

Tips for watching your first roller derby bout!

- ★ **Get as close to the action as you can.** The seats on the floor closest to the track are called **suicide seats** and if you think you can handle a skater in your lap, then this is the place to go. Head for the chairs or stands if you have kids with you.
- ★ If you are going for the suicide seats, either a cushion or a rolled up blanket/jumper is your bum's new best friend.
- ★ **Listen to the announcers.** They will give run downs on any trickiness that happens on the track.
- ★ **Make friends with the people around you.** A lot of them will play derby themselves, or know people who play derby.
- ★ **Be loud.** The players work hard out there so show them you appreciate it.
- ★ **Say it with pride.** Wear your favourite team's colours and show your support.
- ★ Most derby events will be selling some kind of merchandise and most of these stalls will only take cash. The average price for a league or team T shirt is around \$20-25.
- ★ **Follow derby toilet etiquette.** Go during the breaks because you really don't want to miss the game but remember this is the only time that players and officials can get off the track, so if they are wearing skates, stripes or a nametag then please let them go first.
- ★ **HAVE AN AWESOME TIME!**



So what is this

ROLLER DERBY?

WIRD FAQs

www.wird.com.au

How is roller derby played?

A **bout** is broken down into two thirty minute periods, with each period split into two-minute point-scoring segments called **jams**.

Each team has five players on the track, with two playing special roles while the remaining players are called **blockers** and make up the **pack**.

The skater who starts at the front of the pack with the stripe on her helmet is called the **pivot blocker**. Her job is to set the pace for that pack, keep up communication between her blockers and act as the last line of defence to stop the other team scoring.

The point scorer for each team starts at the back of the pack. She is known as the **jammer** and is identified by the stars on her helmet. She races the opposing team's jammer through the pack and after the first pass points are scored for each legally passed opposing blocker. The hardest part of her gig is getting through the pack.

The first jammer who makes it legally through the pack can become **lead jammer**, earning the right to call off the jam before the end of the two minutes. She does this by repeatedly placing both hands on her hips.

Are there any rules?

WIRD plays derby according to the rules of the **Women's Flat Track Derby Association**, an international governing body for the sport.

The WFDTA rules are written by skaters and they define what hits or **blocks** are legal, where and when a skater can move around on the track and the penalties for breaches of the rules.

What is roller derby?

Roller derby is a fast-paced sport where skaters compete for points and glory. Roller derby in Australia is played on a flat oval track between two teams and players wear quad roller skates.



WIRD Skaters @ the Wollongong Entertainment Centre, Photo: Nick 'Nav Man'

How do I join in?

If you are interested in playing roller derby, skating as an official, or joining up as a non-skating volunteer then your first stop should be:

www.wird.com.au

What is WIRD?

WIRD is Wollongong's first modern roller derby league and was founded in December 2008. It is a non-for-profit organisation and all skaters, officials and league staff are volunteers.

WIRD held their first demonstration bouts in 2009, competed at the first modern Australian Nationals at Adelaide in 2010 and commenced their first full home season in early 2011.

Is roller derby a real sport?

Old school roller derby and popular movies have represented the game as a violent and aggressive 'fake sport'. Rules are ignored, fights staged, and players' safety given no concern. **WIRD does not play this kind of roller derby.**

Modern roller derby revolves around healthy athleticism, fair competition and the value of good teamwork and community building.

Deliberate violence and unsafe behaviour is not okay and is punished by ejection from the bout or from the league.

How do you stay safe?

Injuries can happen in derby, like in any full contact sport.

WIRD skaters wear a full complement of safety gear, including: helmet, mouthguard, wrist guards, elbow and knee pads. Players are trained to skate, stop and fall in ways which minimise the danger.

The safety of all participants is the most important thing at WIRD. If you are considering playing roller derby, do it knowing that we will work hard to keep you as safe as possible.