

2024-2025

USARS

Junior Roller Derby Division Check List

Junior's Name: _____

Parents'/Legal Guardian Names: _____

Name of Club Accepting Junior & Club Id: _____

The following items must be returned together to the USARS National Office for a junior (11-17 years old) to be considered for acceptance to compete in the junior division for USARS Roller Derby. Submission of all items alone does not guarantee approval- information will be verified and notification of acceptance or denial sent via email.

_____ Parental Consent, Waiver, and Release

_____ Skating Proficiency Verification- included on waiver

_____ Roller Derby Minimum Skating Skills Assessment Form

_____ Letter of recommendation from their junior level coach- this letter should address his/her endorsement of the junior player being both physically and mentally capable of competing at a National level. The letter must include a signature and the coach's contact information.

_____ Letter of acceptance from the adult club- this letter must include a statement that the club has verified the junior's skating capabilities in person and is comfortable with allowing him/her to compete at the National level. The letter must be signed by a minimum of two USARS members from the club (one must be a club officer) and include their contact information.

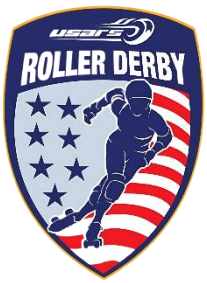
_____ USARS Membership Application (if not already a current registered member) - must be signed by the adult club!

_____ Copy of Birth Verification- acceptable forms include a birth certificate, driver's license, or passport

Please be aware that the omission of the above information or the delay in the National Office receiving the above information may jeopardize a timely review.

Please email forms to- bbenson@usarollersports.org or you can mail or fax to

USA Roller Sports, 4730 South Street Lincoln, NE 68506 Phone (402) 483-7551, Fax (402) 483-1465



2025-2026

USA
ROLLER SPORTS



USARS ROLLER DERBY

PARENTAL CONSENT, WAIVER, AND RELEASE

MINOR'S NAME: _____ **DATE OF BIRTH:** _____

CLUB ID: _____ **USARS MEMBERSHIP NO:** _____

PARENTS' / LEGAL GUARDIAN NAMES: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP CODE:** _____

HOME PHONE: _____ **CELL:** _____

EMAIL: _____

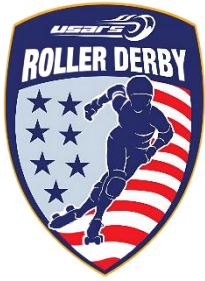
In consideration of USA Roller Sports (hereafter "USARS") acceptance of the above-named Minor (hereafter "Minor") as a participant in USARS sanctioned Roller Derby events for the period beginning September 1, 2024, through August 31, 2025 and in return for the opportunity to participate in these USARS sanctioned Roller Derby events:

It is agreed that all risks attendant to watching and/or participating in USARS sanctioned Roller Derby events and activities, including, but not limited to bodily injury and/or death, are assumed by Minor and his/her above-named parents and/or legal guardians (hereafter "Guardians") and that this assumption is acknowledged, approved, and agreed to by Minor and Guardians as indicated by the signatures hereto.

I understand that the laws of certain states may preclude or limit a minor's participation in events like Roller Derby that involve a significant likelihood of injury. I understand that I am responsible for complying with all such state laws and hereby indemnify USARS and hold it harmless for any violations resulting from Minor's participation in a USARS sanctioned event that violates state law.

I hereby certify that Minor is physically able to participate in USARS sanctioned Roller Derby events and activities and that I know of no physical impairments which would in any manner limit his/her participation in such events. I hereby grant permission for physicians, dentists, other licensed health care providers and their designees employed or directed by USARS to administer outpatient medical, surgical, or dental services as appropriate or necessary antigens or other injections, to perform emergency procedures as necessary or to refer to other duly licensed medical personnel when necessary.

I understand and acknowledge Roller Derby is a full-contact sport that involves significant physical exertion, exercise, agility, and strength. I understand and acknowledge that at some USARS sanctioned Roller Derby events Minor may only participate with and/or compete against juniors (11-17 age). I understand and acknowledge that Minors may participate and/or compete against individuals who are older, taller, larger, faster, and/ or stronger than some Minors. I understand and acknowledge that participation in Roller Derby with these individuals is dangerous and involves the risk of severe physical injury including death. I represent and warrant that Minor is voluntarily engaging in USARS sanctioned Roller Derby events despite these risks. Minor and Guardians assume the risks of any and all damages and injuries that Minor and/or Guardians may suffer during Minor's participation in or involvement with a USARS sanctioned Roller Derby event.



I represent and warrant that Minor is in good physical and mental health and has no disability, impairment, injury, disease or ailment preventing Minor from engaging in active or passive exercise or physical activities which involve increased risk of injury or adverse health consequences. I understand and acknowledge that Minor must complete and successfully pass a USARS proficiency test to compete in USARS sanctioned Roller Derby events and that this proficiency test is evidence that the Minor possesses certain minimum skating skills and knowledge related to Roller Derby events. I hereby represent and warrant that Minor has completed and passed the USARS proficiency test.

In consideration for honoring Minor's request to participate in USARS sanctioned Roller Derby events and activities, I, for myself, my executors, administrators, heirs, next of kin, and assigns, do hereby release and forever discharge USARS, its Board of Directors, its respective entities, administrators, representatives, employees, agents, and members from any claims that I might have myself or could bring on Minor's behalf with regard to damages, demands, or any actions whatsoever, including those based on negligence, contract, failure to supervise, and/or negligent entrustment, in any manner arising out of Minor's participation in USARS sanctioned Roller Derby events and/or activities. I also hereby agree to save, hold harmless, and indemnify USARS, its Board of Directors, and/or its respective entities, administrators, representatives, employees, agents, and members against any and all claims, including claims of negligence, failure to supervise and/or negligent entrustment, which Minor and/or Guardians might bring or have against USARS as a result of Minor's active or passive participation in USARS sanctioned Roller Derby events and/or activities. Minor and Guardians recognize that we are giving up, among other things, rights to sue USARS, its respective entities, administrators, representatives, employees, agents or members for injuries, damage or losses that Minor and/or Guardians may incur.

The signature(s) below confirms that I/we will take financial responsibility for any and all damages and/or injuries that Minor and/or Guardians may cause or suffer from during Minor's participation in USARS sanctioned Roller Derby events and activities and shall be liable to the USARS for any charge or liability that it incurs on behalf of Minor and/or Guardians.

By signing below, the undersigned represents that he and/or she have read this document and understands the obligations, representations, and promises contained herein.

MINOR SIGNATURE

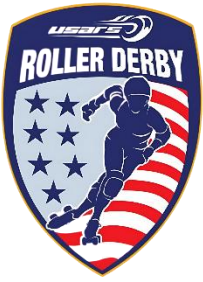
DATE OF SIGNATURE

PARENT/LEGAL GUARDIAN SIGNATURE

DATE OF SIGNATURE

PARENT/LEGAL GUARDIAN SIGNATURE

DATE OF SIGNATURE



2024-2025
Minimum Skills Skating
Requirements Roller Derby Assessment Form
This is the official record of skating skills for the following individual

Skater's Real Name & Skate Name: _____

Club ID & USARS Member #: _____

Email Address & Phone Number: _____

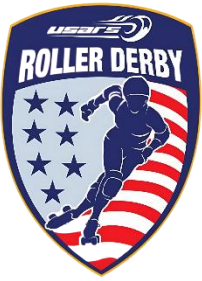
The organization (club/league) is responsible for tracking this information and a designated official (to be decided by club/league) must sign off (date included) on each skill mastery. A player must pass all skills before they are roster-eligible for USA Roller Sports sanctioned events. Detailed information regarding each requirement is available in Addendum I of the current USA Roller Sports (USARS) Roller Derby Rule Book. The organization is responsible for maintaining signed records of all successful assessments and skaters must be assessed annually. Additional notes regarding each skill are encouraged and can be included on the back of this form or by attaching additional paper. If requested, the organization must provide these assessment forms to USA Roller Sports.

- 1. Rolling Posture:** _____
- 2. Glides (both feet):** _____
- 3. Single Knee Slides:** _____
- 4. Double Knee Slide:** _____
- 5. Figure 4 Fall:** _____
- 6. 180 Degree Knee Slide:** _____
- 7. Basic T Stop:** _____
- 8. Plow Stop:** _____
- 9. Stepping (all directions):** _____
- 10. Pushing For Power:** _____
- 11. Crossovers:** _____
- 12. Endurance:** _____
- 13. Hops & Jumps:** _____
- 14. Squats:** _____
- 15. Agility:** _____
- 16. Whips:** _____
- 17. Blocks:** _____
- 18. Hip pushes:** _____

Official's Name & Signature: _____

By signing below, I acknowledge that the individual at the top of this form has successfully passed the Minimum Skills Requirements established by USA Roller Sports.

Email Address & Phone Number: _____



CERTIFICATION OF PROFICIENCY

I hereby certify that on the ____ day of _____, 20____, the above-named minor completed and successfully passed a USARS proficiency test and that he/she possesses the necessary skating skills and knowledge to participate in USARS sanctioned Roller Derby events and activities.

NAME OF TESTER: _____

SIGNATURE OF TESTER: _____

TITLE OF TESTER: _____

NAME OF HOST CLUB: _____

EMAIL: _____ **CELL PHONE:** _____

ACKNOWLEDGEMENT OF PARTICIPATION

I represent that I am the coach for the above-named individual during the 2024-2025 Roller Derby season. I am aware that the above-named individual is a minor and understand and acknowledge that the above-named minor intends to participate in USARS sanctioned Roller Derby events and activities.

NAME OF COACH:

SIGNATURE OF COACH: _____ **DATE OF SIGNATURE:** _____

EMAIL: _____ **CELL PHONE:** _____

USARS ACCEPTANCE

USARS STAFF SIGNATURE

DATE OF SIGNATURE