

**NEW  
STARTER  
PACK**



Whether you are new to roller skating or have been on eight wheels since you were a youth...

*Come try out  
this fun sport!*

Once you join, you'll find it a great exercise routine with expert instruction...

*It's fantastic  
friendly  
entertainment!*



Although it may seem intimidating, if you have the dedication to be a roller derby player...

*We will make sure  
that you get the  
training with a  
fantastic support  
network behind you.*





# WHAT SKILLS DO I NEED TO LEARN TO PLAY ROLLER DERBY?



In order to play roller derby you will need to learn a few skills for example knowing how to stop! Most of these skills are basic skating techniques and help build confidence, strength and endurance. The key is lots of practise and we are always here to help.

## SKILLS YOU WILL LEARN

- \* Posture \* Knee Taps (Left & Right)
- \* 360 Degree \* Hip & Body Checks
- \* Pushes \* Step to side \* Plow stop
- \* 27 laps in 5 minutes \* Grapevine
- \* 30 Second Balance \* One foot glides
- \* Avoid obstacles \* 13 second lap
- \* Wheel Bumps \* Step forward & Back
- \* Lateral hops \* Lean on Opponent
- \* Shuffle \* Outside Whips \* Crossovers
- \* Double Knee Taps \* Positional Blocks
- \* Quick steps \* Weaving through cones
- \* Jumps \* Reverse crossover \* T-stop
- \* 6 inch hop \* Sticky Feet \* Take Hits
- \* Inside Whips \* Lateral Cuts
- \* Hip Whips \* Backwards 20 second lap
- \* Pack Weaving \* Skate with good stride

When you're feeling ready to play, we will set up some friendly scrimms to put your skills to the test and meet others in the derby community.



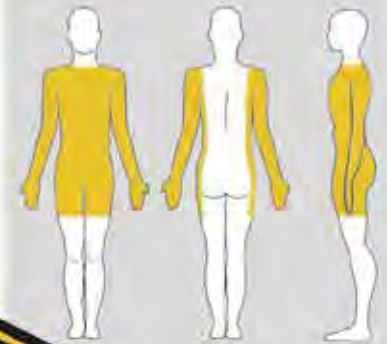
# THE BASIC RULES OF ROLLER DERBY

2 Teams, field 5 players (1 Jammer & 4 Blockers)

There are two 30-minute periods. In each period there are as many **JAMS** as can be played. Each **JAM** can last up to 2 minutes. The team that scores the most points, **WINS!**

## LEGAL TARGET ZONES

The shaded regions are the legal areas to block, hit, or check an opponent.



## THE JAM

- ★ The objective of each Jam is to score as many points as possible.
- ★ Points are scored each time the Jammer laps a member of the opposing team.
- ★ One whistle blow begins play, with each team lining up as shown.
- ★ The first Jammer to clear the pack becomes the lead Jammer, and can end the Jam at any point.
- ★ The members of each team attempt to prevent the opposing Jammer from passing, & help their own Jammer score points.

THE *Jammers*

JAM LINE

THE *Pack of Blockers*

PIVOT LINE

★ *Jammer* The Jammer is the only player who can score points, they wear a star on their helmet.

▬ *Pivot* The Pivots dictate the pace of the Jam, and act as a blocker. The pivot can also swap and become the Jammer, they wear a stripe on their helmet.

● *Blocker* The Blocker works with the rest of the team in preventing the opposition scoring, and helping their own team's Jammer





# KIT LIST



## NEED ROLLER DERBY KIT?

– (Have a gander at this guide first!  
Our former skater Nadzilla wrote the Guide to Good Kit a long time ago when he first got into Roller Derby, only some elements have changed, his write up is so good we have simply amended it!

Don't forget, always talk to your fellow skaters, we are all here to help you fulfil your potential! If you have any questions regarding your gear, or even if you want to try a particular piece of equipment out, chances are that one or two of us have equipment that we are more than willing to let you try out There are plenty of online skate stores, alternatively you can pop into Momma Trucker Skates on Cowick Street, Exeter, who are full of good advice and can offer a discount to skaters.

## **HELMET** – (COMPULSORY as per WFTDA / MRDA rules and our XRD safety standards)

First thing's first: The most important part of your safety gear is your helmet. Cheap knee pads, elbow pads and wrist guards can lead to broken bones, but a budget or badly fitting helmet can lead to much worse such as concussions and fractured skulls. You break a bone and worst case scenario is you will be off skates for a few months, you do a number on your bounce and I don't think I need to tell you what can happen. So let's get this first, important piece of kit right!

## **KNEE PADS** – (COMPULSORY as per WFTDA rules and XRD safety standards)

Your second most important purchase should be a good set of knee pads. Again, don't skimp on the funds when budgeting for knee pads. What would you prefer, an £80 credit card bill or shot knees? I do understand that when you are new to Roller Derby, you want to keep the initial gear costs down, just in case you really don't enjoy it and find out that it's not for you. I would say fair enough, I did this myself! We do try to provide as much safety gear as possible for fresh meat sessions, so sometimes you don't have to spend a penny until you have decided either way. However, once you have decided that you love Derby, it's time to make those all-important first safety purchases. Yes, financially, it will be a big hit, but you only have to do it once, at least for your first six months to a year (depending on how much you punish your gear).

## **ELBOW PADS** – (COMPULSORY as per WFTDA rules and XRD safety standards)

Elbow pads by their very nature are much more affordable than knee pads, due to less material being used. Whilst your elbows don't tend to hit the floor as much as your knees do in Roller Derby, they still should not be discounted from the list of "things to spend money on". Again, the more you spend, the more you can expect to be protected, but don't forget comfort, too! Wearing pads that are uncomfortable can actually be quite an annoying distraction, and when you are on the track in a bout situation, you can't skate around slowly becoming more annoyed at those elbow pads rubbing your arms raw.

## **WRIST GUARDS** – (COMPULSORY as per WFTDA rules and XRD safety standards)

Wrist guards are a pretty important piece of kit. When falling over, we do tend to instinctively put our hands out to try to land or simply to right our balance. If it weren't for wrist guards, I truly believe that snapped wrists and broken hands would be very common in the Roller Derby world. These would also have strong everyday life repercussions, too. How would you text, use a computer, or carry your shopping? Thankfully, wrist guards are cheaper than elbow pads, and again, you want to invest in a wrist guard that has a hard plastic insert under the wrist joint, flowing to the base of the palm.

## **MOUTHGUARD** – (COMPULSORY as per WFTDA rules and XRD safety standards)

A bad fall where you are unable to get your hands under yourself in time will probably result in you passionately kissing concrete. You will also find that, despite there being rules against elbowing and punching people on the track, these things can and will happen accidentally from time-to-time. Added to which, it is a rules-stated requirement that all skaters wear a mouthguard when bouting, so there is no excuse for not owning one. You can pick up basic mouth guards, the variety for boxing or martial arts cheaply from high street sports shops. The most favoured brand however for roller derby would be the colourful SiSu range. They have a distinctive shape which allows heat moulding to your upper set of teeth to give a comfortable fit. They have the added advantage of allowing you to talk and drink and talk whilst wearing it, essential in a game, as removing a mouth guard on track will earn you a kit violation penalty.



**SKATES** – (COMPULSORY as per WFTDA rules and XRD safety standards...and you'd look pretty silly turning up to a Skate sport with no skates...)

This is where things get a little complicated. Generally you want to invest in a pair of skates that are specifically designed for Roller Derby or Speed skating. Some people tend to prefer a pair that is designed for Jam skating. Either way, they need to be suitable for the sport, and therefore the full-ankle, hard shell type of roller boot is not a good choice at all. You want a shoe-style skate, with little to no build-up around the ankle, as your ankles need to be free to move how they want to move. You will find maneuvering through the pack very difficult with a pair of quad boots that limit the movement of your joints. You can find all sorts of skate configuration within the Roller Derby category, such as standard-mount and short-forward mount etc. These are all designed for different styles of skating, for instance short-forward is more geared towards speed and agility, and are perfect for those who aim to be a Jammer. A standard mount option gives a lot more stability under the skater, and therefore is more suited to those who want to be a blocker or a pivot. It's advisable to get to know what kind of style you eventually want to go for, and talk to as many skaters about it as you can.

**WHEELS** – (COMPULSORY if you want to, you know...move anywhere...)

Different types of wheel are good for different types of surface. Talk to your local and experienced skaters, find out about the floor at their training venue, and what kind of wheels they would recommend. Once you have been skating a while and had a chance to swap wheels with other people and try out different hardnesses, you will eventually find your sweet-spot as far as the durometer\* grade of wheels you prefer using. Some people prefer harder wheels, which help you to move faster. These will be slipperier in the bends, but some people like that. They might make power-sliding easier, if you are into that kind of thing. Others prefer grippier, softer wheels, which are good for general use, a bit slower on the track, but great if you end up playing somewhere that has a slippery or dirty floor. Grippier wheels tend to give you more push and power in the turns when you are executing crossovers, as they give you a more solid base to push against.

**TOE-STOPS** – (COMPULSORY as per WFTDA rules and XRD safety standards)

Along with Wheels, Toe-Stops are probably not something you are going to worry about upgrading too much when you first start skating. Your first pair of skates will come with both, and most likely you will want to concentrate on getting up and skating before making decisions about what to swap out on your skates. At some point, though, it might be something you will want to think about, as inevitably your Toe-Stops will wear down with use. Replacements are usually readily available from the manufacturer of your skates, but as you get better on your feet and start performing Derby Stops, Toe-Running, Juking and other Toe-Stop heavy skills, you might want to experiment with different brands and types. One thing to keep in mind is that some types of Toe-Stop come with standard and long stalk options. If you like your Toe-Stops closer to the ground than usual, then the long-stalk option is probably for you. However, if you like the stops wound right back into the plates, the standard stalk length will be fine for your needs.

## BEARINGS

If your skates came with very basic wheel bearings, you might consider upgrading later on to something a little more robust and a bit faster. Many roller girls and guys use Bones REDS bearings, and these are generally considered the standard by most types of skate-sports. Lots of skateboarders swear by them, as do longboarders and carvers, so Reds have a long history of skate-sports endorsements. However, that's not to say there aren't faster, smoother things out there on the market, but until you get to the point where you can confidently say that your bearings are holding you back, a couple of sets of Reds should see you right for a long, long time. Some people do invest in sets of Swiss Ceramic bearings, which can set a person back upwards of £130, but these types of bearing are usually best suited to speed-blading, and would probably serve little purpose on the Derby track as the size of the track will prohibit you from gaining enough speed and momentum to use the full potential of such bearings.



## LEGAL WAIVER – Exeter Roller Derby

In consideration of my participation in roller derby scrimps/ training/ recreational sessions I agree to assume all risks incidental to such participation.

I understand that skating can be an inherently dangerous sport and I choose to voluntarily participate at my own risk. I am aware that the risks of roller derby include personal injury, death and disability. I am aware the hazards include, but are not limited to, falling, colliding with other skaters, officiators, media personnel and spectators. I understand and agree that I am voluntarily assuming all risks of participating in roller derby/ recreational skating. I certify that I have no medical condition that would cause participation in roller derby/ recreational skating to be potentially hazardous to my health that could cause injury/harm to myself or others.

I further authorise medical treatment for myself if the need arises, and agree to undertake any reasonable measures to protect my health as instructed by the Exeter Roller Derby.

I indemnify Exeter Roller Derby from any and all liability, howsoever arising, for the injuries to any third party, and the loss of or damage to any money or property, both direct and consequential, resulting from my participation in any league related activity. I hereby waive all rights to take legal action against Exeter Roller Derby for any and all matters, with the sole exception of claims for injury or death arising directly as a result of negligence on the part of Exeter Roller Derby, as far as is permitted by law.

I hereby unconditionally assign to Exeter Roller Derby and authorised parties all right, title and interest I may have in any and all audio, audio visual and/or photographic recording of me in any Exeter Roller Derby events and grant Exeter Roller Derby permission to use, display, license, sell and publish or otherwise deal with the audio, audio visual and/or photographic recording of me, including for the purpose of advertising, promotion or otherwise. I further agree that any such recording(s) will remain the property of Exeter Roller Derby.

I certify I am 18 years of age or older and the information set forth below is true and complete to the best of my knowledge. If I am borrowing protective gear or skates from Exeter Roller Derby, I understand that I do so at my own risk.

*If your situation changes please let us know. Please be assured that your information will remain confidential and will only be used to by the session instructor to better meet your individual needs. We will not keep this information for longer than is necessary. If you do not attend a Exeter Roller Derby session for six months we will remove this information from our records. Similarly this information will be removed from our records at your request.*

I hereby state I have read, acknowledged and understood the contents of this form and declare all information contained in this form is correct to the best of my knowledge.

Full Name:

Signature to confirm your agreement of our waiver

Mobile Number

E-mail Address

Today's Date

Emergency Contact Name(s) and  
Contact Numbe(s)

Any medical conditions we need to be aware of If 'Yes', please give details

No

Yes

Are you affiliated with another team? If 'Yes', please add which league, skate name and number

No

Yes