penalty that applies only during the current jam

Suspension is a formal penalty that keeps a player out of competition for more than a single game. In junior roller derby, penalties can exist at different levels: a time-out stops play but doesn't remove a player from future games; a warning is a caution to a team for conduct; a penalty that applies only during the current jam affects just that jam. A suspension, by contrast, extends beyond the current jam or game and can prevent the player from participating in upcoming games as determined by the league rules. The idea is to hold players accountable and maintain safety within the season.

9. How long is a skater penalized in the penalty box?

A. 15 seconds

B. 45 seconds

C. 30 seconds

D. 60 seconds

In roller derby, penalties require sitting in the penalty box for a set amount of time. For most penalties, that time is 30 seconds. This duration provides a clear, fair consequence that's long enough to impact the jam but short enough to keep the action moving. Longer times, like 60 seconds, are used for major penalties, while 15 seconds or 45 seconds aren't the standard durations for typical penalties in Level 1 play. So, 30 seconds is the correct and typical penalty length.

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10. What is the penalty box used for?

A. For players to serve penalties and sit out the jam.

B. To store extra equipment.

C. As a place to cool down between jams.

D. For referees to record penalties only.

The main idea here is understanding how penalties are served in roller derby. The penalty box is the place for players who commit infractions to serve their penalties and sit out the jam. While a penalty is being served, the player stays in the box and does not participate in that jam. They can return once the jam ends and officials clear them. It's not used to store equipment, for cooling down between jams, or for referees to record penalties—that information is handled by the officials in the scorebook.

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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://lvl1jrrollerderby.examzify.com

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

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