

Suggested minimum skating skills for officials

<u>Suggested beginner minimum on-skates officiating skating skills</u>	<u>Goal for skill</u> (My YouTube has mini clips demoing these basic skills)
Starting from a stop*	Inside track officials are often densely congregated during game play. A safe start is one where the strides and body movements avoid interfering with other close by participants.
Head independence	Skating in a direction you're not looking (usually 90 degrees from the vector of momentum). The goal is to be able to keep one's eyes on the action without running into others.
Turning in an arc	Remaining in the proper lane on the inside or outside track boundary.
Stopping	Facilitates proper parallel alignment with pack or jammer, plus helps in avoiding potential collisions. Examples include t-stop, 180 toe stop, or a small footprint plow or hockey stop.
Changing directions	In flat track derby, the game moves both counter-clockwise and clockwise along the track. Everyone needs to safely adjust back and forth to whichever direction is needed without getting in each other's way during the direction change.
Falling on one or two knees	<i>ALWAYS WEAR FULL GEAR WHEN PRACTICING FALLS.</i> "Taking a knee" is the last resort for stopping very quickly or avoiding collision/injuries

*(*For the purposes of these minimum Skating Officials skills, all skills must be performed safely. In this case, "safely" means successfully completing the skill without interfering with others or causing them to adjust their stance/trajectory/speed to avoid you or your legs/arms.)*

Intermediate skating skills for officials

Once someone is past the basics, these are the skills I continually encourage officials to practice and improve. If I'm giving feedback after a game or writing an evaluation, these are

examples of pointers/suggestions I'll always give if I feel that the official's in-game calls/no-calls would benefit from continued improvement in skating.

<u>Other expected intermediate skating skills</u>	<u>Goal for skill</u>
Stopping and starting at speed**	No matter your speed, safety and game flow requires stops and starts occur small within the space expected by those around you. Someone who takes 15 feet to stop can be less effective than someone who can stop in 5 feet. Someone who takes up 3.5' width of infield to plow is more dangerous than someone who only takes 2' of stance to come to a stop.
Maintaining locationing with game velocity changes	Locationing can mean the difference between seeing a call and missing a call. As a JR, you can't call a back block on your jammer if you're in front of them because you couldn't quickly get back into a better position due to changes in the jammer's speed. Skaters are very nimble. A safe, fair game means the officials must be able to mirror the skater's track position.
Crossovers	Crossovers are an efficient way to turn in an arc on a track at full speed without losing momentum.
Backwards skating	This skill is useful for all SOs, however F-OPRs and FIPRs in particular benefit from this. Skating backwards is useful for maintaining both our physical position and eyes on the action.
Transitions (both directions, right/left and forwards/backwards)	These are a kind of change in locationing where momentum in one direction is maintained, but the feet switch from pointing forwards to backwards, and vice versa.
Avoiding obstacles	Equipment, skaters, water bottles, unexpected RC cars, water puddles... you never know what might occur with derby. Skating on one foot, jumping, and sudden tight swerves are examples of moves that fall under this skill.
Taking minor collisions	Collisions are usually avoidable for SOs, but it's important to react safely when they do occur. <i>ALWAYS WEAR FULL GEAR WHEN PRACTICING COLLISIONS.</i>

*(**At the intermediate level, all beginner and intermediate skills are expected to be performed **safely at speed**. For these skills, "at speed" refers to the typical pack speed for Pack Ref positions, or jammer speed for Jammer Refs.)*

Advanced skills

Just a short, non-exhaustive list of additional applicable skating skills, these aren't required in order to effectively officiate. They're just nice to know how to do. If you can already do them, practice doing them faster. Practice doing them backwards. Practice doing them in both directions. Practice doing them on different floor surfaces. Practice doing them one footed. If you get bored with these, learn to dance/jam skate. Any skating experience is ultimately applicable.

Variety of stops/deceleration	Forwards and backwards - plow stop, hockey stop, 180 toe stop, t-stop, one foot sweep stop, side glide/step stops, etc. The more stops you have in your tool box, the better prepared you'll be for sudden changes in traffic jams. Some stops provide an added advantage of allowing you to "preload" your muscles in preparation for accelerating in a new direction.
Pushing	Accelerating without lifting skates off the floor. Particularly useful for inside refs to keep their stride from tripping others in tight quarters
Jumping	One footed, two footed, side-to-side, while stopped and while at speed. Useful to avoid obstacles, water bottles, downed skaters, etc.
Crouching/ducking	Stationary, at speed, facing forward, facing backwards. Helps achieve more angles of view of the pack action, passes, call offs.
One foot glides	Using either foot, forwards/backwards, sideways both ways. Helps with maneuvering in tight spaces.
Weaving	Slalom with single foot and both feet. Another maneuvering in tight spaces skill.
Standing/pushing/walking/running on toe stops	Allows for position control and quick direction changes

Backwards-facing crossovers	In particular useful for F-OPRs to maintain speed and eyes on the action. At full speed these are particularly visually impressive.
Side surfing	Leading right foot, leading left foot, clockwise arc, counterclockwise arc, useful for all, but in particular useful for OPRs as ways to maintain momentum while facing sideways
Pushing/accelerating while side surfing	In particular useful for OPRs to increase speed while facing sideways
27 in 5	Being able to complete 27 derby laps on the track in 5 minutes or less helps with keeping up with fast packs