



2016 New Skater Information Packet

So you want to play Roller Derby?

Welcome! This packet contains the basic information you need to know to decide if you want to further explore joining the league. Roller Derby can be a life changing experience and a lot of fun. It can also take time and money, so before you start ordering your gear, Bleeding Heartland Roller Derby highly recommends that you attend a Skills Camp (if one is scheduled) or observe a BHRD practice.

Bleeding Heartland Roller Derby Frequently Asked Questions

Who can join?

Anyone age 18 or older can join BHRD. All skaters must obtain WFTDA insurance. This insurance only covers injuries on skates at derby practice and games.

What are the rules of the game?

A roller derby game consists of 2, 30 minute periods. Each period is comprised of sets of 2 minute jams, with 30 seconds between each jam. A jam can last up to 2 minutes, but the skater that is awarded lead jammer can call off the jam at any time, a strategic measure to stop the other team from scoring. (See how a lead jammer is determined below.)

During a game, two teams of five skaters each face off on a flat track. Each team consists of four blockers and a jammer. The blockers take on various formations to work out strategy, guarding each other in what we call "the pack." The blockers work to assist their jammer through the pack (offense) and keep the opposing team's jammer from making it through the pack (defense). The jammers are the scoring skaters who wear the star helmet cover and start behind the pack.

After the whistle is blown, the jammers begin fighting their way through the pack. The first jammer that makes it legally through the pack is designated the "lead jammer" and can begin scoring points on subsequent passes through the pack for each opposing player they legally pass.

For detailed rules, please visit <http://www.wftda.com/rules>

What if I get hurt?

Roller derby is a contact sport, and injury is always possible. This is why protective gear and WFTDA insurance is required, and primary insurance is strongly recommended. We will do everything possible (strength training, lots of communication on technique) to minimize injuries. Sprains, strains, pulled muscles and fractures are a part of derby life! Additionally, you may find that seeing a chiropractor or other specialist is necessary and important. A minor injury can turn into a major injury very quickly if not treated properly. If you have pre-existing injuries we also recommend talking to your doctors about additional risks of playing a contact sport.

How much time will it take?

It depends if you want to be placed on a team or if you just want to learn how to skate and play roller derby.

BHRD has an "A" team, the Flatliners, and a "B" team, the Code Blue Assassins. These teams play both locally and across the region. Full-league try-outs for team placement are held in the fall. Filling vacancies on teams will be evaluated monthly. To be eligible to try out you must meet WFTDA minimum skating skill requirements.

There are three practices a week for team skaters (Mondays 7-10 pm; Wednesdays 7-10 pm; and Sunday 4-7 pm). Additional skating outside of practice time is encouraged. Participation in committee work and promotional appearances are required for league members.

As roller derby has become more popular we have had increased interest from people wanting to join in on the fun. In order to provide more opportunities and to give our league the cutting edge in competition, BHRD expanded to include a program called "The Disorderlies" as an intro-to-derby, minimum time commitment version of the real deal. Being a Disorderlies skater will consist of attending one practice per week and skaters can join anytime throughout the year. Likewise, any skater who does not get placed on a team during try-outs is highly encouraged to continue to participate in the Disorderlies. Just because your skills are not up to competition level at try-outs does not mean you should give up! Ask any league skater – the improvements we have seen people make in a short period of time are astounding!

Disorderlies practices will be held once per week (Thursday 7-9 pm) and will focus on basic skating and derby skills. Skaters will be required to have WFTDA insurance and rather than paying monthly dues will pay \$7/practice (or \$40/month for practices and open lap sessions). Once a Disorderlies skater has passed their skills and rules tests they may be considered for a league spot.

However, a skater can join the Disorderlies with no intention of ever wanting to be on a team. We believe roller skating and roller derby is one of the best ways to stay in shape and build confidence and hope the Disorderlies will provide an arena to make derby more accessible to more people. Disorderlies practices will be coached by a team of BHRD skaters.

While 100% attendance is not realistic and therefore not expected, we do expect team skaters to attend as many practices and promo events as possible. There is not attendance requirement for Disorderlies. Flatliners have a 60% practice attendance requirement in order to be eligible to play in a game and the CBAs have a 50% attendance requirement. This is in addition to committee work. BHRD is operated solely by the skaters and our amazing volunteers. In order for the league to operate all skaters need to chip in through committee work.

What equipment do I need?

Skates, elbow & knee pads, mouth & wrist guards, helmets, scrimmage shirts and jerseys are required to practice and game. Be sure to ask the other skaters what they like when it comes to equipment. It's a good idea to ask someone who is roughly your size about their preferred gear, especially when it comes to wheels.

Buying equipment can be overwhelming, but we'll help you figure things out. It highly recommended that you try on skates to decide what style you like and what size you wear. Vital Skates in Indianapolis, <https://vitalskates.com/>, is the closest derby skate shop near us. We highly recommend you take a trip up there and speak with Korvin about your skates and gear needs, he's highly knowledgeable on these subjects being a skater and coach himself.

We do have some gear that skaters can rent, so you do not have to purchase everything in one fell swoop. You will definitely need your own skates and a mouth guard for your first practice, and your own helmet is highly encouraged. If we do not have the rest of the gear that will fit you, you will not be able to practice until you acquire the proper fitting gear.

How much does it cost?

It varies from skater to skater. Skaters purchase skates and all their own protective gear and they will have to pay dues. Please note that the dues amount may change, but advance notice will be given if an increase is to occur. For information on where and how to get skates and protective gear, see the list of websites below or ask someone in BHRD.

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| Skates | Range from \$100 to over \$800; TALK TO KNOCK'R DOWN (susaroo@bluemarble.net) about what skates you want and she might be able to find you a deal! |
| Knee Pads | Ranges from \$15 to \$75; typically \$30-ish Knee injuries are one of the most common derby injuries. We recommend buying good knee pads such as Pro-Techs or 187's. |
| Elbow Pads | Range from \$15 to \$65 |
| Wrist Guards | Range from \$15 to \$45 |
| Mouth Guard | Range from \$1 to \$65 (You can get great dentist-made ones for \$25) |
| Helmet | Range from \$20 to \$60. A multi-impact helmet is highly encouraged. |
| Wheels | Range from \$45 to \$150 per set of 8 wheels |
| Dues | Active Skater = \$40/month Injured Skater = \$20/month Referee = \$20/month Disorderlies = \$7/practice or \$40/month with unlimited open laps |
| Insurance | \$75 for mandatory WFTDA insurance coverage |

Jerseys and

Scrimmage Shirts Jerseys are required for league members who are planning on playing in games. (Currently ~\$50 for two.) Scrimmage shirts are required for scrimmage days at practice. You can make your own, with your number on the back, or we order them periodically from our sponsor, they have our logo on the front and your number on the back. You can also put your name on it but it's not required.

Do I have to be a certain size to play?

Absolutely not! There are certain advantages to being big or small, short or tall, and our league has a variety of body types, as do most other leagues. When it comes to derby your body is always an asset in some way and that's one of the beautiful things about derby!

Do I have to be a great skater?

No. We can teach you how to skate. We all have different skill levels, but with lots of practice and hard work, our league will become full of terrific skaters!

How can I join Bleeding Heartland Roller Derby?

New recruits are highly encouraged to get their skating legs at an open session and observe a practice before they join. You can email us at recruitment.bhrd@gmail.com for more information or to arrange a time to observe a practice. You can also keep an eye on our website <http://bleedingheartlandrollerderby.com/> or the Facebook Page <https://www.facebook.com/bleedingheartland> for upcoming skills camps and training.

Do I have to join a committee and how do I do it?

Yes. It is very important for our skaters to be completely invested in our league. The league runs because of us, the skaters (that includes our amazing refs and dedicated volunteers). We do it ALL and we have to have participation from everyone in order to make it work. If you are a team skater, committee work is required. If you are skating only in the Disorderlies, committee work is strongly encouraged but not required.

We always need volunteers to help us hang game posters and promote so ask about helping out the Marketing committee if you have time and interest in the interim. This is also a great way to get to know the other skaters.

How much are dues, and what do they pay for?

Dues are currently set at \$40 per month, which pays for practice space, club insurance, website expenses, practice and game equipment, legal fees, advertising, etc. This may change over time but if there is an increase, it will be slight.

When and how do I pay dues?

League members will get monthly statements regarding their dues balance. Skaters may pay with cash or check to the lock box at the warehouse or online via Venmo or PayPal. Extra fees occur when paying with PayPal. Disorderlies do not get month statements, but the payment methods are the same.

How do I choose my derby name?

Choosing a derby name is very common in the sport of roller derby. You do not have to choose a name, but if you wish to it will be run by the BHRD name wrangler. You may not choose a name that

has already been used by a member of BHRD, current or past, without permission and it must be PG-13.

Resources

recruitment.bhrd@gmail.com BHRD recruitment email address

<http://bleedingheartlandrollerderby.com/> BHRD website, check it out!

www.facebook.com/bleedingheartland BHRD Facebook page!

www.wftda.com Women's Flat Track Derby Association (Read the rules!)

vitalskates.com Indianapolis skate shop

<http://wftda.tv/> WFTDA TV, watch great archived games

<http://www.derbycentral.net/> An online place for international roller derby news!

www.fiveonfivemag.com The official magazine of WFTDA

**Now, get your gear and
prepare to work hard, meet
amazing people and knock
skaters down!**