



**NEW
STARTER
PACK**

Juniors

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

*Come try out
this fun sport!*

Once you join, you'll find a fantastic exercise routine, expert instruction, and make many new friends...

*It's fantastic
family friendly
entertainment!*



*Roller Derby is
for individuals of
all shapes, sizes,
skill levels, and
backgrounds.*

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 be eligible to be picked for a team roster at level 3 (full contact) you need to be able to do all of your Minimum skills (some listed below). You'll be tested on these as you go through your training. There may seem like a lot but don't worry you'll get lots of training and help on all of them.

MINIMUM SKILLS LIST (LEVEL III)

- * 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

AND WHEN I PASS?

You are eligible to be rostered & can take part in inter league scrimms, compete in sanctioned games nationwide all at level 3.

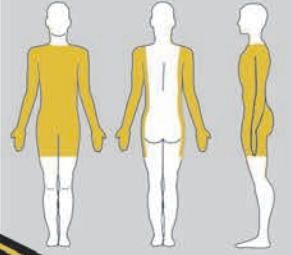
THE BASIC RULES OF ROLLER DERBY

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



WE ADOPT THE SKILL LEVELS AS LAID OUT BY THE

Junior Roller Derby Association.

Skaters will be taught everything they need to be a successful skater. Below are the different skill levels that we will use to group skaters and ensure that they are safely skating with those of the same skill level.

BEGINNER SKATERS, SKILL LEVEL 0 – Beginning skaters are learning to skate and practicing basic safety, skating, stopping, and falling. They do not play derby, but focus on learning basic skating skills and the very basics of derby.

SKILL LEVEL I – Level I skaters are becoming masters of their skates, learning basic game play and teamwork, and beginning to scrimmage and bout positionally. They are beginning to learn more advanced rules and strategies. Level I skaters typically play exhibition games within their own league.

SKILL LEVEL II – Level II skaters are playing using pushing contact only in scrimmages and games. They are also learning advanced teamwork, rules and regulations, and strategic play; practices emphasize fluidity of motion and building skeletal muscular strength and endurance. Typically, skaters are age 9 or above when they are able to meet Level II requirements, but there is no set age requirement. Level II skaters typically play regulation games within their own league, or scrimmages and exhibition games between leagues.

SKILL LEVEL III – Skaters who pass the Skill Level III Assessment demonstrate adult level competency on skates and with the rules. Level III skaters practice, scrimmage and play using full-contact rules. Level III skaters play JRDA sanctioned games for inter-league rankings, and in JRDA tournaments and championships. In addition, Level III skaters are expected to help teach lower-level skaters and to be ambassadors for the league.

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 bones 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 Junior Roller Derby

It is the purpose of this agreement to exempt, waive and relieve releasees from liability for personal injury, property damage, and wrongful death, including if caused by negligence, including the negligence, if any, of releasees. "Releasees" include EXETER ROLLER DERBY hereby referred to as HOST LEAGUE, its affiliate associations, local associations, member teams, event hosts, other participants, coaches, officials, sponsors, advertisers, and each of them, their officers, directors, agents and employees.

For and in consideration of the undersigned participant's registration with HOST LEAGUE, its affiliates, local associations and member teams and being allowed to participate in events and member team activities, participant (and the parent(s) or legal guardian(s) of participant, if applicable) waive, release and relinquish any and all claims for liability and cause(s) of action, including for personal injury, property damage or wrongful death occurring to participant, arising out of participation in events, member team activities, the sport of roller derby, and/or activities incidental thereto, whenever or however they occur and for such period said activities may continue, and by this agreement any such claims, rights, and causes of action that participant (and participant's parent(s) or legal guardian(s), if applicable) may have are hereby waived, released and relinquished, and participant (and parent(s)/guardian(s), if applicable) does(do) so on behalf of my/our and participant's heirs, executors, administrators and assigns.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume all risks relating to roller derby and any member team activities, and understand that roller derby and member team activities involve risks to participant's person including bodily injury, partial or total disability, paralysis and death, and damages which may arise therefrom and that I/we have full knowledge of said risks. These risks and dangers may be caused by the negligence of the participant or the negligence of others, including the "releasees" identified below. These risks and dangers include, but are not limited to, those arising from participating with bigger, faster and stronger participants, and these risks and dangers will increase if participant participates in roller derby and member team activities in an age group above that which participant would normally participate in. I/We further acknowledge that there may be risks and dangers not known to us or not reasonably foreseeable at this time.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and agree that all of the risks and dangers described throughout this agreement, including those caused by the negligence of participant and/or others, are included within the waiver, release and relinquishment described in the preceding paragraph.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge, understand and assume the risks, if any, arising from the conditions and use of roller derby rinks/facilities and related premises and acknowledge and understand that included within the scope of this waiver and release is any cause of action (including any cause of action based on negligence) arising from the performance, or failure to perform, maintenance, inspection, supervision or control of said areas and for the failure to warn of dangerous conditions existing at said rinks, for negligent selection of certain releasees, or negligent supervision or instruction by releasees. If the law in any controlling jurisdiction renders any part of this agreement unenforceable, the remainder of this agreement shall nevertheless remain enforceable to the full extent, if any, allowed by controlling law. This agreement affects your legal rights, and you may wish to consult an attorney concerning this agreement.

Participant (and participant's parent(s)/guardian(s), if applicable) agree if any claim for participant's personal injury or wrongful death is commenced against releasees, he/she shall defend, indemnify and save harmless releasees from any and all claims or causes of action by whomever or wherever made or presented for participant's personal injuries, property damage or wrongful death.

Participant (and participant's parent(s)/guardian(s), if applicable) acknowledge that they have been provided and have read the above paragraphs and have not relied upon any representations of releasees, that they are fully advised of the potential dangers of roller derby and understand these waivers and releases are necessary to allow amateur roller derby to exist in its present form. Significant exclusions may apply to HOST LEAGUE's insurance policies, which could affect any coverage. For example, there is no liability coverage for claims of one player against another player.

VIDEO & PHOTO RELEASE AGREEMENT

For consideration which I acknowledge, I irrevocable grant to, licensees, assigns and successors the right to use my image and (skater) name in all forms and media including composite or modified representations for all purposes, including advertising, trade, or any commercial purpose throughout the world and in perpetuity. I waive the right to inspect or approve versions of my image used for publication or the written copy that may be used in connection with the images. I relinquish any right that I may have to examine or approve the completed product or products or the advertising copy or printed material that may be used in conjunction therewith or the use to which it may be applied.

P.T.O...

VIDEO & PHOTO RELEASE AGREEMENT (continued)

I release licensees, assigns, and successors from any claims that may arise regarding the use of my image including any claims of defamation, invasion of privacy, or infringement of moral rights, rights of publicity or copyright is permitted although not obligated to include my name as a credit in connection with the image. I have read and understood the photo release agreement.

We (the undersigned) do hereby confirm the consent heretofore given you with respect to your photographing me or my child in connection with any video and any documentary. Additionally, I hereby grant to you, your successor, assigns, and licensees the perpetual right to use, as you may desire, all motion pictures and soundtrack recordings which you may make of me or my child, and the right to use my name and/or child's name or likeness in or in connection with the exhibition or any other use of such video or recording.

Under 18's Full Name

Birth Year

Any Medical Conditons? If 'Yes', please provide details No Yes

Emergency Contact Details: Name(s), Contact Number(s) and Relation to the under 18

I, the under 18, understand I need to be safe and responsible while learning to skate and participate in this team activity

I the parent / guardian of the named under 18, understand the risks this activiy has and give permission for under 18 to learn and participate.