



**Worcester Roller Derby League
34 Suffolk St,
Worcester, MA 01604**



Dear Potential Fresh Meat,

Enclosed is your welcome packet, which has all the information and forms you're going to need to get started as fresh meat with WoRD. We really cannot wait to meet you!

Your class begins **Sunday, April 9th at 3pm**. Your practices are from 8pm to 10pm on Wednesdays and from 3pm to 5pm on Sundays. Please arrive 30 minutes before practice to gear up. Here is the paperwork that you need to bring with you:

- Completed WoRD Membership application
- \$40 check or cash for your first month's dues
- Signed Code of Conduct
- Completed waiver
- Your license **and a photocopy of your license**
- Your insurance card **and a photocopy of your health insurance card (front and back)**

YOU WILL NOT BE ALLOWED TO SKATE IF YOU DO NOT HAVE PROOF OF INSURANCE!

For you gear you will need:

- Roller skates (quad, not inline)
- Knee pads (thick pads recommended)
- Elbow pads
- Wrist guards
- Mouth guard (Sisu recommended)
- Helmet (no bicycle helmets)

YOU WILL NOT BE ALLOWED TO SKATE IF YOU DO NOT HAVE THE REQUIRED SAFETY EQUIPMENT!

If you need to borrow skates, please contact us ahead of time. Our supply, however, is limited so it's best to pick up your own. We recommend that you purchase your gear at The Bruised Boutique in Nashua, New Hampshire. They have an extremely knowledgeable staff who can get you set up with a good fresh meat package. Mention that you are a part of our league for 10% off a Fresh Meat Package.



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Roller derby requires you to invest a substantial amount of time in the league for both practices and volunteering. Practices will be at least two times a week and there are also mandatory league meetings and committee meetings. Volunteering for the league is mandatory so you will be expected to help out at

bouts as well as attend promotional events and any community outreach/volunteering we may perform. We are a skater-run league, which means we do everything ourselves. All of our skaters have jobs, school, and families and we understand you have a busy life outside of derby, but a balance between WoRD and your other commitments is possible. As many skaters will tell you, the effort is totally worth it!

You can also start familiarizing yourself roller derby by watching games on wftda.tv and reading the rules at wftda.com/rules

Enjoy reading through the packet and getting excited!

See you soon!

Thrillinois #64, WoRD Secretary



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What is Flat Track Roller Derby?

Flat track roller derby is a fast-paced contact team sport that requires speed, strategy, and athleticism. The modern flat track version of the sport evolved in 2001. Setting up a flat track is easy, it can be done on any flat surface that is suitable for skating, and allows self-starters to found their own league, just like we've done with Worcester Roller Derby, along with more than 400 other leagues worldwide!

The game of Flat Track Roller Derby is played on a flat, oval track. Play is broken up into two 30-minute periods, and within those periods, into units of play called "Jams," which last up to two minutes. There are 30 seconds between each Jam.

During a Jam, each team fields up to five Skaters. Four of these Skaters are called "Blockers" (together, the Blockers are called the "Pack"), and one is called a "Jammer." The Jammer wears a helmet cover with a star on it.

The two Jammers start each Jam behind the Pack, and score a point for every opponent they lap, each lap. Because they start behind the Pack, they must get through the Pack, then all the way around the track to be ready to score points on opposing Blockers.

Roller derby is a full-contact sport; however, Skaters cannot use their heads, elbows, forearms, hands, knees, lower legs, or feet to make contact to opponents. Skaters cannot make contact to opponents' heads, backs, knees, lower legs, or feet.

Play that is unsafe or illegal may result in a Skater being assessed a penalty, which is served by sitting in the Penalty Box for 30 seconds of Jam time.

The team with the most points at the end of the game wins.

A common Jam might go like this:

1. Blockers line up behind the Pivot Line and in front of the Jammer Line.
2. Jammers line up behind the Jammer Line.
3. At the Jam-Starting Whistle, the Blockers skate forward and compete for superior position. The Jammers skate forward and try to get through the Pack. Each Blocker simultaneously tries to prevent the opposing Jammer from getting past, and to help their own Jammer get through.
4. One Jammer exits the Pack and is declared Lead Jammer, earning the right to end the Jam when they decide. This Jammer races around the track to get into scoring position.
5. The same Jammer begins to work their way through the Pack for the second time, and the opposing Jammer makes their way out of the Pack for the first time.
6. As the second Jammer to escape the Pack comes around into scoring position, the first Jammer calls off the Jam.
7. The first Jammer has scored several points (up to four), and held their opponent at zero points. Meanwhile, the opposing Jammer (by getting into scoring position) held the first Jammer at only those points, as they could have scored more points on subsequent passes.



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Membership Form

Personal Information

Last name: _____ First Name: _____

Date of Birth: _____ Derby Name: (if applicable) _____

Street Address: _____

Postal Address: (if different) _____

Phone Number: _____ Home/work/cell (please circle)

Alternate Phone Number: _____ Home/work/cell (please circle)

Email Address: _____

Health Information

Doctor: _____ Health Insurance + Card Number: _____

Emergency Contact #1

Name: _____ Relationship: _____

Phone Number: _____

Emergency Contact #2

Name: _____ Relationship: _____

Phone Number: _____

Any Medical Conditions (allergies, health risk, etc) Please provide full details including treatment:

By signing this form and becoming a member of Worcester Roller Derby, you acknowledge that you have discussed roller derby with your doctor(s) in regard to the above issue(s) and they have agreed to your participation. Information you provide shall be held in confidentiality by the league and disclosed only to coaches, team captains, and/or medical personnel in the event of an emergency. It is your responsibility to inform coaches and teammates if you are unable for any reason to do something they ask of you.

I understand that my name and address shall be maintained on a register or current members, available to the league members.

I hereby confirm that all details given on this membership form are correct and true. If at any time, any of this information changes, I will notify the league secretary in writing as soon as possible with the new details.

Signed: _____ Date: _____



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Waiver, Acknowledgment, and Release of Liability

Please Print

Participants Name: _____

Email: _____

Date of Birth: _____ **Telephone:** _____

Emergency Contact and Phone Number: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Medical: It is the responsibility of the undersigned to ensure that the above named person is medically fit to participate in strenuous on-rink and off-rink activities. Participation in roller derby activities, as in any sport, presents the risk of injury to person or property. The undersigned certifies that the above named participant has no known conditions that prohibit or limit participation in any derby/skating activities held by or in association with Worcester Roller Derby (WoRD). Additionally, the undersigned must have Women's Flat Track Roller Derby Association (WFTDA) membership, and/or personal insurance, and/or assets or funds to cover and expenses related to any potential injury that may arise from participation in Worcester Roller Derby.

Indemnification and Risk Acknowledgement: In consideration of being allowed to participate in any practices, competitions, or related events and activities, of the Worcester Roller Derby athletic sports program, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injuries from activities involved in this program is significant, including the potential for permanent paralysis and death, and while strict rules, equipment, and personal discipline may reduce such risk, however the risk of serious injury remains: and,
2. I knowingly and freely assume all such risks, both known and unknown even if arising from the negligence of the releases or others. I assume full responsibility for my participation; and,
3. I willingly agree to comply with stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official trainer skating facility employee and members of Worcester Roller Derby immediately: and,
4. I, for myself and behalf of my heirs, assignees, personal representatives, and next of kin, hereby release and hold blameless Worcester Roller Derby, other roller derby leagues, the training facility and other rinks hosting practices and competitions, coaches, trainers, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors and advertisers (all of which are herein referred to as "releasees"). With respect to any and all injury, death, disability or loss, or damage to person or property, whether arising from negligence of the releasees or otherwise.



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Conduct: Because of the dangers of participation in roller derby, I recognize the importance of instruction given regarding playing techniques training, rules of the sport, or to the team rules, and to obey these instructions. I will not participate in any Worcester Roller Derby practice or competition under the influence of illegal drugs or alcohol. If I am prescribed medication by a certified medical physician, which may impair my judgment, or affect my ability to participate in strenuous activity, I will seek medical consultation about my ability to participate in athletic activities, inform the trainers and team coordinators of Worcester Roller Derby. I accept responsibility for purchasing and maintaining required safety equipment. Spectators (patrons on the premises as a result of your involvement in roller derby) as well as participants must behave in a respectful manner in both person and property. Behavior which could potentially lead to intentional or unintentional in bodily injury or injury to property will not be tolerated. Sexual harassment, intimidation, bullying, criminal behavior, or other forms of harassment which causes emotional harm to another skater will not be tolerated. Severe infractions of this code of conduct may be prosecuted by affected individuals and their legal representatives, local investigators and/or the Commonwealth of Massachusetts.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it and do so freely and voluntarily without any inducement.

Printed Name of Athlete: _____ Date: _____

Signature: _____



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Code of Conduct

Participation in roller derby promotes positive physical, social and emotional development in all people. It is essential for all members of our league, Worcester Roller Derby (WoRD), to be models of good sportsmanship and to lead by example by demonstrating fairness, respect and self control at all times.

I therefore pledge to be responsible for my words and actions while attending, volunteering, coaching, officiating or participating in roller derby and shall conform to the following code of conduct:

1. I will not behave in an unsportsmanlike manner toward any coach, player, participant, official, mascot, or attendee.
2. I will never endanger the health, safety or well being of any coach, player, participant, official, mascot, or attendee.
3. I will not coach, officiate, or participate in a roller derby event while under the influence of drugs or alcohol.
4. I will not use obscene, profane or abusive language or gestures against any coach, player, participant, official, mascot, or attendee.
5. I will treat every coach, player, participant, official, mascot, and attendee with respect regardless of race, creed, color, national origin, ability, weight, sex, or sexual orientation/identity.
6. I will not make verbal or physical threats to any coach, player, participant, official, mascot, or attendee. I will not engage in verbal or physical abuse of any coach, player, participant, official, or attendee.
7. I will not initiate a fight or scuffle with any coach, player, participant, official, mascot, or attendee at any time.

I hereby agree that if I fail to conform to the above policy while attending, coaching, officiating or participating in a roller derby event, I will be subject to disciplinary action, including but not limited to the following in any order or combination:

1. Verbal warning issued by the grievance committee.
2. Written warning issued by the grievance committee.
3. Suspension or immediate rejection from a roller derby event issued by the grievance committee or by an official who is authorized to issue such a suspension or ejection by the league.
4. Suspension from multiple roller derby events issued by the grievance committee or by an official who is authorized to issue such a suspension by the league.
5. Season suspension or multiple season suspension issued by the board of directors of the league.

The grievance committee reserves the right to permanently revoke the membership of any WoRD member whose behavior repeatedly defies the above stated policy.

Name

Signature

Date



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Practice Etiquette

Gear-Up – Being on time shows respect for your fellow skaters and also your trainers/coach. Being ready on time also means you can take advantage of your entire warm-up. It takes about 10 to 15 minutes to gear up so please arrive around 7:30 pm so you will be finished and ready at 8 pm

Practice – Please pay attention to your trainer. Avoid conversation with your fellow skaters when your trainer is explaining a drill. If you have a question, don't be afraid to ask the trainer!

Feedback – We want you to do well and you're going to be hearing people cheer for you A LOT so get used to it! We also encourage you to cheer for your fellow skaters! Having said that: you're also going to get some constructive criticism. Remember that it's our job to teach you the skills and make sure you're doing them correctly. If we're giving you feedback about a drill you're not doing correctly, we're not correcting you to hurt your feelings, we're correcting you because we want you to succeed.

Conduct During Drills – Practice will be difficult! It's fine to leave the track and get a drink of water, but please return immediately. Try to push yourself through the end of the drill. You WILL get stronger, but only if you push yourself. Remember that practice is what you make of it. Leaving before a drill is over, saying you can't because you're scared or tired really only hurts you in the long run. At the same time, listen to your body! If you are injured or in a lot of pain, take a break to assess.

Injuries – You're going to wind up with some bumps and bruises. It's just inevitable in a contact sport. Injuries during practice are scary. If someone is injured, please refrain from rushing over to help and adding to any chaos. "Take a knee" as a sign of respect and let the trainer in charge of practice tend to the injured skater. In the case that an ambulance is needed, we have procedures in place. The trainer in charge will delegate tasks to others as needed.

Children at Practice – A lot of us are moms and we believe that you should be able to be a mom and also play derby. Occasionally we have a hard time finding a sitter and it's a choice between skipping practice and staying home or bringing your kids. If your child is physically and emotionally able to care for themselves at practice then they are welcome, provided they do not become a distraction for the other skaters. Babies and toddlers need to have another adult with them to help keep them safe. Please remember that we don't expect that children at practice will be a weekly thing, but on an emergency, as-needed basis.

Illness and you – If you've got pneumonia or bronchitis, stay home and rest. If you've got the flu, stay home and rest. We are in close contact and communicable diseases will spread easily. Use your best judgment about whether or not you should come to practice if you're not feeling well.

Guests at Practice – We discourage guests at practice. We want you to be able to focus on yourself and your practice. Guest may come in for the last 10 minutes of practice and must stay on the far side of the track, on the black couch. There will be times that visiting friends and family members will want to watch a practice to observe you in action. Please be sure to ask beforehand and get approval. Guest will be approved on a case-by-case basis, and we expect it to be a one-time occurrence.

Missing practice – Attendance requirements are outlined in our Attendance Policy, and vary based on your level/team. If you miss the minimum number of required practices without making them up, we will not test you on your skills assessment and you will not be allowed to participate in a scrimmage or game. If you must miss a practice, please let your trainer know as soon as possible.



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Attendance Policy

Team A - A skater is eligible to participate in a scrimmage or game if she has attended 75 percent of practices in the previous four-week period. The A team will have three practices a week, with one hour of a practice equal to one point. The total points/hours for a four-week period is 28 points/hours. A skater may miss up to seven points/hours (aka obtain 21 points/hours) to be eligible to participate in a team scrimmage or game. If a skater misses a regular A team practice, she may make up the practice with an open skate, with one hour of an open skate equaling one point, or a non-A team practice, such as a Fresh Meat practice (aka Boot Camp), with one hour equaling one point. Below is the breakdown of the A team practice schedule:

Sunday: Endurance 5pm – 7 pm; Scrimmage 7pm – 8 pm (Total worth: 3 points)

Tuesday: Skills 8pm – 10pm (Total worth: 2 points)

Thursday: A Team practice 8pm – 10pm (Total worth: 2 points)

Team B - A skater is eligible to participate in a scrimmage or game if she has attended 50 percent of practices in the previous four-week period. The B team will have two practices a week, with one hour of a practice equal to one point. The total points/hours for a four-week period is 20 points/hours. A skater may miss up to 10 points/hours (aka obtain 10 points/hours) to be eligible to participate in a team scrimmage or game. If a skater misses a regular practice, she may make up the practice with an open skate, with one hour of an open skate equaling one point, or another practice, such as Fresh Meat practice (aka Boot Camp), with one hour equaling one point. Below is the breakdown of the B team practice schedule:

Sunday: Endurance 5pm-7pm; Scrimmage 7pm – 8pm (Total worth: 3 points)

Tuesday: Skills 8pm – 10pm (Total worth: 2 points)

Fresh Meat (Boot Camp) - A skater is eligible to take her Level 1 assessment if she has attended 75 percent of practices in the previous four-week period. The Boot Camp will have two practices a week, with one hour of practice equal to one point. The total points/hours for a four-week period is 16 points/hours. A skater may miss up to 4 points/hours (aka obtain 12 points/hours) to be eligible to take the Level 1 assessment. If a skater misses a regular practice, she may make up the practice with an open skate, with one hour of an open skate equaling one point. Below is a breakdown of the Boot Camp practice schedule:

Sunday: Endurance 3pm – 5 pm (Total worth 2 points)

Wednesday: Skills 8 pm – 10 pm (Total worth 2 points)



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Volunteering Policy

Worcester Roller Derby League requires each member to participate in volunteering activities, both inside the organization and outside. Each member must obtain 5 volunteering points per four-week period, and must maintain a 10 point total over eight weeks, in order to compete in a game or scrimmage. Points are calculated as the following:

Outside of the League Volunteering

Each volunteering opportunity will count as 2 points. The Volunteering Subcommittee will post several times a month with chances to volunteer outside of Worcester Roller Derby. A committee member will be responsible for taking attendance at the events and logging who attended. Each league member is required to log 2 points per four-week period and maintain a total of 4 over eight weeks, in order to participate in a scrimmage or game.

Inside of the League Volunteering

Each league member is required to log 3 points in a four-week period and maintain a total of 6 in order to participate in a scrimmage or game. Points can be earned inside the league by several means. Please see list below. For chores, a committee member will verify the completion of the chore in order to count the points for the league member. Please note, some points will be automatically earned for a league member for as long as they hold a position, such as committee chair or board member.

Serve as the Chair of a Subcommittee – 2 points (rolling)

Serve as a Board Member – 2 points (rolling)

Serve as league liaison – 2 points (rolling)

Chair a Fundraiser – 2 points

Serve on a committee/fundraiser – 1 point

Volunteer at a fundraiser – 1 point

Run a social media account/blog – 2 points (must get approval for posts)

Maintain the website – 2 points

Attend a league meeting – 1 point

Lead a practice – 2 points

Lead a warm-up – 1 point

Clean toilets – 2 points

Clean sinks – 1 point

Mop – 1 point (track and bathroom are separate)

Sweep – 1 point (track and bathroom are separate)

Empty the water buckets – 1 point

Empty the trash – 1 point

Empty the recycling – 1 point



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Committees

Year-long Committees

Volunteering

- Duties include: finding volunteering opportunities in the community for WoRD to participate in, either for visibility/promoting the league (ex. parades, vegfest etc.) or community service (ex. Ride for Kids, AbilityFest). Bringing these opportunities to the league to vote on which ones we want to participate in and organizing a volunteer sign-up sheet. (goal is 1 a month)

Maintenance/Merchandise

- Duties include: finding volunteers to complete chores and repairs in the warehouse, (i.e. sweeping floors, tidying up space, cleaning bathroom) keeping track of the merchandise inventory & league materials (track tape, cleaning supplies, bake sale supplies etc) we have available and ordering more when needed

Social Media

- Duties include: maintaining the website and Facebook page, creating facebook events, blog posts, pictures, video etc.

WFTDA

- Duties include: getting us back to active status, keeping us in compliance, alerting the league with rules changes, liaison between the league and WFTDA

Interleague Liaison (already established)

- Duties include: setting up games with other leagues

Training (already established)

- Duties include: running practice, creating drills, running assessments & tryouts

Street Team

- Duties include: distributing promo materials around town (hangs flyers, leaves flyers in bars)

Promotional Materials

- Duties include: creating flyers, postcards, posters, social media banners or pictures for events or general promo



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Fundraising/Sponsorships

- Duties include: Seeking sponsors for league, updating/creating sponsorship packet, coming up with other smaller fundraisers throughout the year (goal – 1 a month)

Event-Specific Committees

All 8

- Subcommittees: Merchandise/Trophies; Bout Production; Entertainment/Announcer; Officials/EMT, Team Liaison, Bake Sale/WoRD Merch

Craftershock

- Subcommittees: Vendor Liaison; Location; Raffle; Volunteers, Bake Sale/Merch

Murder Mystery

- Subcommittees: Actors/Volunteers; Location; Story, Merch

Car Wash

- Subcommittees: FBW; Location; Volunteers; Bake Sale/Merch