

# So you wanna be a DOLL....?

OF COURSE YOU DO!!! BEING A *DENALI DESTROYER DOLL* IS AWESOME!!

IT'S TOUGH AND HARD CORE, BUT IS **ALWAYS** REWARDING  
WE ARE AN ALL VOLUNTEER, NON-PROFIT ORGANIZATION OF SK8ERS AND SUPPORTERS DEDICATED  
TO DEVELOPING, PROMOTING AND SUSTAINING THE COMPETITIVE SPORT OF ROLLER DERBY.

## WHAT WE DO:

### *ROLLER DERBY, DUH!*

#### WHAT YOU NEED TO KNOW:

- ROLLER DERBY REQUIRES MONETARY INVESTMENT –
  - GEAR COSTS ABOUT \$400 INITIALLY. START UP FEES ARE \$25. USARS INSURANCE IS APPROXIMATELY \$65 ANNUALLY. MONTHLY DUES ARE \$50.
- IT REQUIRES TIME COMMITMENT - IT SEEMS LIKE A LOT, BUT IT'S **SO** MUCH FUN THAT IT'S EASY TO DO ☺
  - DOLLS PRACTICE 4-6 HOURS PER WEEK AND ARE INVOLVED IN A MINIMUM OF ONE COMMITTEE.
  - WE ALSO VOLUNTEER OUR TIME 1-2 TIMES PER MONTH TO THE COMMUNITY
- IT IS MENTALLY CHALLENGING
  - YOU'VE GOTTA LEARN THE RULES AND ASK QUESTIONS!
- IT'S PHYSICALLY CHALLENGING (DERBY DOLLS **ARE** ATHLETES!)

#### WHAT YOU NEED TO ROLL:

- GEAR: (MINIMUS – SK8S, HELMET, PADS, MOUTH GUARD)
- GOOD SPORTSMANSHIP & MOTIVATION
- YOU GOTTA BE 18 OR OLDER (Not 18? Ask about our Junior Team!)

#### A LITTLE MORE ABOUT IT:

PRACTICE – 80% ATTENDANCE IS REQUIRED

- 3 TIMES A WEEK
- SUMMER PRACTICE – ON & OFF SK8S – KEEPS US IN SHAPE FOR OUR SEASON
- SEASON RUNS FROM AUGUST THROUGH MAY

COMMUNITY SERVICE AND PUBLICITY DUTIES

- PUBLICITY – FLYERING, PARADES, APPEARANCES, ALSO 1-2 HOURS PER MONTH
- VOLUNTEERING – WE HAVE 3 NON-PROFITS THAT WE HELP AS WELL AS VARIOUS OTHER COMMUNITY VOLUNTEER OPPORTUNITIES THAT ARISE

SOCIAL ACTIVITIES

- PICNICS
- HOLIDAY EVENTS
- STATEWIDE ROLLER DERBY TOURNAMENT (ALL STATE TEAMS COME TOGETHER FOR AN AMAZING, FUN FILLED WEEKEND OF DERBY!!)
- ROLLER CON (ANNUALLY IN LAS VEGAS BABY! – JULY)

STILL THINK YOU GOT WHAT IT TAKES??

WE DO TOO – AND WE'D **LOVE** TO HAVE YOU!!



WOW...

# ROLLER DERBY

in the valley

# NEW SKATER HANDBOOK

Version 2.0, Updated August 2015

This handbook is courtesy of the knowledge, experience and hard work of  
The Undead Betties, Rage City Roller Girls and Fairbanks Roller Girls.

Derby love to our fellow derby sisters. Hugs and Shoves!

women's  
**ROLLER  
DERBY**  
in the valley

# Welcome to the Denali Destroyer Dolls

Welcome to the Denali Destroyer Dolls! We are a group of independent and strong athletes who are focused on enhancing the sport of roller derby, promoting fitness, ensuring safety and rockin' quad skates in the valley. No matter what your skill level is or what you do for your day job, you will fit right in! We may be very different individuals off the track, but we encourage a strong, united team on the track.

We are a growing league. We are looking to pull ourselves up by our skate laces through dedication, sweat, blood, tears and have fun along the way!

## Mission

The Denali Destroyer Dolls, Inc. is a non-profit organization owned and operated by its members who are dedicated to promoting and sustaining the sport of roller derby in the Matanuska Susitna Borough, Alaska, through healthy competition and community service.

## Vision & Values

- Empowerment of Athletes
- Diversity and Inclusion
- Sustainability and Positive Growth
- Community Outreach
- Dedication and Unity through Health and Fitness

## Code of Conduct

DDD operates on a basic code of conduct: members are required to act respectfully with one another, our sponsors, our volunteers, our audience, and the Alaskan community. We promote good-natured entertainment, fun and sportsmanship during skating and sanctioned events and maintain a high level of integrity. Actions by DDD members reflect upon the integrity of the entire league and the sport of roller derby throughout the country. Any DDD member that fails to uphold this general code of conduct risks expulsion from the league

## WHAT IS ROLLER DERBY?

Roller derby is an intense, fast-paced, full contact aggressive sport that is not for the faint of heart, but is dedicated to the empowerment and fitness of its members.

There are three positions on each team: Jammer, Pivot, and Blocker

- The jammer races through the pack and scores points by passing members of the opposing team.
- The pivot sets the pace of the pack and blocks the opposing team's jammer from breaking through the pack.
- The blockers assist their team's jammer through the pack and try to stop the opposing team's jammer from breaking through the pack.

A pack is composed of eight skaters, four skaters from each team. Specifically, a pack consists of a pivot and three blockers from each team. Each team also has one jammer on the rink at any given time.

The first whistle starts the jam. The jammers begin fighting their way through the pack. Once the jammer makes it through the pack, they race around the rink and fight their way through again. During the second time through the jammer will score a point for each opposing team member that they pass. The jammers will continue to lap the rink, fight through the pack, and score points until the end of the jam.

A bout (i.e. game) consists of 2 thirty-minute periods. A period consists of numerous "jams". A jam is a 2-minute session with the above activities occurring. After each jam, the 10 skaters on the track are replaced by another line up of 10 skaters. A jam can be called off in less than 2-minutes if the lead jammer makes that decision; which is done for various strategic reasons.

## NEW TO DERBY?

All roller derby Rock Stars have to start somewhere and here at Denali Destroyers everyone starts out as a skater tot and fresh meat. The fresh meat are a non-bouting, no contact, training team whose focus is to learn, master and "own" their basic skating skills. Skater tots and Fresh Meat are the Full Wheel Deal! Not only are they developing their derby basics and understanding the rules, but they also participate in group activities such as fundraising and league committees.

Denali Destroyers accepts all skaters no matter age (over 18 or junior elite with board approval), gender, weight, size, shape, or current fitness status. For women with a more voluptuous build, or those who are beyond 20s or early 30s, the journey in earning a bouting spot is typically longer and can be more dangerous. However, with the proper amount of passion, drive, heart and dedication, *anyone* can play roller derby!

As a member of DDD, you will learn all basic skating skills, such as striding, crossing over, hopping, stopping and falling. With each passing week, the skills build upon one another and become tougher and tougher. Each week is critical to mastering your skills which is why there is a higher than normal attendance requirement. You must attend 80% of the practices to ensure you learn all necessary skills to advance to a rostered skater.

While you will learn all the basic skills during training sessions, please do not expect to become a rostered skater just yet. In order to move to the next level of skater, Rookie, which affords you an opportunity for full contact, you must first master and "own" your skating. That is, the basic skills must be second nature to ensure your safety as you move up. Each skater is different and may be skater tot and fresh meat from three months to a year before they fully "own" their skating. Don't worry; we don't expect you to pass your skills test the first time out! Here at Denali Destroyers, we believe in safety first. You are now our derby sister/brother, so we player, it is not if you get hurt, instead it's when you get hurt and how badly. That is why we require a high level of skating skill prior to full contact. We would rather your initial training take an extra few months to promote your derby career lasting years, instead of minutes.

We also test on rules and regulations. To be a better skater, you must know how and why penalties will be called on you. "Rostered" skaters are approved by the coaching staff.

### **Can anyone play? What if I am a bigger girl? What if I am a smaller girl? What if I'm a dude?**

**ANYONE** age 18 and up can play. So no you are not too old, too short, too tall, too old, too little, or too male! Size doesn't matter. A voluptuous build is harder to push around making for a great blocker. A more slender build is faster making for a great jammer. A shorter skater has a lower center of gravity so they can easily take out bigger players. Any body build can play any position; it all depends on how bad you want it and how hard you're willing to work to get it!

# THE DOLL LIFESTYLE

It's not all unicorns, glitter, fishnets and roller skating; being a member of Denali Destroyers also requires off-skate participation. Roller Derby is unique in that it's not only a sport, but a lifestyle. We exist only by our own efforts, so all skaters participate in activities to help build our league and achieve our goals. Every member of the Denali Destroyer Dolls actively participates on a committee and volunteers at home bouts and team-sponsored events. We work with each skater individually to identify your hidden talents and match you to the committees which will most benefit from your membership.

## WHAT'S IN A NAME?

Every roller derby Rock Star needs a derby name that inspires their alter ego and instills fear on the track!

There are many different paths for someone to come up with a derby name. This can be fun and frustrating. You may think you have found a name only to check it out on the master list and find it is already taken. The best derby names are a mix of your personality, maybe something famous, with some violence and an awesome pun. It must be unique; there is tons of unexplored territory for creating a name. New movies, TV shows, celebrities and slogans are coming out all the time and are perfect for your name searching. There is no rush, keep searching for a name that fits you and your style.

Derby names are registered in a national database at [www.TwoEvils.org/rollergirls](http://www.TwoEvils.org/rollergirls). No two derby skaters may have the same name in our league. You will also need a unique number to our team that is numbers or less.

Skaters will not be able to officially register until they reach Rookie status, but we want you to "own" your skating and your personality. If you find a name you want to use, by all means, let everyone know.

## WEAR YOUR NAME!

Even through we are a growing league; we still want to maintain a close knit family, which means derby is a place where everyone should know your name. To facilitate this, please make sure that your name (derby or given) is written on your helmet or the back of your shirt at each and every practice. You can use stickers, markers, duct tape, spray paint, whatever you would like as long as it is legible and large enough to read.

## COMMUNICATION

### EMAIL

[DENALISTROYERS@gmail.com](mailto:DENALISTROYERS@gmail.com)

### SOCIAL NETWORKING

The League and many of our skaters maintain Facebook. Please add the league as your friend too!

### FACEBOOK

<http://www.facebook.com/denalidestroyers>

### WEBSITE

[www.denalidestroyers.org](http://www.denalidestroyers.org)

# READY TO ROLL!

Below is a discussion of the basic requirements that you must complete before becoming Fresh Meat.

**WAIVERS:** All skaters are required to sign a liability waiver and provide it to the recruiter prior to lacing up.

**HEALTH INSURANCE:** We highly recommend that you carry health insurance!

## **USARS INSURANCE:**

All new skaters are required to obtain USA Rollersports (USARS) insurance within two weeks of joining the league. The Recruiter will provide you with the application necessary. Cost is currently \$65.00 annually (subject to change). Skaters are required to carry USARS insurance. New members are required to sign up for USARS during their first practice. USARS cover members during official practices and bouts only. USARS does not cover members during open skates, off-skates training, and scrimmages – members' participation in non-official skating events is at their own risk.

## **EQUIPMENT:**

All skaters must provide their own equipment. Skaters are required to wear elbow and knee pads, wrist guards, helmet, and a mouth guard *each and every time they take the track!* **NO EXCEPTIONS;** safety is our highest priority!

## **MEMBERSHIP DUES:**

All dues must be paid and current in order to participate. Dues are \$50.00 per month. A late fee will be assessed if dues are not paid by the 15<sup>th</sup> of the month. This helps us cover the cost of league insurance, general liability, and league support fund for injured girls, facility rental and other general operating costs. **NO ONE** gets paid to do derby! We do it because we love it!

We are skater owned and operated. All skaters, coaches, refs, and admins are volunteers. All monies made by the team will pay for rink time, admin activities such as copies, apparel for sale, and to host home bouts. Skater dues, donations, sponsorships, fundraising events and throwing home bouts pay for all team expenses.

There is a one-time start up fee of \$25. Everyone pays this to get started in the Derbydolls. There is a lot of paperwork to process!

## **MEMBERSHIP**

### **How will team decisions be made?**

Team decisions are made by each Active/Paid DDD skater or staff as a board member and/or by majority team vote. Each skater paying monthly dues and meeting skating requirements have an equal vote on the team.

## **DDD DRAMA FREE clause. (We're not in high school anymore!)**

**DDD strives to maintain a positive, inclusive, welcoming, and "best teammates" environment. No Skater Tot, Fresh Meat, Rookie, Roller Girl or league member may cause drama that is detrimental to this environment. All drama will be dealt with in accordance with the Consequences for League Misconduct policy. Leave the drama OFF the track!!**

# PROTECTING YOUR ASSETS

## Will I get hurt playing derby?

Anything is possible in life. Roller derby is an intense, fast-paced, full contact aggressive sport that is not for the faint of heart but is dedicated to the empowerment and fitness of women. However, we will teach you to skate properly, fall properly, take and give a "hit" (i.e. block) properly. We do our best to teach safe skating to ensure the safety of our skaters but accidents may happen. Practices teach skating skills and endurance to minimize such accidents.

## NECESSARY GEAR

You must purchase and wear quad speed skates, elbow and knee pads, wrist guards, helmet and a mouth guard each and every time you take the track! Before purchasing your gear, come to a practice and see what we are wearing to make sure you don't waste your money. Don't be shy, ask a more experienced skater before purchasing.

## QUAD SPEED SKATES and WHEELS

Making the right choice when purchasing skates is important, it is the most important item you need. You need to determine what you can afford and what will work best for you. Skates range from \$50 to over \$1000. You really do get what you pay for. Skates with leather boots are the best because they don't crack and break as much as vinyl.

As a new skater, we recommend you start with a \$120 pair of skates – maybe Riedell R3s. Anything cheaper won't last long and will cause you to work harder than necessary and are not recommended because they prohibit some required agility. The Devil is a very decent derby skate and comes with wheels that work well on sport court floors.

Anything more expensive is really just a personal preference. The Riedell R3s will last several years and are good quality with an excellent price tag for what you are getting. If you want to spend more, consider upgrading the wheels and bearings for better feel and grip on various floors.

We will be skating on various surfaces due to lack of a home skating rink. You will have to get various wheels that are for outdoor, indoor, sport courts, pavement, wood and cement. Radar Tuners, Radar Flatouts, and Sure Grip Fugitives w/ Fugitive pushers are the best derby wheels at a reasonable price. You really don't need to buy \$100+ wheels until you learn what you actually like, need, and want in a wheel. Sin City Skates does offer "Rookie Packages" which include skates, helmet, wrist, elbow & knee pads for a discounted price.

## HELMETS

We don't want you to talk like a valley girl, so wear your helmet! Skate boarder helmets are an excellent choice. We don't require a particular color or type, but do remember your uniform will be purple, black and green. Remember to add your name to it!

When buying a helmet you want to find one that is snug. If it moves around on your head it will not protect you.



The chin strap has nothing to do with this. If your helmet fits, it should stay on even when the chin strap is not fastened. You also want to get a helmet that is not CPSC certified. CPSC helmets are only good for one impact and then you have to dispose of your helmet. ASTM certified helmets are designed for multiple impacts.

The most common helmets are Pro-Tec and Triple 8. Both are good helmets; just make sure you get one with ASTM certification.

## **MOUTH GUARDS**

If you'd like to keep your teeth in their current condition, obtain an upper mouth guard at any sporting store or your dentist.

Standard hockey mouth guards that you can buy at Sports Authority are good. They have some ranging from \$2 to \$25. The more expensive ones are Shock Doctor. The Shock Doctor mouth guards come with a dental warranty.

You can also get a dentist to take a mold of your mouth and make you a custom mouth guard that is more comfortable. If it's not from your dentist you will have to boil it and fit it to your mouth/teeth. They do come with instructions.

## **ELBOW PADS, KNEE PADS and WRIST GUARDS**

These protect you when you fall (and you will), especially before you learn to fall correctly. Protec skateboard pads are cheap and efficient, however, many of our skaters upgrade to higher quality, longer lasting, and more protection pads such as 187s, TSGs or Rector Fat Boys. While the price tag is three times more, these pads can mean the difference between a serious injury and a bruise. Additionally, they last more than three times as long even under the intense use and frequent washings. And you will want to wash them!

**Elbow pads:** Triple 8, Pro-Tec, 187's, are all popular brands. You can find them at Zumiez, Sports Authority, or Play It Again Sports. Sports Authority and Play It Again only have them in the summer, but they might have limited sizes left over. Or you have to order them on line. Sin City Skates is a safe bet.

**Knee pads:** This is the *most important* item you will need. Again, Pro-Tec and Triple 8 are the most popular brands. Knee injuries are lame. Good knee pads are somewhat expensive, but compared to knee surgery, they are very cheap! 187 Pro Knee pads and Rector Fat Boys are highly recommended by most derby girls. Sin City Skates is a good place to buy from.

Also, if you would like to take it a step further Pro Design pads are probably the best on the market. They are pretty pricey, but they are custom made for your measurements. Whichever brand of knee pads you decide on, please get them snug. They will stretch and they will start to slip after taking a fall. **[www.prodesign.com](http://www.prodesign.com)**

**Wrist Guards:** Wrist guards are pretty simple. You can get Pro-Etc, Triple 8, or even the cheap \$8 Eight Ball or Rollerblade wrist guards. They are almost all the same. They usually have them at Sports Authority or Play It Again Sports. But if you end up ordering one thing on line, you might as well order it all.

## OTHER GEAR

Other protective gear that is not required, but good to have, includes the following:

**Crash Pads:** These are great to help protect our hips and tailbone. We do falling drills and get hit a lot! When you fall repeatedly your hips start to hurt. Most importantly, when you fall on your tailbone it hurts so bad you can barely stand up. There will be various injuries in derby including cracked tail bones among others. There are a few crash pads that are very low profile and you can barely see them. They also come in different lengths so that you can wear shorts without having them show. McDavid has the low profile hex pad shorts that you can purchase at various places on line. You can also just get tail bone protectors. Some skaters put a Frisbee in their shorts. But Pro Design has one that clips to the back of your shorts.

**Knee Gaskets:** They provide extra padding and protect your knees from moving around in your pads while keeping your muscles and ligaments warmer to further protect. The Gladiators are one of the best. Other recommended brands include, TSG, and McDavid.

**Hex Tank:** These help to protect the ribs and spine. Most hits go for the chest or side and it can hurt! This is just some further protection you might be interested in. These can be found at Sin City Skates.

## STOCKPILING FOR THE RAMPAGE

There are many places to purchase your gear, but purchasing from other derby girls ensures you get great advice and the gear you need.

## ONLINE RESOURCES

[www.sincityskates.com](http://www.sincityskates.com) (great rookie packages, great customer service)

[www.fastgirlskates.com](http://www.fastgirlskates.com) (cheap shipping, located in Seattle)

[www.conniesskateplace.com](http://www.conniesskateplace.com) (huge selection)

[www.rollergirlskates.com](http://www.rollergirlskates.com) (rookie packages)

[www.cruzskateshop.com](http://www.cruzskateshop.com) (decent selection)

[www.rollerderbydepot.com](http://www.rollerderbydepot.com) (decent selection)

<http://www.2n1skateshoppe.com> (local Rage City Roller Girl)

# WHAT TO EXPECT

## PRACTICES

- Practices are intense endurance workouts of your entire body. We ask that you give 110% at each practice. Roller Derby not only takes skill, but an immense amount of mental drive, heart, passion and dedication. Derby skaters practice hard so we sweat a lot. Dress for a workout; no restrictive clothes like blue jeans, at practice. Sports bras are HIGHLY recommended.
- We work our bodies hard so hydrating and eating right is important! Hydrate before, during and after practice. Bring lots of water/Gatorade/Vitamin Water/Etc. Hungry right before practice? Eat lightly about one hour before to ensure that you have the energy needed to get you through DDD's tough practices. Some fruit, vegetables, protein, oatmeal or whole grain cereal with low fat milk would make good choices for a pre-workout meal.
- Summer season practice is 1-2 times per week. Practices are for Skater Tots, Fresh Meat and Rookies. Season practice ramps up to 3-4 times per week. Official calendar is always provided
- We can teach an excellent skater to be a derby girl, but it is more difficult to teach a derby girl excellent skating. So owning your skating is the first step to becoming a Denali Destroyer Doll.
- Practices will be two hours long. We do a lot of conditioning, either on or off skates. We are constantly learning and practicing the rules and regulations. All skaters must take a written rules and regulations test, as well as a skills assessment, before becoming a rostered skater.

## Practice Decorum

Below is a list of acceptable and expected behaviors at practice:

- Practice isn't all skating; its attitude, teamwork, and general fitness. We expect you to keep a positive attitude and support your fellow skaters:
- Remember the coach is volunteering their time to help you improve, so check the attitude at the door or the coach can ask you to leave practice.
- **Wear all protective gear at all times; including your mouth guard, helmet, wrist guards, knee pads, and elbow pads. If ANY piece of your gear is off,,TAKE A KNEE!**
- Let the coach know before practice if you are leaving early. It's generally unacceptable to attend just the beginning of practice because it suits you. If there is a special circumstance, please inform the coach prior to practice.
- Practice starts at the specified time. Be on the floor, geared up, completing your warm up laps at the specified start time. Arriving 10 to 15 minutes early to gear up, and catch up with your fellow derby girls, will ensure you are geared up on time.
- Notify the coach prior to the start of practice regarding any medical limitations or injuries that will affect your participation during practice.
- Participate in all warm-ups, stretches, and drills unless you've had a conversation with the coach regarding your limitations.
- Do not leave a drill without telling the coach.
- Minimal to no talking during drills. This will ensure you and your fellow skaters hear the coach's instructions.
- Wear appropriate workout gear; no jeans at practice. Sports bras are HIGHLY recommended.
- No cell phone use during practice, unless it's an emergency. Turn off the ringer.

## Assessments

Skaters will be assessed per their skill level, which will dictate their eligibility to participate in different events. Head Coach retains the right to determine participation in events. If the Head Coach and skater cannot resolve a dispute, it will be brought to the DDD board who will decide. Every skater will be tested annually. Testing can be done as needed and can be informal, but a standardized sheet will ensure there is consistency among tests. The Executive Board members or head Coach and/or coaches, can test skaters.

In order to be eligible to be assessed, members must be current in dues, have met 80% attendance (from bout to bout), must have current USARS insurance, and approval of the Board of Directors and coaching staff.

## League Commitments

There are 3 main commitments members have to the league; Attendance, Off-skates Participation, and Dues. In addition, skaters are required to carry USARS insurance.

**Attendance:** 80% attendance in a 1 (one) month period of time (i.e. meeting attendance goal)

There are 12 practices a month for you to meet this goal. There are also off skate training times, team retention meetings, committee meetings and off skate participation events.

Keeping current in all areas will also allow you your right to vote as a league member.

Attendance will be an action agenda item at ALL DDD board meetings

- **Excused Absences**

- Excused absences do not affect a skater's eligibility to participate in an upcoming bout. However, Head Coach may take into account length of excused absences during bout roster selection.
- There are two types of excused absences: Injury and vacation.

- **Injuries/Vacations**

- Will be assessed on an individual basis, and approved by the Board of Directors and coaching staff
- Skaters must sign a waiver of health release and submit a signed medical release from a doctor to return to practice after an injury

**Off skates Participation:** Roller derby isn't just a sport it's a lifestyle. Everyone is required to pitch in to keep the team running. Without everyone's help, this team cannot continue to grow, bout, or function. No one makes money on the team so everyone is required to volunteer their time off skates. Since Ref's, Coaches (who are also not skaters), and NSO's are already volunteers, no off-skates participation is required; but it is still appreciated.

The following is a list of skater responsibilities that require an extra time commitment outside of practice:

- **Volunteering at Bouts:**

If you are not skating in a home bout, you are **required** to volunteer to help set-up, clean up, and run the event.

- **Committee Involvements:**

Every league member is required to actively participate on a minimum of one committee.

We have the following committees: Sponsorship, Production, Recruiting & Retention, Training & Officiating, and Grievance

- **Team Meetings:**

All league members are expected to attend team meetings (these occur monthly), and a mandatory annual league meeting.

- **Committee Meetings:**  
You are also expected to attend the meetings of your respective committee. These meetings occur monthly, or as needed.
- **Events:**  
Several events, such as bouts, fundraisers, and charity events, are hosted each year. Skaters are required to participate in such events. The committee head hosting the event will notify skaters if participation is mandatory or just highly recommended.
- **Flying: Bout Ready**  
At any DDD organized event, wearing a team uniform, skates or other clothing items with DDD logo on it to the group events will be coordinated through the Sponsorship and Production committees.

**Dues:** Dues are used, first and foremost, to pay for operating cost. There are several fees such as rink fees that are due at the beginning of the month, the money will be used to pay for bouts, items for the entire team, and/or other business costs for DDD. Since Ref, Coaches (who are not also skaters), and NSO's are already volunteers, their dues are \$25.00 per month. Skater dues of \$50.00 per month are **due on the 1st of each month**. A late fee will be assessed if dues are not paid by the 15<sup>th</sup> of the month. Keep in mind, the league pays no matter how often you show up.

## RULES

We follow the most current version of Women's Flat Track Derby Association (WFTDA) standardized rules. All skaters are expected to learn the rules and will be tested on them prior to bouting. Visit [www.wftda.org](http://www.wftda.org) for the most up-to-date information.

### Bout Eligibility and Roster Selection

Bout eligibility is determined by meeting all league commitments as follows:

- **Dues:** Skaters must be current in dues to be eligible to bout
- **Attendance:** Skaters must have 80% attendance. That is, if the attendance goal is not met for two months, that skater would be ineligible to bout unless approved by Head Coach and or DDD board
- **Off skates Participation:** Skater must be in good standing.
- **USARS:** Skaters must carry USARS insurance.

If all eligibility requirements are met, the skater will be placed in the pool of eligible skaters for that bout. Bout rosters are normally due 30 days before bout day. This means March's dues, attendance, and participation might be used for April or May bouts depending on the contract with the other team. The list of skaters eligible to participate in a bout will be provided to the Head Coach at the beginning of each month. The Head Coach is then responsible for preparing the bout roster from the list of eligible skaters. Head Coach will choose 2 girls who are best suited for each of the 5 positions. The other 4 slots will rotate among the rest of the girls eligible to bout. This will ensure all positions are appropriately covered and that all skaters have an opportunity to bout during the season.

- Want to be on the majority of the bout rosters? Practice more, focus on improving your individual skating skills, and earn a spot as one of the top 14 skaters. With dedication, passion, and drive, **any** skater can earn a top spot.

### Transferring Policy

DDD welcomes transfers from other leagues; however, prior to accepting a transferring skater the following steps must be complete:

- Complete an interview to determine if the transferring skater is a good fit with the league

- DDD Interleague Liaison must notify the transferring skaters' prior teams inter league liaison (for all affiliations in past 6 months) of the team change.
- All transferring skaters, no matter skill level, will complete DDD training course on basic skating skills. After which, if the coaching committee determines you have the necessary skills to pass the skills assessment, you will be selected for testing to the next level.
- DDD coaching staff will decide on a case by case basis when you will be eligible to bout.

### **Drug and Alcohol Policy**

DDD upholds a strict no drug or alcohol policy for all league members because roller derby is an aggressive, dangerous sport and DDD strives to maintain a safe environment for all skaters. Additionally, if the below policy's are not complied with, USARS insurance will no longer be valid. Suspected violation of this policy may require random drug testing.

### **Practices**

No member shall skate under the influence of drugs (including marijuana) or alcohol at practice.

### **Events**

No member shall skate under the influence of drugs or alcohol. Additionally, no member shall drink alcohol during any event or the 24 hours prior to any. This will be strongly enforced for any on-skates events. Any skater found to be intoxicated or under the influence of any mind-altering substance, will be expelled from the event and will meet with the Executive Board to determine consequences, if any. Events include: bouts, fundraisers, interleague scrimmages, visiting another league to skate, and any/all non-practice, official DDD activities. For specific events where drinking would be allowed, this will be clearly stated at least 48 hours prior to the event. **GAME JERSEYS MAY NEVER BE WORN WHILE CONSUMING ALCOHOL.**

### **Consequences for League Member Misconduct**

The following discusses the consequences for Fresh Meat and league member misconduct. For this section only, the use of league member is defined as Skater Tots, Fresh Meat and League Members. If a league member's actions are detrimental to the league as a whole, a fitting punishment will be voted upon by the Executive Board.

### **Consequences for Misconduct**

Examples of appropriate consequences are as follows:

- Public apology to the league or offended league/business:
- Refusal of this apology will result in suspension from practice for one month, counting against attendance requirements.
- Refusal of consideration for the next bout roster.
- One month suspension as well as refusal of consideration for the next bout roster.
- Second occurrence, 45 day suspension, and refusal for consideration of the next bout roster.
- A third offense could result in expulsion. Expulsion is only considered if the actions of the skater results in extreme consequences to the operations of the league as a whole, the skater has broken several by-laws or the same by-law on multiple occasions.

### **Intentional Physical Harm or Threat of Physical Harm**

If any league member brings intentional physical harm or threat of physical harm upon a league member, members of another league, or their property, the Executive Committee may vote to expel the member from the league, for the safety of all members and the maintenance of the good of the league. At a very bare minimum, intentional physical harm or threat of physical harm will result in:

immediate expulsion from the bout in progress (regardless of referee ruling), refusal of consideration for the next bout roster, and two week suspension from practice counting against attendance. Situations of self-defense will be determined by the Head Coach and Executive Committee.

### **Conflict Resolution**

- The Grievance Committee is available to help facilitate resolution if any league members develop conflict that results in disruption of practice, bouts or any league interaction. Additionally, the Executive Board can assist with conflicts as needed. Unnecessary drama should be kept off the track!

### **Neglect of League Roles and Commitments**

- If any league member with a standing title (Executive Committee members, coaches, committee directors, committee members, captain, co-captain, etc.) neglects to fulfill their responsibilities within that title for longer than two weeks unexcused, they may stand to lose this title. Responsibilities and goals are determined and assigned by the Executive Committee. Should any league member lose their standing title and she does not relinquish all data and/or league property obtained during her position within the said title, within the following 2 weeks, she may be suspended from practice or expelled from the league, based on an Executive Committee vote.
- Failure to arrive and actively participate in a bout that the league member has been rostered in to play will result in League Member Misconduct and will be acted upon accordingly, unless the absence was excused by the Executive Committee.
- Failure to arrive and actively participate in any bout or event that the Fresh Meat or league member has volunteered to participate in, or provide for, will result in League Member Misconduct and will be acted upon accordingly, unless the absence was excused by the Executive Committee.

### **Consequences for not Fulfilling League Responsibilities**

- Failure to meet attendance policies, off rink requirements, and/or pay dues will result in ineligibility to participate in scrimmages and/or bouts.
- Failure to pay dues and/or missing an entire month practice will result in skaters being placed on the inactive list for one month. After the first month of noncompliance they will be removed from the roster. At this point, they would be considered Fresh Meat if they were to return and they would still be responsible for any outstanding debt to DDD.

### **Other Policies**

#### **Health**

The overall health of the skater and all teammates is top priority for DDD, Executive Committee, Coaches, and Committee Directors. It is the responsibility of every member to provide the safest atmosphere possible.

#### **Medical Conditions**

Any medical condition must be brought to the attention of the Executive Committee and Head Coach. If condition is severe enough for the Executive Committee or Head Coach to question an individual skater's or team's safety a doctor's note will be requested to ensure the medical field recommends participation. No skater should withhold any medical conditions or skate with a medical condition, without approval from doctor, Executive Committee, and/or Head Coach.

### **Returning from an Injury or Surgery**

When returning from any injury or surgery, whether roller derby related or not, a doctor's note is required, and a DDD Waiver Release will be signed.

### **Sick Policy**

Roller derby is a close contact sport with lots of touching, exchanging of sweat, and close proximity. The nature of this sport makes illnesses spread quickly throughout the team. Skaters should not attend practice, events, or meetings if they are sick. If you are visibly sick the Coaches, Captains, Executive Committee members, EMTs, or other league management will have the authority to ask you to leave. Please have the courtesy to notify the coaching staff or Executive Board if you are ill and will not be attending.

### **Pregnancy Policy**

No skater who is pregnant will engage in contact, scrimmages, or bouts. Skaters will be allowed to skate at practice with no contact until the middle of the second trimester (18 weeks). After which they will be reduced to off skates participation.

### **Communication with Other Parties**

DDD has worked hard to foster a great reputation and strong relationships with other leagues, business partners, vendors, and volunteers. No member should tarnish or harm our league's reputation or relationship with any party. Members should always work in the best interest of the league.

### **Skating or Volunteering for Other Leagues**

No member shall skate, volunteer, ref, or NSO any bout for another league without prior approval from the Executive Committee.

### **Relationships with Other League's Skaters, Coaches, or Staff**

No member shall invite skaters, coaches, refs, or NSO's from other leagues to participate in DDD practices, bouts, or events without prior approval from the DDD Board or Head Coach

While we appreciate the willingness of other leagues to participate in our practices, we need to maintain a professional relationship with other leagues and want to ensure other leagues know we are not trying to steal their members, coaches, or staff.

### **Agreements and Promises**

No member shall make any agreements or promises to other leagues unless you are part of the Executive Committee or the Interleague Coordinator. This includes but is not limited to promises to appear or agreements for compensation. The DDD board is the only persons authorized to enter into a written agreements.

### **Basic Skills Assessment**

This is what we will be learning throughout the practice sessions. This is what you will be tested on before you can move up to Rookie status. [www.wftda.com](http://www.wftda.com)

**We are a work in progress! We look forward to your participation and help in growing Derby in the valley.**

### **Contact info:**

[denalidestroyers@gmail.com](mailto:denalidestroyers@gmail.com)



# DENALI DESTROYERS DOLLS CONTACT SHEET

Name: \_\_\_\_\_

Skater Name (if transferring): \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_

What do you want to do? (Circle One) **SKATE** **REF** **NSO** **SUPPORT**

Shirt Size: \_\_\_\_\_ Mens Womens (cicle one) Today's Date \_\_\_\_\_

Emergency Contact Name#1: \_\_\_\_\_

Emergency Contact Phone#1: \_\_\_\_\_ Relationship \_\_\_\_\_

Emergency Contact Name #2 \_\_\_\_\_

Emergency Contact Phone #2: \_\_\_\_\_ Relationship \_\_\_\_\_

What skills could you bring to Denali Destroyers besides skating? We are looking for Excel, Photoshop, drawing, professional writing, communication, event planning, advertising, photography, shamelessness. Everyone is placed on a committee; expressing some of your attributes could help us find a nice area for you to help out.

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## Denali Destroyers Dolls Risk Agreement, Acknowledgement, & Release of Liability

I, \_\_\_\_\_, completely understand that roller derby is a dangerous full contact sport. Practice consists of, and is not limited to, falling, speed drills, blocking, stops, whipping, jamming, and skating backwards.

I have been notified by Denali Destroyers that wrist guards, elbow pads, kneepads, mouth guard, and a helmet are required at all times while during practice, team sponsored skates and events, and bouts. Eyeglasses must have plastic shatterproof lenses. The undersigned must take full responsibility that the she is wearing the specified safety equipment at all times and that it is properly worn. Only quad speed skates are permitted.

I understand that even with the required gear there is a possibility of being injured, by my action or by the action of others. I understand that the very nature of roller derby is very aggressive and much of the strategy of roller derby requires vigorous contact with other people, both on my team, as well as competing teams. There is a high likelihood that I can be injured while practicing individually, paired, or as a team. The risk of injuries from the activities involved in this program is significant, including potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury remains.

I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and I assume full responsibility for my participation.

Denali Destroyer Dolls has advised me that medical and dental insurance is highly recommended. Additionally, Denali Destroyers highly suggests USA Roller Sports (USARS) for injury insurance for practices, and it is required for participating during bouts. I will be financially responsible for all payments and deductibles as required by USARS.

I, for myself and on behalf of my heirs, personal representatives and next of kin, hereby release and hold harmless any Denali Destroyer Dolls league members, The MTA Sports Center and City of Palmer, skating rinks, venues, coaches, their officials, agents, and competing teams ("Releases") with respect to any and all injury, disability, death, or loss, or damage to person or property, whether arising from the negligence of the releasees or otherwise for any and all injuries that I may suffer, including injuries I might cause myself, any injury that may be caused to me by any other skater(s), and any injury I may suffer in any other manner.

I have read this assumption of risk agreement and acknowledgement and I accept responsibility; I fully understand its terms, and I understand that I have given up substantial rights by signing it, and I sign it freely and voluntarily without any inducement.

**PRINT THE LAST PARAGRAPH ABOVE IN THE BOX BELOW STATING THAT YOU UNDERSTAND WHAT YOU HAVE READ.**

Participants Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# **DENALI DESTROYER DOLLS NEW RECRUIT** **CHECKLIST**

- **Watched a DDD Practice or an Alaskan team bout**
- **Got ALL 6 pieces of my required gear!**
  - **Skates & Helmet**
  - **Knee & Elbow Pads**
  - **Wrist Guards and Mouth Guard**
- **Started going roller skating at a local rink or parking lots, practicing for my basic skills assessment**
- **Turned in my Denali Destroyers Membership Paperwork**
- **Signed and turned in “I received my DDD Handbook and Bi-Laws” Form**
- **Paid my League startup fee \$25**
- **Turned in my USARS insurance paperwork – Paid \$65 fee (Turn in to League Secretary) (Copy of birth certificate required)**
- **Signed my Media Release**
- **Signed my Confidentiality Agreement**
  
- **READY TO ROLL!!**

## DDD By-Law Acknowledgment and DDD Skater Handbook

By signing below, I acknowledge that I have fully read, understood, and agree to all pages of the Skater Handbook Version 2.0 and agree to comply with all by-laws contained within.

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Printed Skater Name (Blank If Not Decided Yet)

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Printed Real Name

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Signature

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Date

