

Newbie-Guide

Welcome, dear Newbie!

We're excited to have you participate in our beginner's course. In this guide, we will provide you with everything you need to know about the beginner's course and beyond. If you're still missing some information or have any questions, don't hesitate to contact your coaches.

For questions contact your coach : Missy LaStrange
or mail to recruiting@rollerderby.ch

1 What is Roller Derby?

Roller Derby is a full contact sport played on quad skates. A Roller Derby Team consists of up to 15 players, of which five at a time are actively engaging in game play, which happens on an oval track in counterclockwise direction.

There are two 30 minute periods to a game, in which as many so-called **jams** are played as fit in. Jams last a maximum of two minutes. Between jams, there's a 30 second break, in which the players on the track can be swapped. Each team consists of **one jammer and four blockers**. The jammer is indicated by a star on her helmet and is in charge of scoring points by passing her opponents. One of the four blockers takes the role of the **pivot**, recognizable by the stripe on her helmet. The Pivot can take on the role of the jammer if the latter passes the star on to her, a procedure called **star pass**. The blockers of both teams, i.e., eight players, form the **pack**.

Jammers and blockers start simultaneously when the jam starting whistle blows. The jammers try to find a way through the pack. The first jammer to legally pass the pack obtains **lead jammer status**. The lead jammer has the right to call a jam off by repeatedly touching her hips. After passing the pack for a first time, both jammers can score one point for each legally passed opponent, e.g. four points for passing all four opposing blockers and an additional jammer lapping point when passing the opposing jammer. The blockers try to keep the opposing jammer from passing them and help their own jammer get through the pack.

Roller Derby is a full contact sport. Therefore, blockers can not only engage in positional blocking, for instance through being in the jammers way, but also through direct attacks on an opponent's **legal target zones** using their legal blocking zones. **Legal blocking zones** include the hips and shoulders. Using elbows or the head is not permitted. Also, it is not allowed to attack an opponent's back or head or tripping them. Furthermore, it is not allowed to pass an opponent when outside the track boundaries, blocking against the direction of game, intentional destruction of the pack, endangering other players, unallowed leaving of the track. For each of these actions, a player gets penalized and has to spend **30 seconds in the penalty box**.

2 Important Information

2.1 Podio

At ZCRD, everything is organized with the project management tool Podio. You will receive an invitation to the Newbiecourse Workspace by e-Mail. On the „Newbie“ work space, you find all dates and important information as well as guides on how to use Podio.

If you have questions about Podio, ask your coaches!

2.2 Gear

A full set of roller derby gear consists of:

- Skates (+ Wheels¹, Toe stops (**no black toe stops** because they produce skid marks on the floor!), Toe cap/Tape, Bearings)
- Knee pads (we recommend rather thick pads as you tend to fall a lot on your knees in the beginning)
- Elbow pads
- Wrist guards
- Helmet (we recommend S1-Helmets, TSG or a hockey helmet)
- Mouth guard (e.g. SISU)
- Tool (to tighten your toe stop, change wheels and do other skate maintenance)

Most skate shops offer rookie / newbie-packages, which contain everything you need at a feasible price. Not until you are sure to continue playing roller derby will it be worth investing in more up-market skates.

Some Roller Derby Shops:

- **Rolling Rock, Aarau** (-> Pink Riot Rocket (Skaterin at ZCRD), rike@rollingrock.ch; all ZCRD skaters and Newbies get 10% discount) <http://www.rollingrock.ch/>
- Rollerderbyhouse, Frankfurt <https://www.rollerderbyhouse.eu/de/herzlich-willkommen.html>
- Turn Left Rollerderby Shop, Eindhoven <http://www.turnleftderby.com/>
- Double Threat, London <http://www.doublethreatskates.co.uk/pages/shop>
- Sckrpnch Skateshop, Gent <http://sckrpnch.com/index.php>
- Sincityskates, USA <http://www.sincityskates.com/>

You can buy protectors, helmets, and bearings in normal skate shops, e.g., Rollladen (<http://www.roll-laden.tv/>)

Second-hand gear:

- Roller Derby Flohmarkt Schweiz: <https://www.facebook.com/groups/1645412405686281/?fref=ts>
- 2nd Hand Roller Derby Börse: <https://www.facebook.com/groups/481732858505550/>

Rental gear:

Few skates and protectors can be rented for the newbie course for a fee of 50.- for the whole course, plus a deposit fee of 50.-. Ask Quing Killjoy for more information.

Skate maintenance:

If you want to make your skates last, you should take good care of them. There is a sheet "skate maintenance» on Podio, which describes proper skate cleaning and maintenance.

¹ Wheels can be very different. Depending on the ground surface (slippery or with grip) we use different wheels. For practice in Puls 5, we recommend wheels with hardness 88A-91A or hybridwheels.

2.3 Training

2.3.1 Onskates Training

When: Mondays, 18:00-20:00

Where: Puls 5 (Giessereistrasse 18, 8005 Zürich)

What to bring: Skates, helmet, all protectors, mouth guard, water, black and white shirt

These are the training dates:

Date / time	Topic
Mo, 11.03. 18:00-20:00	1st Training: Basic Skills/Falling/Stopping
Mo, 18.03. 18:00-20:00	2nd Training: Balance/Agility/Crossovers
Mo, 25.03. 18:00-20:00	Meet the League Podioschool
Mo, 01.04. 18:00-20:00	Rules Night & Gear Workshop
Mo, 08.04. 18:00-20:00	3rd Training: Slalom/Hopping/Focus
Mo, 15.04. 18:00-20:00	4th Training: Backwards skating/transitions/derby stops
Mo, 29.04. 18:00-20:00	5th Training: Whips / Pacelines
Mo, 06.05. 18:00-20:00	6th Training: Pack Work (Leaning,Bumping,Tempo)
Mo, 13.05. 18:00-20:00	7th Training: Pushes/Taking hits/Positional blocking
Mo, 20.05. 18:00-20:00	8th Training: Pack Work with Jammer (light Blocking)
Mo, 27.05. 18:00-20:00	9th Training: Blocking (Hips and body)
Mo, 03.06. 18:00-20:00	10th Training: Walls
Mo, 17.06. 18:00-20:00	11th Training: Repetition / 'light' Scrimmage
Mo, 25.06. 18:00-20:00	12th Training: Repetition / 'light' Scrimmage
Mo, 01.07 18:00-20:00	13th Training: Repetition / 'light' Scrimmage
Mo, 08.07. 18:30-22.30	MST (Minimum Skills Test)

The following rules apply to every training session:

- We meet 15 minutes before the session in order to set up the track and put on the gear. Please be on time!
- If you have any health issues, which prevent you from participating in certain drills, let your coach know **beforehand**.
- Listen to your coach.
- If you can't make it for practice, let us know **before noon** at the day of the training on Podio. Do not send us text messages, WhatsApp messages or Emails. Who does not sign off will get an absence without excuse.
- Your gear has to be in working order and complete. If somebody loses their toe stop during practice, **everybody** has to do 10 push-ups. ☺
- We only skate with full equipment on. If you have to take of some of your equipment, sit down or take a knee.

2.3.2 Further Compulsory Events and Trainings

25.03.2019	Podioschool	Missy LaStrange
25.03.2019	Meet and Greet the League: At this event, we want to tell you more about our sports and our club. The League members will talk about their roller derby experiences and will also tell you more about what they do in the various committees.	Missy LaStrange
01.04.2019	Rules Night & Gear Workshop	Missy LaStrange
01.04.2019	How do I maintain my gear?	Missy LaStrange
At least once	Be an NSO: For every game, we need NSOs (Non-skating officials), which for instance count scores, keep track of penalty times, etc. Before you go for the MST, you should be an NSO at a scrimmage or bout at least once.	tba
At least two times	Attend regular training sessions: In order to get an impression of how practice is going to be after you pass the MST, you will have to attend regular training sessions at least twice. We will provide you with a doodle to sign up.	Missy LaStrange Trainer B-Team (Riot Rocket, Killifornia, Flegel, Sick SignAss) Götti/Gotti (see point 2.4)

2.3.3 Voluntary Trainings

Every Tuesday night, offskates training is held, i.e., we'll work out strength, endurance, agility, without skates. You will be invited for these sessions on Podio. If you have any questions, ask Riot Rocket

- Where: Sports facilities Fronwald (Fronwaldstrasse 115, 8046 Zürich)
- When: Tuesdays, 19:00-20:00h
- What to bring: Workout clothes, workout shoes

All over Europe, there are beginner's bootcamps where participants are given the opportunity to practice their skills two days straight. There's nothing better than that to make progress. We will keep you informed about upcoming bootcamps on Podio.

2.4 Götti / Gotti

You have the possibility of getting a Gotti or Götti from when you start regular training until far beyond your MST – for as long as you want or need. The goal behind this is simple: This possibly new sport, the many new impressions and the upcoming MST can be confusing or intimidating at the beginning. Also, you may not always dare ask the responsible trainer everything. So, from when you start attending regular practice, you will have a B-Team player* as a further contact person. They may give you tips from their own experience and help you with general questions. However, they will not take on a coaching role.

With this optional option, we want to make your start in our self-organized league as pleasant as possible and support you where we can. But we hope that in time you will find the courage to approach the people proactively, if you don't already from the beginning. Because you will quickly realize that nobody needs to feel oppressed or intimidated with us. In Roller Derby there is an open and direct communication, and everyone is respected.

2.5 Minimum Skills Test (MST)

In order to participate at bouts and scrimmages, every skater has to take and pass the minimum skills test completely. The MST consists of a practical and a theoretical part.

For the **practical MST**, you will have to have the following skills in order to pass:

<https://static.wftda.com/resources/wftda-minimum-skills-requirements.pdf>

The practical test is always overseen and evaluated by one or two Newbie coaches and one or two B-Team coaches.

For the **theoretical MST**, you will have to answer 45 multiple-choice questions. You will pass if you get 36 answers correctly.

<https://www.wftda.com/rules/wftda-rules.pdf>

The MST will be held on Monday, 8th July 2019, 18:30-22:30h

Requirements to participate at the MST:

- You missed no more than 2 compulsory trainings and events.
- You NSOed at least once
- You participated in at least two regular training sessions

The Newbie coaches decide ahead of the MST if the level reached so far is basically enough to pass or partially pass the MST. Possible doubts are discussed with the Newbie around 3-4 weeks before the MST.

3 What happens after the Newbie Course

3.1 MST not passed

The MST is considered not to be passed if the basic skills can't be confidently presented. The Newbiecourse needs to be repeated.

3.2 MST partially passed

The MST is partially passed / failed if some of the practical skills cannot be demonstrated safely. The newbie must be present in the following newbie training sessions, in which the skills they did not pass will be repeated. They are supported by the newbie trainer in achieving the goals. (As far as the number of participants allows)

Participation in the B-Team training (Monday 20.00 - 22.00) without contact is allowed and welcomed. If there are other skaters there who have partially passed the MST, they can do contact with each other. Especially at the beginning of the training various skating skills are often built into the warmup and can therefore be used as training. During contact exercises, you can practice independently outside the track, space permitting. While the B-Team makes contact, individual support by the coach is not possible.

There are possibilities to train independently without any supervision on Tuesdays 20.30 - 22.00 outside the track or on Wednesday 21.30 - 22.00 in the far-back hall. Both days in the Fronwald hall.

The still pending MST skills must be presented latest at the following MST. The goal, however, is to finish them as soon as possible in order to train with the full contact exercises. Once the newbie feels secure in the pending skills, they should proactively report to the newbie coaches to show them before, during or after a Monday training. If possible, additionally a B-Team coach will be present.

3.3 Theory not passed

If the practical part was passed, but not the theory, the newbie may participate with contact in the trainings mentioned above. However, to be rostered at a game, the theory test must be passed successfully.

3.4 MST completely passed

The MST is considered completely passed if the practical as well as the theoretical part have been successfully completed in all points. The newbie may participate in the trainings mentioned above as well as additionally take part in the A+B Team (AllstarZ & BruiseZ) Training with contact on Tuesdays.

3.5 Trainings

The ZCRD training sessions are on the following week days:

Monday, 20:00-22:00h, Onskates, Puls 5 (BruiseZ only)

Tuesday, 19:00-20:00h, Offskates, Turnhalle Fronwald (all incl. Newbies)

Tuesday, 20:30-22:00h, Onskates, Turnhalle Fronwald (AllstarZ & BruiseZ)

Wednesday, 19:15-21:15h, Onskates, Turnhalle Fronwald (AllstarZ only)

To get on the roster for a bout, you will have to have attended at least 50% of all training-sessions. On average, there are either scrimmages, home- or awaybouts once a month. If you have questions about anything to do with what happens after the newbie course, ask Riot Rocket.

3.6 Trial Period

After attending the newbie course and passing the MST completely or partially, the board decides about the admission of your Membership. If the board can not take a decision of your Membership, they can announce a 3-month trial period.

3.7 Derby Name/Number

After passing the MST you are officially allowed to pick a derby name. Probably already thought about this one during the entire newbie course. After the invitation into the Team-Workspace you will find all the names and numbers of the players in the address list. The numbers of the active and founding members are blocked.

3.8 Roller Derby CV

We recommend to start a roller derby CV after you finish the newbie course. In a roller derby CV you may log the following information:

- Beginning and duration of the newbie course as well as the date you passed your MST.
- When you were an NSO (Date, location, exact position)
- Scrimmages (Date, location, opponent, position played, maybe also wheels used)
- Bouts (Date, location, opponent, position played, maybe also wheels used)
- Bootcamps (Date, location, name of the coach)

Why should you have a roller derby CV?

If you want to sign up for bootcamps, you often have to state how many bouts you have already played. Furthermore, it is simply nice to look through your CV after a few years and to see all the places you've been and all the bouts and scrimmages you've played. :)

4 Der Club Zürich City Roller Derby

4.1 History

Today's Roller Derby was founded in the early 2000s in the USA and is now the fastest growing sport in the world. In 2006, the London Rollergirls were founded as the first European team. In 2009, the ZÜRICH CITY ROLLER GIRLZ were founded. The teams are organized in the Women's Flat Track Derby Association (WFTDA), creating a vast network of lively exchanges and personal contacts. Zürich is by far the largest league in Switzerland. Since 2016 we are two teams. The AllstarZ is our A team and the BruisesZ is our B team. Since April 2018 we have a new logo and the Zurich City Roller Girlz became Zurich City Roller Derby. We train 2 to 3 times a week and regularly play bouts (games), both in Zurich and throughout Europe.

The complete team history and our current ranking can be found on:

<http://flattrackstats.com/teams/11076>

4.2 Club Structure

In Roller Derby, DIY mentality is strong as the entire club is run by the players. This means that aside from attending training sessions, members will also spend time working for the club.

Here's the current board:

- President: Jane Thrilla
- Secretary: Caprica
- Treasurer: Sick SignAss

Each member is part of a commission and contributes to everything working smoothly. These are the different committees:

- **Fresh Meat:** Planning and execution of newbie course and recruiting of new members.
- **Training:** Planning and execution of regular training as well as organization of scrimmages and bootcamps.
- **Homebouts/Awaybouts:** Planning and execution of home and away bouts.
- **Officials:** Organization of officials teams for bouts and scrimmages as well as recruiting of new refs and NSOs.
- **Venues:** Search for venues suitable for training and bouts.
- **PR/Media:** Actively communicate with media and set dates with the latter.
- **Sponsoring/Fundraising/External Events:** Actively contact potential sponsors and maintaining current contacts. Organisation of external and fundraising events.
- **Merchandising:** Purchase, sale, and storage of merchandise.
- **Marketing&Artwork:** Design material for flyers, posters, etc.
- **Website/Social Media:** Keep website and facebook profile up to date.
- **WFTDA:** Inform team about news from WFTDA
- **RDS (Roller Derby Schweiz):** Forward information from Roller Derby Switzerland to the team.

After finishing the newbie course, we count on you contributing to one of the commissions.

In case you already want to contribute during the newbie course, don't hesitate to contact your newbie coach, which can connect you with the person in charge.

A detailed list of the different commissions can be found on Podio.

5 Costs

Member Fees

- For the participation at Newbie Course 50.-
- For the evtl. trial period: 50.-
- After the newbie course, depending on the season (spring season), the remaining club fee will be 100.- (or 200.- for anyone not contributing in a commission)

- Normal annual fee for a full member: 200.- (or 400.- without participation in a commission)
 Gear: A newbie package costs between 200 and 400 CHF. Especially pads, toe stops and wheels have to be replaced in regularly.

Travel: Generally, travel costs for away bouts are paid by the skaters themselves. Sometimes, the club fund bus rental for bouts, which are close-by.

6 Roller Derby in Switzerland

For a long time, the ZCRD were the only roller derby team in Switzerland. More recently, new teams were founded:

- Basel – Rhine Rebels Basel: <https://www.facebook.com/RhineRebelsBasel/>
- Bern – Bonebreakers: <https://www.facebook.com/BonebreakersRollerderbyBern/>
- Genf – GVA Roller Derby Girls: <https://www.facebook.com/GVARollerDerby/?fref=ts>
- Lausanne - Rolling Furies: <https://www.facebook.com/rollerderbylausanne/?fref=ts>
- Luzern - The Hellveticats: <https://www.facebook.com/TheHellveticats/?fref=ts>
- Nyon: <https://www.facebook.com/nyonrollerderby/?fref=ts>
- Wallis - 13 Bloody Stars: <https://www.facebook.com/13BloodyStars/?fref=ts>

Morover, the society, Roller Derby Schweiz (RDS), was founded as well as a national team, which participated at the roller derby world cup in Dallas in 2014 and travelled to the Roller Derby Worldcup in Manchester in February 2018.

- RDS: <https://www.facebook.com/RollerDerbySwitzerland/?fref=ts>
- Team Schweiz: <https://www.facebook.com/swissderbyteam/?fref=ts>

7 Links

- <http://www.rollerderby.ch/> Homepage of the Zürich City Roller Derby
- Fiveonfive magazine - Rookie edition (<http://fiveonfivemag.com/issues/R>)
- <https://www.wftda.com/> The WFTDA (Women's Flat Track Roller Derby Association) is the worldwide organisation for women's flat track roller derby. We are a WFTDA member.
- <http://wftda.tv/>: A lot of gripping games can be found in the archive and there is also a live stream for big games and events.
- <https://www.treblemaker909.com/blog/> Blog with Tipps for Newbies
- <http://flattrackstats.com/>: Overview of all teams and a worldwide ranking.
- <http://derbydirectory.info/>: The derby directory for people who are new to the sport

8 Additional Dates at a Glance

There will be more information about each event on Podio.

Date	Event	Contact
Sa + So, 30./31.03.2019	Tournament Paris (AllstarZ)	Derroche
Sa + So, 20./21.04.2019	Tournament Nantes (AllstarZ)	Derroche
Sa, 27.04.2019	Homebout Double Header (Fronwald): Helper and NSO's wanted	Missy LaStrange
Sa, 15.06.2019	Homebout Double Header (Fronwald): Helper and NSO's wanted	Missy LaStrange
Sa, 22.06. or Sa, 29.06.2019	Mini Swiss Tournament (BruiseZ) by Europaallee. Helper and NSO's wanted!	Harley Hot Roll