

# CRESCENT CITY CRUSHERS

A NEW ORLEANS JR DERBY TEAM



## INTAKE 101

PRESIDENT, VP, & SECRETARY

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**2023/24  
SEASON**

**AUGUST 20  
10:00 AM  
CITY PARK**

BRICK AREA BY CITY PUTT

COME MEET SKATERS,  
PARENTS, & COACHES

REGISTRATION  
LINKS

[WWW.CRESCENTCITYCRUSHERS.COM](http://WWW.CRESCENTCITYCRUSHERS.COM)

RELEASE  
FORMS

<https://forms.gle/X7GTVX8WASXBAXTOR>

SKATER  
REGISTRATION

<https://forms.gle/GHX82VU6XHJ5DK2HG>

VOLUNTEER  
REGISTRATION

<https://forms.gle/DJHCTUBMAEMZCVAG>

SKATER & VOLUNTEER  
CODE OF CONDUCT

<https://forms.gle/X7GTVX8WASXBAXTOR>

PARENT  
CODE OF CONDUCT

<https://forms.gle/U75TDCYAGVMIVY3WG>

TRAINER  
CODE OF CONDUCT

<https://forms.gle/SJFEH8B8R85GVX0Z>

PARENT/GUARDIAN  
& MEDICAL INFO

<https://forms.gle/U75TDCYAGVMIVY3WG>





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## WHAT IS ROLLER DERBY?

Today's roller derby is played on a flat track and is a high-speed team sport requiring roller-skating skill, agility, strategy and athletic ability. While a contact sport, junior roller derby promotes safety, cooperation, wholesome fun and entertainment for the whole family. Junior roller derby offers a unique alternative to more "traditional" youth sports - encouraging individual expression and growth while based on the principles of community, fair play and friendly competition. Non skating positions are also available for kids that may not be able to skate. We truly strive to be ALL inclusive!

*What to avoid  
when buying skates*



### NOT LEATHER

WILL BREAK DOWN MUCH FASTER

### PLASTIC PLATE

WILL SNAP EASILY & CANNOT BE REPLACED

### GLUED PLATE

CANNOT HANDLE MUCH WEIGHT. WILL RIP OFF.

### BRANDS

ROLLER DERBY, CHICAGO, IMPALA, CANDY GIRL, CIRCLE SOCIETY.

### NON-ADJUSTABLE TOE STOP

CANNOT BE REPLACED. LOW QUALITY.

## GEAR CHECK



### HELMET

PROTECT YOUR BRAIN!  
GET A HELMET THAT FITS &  
DOESN'T ROCK BACK AND FORTH

### MOUTH GUARD

PROTECT THAT SMILE! KEEP YOUR TEETH  
LOOKING AS GOOD AS THEY DO NOW.  
WITH ALL OF THOSE FLAILING ARMS,  
THIS IS A WISE INVESTMENT.



### WRIST GUARD

WRISTS ARE IMPORTANT AS THIS WILL PROBABLY BE  
THE FIRST BODY PART TO HIT THE GROUND WHEN YOU  
FALL.

### ELBOW PADS

GOOD ELBOW PADS MEANS GOOD PROTECTION. THERE'S  
NO LAUGHING WHEN YOU HIT YOUR FUNNY BONE.



### KNEE PADS

YOUR KNEES WILL TAKE A LOT OF IMPACT, SO YOU'D DO  
WELL TO INVEST IN A GOOD PAIR OF THESE. YOU ONLY  
HAVE ONE PAIR OF KNEES, AFTERALL.

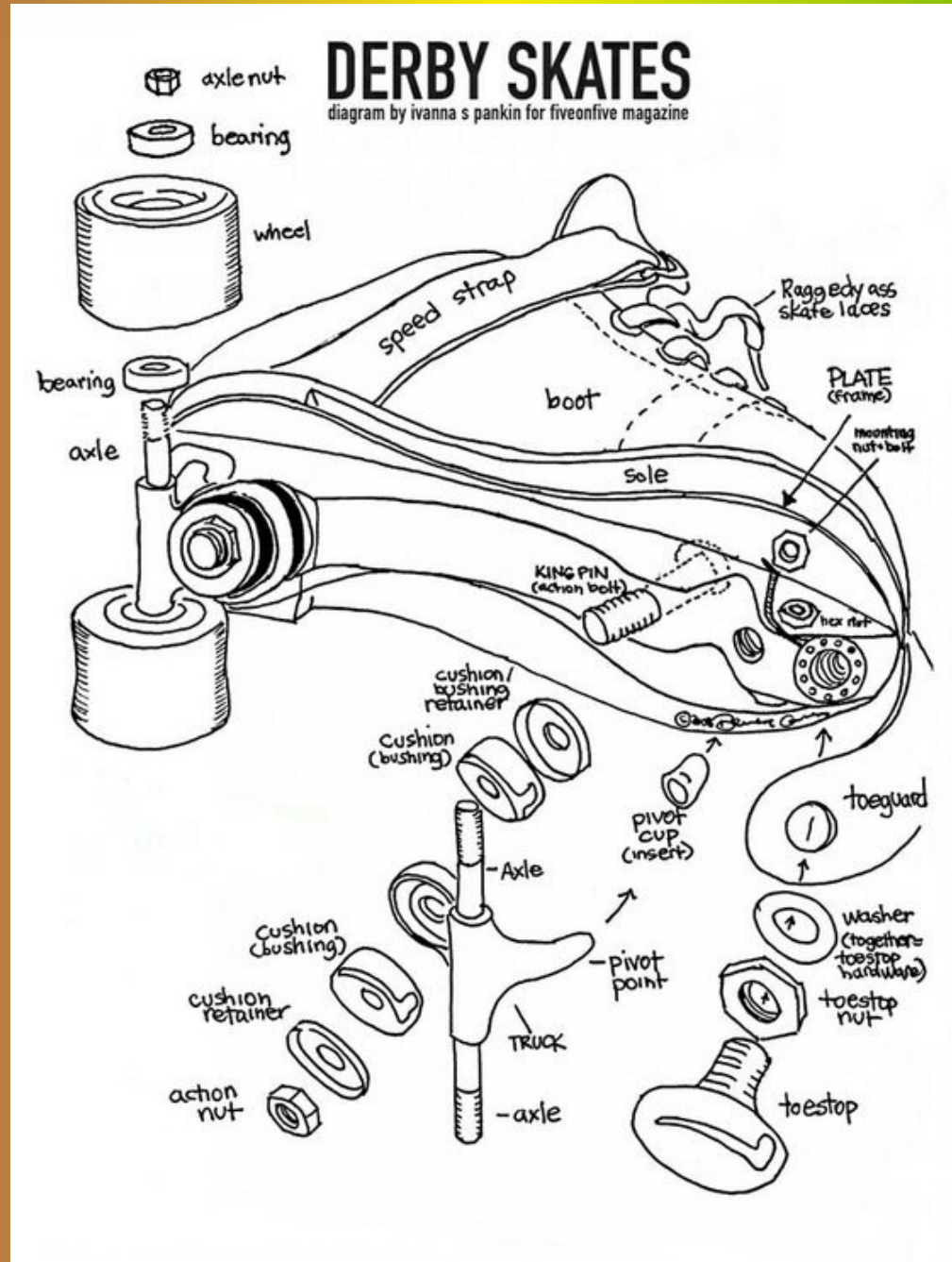
### QUAD SKATES

THESE NEED TO BE QUAD SKATES. YOU DON'T HAVE TO  
BUY A VERY EXPENSIVE PAIR TO BEGIN WITH, BUT THE  
MORE YOU INVEST, THE MORE YOU WILL BENEFIT.





# Anatomy of a skate





# A New Orleans Junior Derby Team

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## Roller Derby 101

### **BASIC BOUT STRUCTURE:**

A BOUT IS 60 MINUTES IN LENGTH, CONSISTING OF TWO 30-MINUTE PERIODS.  
THERE ARE SEVERAL JAMS WITHIN A PERIOD.

A JAM MAY LAST UP TO TWO MINUTES.

THERE ARE TWO TEAMS COMPETING TO EARN POINTS.

EACH TEAM HAS ONE PIVOT, THREE BLOCKERS, AND ONE JAMMER.

THE PIVOTS AND BLOCKERS FORM WHAT IS CALLED "THE PACK."

THE JAMMER IS THE DESIGNATED POINT-SCORER FOR EACH TEAM.

THE FIRST JAMMER TO LEGALLY PASS THROUGH THE PACK MAY RETAIN A SPECIAL PRIVILEGE CALLED  
LEAD JAMMER STATUS.

THE LEAD JAMMER IS THE ONLY PLAYER ABLE TO CALL OFF A JAM BEFORE A FULL TWO MINUTES HAS  
PASSED.

ANY JAMMER MAY LEGALLY PASS THEIR HELMET COVER TO THEIR DESIGNATED PIVOT, WHICH  
TRANSFERS THE ROLE AS THE POINT-SCORER TO THE PIVOT FOR THE REMAINDER OF THE JAM.

IF A LEAD JAMMER IS CALLED ON A PENALTY OR THEY PASS THEIR HELMET COVER TO A PIVOT, THAT  
TEAM WILL LOSE LEAD JAMMER STATUS FOR THAT JAM (THE ABILITY TO CALL OFF THE JAM BEFORE THE  
TWO MINUTES IS UP).

AFTER THE INITIAL PASS, A JAMMER WILL EARN A POINT FOR EACH OPPOSING PLAYER THEY LEGALLY  
PASS.

THEY MUST LAP THE TRACK FOR EACH SCORING PASS.

ALL PLAYERS ARE SUBJECT TO ILLEGAL GAMEPLAY PENALTIES, WHICH RESULT IN A 30-SECOND TRIP TO  
THE PENALTY BOX.

**PENALTIES INCLUDE, BUT ARE NOT LIMITED TO:** GRABBING OR USE OF HANDS; BLOCKING WITH  
FOREARMS; TRIPPING, KICKING, OR BLOCKING WITH FEET/LEGS; PUSHING, SHOVING, PUNCHING OR  
HOLDING; SWINGING OR JABBING ELBOWS; BLOCKING WITH THE HEAD; BLOCKING A JAMMER WHILE  
TWENTY FEET AHEAD OR BEHIND THE PACK (OUTSIDE OF THE

ENGAGEMENT ZONE); HITTING FROM BEHIND, ETC.

THE TEAM THAT EARNS THE MOST POINTS AT THE END OF A 60-MINUTE BOUT IS THE VICTOR.

### **POSITIONS:**

**PIVOT** - THE PIVOT IS A DESIGNATED PLAYER ON EACH TEAM WHO WEARS THE HELMET COVER WITH THE  
STRIPE.

THE PIVOT MAY SKATE IN THE FRONT OF THE PACK, CONTROLS PACK SPEED AND SERVES AS A LAST LINE  
OF DEFENSE AGAINST THE OPPOSING JAMMER.

IF THE JAMMER LEGALLY PASSES THE HELMET COVER TO THE PIVOT, THE PIVOT MAY BECOME THE  
JAMMER FOR THE REMAINDER OF THAT JAM AND IS ELIGIBLE TO SCORE POINTS.

HOWEVER, THE PIVOT MAY NOT RETAIN LEAD JAMMER STATUS.

**BLOCKERS** - BLOCKERS WORK WITH THE PIVOT TO ASSIST THEIR JAMMER THROUGH THE PACK, AS WELL  
AS STOP THE OPPOSING JAMMER FROM PASSING.

**JAMMER** - THE JAMMER IS THE DESIGNATED POINT-SCORER FOR EACH TEAM WHO WEARS THE HELMET  
COVER WITH THE STAR.

ONE POINT IS EARNED FOR EACH SKATER THEY LEGALLY PASS ON THE OPPOSING TEAM. THE JAMMER  
MUST LAP THE TRACK FOR EACH SCORING PASS (THEIR INITIAL PASS IS NOT ELIGIBLE FOR POINTS).

### **WHISTLES:**

ONE SHORT WHISTLE BLAST SIGNALS THE START OF A JAM.

TWO SHORT WHISTLE BLAST SIGNALS WHEN LEAD JAMMER HAS BEEN ESTABLISHED.

FOUR WHISTLE BLASTS SIGNAL THE END OF THE JAM (THIS OCCURS AT THE END OF A TWO-MINUTE JAM  
OR IF THE LEAD JAMMER CALLS OFF THE JAM.).



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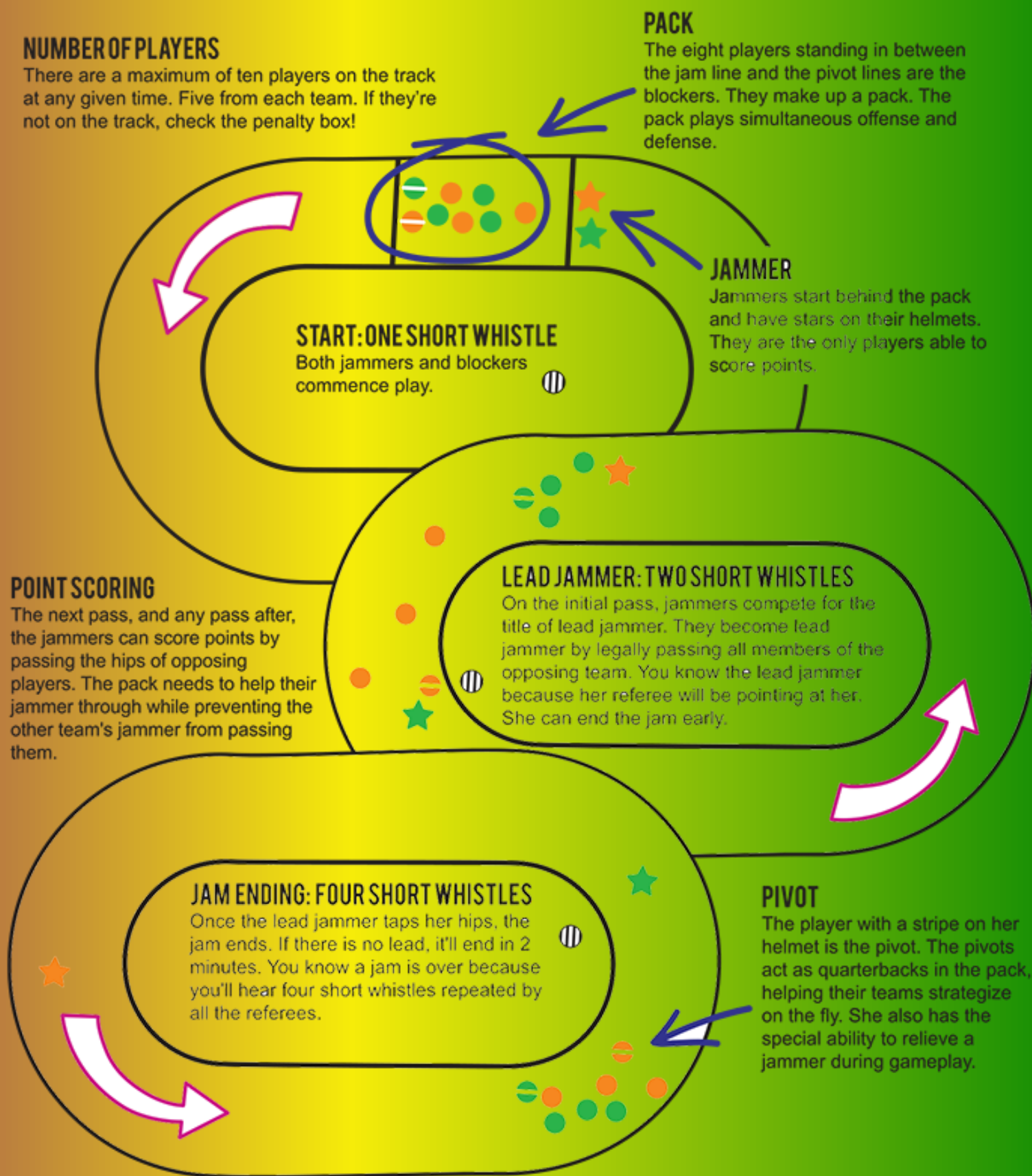
# Roller Derby 101

## GAME FORMAT

Roller derby is played in two halves. Each half is split into two minute segments called jams.

## NUMBER OF PLAYERS

There are a maximum of ten players on the track at any given time. Five from each team. If they're not on the track, check the penalty box!



## PENALTIES


Any player who commits a penalty earns a trip to the penalty box for 30 seconds.




# CRESCENT CITY CRUSHERS

## A NEW ORLEANS JR DERBY TEAM




**JAMMER**

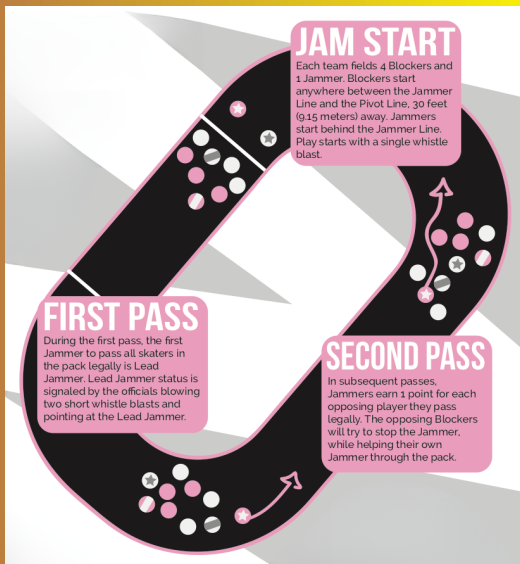
Jammers wear a star on their helmets and are the scoring players for each team. The Jammers attempt to pass the opponents as many times as possible by sprinting around the track and lapping the pack.

**BLOCKER**

The Blockers are simultaneously focused on stopping the opposing Jammer from passing them and assisting their Jammer to pass the opposing team's Blockers. The pack is formed by the largest group of Blockers with players from each team on the track.

**PIVOT**

The Pivot is the Blocker that wears the stripe on their head. They are the only Blocker that is allowed to accept a star pass from the Jammer, thus becoming the new Jammer and gaining the ability to score points.



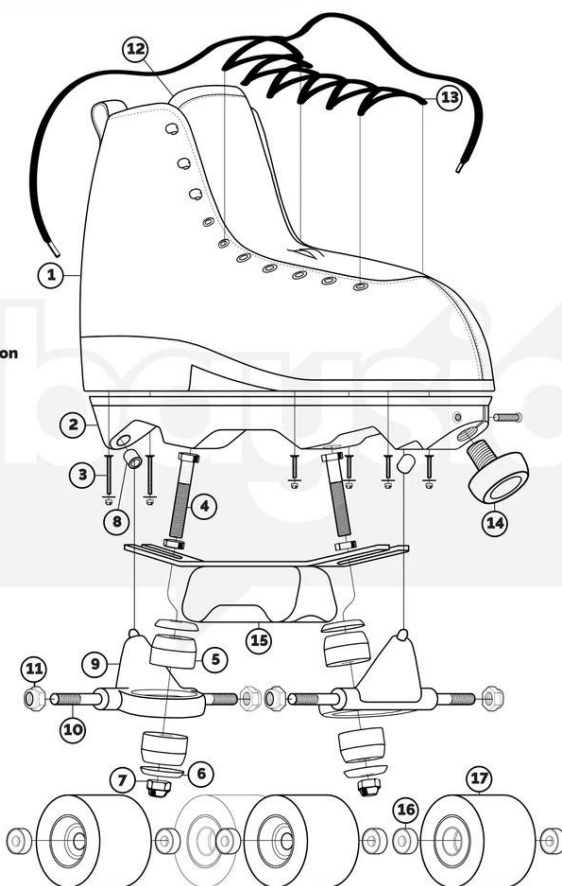
## GENERAL

- \*A bout, or game, is 60 minutes divided by 2 periods
- \*A period is divided into multiple jams (scoring races)
- \*Each jam can last up to 2 minutes
- \*Each team is allowed three 1-minute timeouts per bout

## SCORING

- \*Only Jammers can score
- \*Points are earned when the jammer passes each opposing skater
- \*Jammers can not score on the first pass through the pack
- \*If a jammer completely laps the opposing jammer, they earn 1 point

## DERBY CHEAT SHEET



**1 Boot**  
The boot is the entire upper part of a roller skate, this is attached to the plate but is only one part of the skate that can be changed.

**2 Plate**  
The plate is the structure of the roller skate that holds on the Trucks and wheels.

**3 Mounting Kit**  
The nuts and bolts that hold the plate onto the boot.

**4 Kingpin**  
The long bolt that the truck and cushion assembly sit on.

**5 Bushing / Cushion**  
The soft rubber barrel that allows your truck to flex and your skates to turn.

**6 Retainer / Cushion Cup**  
The small metal dish that sits outside the cushions and holds them in place.

**7 Kingpin Nut**  
A locking nut that holds the truck and cushion assembly on. This controls the tension on the trucks.

**8 Pivot Cup**  
The rubber cup that fits between the pivot pin on the truck and the plate, allow flex.

**9 Truck**  
The piece that tilts to allow the skate to turn.

**10 Axle**  
The rod sticking out of the Truck and that the wheels sit on.

**11 Wheel Nut**  
The nut that holds the wheels on.

**12 Tongue**  
The Padded part of the boot that pulls forward to allow you to slip your foot in.

**13 Laces**  
These keep your feet in.

**14 Toe stop**  
A primary form of stopping and control. Coming in either adjustable or bolt on styles.

**15 Grind / Slide Block**  
An optional part that allows you to slide, grind and perform unique tricks.

**16 Bearings**  
A small ring of enclosed metal balls that let the wheels spin.

**17 Wheels**  
These let you go fast. Wheels usually consist of a hub (Often plastic) for structure and a urethane tyre for grip.



PENALTY QUICK REFERENCE GUIDE			
RULES SECTION	VERBAL CUE(S)	CODE	HAND SIGNAL
4.1.1 Impact to an Illegal Target Zone	Back Block	B	
	High Block	A	
	Low Block	L	
4.1.2 Impact with an Illegal Blocking Zone	Head Block	H	
	Forearm	F	
	Leg Block	E	
4.1.3 Other Illegal Contact	Illegal Contact Including: Illegal Assist, Early Hit	C	
	Direction Including: Stop Block	D	
4.1.4 Multiplayer Blocks	Multiplayer	M	
4.2.1 Illegal Positioning	Illegal Position Including: Destruction, Skating Out of Bounds, Failure to Reform, Failure to Return, Failure to Yield	P	
4.2.2 Gaining Position	Cut Including: Illegal Re-Entry	X	
4.2.3 Interfering with the Flow of the Game	Interference Including: Delay of Game	N	
4.2.4 Other Illegal Procedures	Illegal Procedure Including: Star Pass Violation, Star Pass Interference	I	
4.3 Penalties for Unsportsmanlike Conduct	Misconduct Including: Insubordination	G	





A New Orleans  
Junior Derby Team

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# REGISTRATION LINKS

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## VOLUNTEER REGISTRATION

<https://forms.gle/DJHCTUBMAEMZEZYAG>



## SKATER & VOLUNTEER CODE OF CONDUCT

<https://forms.gle/X7GTVX8WA3XBjXTQ8>



## TRAINER CODE OF CONDUCT

<https://forms.gle/KN3WLNHVPJC7XLF39>



## SKATER REGISTRATION

<https://forms.gle/GHX82VU6XHJ5DK2H6>



## PARENT CODE OF CONDUCT

<https://forms.gle/U75TDGYAGVMIVY3W6>



## PARENT/GUARDIAN & MEDICAL INFO

<https://forms.gle/U75TDGYAGVMIVY3W6>



## RELEASE FORMS

<https://forms.gle/X7GTVX8WA3XBjXTQ8>