OTTAWA VALLEY
ROLLER DERBY

GAME DAY PROGRAM



Double Header - Saturday July 26, 2025

St. Laurent Complex - 525 Coté Street

SCHEDULE

5:00pm

Doors open and start of service in the **Broadhead Brewery** Beer Garden.

5:30pm

Start of Game #1:
Roller Derby Québec vs. **OVRD Rapids**
(Travel A-Teams) WFTDA Sanctioned

7:30pm

Approximate start of Game #2:
OVRD House League Battle:
Valley Cats vs. Street Rats

NEXT EVENT:

Saturday August 16th
at St. Laurent Complex



OTTAWA VALLEY RAPIDS

ROSTER 2025



















OTTAWA VALLEY RAPIDS ROSTER 2025

















Coach Zweck
Coach Harding

Photos: Rob Peters



FélineDion & Hékatombe

Rolling Mess	09
Melon	1017
Reb-belle	1024
Bonobo	12
Gross	27
pyrocam	28
Cho Bye	30
Maki	32
Boby	33
JanBette Bertrand	39
becky bobo	4
Claumzy	41
Celeri	59
Ary HELL	666
Small	92
Égouine	9
Lo-Fi	99

VALLEY CATS ROSTER 2025



























VALLEY CATS ROSTER 2025





















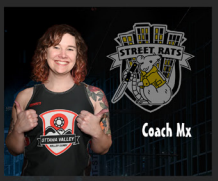




Photos: Rob Peters

STREET RATS ROSTER 2025





























STREET RATS ROSTER 2025



























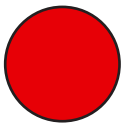
Photos: Rob Peters

Roller Derby Basics

In each standard roller derby game, two teams (of 15 skaters) play two 30-minute periods. Each period consists of multiple "jams." Each jam is an opportunity for both teams to score points.

The jam ends when the Lead Jammer calls off the jam or after 2 minutes has expired. It is legal for a skater to block opponents with their hips, rear, and shoulders. It is not legal to block to the back, to trip, elbow, hit in a counterdirection, or to back talk officials. Players committing illegal actions are penalized 30 seconds and sent to the penalty box. Their team plays short for that time.

The positions

Jammer 	Jammers wear a star on their helmets and are the scoring players for each team. The Jammers attempt to pass the opponents as many times as possible by sprinting around the track and lapping the pack.
Blocker 	The Blockers are simultaneously focused on stopping the opposing Jammer from passing them and assisting their Jammer to pass the opposing team's Blockers. The pack is formed by the largest group of Blockers with players from each team on the track.
Pivot 	The Pivot is the Blocker that wears the stripe on their helmet cover. They are the only Blocker that is allowed to accept a star pass from the Jammer, thus becoming the new Jammer and gaining the ability to score points.

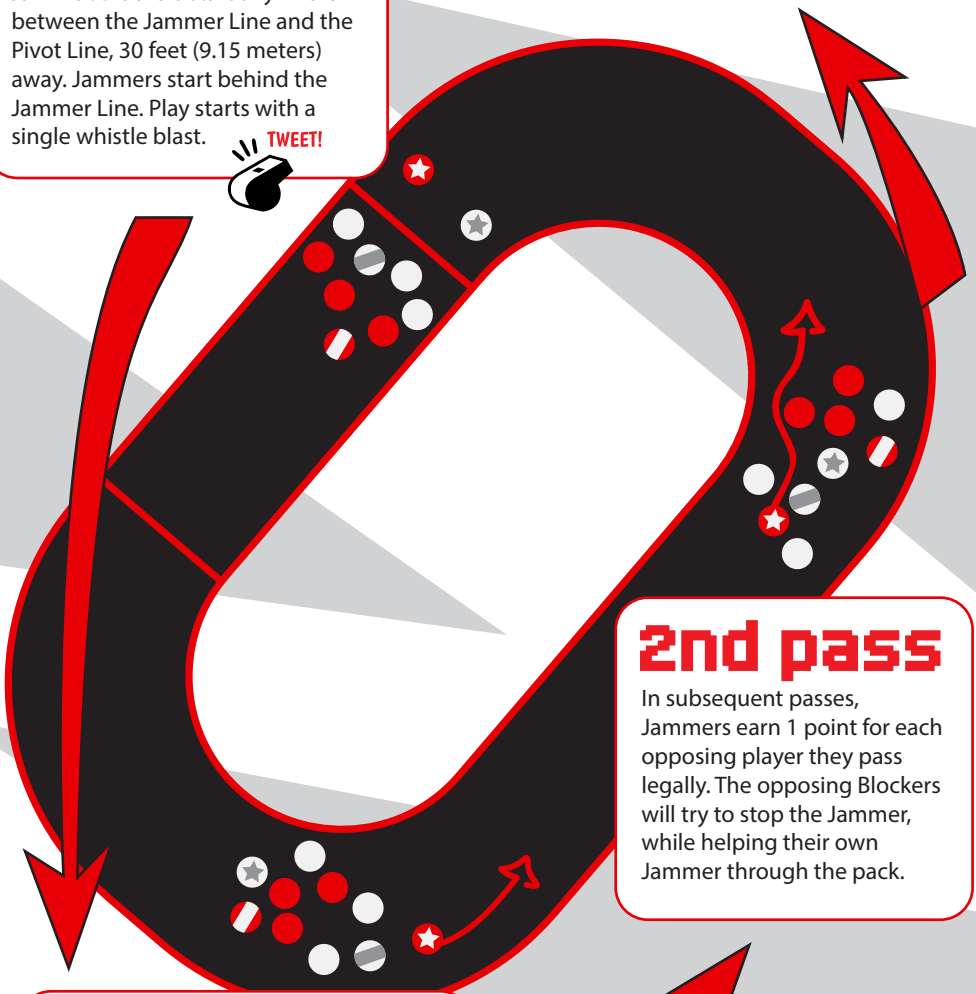
Basic Gameplay

jam start

Each team fields 4 Blockers and 1 Jammer. Blockers start anywhere between the Jammer Line and the Pivot Line, 30 feet (9.15 meters) away. Jammers start behind the Jammer Line. Play starts with a single whistle blast.

TWEET!

When the jam is done the teams have 30 seconds to put the next line out on the track.



2nd pass

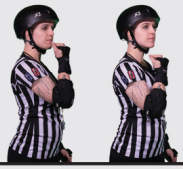
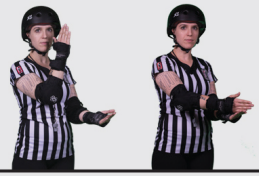
In subsequent passes, Jammers earn 1 point for each opposing player they pass legally. The opposing Blockers will try to stop the Jammer, while helping their own Jammer through the pack.

1st Pass

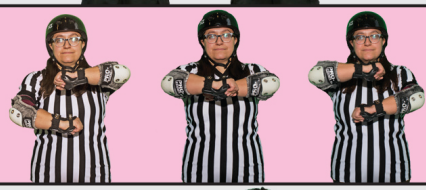
On the first pass, the first Jammer to legally pass all skaters in the pack is designated Lead Jammer. Lead Jammer status is signaled by the officials blowing two short whistle blasts and pointing at the Lead Jammer.

TWEET!
TWEET!

Penalty Quick Reference Guide

RULES SECTION	VERBAL CUE(S)	CODE	HAND SIGNAL
4.1.1 Impact to an Illegal Target Zone	**Back Block**	**B**	
	High Block	**A**	
	Low Block	**L**	
4.1.2 Impact with an Illegal Blocking Zone	**Head Block**	**H**	
	Forearm	**F**	
	Leg Block	**E**	
4.1.3 Other Illegal Contact	**Illegal Contact** Including: Illegal Assist, Early Hit	**C**	
	Direction Including: Stop Block	**D**	

Penalty Quick Reference Guide

RULES SECTION	VERBAL CUE(S)	CODE	HAND SIGNAL
4.1.4 Multiplayer Blocks	**Multiplayer**	**M**	
4.2.1 Illegal Positioning	**Illegal Position** Including: Destruction, Skating Out of Bounds, Failure to Reform, Failure to Return, Failure to Yield	**P**	
4.2.2 Gaining Position	**Cut** Including: Illegal Re-Entry	**X**	
4.2.3 Interfering with the Flow of the Game	**Interference** Including: Delay of Game	**N**	
4.2.4 Other Illegal Procedures	**Illegal Procedure** Including: Star Pass Violation, Star Pass Interference	**I**	
4.3 Penalties for Unsporting Conduct	**Misconduct** Including: Insubordination	**G**	

ADVANCED DERBY STRATEGIES

Frequently Asked Questions

Why do the skaters intentionally skate in the opposite direction sometimes?

When a player goes beyond the track or out of bounds (by their own skating and falling or by being pushed/hit out) they must return to the track BEHIND the player who put them out or who was position in front of them on the track. So, in order to maximize the advantage of a player being knocked out of bounds, the opposing team will quickly skate the opposite direction in order to make the returning player have re-enter the track the furthest back possible. If the referees see the pushed out player re-entering the track ahead of players who were in front of them, they'll receive a "cutting the track" penalty.

Things to remember:

- The rules are all based on keeping the pack together. So all the blockers and pivots need to remain within 20 feet of the largest collection of skaters from both teams.
- If a skater is too far in front or too far behind the pack she is not permitted to block/hit any opponents or assist their own players. If they do, they'll receive an "out of play" penalty.

What is a "power jam"?

A power jam is the advantage a team gains when the opposing jammer is in the penalty box. During this time there is only one jammer on the track earning points. Since there is no opposing jammer to worry about during a power jam, the team with the advantage can concentrate solely on offence. They will try anything necessary to get their jammer to lap the pack as many times possible (to score as many points as possible) before the opposing jammer is released from the penalty box.

ABOUT OVRD

Ottawa Valley Roller Derby is a WFTDA certified, full-contact, flat-track, roller derby league. Historically we are a merge of two Ottawa-based leagues: Rideau Valley Roller Derby and Capital City Derby Dolls.

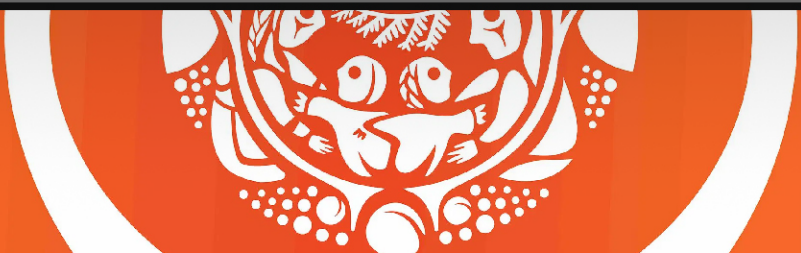
OVRD is an inclusive league. Our members are from all genders and all gender expressions. Our women+ teams welcome trans women, intersex women, non binary persons, and gender expansive skaters.

We have four adult teams and a junior roller derby program for skaters under 18 years old. Our two house league adult mixed gender teams are the **Valley Cats** (in green) and the **Street Rats** (in yellow). The **OVRD Rapids** is our travel A-team and represent the league on the international level within the WFTDA system. We also have a new for 2025 travel B-team: the **OVRD Riptides**.

TRUTH AND RECONCILIATION

Ottawa Valley Roller Derby would like to acknowledge the Algonquin Anishnaabeg People, whose traditional and unceded territory we gathered on for our league practices as well as for our home events. As settlers, we are grateful for the opportunity to meet here and we thank the generations of people who have taken care of this land since time immemorial and continue to do so.

Ottawa Valley Roller Derby supports the Truth and Reconciliation Commission's Calls to Action. As a sporting organization, we have implemented components of action numbers 89 and 90. Specifically, we promote physical activity as a fundamental element of health and well-being, we reduce barriers to participating in sport, and we ensure an inclusive environment which establishes anti-racism awareness.



BEER GARDEN

This season, OVRD is thrilled to be sponsored by Broadhead Brewery. We're featuring 4 amazing Broadhead craft brews in the beer garden as well as a few select ciders and hard seltzers.

IN THE LINE UP

UNDER DOG PALE ALE (5.2 % ALC. /VOL)
Pouring a pale burnt orange with a moderate white head. Aromas of citrus and grapefruit supported by hints of pine and a slight malt sweetness.

AMBER ALE (5.0 % ALC. /VOL)
Pours brilliant amber in colour with floral, fruity and citrus hop aromas, offering notes of caramel sweetness balanced by a crisp, lightly bitter finish.

LIGHT (3.5 % ALC. /VOL)
Pours pale gold in colour, offering subtle bready aromas and flavours, balanced by a slight hop bitterness and a clean, refreshing finish.

NEIPA (6.4 % ALC. /VOL)
Pours straw in colour and intentionally hazy with big tropical and citrus aromas, giving way to bright stone fruit flavours and an incredibly juicy mouthfeel.



Do you like Craft Beer and Roller Derby?

Brew Donkey will be running a tour this summer that features entry into one of our exciting double header events. Their "**Crush'd & Brews'd**" tour will coming to our double header event **August 16th**. You'll visit two local breweries for tours and tastings and then join us for the games in the Broadhead Beer Garden.



Let Brew Donkey do the driving! **www.brewdonkey.ca**

Brew Donkey

ADD A PLAYER?

Get in on the Fun and join us as skater!

We can train you to skate from scratch. Our player development program: Roller Derby 101 is designed to teach the basics of roller derby to new and novice skaters. There is no obligation to join the league after you've completed the program. We offer a safe and inclusive space for you to develop your skating and derby skills. All genders aged 18 and up are welcome in our league.

IF you have any questions, please email us at rollerderby101@ottawavalleyrollerderby.com

REFEREES AND OFFICIALS WANTED

Ottawa's premier roller derby referee crew: Ref Union Local 613 is recruiting skating and non-skating officials. Come join the fun! Travel to away games and tournaments and make friends with other officials across North America. We can train you to skate and teach you all the rules and procedures. No experience necessary and in-line skates are permitted.

Non-skating officials are also valued members of our crew and a huge part of the sport. Attention to detail and an ability to focus are key attributes.This is a terrific way to be part of the sport without all the bumps & bruises.

Email for more info: officials@ottawavalleyrollerderby.com

PLAY AGAIN?

Hope to see you at our LAST event of the season!

AUGUST 16

Game 1: Roller Derby Sherbrooke
vs. OVRD Riptides (Travel B-Team)

Game 2: OVRD House League FINALS:
Valley Cats vs. Street Rats

St. Laurent Complex - Doors 5:00pm
Game 1 at 5:30pm / Game 2 at 7:30 approx.

