

Minimum Skills

Individual:

Skating Posture (Derby Stance)- Bend at knees and hips with shoulders back. Demonstrate stability, with center of gravity down and forward. Demonstrate ability to skate low with bent, flexible knees.

Stride- Steady, confident, fluid strides. Use both feet to push forward on straightaways. Shift weight from foot to foot without stumbling.

Crossovers- Perform clockwise and counter clockwise while skating straightaways and track turns using both feet to push.

Plow stop- Turn one or both feet so toes are pointing in and heels are pointing out. Will need to come to a complete stop from a brisk pace within four seconds, using proper form and without losing balance.

Falls- Left/right knee taps without coming to a stop or using hands. Double knee slides, returning to active skating within 3 seconds without using hands. Fall small and recover quickly.

Transitions- Make 180° and 360° turns without breaking stride, maintaining a moderate pace. Make 180° turn stops from a brisk pace.

Perform **one-foot glides** with each foot for the length of the track turn and straightaway.

Accelerate from a standstill to complete one lap within 13 seconds.

Sticky Skating- Propel self while keeping all eight wheels on the floor.

Lateral cuts- Cross the track at least four times on each straightaway and at least three times on each track turn.

Backwards skating- within track boundaries maintaining moderate pace around the entire track.

Standing and Stepping from a Standstill- Maintain Control of Wheels (not rolling). Forward and backward, side to side in both directions, Grapevine, Shuffle, Quick steps.

Hopping- Hop over an object at least six inches in height while skating at a moderate pace. Hop laterally at least 18 inches from a brisk speed.

Comfortably **look left, right, and behind** quickly and unexpectedly, maintaining regular skating stride at a moderate pace.

Group:

Weave- through a single-file line of skaters, each an arm's length apart, at a moderate pace with head up, not focusing on your feet. Maneuver through 10 cones, each no more than five feet apart in less than six seconds.

Weave around moving and **unexpected obstacles**.

Whips- Give and receive inside/outside arm whips. Take and provide hip, belt and clothing whips.

Pushes- Maintain form and balance before, during and after pushing and receiving pushes.

Pacing- Adjust to the variable speeds of a pace line while maintaining an arms-length distance from other skaters without falling, tripping, overtaking or running into another skater.

Recover balance after bumping skates or locking wheels with another skater.

Positional Blocking and Leaning- Lean and push on an opponent with legal blocking zones to legal target zones while moving at moderate speed. Use a plow stop to slow another skater without tripping other skaters in the pack.

Pack Skating- Maintain derby stance in a tight pack adjusting for increases and decreases in speed.

Checks/Hits- Demonstrate the ability to receive and perform repetitive hip, body and shoulder hits/checks delivered with legal blocking zones to legal target zones with moderate to heavy force while skating at a brisk pace without flailing or grabbing other skaters. If the hit knocks the skater off balance, they fall safely, without sprawling, and demonstrate an ability to recover within two to four seconds. Falling is ok, but you need to fall small and recover quickly.