



# Welcome pack for new skaters

Liverpool Roller Birds

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# About roller derby



- A roller derby game is played in two 30 minute periods broken into jams.
- In each jam the two teams put 5 players on the track: one jammer, with a star on their helmet, and four blockers
- During each jam, the jammers try to pass the opposition team's skaters, while they try to stop them
- A jammer can choose to end the jam if they become a 'lead' jammer, otherwise the jam will run for 2 minutes before ending

## Understanding roller derby

The best way to understand roller derby is to watch game footage.

Helpful quick introduction to the game:

<https://youtu.be/FZyq2QUAgrU>

WFTDA games:

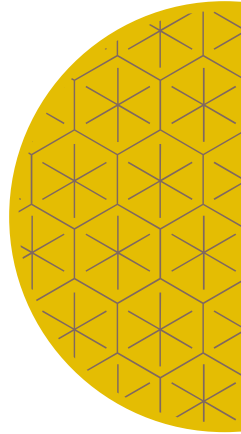
<https://www.youtube.com/user/TheWFTDA/playlists>

## Rules

LRB plays roller derby according to the rules of WFTDA (Women's Flat Track Derby Association).

Basics: <https://wftda.com/roller-derby-basics/>

Rules: <https://rules.wftda.com/> It is important to read them to understand the game and improve.





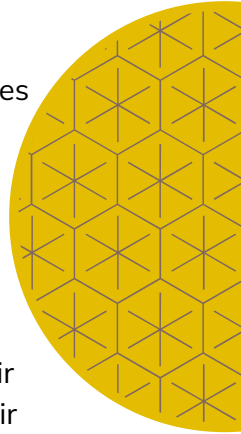
# Our Hatchling programme



We call our new skaters “hatchies” and we have dedicated coaches who teach you the basics of skating and roller derby. In general, the programme lasts 12 weeks; however, this is dependent on the group of new skaters.

Roller derby is a full contact sport, so before you can play games, the coaches would like to make sure you are a confident and stable skater ready for the challenge. This is why we have a Minimum Skills test and roller derby Rules Test as part of the Hatchie programme. Once you pass these assessments you become a fully-fledged Bird and join our post minimum skills skaters training sessions.

We encourage everyone to take part in the assessment so they can see their progress with learning skills. However, we also know that everyone has their own priorities and might not have the time to dedicate to this sport. Therefore, no one is required to participate in this assessment process if they do not want to. You are also welcome to stay in the Hatchie programme for as long as you want if competitive roller derby is not for you.



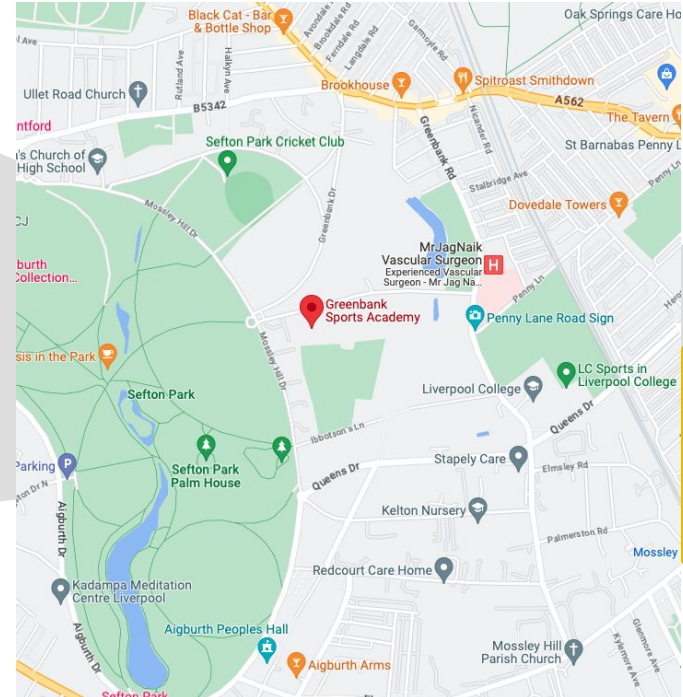
# Location - where we train

## Address

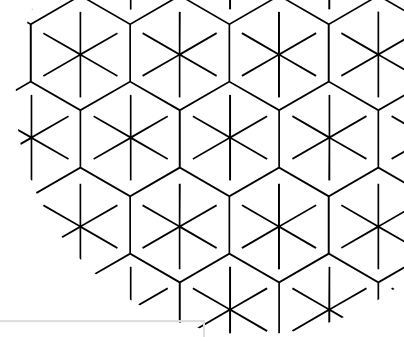
Greenbank Sports Academy  
Liverpool  
L17 1AG



[View map](#)



# Training times



Hatchlings and trainee referees	Saturday 09:00 - 11:00
Scrim (A, B, post minimum skills)	Saturday 09:00 - 11:00
Birds training (B and post minimum skills)	Wednesday 20:00 - 22:00
Birds training (A team)	Thursday 20:00 - 22:00

When you pass your minimum skills test and join the Birds, you will join training sessions on Wednesdays but you can still attend hatchie sessions to keep up your training.

# Equipment

What you'll need:

- **Quad Roller Skates** - Riedell R3 or Sure-Grip GT-50 can be a good starter skate.
- **Roller Derby Helmet** - We recommend not buying a helmet second hand as it could be a safety issue. Each helmet has a limit of 4 big hits before it could lose its structural safety and can increase concussion risk.
- **Thick Knee Pads** - We recommend investing in thick knee pads such as the 187 Killer Pads to protect your knees
- **Elbow Pads**
- **Wrist Guards**
- **Mouth Guard** Most skaters use Sisu, which is only a few millimeters thick allowing it to fit very closely to your teeth. You can speak and drink while you have them in.
- **Clothing** - Wear trainers to practice for off skates warm-up and a high impact sports bra, with comfortable wicking sports top/t-shirt and leggings or shorts.



# Where to get equipment

## Buy

You can buy roller derby kit from:

[www.doublethreatskates.co.uk](http://www.doublethreatskates.co.uk)

[www.hiveskatehub.uk](http://www.hiveskatehub.uk)

[www.skatebritain.net](http://www.skatebritain.net)

[www.skates.co.uk](http://www.skates.co.uk)

Second hand kit can be found for sale on the Roller Derby

Recyclables Facebook group.

## Borrow

We have a limited stock of skates (UK sizes 4-7) and pads (small, medium or large) that can be borrowed.

These are available on a first-come-first-served basis, so please email to check availability at [hello@liverpoolrollerbirds.co.uk](mailto:hello@liverpoolrollerbirds.co.uk).

## Brands

Typical brands used include

- 187 killer pro
- Triple 8
- REKD
- TSG
- S1 Lifer helmets
- Sisu mouthguards
- Riedell R3 or Sure-Grip GT-50 skates

# Costs and payment

- All members of LRB are required to pay monthly subscription membership fees
- The Hatchlings programme costs £30 per month.
- When you pass your minimum skills, subscription fees are £40 per month, as you go to more than one training session a week.
- We will ask you to set up a Direct Debit via GoCardless link - details will be provided in the email.

## Before you join us

You must sign a waiver with us. Please fill it in online.  
<https://forms.gle/qRoEYvNTwePuKSswG9>

You cannot skate if you have not signed this waiver.

## Cancelling

Once you've joined us you can cancel your subscription by emailing us at [hello@liverpoolrollerbirds.co.uk](mailto:hello@liverpoolrollerbirds.co.uk) **two weeks** before the end of the month. This ensures we have enough time to cancel your subs before the money leaves your account. It is your responsibility to let us know in time, unfortunately, we cannot issue refunds.

## Policies

Our payment policies can be found here:  
<https://drive.google.com/file/d/1wPaigGejx6xr62EA0gqnQPW6FrIjF62O/view?usp=sharing>

# Your commitment

## Attendance

As a beginner we would like you to attend 50% of all Hatchling training sessions. This helps you confidently progress with your skills without missing too much and enables coaches to plan sessions and best support you with this. More details in the [LRB Attendance Policy](#)

## If you can't attend for a while

We know that sometimes things change or life gets busy. If for any reason you cannot attend for a few weeks, speak to a Hatchlings coach and email [hello@liverpoolrollerbirds.co.uk](mailto:hello@liverpoolrollerbirds.co.uk).

If you miss more than 3 sessions, our LRB Skater wellbeing representatives will get in touch to check in with you.

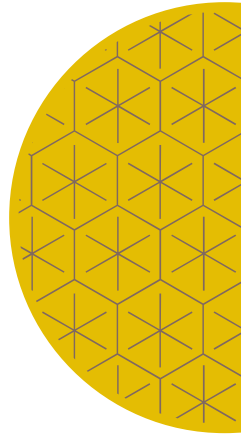
## Facebook

When you join us you will be added to a Hatchies Facebook page, and a Flock page. Facebook is our main communication platform so you will need an account, even if it's just for roller derby to know what's happening when.

We ask that you keep an eye on the hatchlings facebook page for details of any changes. From time to time training times and venues may change due to circumstances beyond our control. We will give you as much notice as possible of any changes.

## Run by volunteers

We are run by the skaters for the skaters. Every member of the league is expected to help keep the league running by volunteering for a role. More information is below.



# Helping LRB run smoothly

We are run by the skaters for the skaters. Every member of the league plays a part in keeping the league running.

## Contributing to the league

Liverpool Roller Birds is an entirely volunteer led league. We all love the game of roller derby and the only way we can keep going is if each member of the league chips in. There are a range of committees, who carry out activities such as coaching, organising games, fundraising, promoting the league and organising merchandise.

Once a year a form is sent out to all members to tell us which committee they would like to contribute to.

Once you become a Bird and try out for one of our teams, your contribution in committee roles will make you eligible to be rostered for games.

## Non Skating Officials

Roller derby games can't happen without Officials, such as Referees and Non-Skating Officials (NSOs).

Saturday Scrim is when skaters practice roller derby gameplay and help running it is always appreciated. Staying to help at scrim as an NSO is a great opportunity for Hatchies to watch and learn more about roller derby.

## Meetings

Keeping everyone informed about League business is very important to us, so we organise League Meetings several times a year and usually straight after the Hatchie sessions. These meetings are open to every member and since important information is shared, we expect everyone to prioritise attending.

Our Annual General Meeting is combined with our magnificent Christmas Party and held in December.

# Contact us

## Getting in touch

To join or find out the next intake date, email:

[hatchlings@liverpoolrollerbirds.co.uk](mailto:hatchlings@liverpoolrollerbirds.co.uk)

Website <https://www.liverpoolrollerbirds.co.uk/>

Facebook <http://facebook.com/liverpoolrollerbirds>

Instagram <http://instagram.com/liverpoolrollerbirds>

Twitter <https://twitter.com/livrollerbirds>