



JUNIOR ROLLER DERBY ASSOCIATION

SKILLS ASSESSMENT FORMS

Updated 16 February 2015

The intent of the JRDA Skills Assessment test is to provide a standardized system to guide Trainers and Coaches for the purpose of:

- Determining the training needs of individual skaters
- Determining the level of competition a skater is qualified for
- Forming teams that safely and fairly match skaters by their abilities

In order to allow beginning skaters to play derby as quickly as possible while continuing to improve their skills, JRDA divides skaters into four levels. Each level has a separate set of required skills, and a separate skills assessment. Levels 0 (beginners), 1, and 2 are still learning skating and derby; level 3 skaters are proficient.

Beginning Skaters – Beginning skaters are learning to skate and practicing basic safety, skating, stopping, and falling. They do not play derby, but focus on learning basic skating skills and the very basics of derby.

Skill Level I – Level I skaters are becoming masters of their skates, learning basic game play and teamwork, and beginning to scrimmage and bout positionally. They are beginning to learn more advanced rules and strategies. Level I skaters typically play exhibition games within their own league.

Skill Level II – Level II skaters are playing using pushing contact only in scrimmages and games. They are also learning advanced teamwork, rules and regulations, and strategic play; practices emphasize fluidity of motion and building skeletal muscular strength and endurance. Typically, skaters are age 9 or above when they are able to meet Level II requirements, but there is no set age requirement. Level II skaters typically play regulation games within their own league, or scrimmages and exhibition games between leagues.

Skill Level III – Skaters who pass the Skill Level III Assessment demonstrate adult-level competency on skates and with the rules. Level III skaters practice, scrimmage and play using full-contact rules. Level III skaters play JRDA sanctioned games for inter-league rankings, and in JRDA tournaments and championships. In addition, Level III skaters are expected to help teach lower-level skaters and to be ambassadors for the league.

Each skills assessment consists of two parts: a physical demonstration of skating ability, and a written rules test. The testing coach or committee must sign each skater's individual assessment sheet. Skaters must be assessed prior to their first interleague competition, and re-assessments must be done at least annually thereafter. JRDA leagues must maintain signed records of successful testing of their rostered skaters and be able to provide these records to the JRDA upon request.

The appropriate rules test will be administered to each skater individually. Skaters will not have access to notes or any rules document rules documents during the exam. The minimum required score to pass each rules test is 80%.

[The written tests are not included here to avoid skaters memorizing the answers; please email rules@juniorrollerderby.org if you are a junior league coach or administrator and would like a copy of the written exams.]



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LEVEL I SKILLS ASSESSMENT

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The skater must demonstrate proficiency in the following areas:

Skating Posture

- Derby stance - bends at knees and hips with shoulders back
- Demonstrates stability while moving, with center of gravity down and forward.

Stops

Skater must come to a complete stop from a brisk pace within 4 seconds, using proper form and without loss of balance.

T-Stop

Balancing weight on one leg, other foot is turned at a 90 degree angle so the heel or arch of the turned foot is aligned with the heel of the other foot. Smooth pressure applied with the turned foot using the two outside wheels, the two front wheels or all four wheels (does not use only the two inside wheels).

- Left
- Right

Falls and Recovery

Skater must perform the following falls safely, correctly, and naturally.

Knee Taps

- Left
- Right
- Recovers without hands
- Does not come to complete stop

Double Knee Fall

- Knees hit in sequence, not together
- Up within 3 seconds
- Recovers without hands on track

Balance/Agility

Skater must demonstrate the ability to perform the following tasks without loss of balance or falling.

Standing in place

Stepping from a standstill

- Forward and Backward
- Side to side in both directions

Speed

- Eight (8) laps in 2 minutes on a WFTDA regulation track (15 seconds per lap)

Stride

- Has steady, confident, fluid strides
- Uses both feet to push forward on straightaways
- Able to propel with all 8 wheels on the floor (sticky skate)

Plow Stop

Turns one or both feet so toes are pointing in and heels are pointing out. Upon completion of stop, feet are in a position that would allow resumed skating (feet are not spread so wide apart skater must adjust stance before resuming skating).

Four point fall

- Hands in front of the body, fingers closed into fists
- Up within 3 seconds

One-foot balance

Ability to balance on each foot while moving for length of the straightaway

- Left
- Right

Rules

- Complete 10-question written test missing 2 questions or fewer

X _____ / /
Coach Date

X _____ / /
Skater Date

Skater Name: _____ Number: _____



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LEVEL II SKILLS ASSESSMENT

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In addition to all Level I skills, the skater must demonstrate the ability to perform the following skills legally and safely while skating at a moderate pace:

Skating Posture and Technique

Crossovers

- Performs smooth crossovers while skating
- Uses both feet to push during crossovers

Moving one-foot balance

Performs one-foot glides with each foot for the length of the straightaway and one turn with good balance.

- Maintains sufficient speed to complete glide
- Does not flail limbs

Stationary one-foot balance

Able to stand on one skate for 30 seconds without leaning, weaving, or falling

- Left
- Right

Cuts

Move easily and fluidly from one side of the skating lane to the other

- 2 cuts per straightaway
- 1.5 cuts per turn

Pack Skills and Interactions

Pacing

Adjusts to the variable speeds (decrease/increase) of a pace line while maintaining an arms-length distance from other skaters without falling, tripping, overtaking or running into anyone.

Leaning

Side-to-side

Skates while leaning shoulder to shoulder with another skater while maintaining an upright position and propulsion without tripping, falling, or becoming unsteady.

Front-to-back

Contact must be legal blocking zone to legal target zone while moving at moderate pack speed. Use a plow stop to slow another skater in a pack without tripping other skaters. Affected skater must have demonstrated decrease in pace due to blocking skater's positioning and/or contact.

Attention and focus

Looks left, right, and behind quickly and unexpectedly while maintaining regular skating stride at a moderate pace

Quick steps in place

Both feet rapidly alternate in small steps, only one foot is on the ground at a time

- Left
- Right

Grapevines

First foot side steps, second foot steps across and in front of first foot, first foot side steps, second foot steps behind and crosses first foot

- Left
- Right

Shuffle

First foot side steps, second foot steps to meet first foot without crossing first foot, first foot immediately side steps in a hopping motion

- Left
- Right

Arm whips

- Giving inside whip
- Giving outside whip
- Taking inside whip
- Taking outside whip

Hip, belt and clothing whips

Taking

Consistently takes whips from another skater's body or clothing without pulling the other skater off balance

Giving

Consistently has stability to provide hip and clothing whips without getting pulled off balance

Pushes: Giving

- Pushes near receiver's center of gravity
- Provides noticeable change in receiving skater's momentum
- Centered and even (does not turn receiving skater's hips)
- Parallel to the floor (does not cause the receiver to be pushed off feet or to the floor).
- Maintains form and balance throughout

Pushes: Receiving

- Uses momentum provided to accelerate
- Begins skating within two seconds of push
- Maintains form and balance while receiving push forward, to left and/or right.



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LEVEL II SKILLS ASSESSMENT

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Hopping

Hop over an object at least 6 inches in height without touching the object or losing balance.

- Skater's feet leave the ground simultaneously

- 18-inch lateral (sideways) hop while moving forward

Weaving

- Cones

Maneuvers through 10 cones spaced 5 feet apart or less (less than 50 feet total distance from the first cone to the last), placed through both straightaways and track turns, in less than 6 seconds

- Pack

Weaves comfortably and briskly through a moderately moving pack of skaters

- Paceline

Weaves through a single-file line of moving skaters who are each an arm's length apart.

Speed

- Fifteen (15) laps in 3 minutes based on a WFTDA regulation track (12 seconds per lap)

Rules

- Complete 20-question written test missing 4 questions or fewer

X _____ / /
Coach Date

X _____ / /
Skater Date

Skater Name: _____ Number: _____



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LEVEL III SKILLS ASSESSMENT

Updated 16 February 2015

In addition to all Level I and II skills, the skater must demonstrate the ability to perform the following skills legally and safely while skating at a moderate to fast pace:

Skating Posture and Technique

Transitions

Turns without breaking stride, maintaining a moderate pace

- 180° Clockwise, forward to backwards
- 180° Counter-clockwise, forward to backwards
- 180° Clockwise, backwards to forward
- 180° Counter-clockwise, backwards to forward
- 360° (either direction)

Backwards Skating

Maintains moderate pace skating backward around the entire track

Backwards Crossovers

Performs reverse crossovers, crossing over the right foot to the outside of the track

Cuts

Move easily and fluidly from one side of the skating lane to the other

- 4 cuts per straightaway
- 3 cuts per turn

Stops

Skater must come to a complete stop from a brisk pace in 4 seconds or less, using proper form and without loss of balance

- Able to turn 180° and stop using toe stops while skating backwards

Obstacles

Test all skaters in a pack of 4-10 moving at a moderate pace. All skaters demonstrate the ability to perform safe knee taps and slides at unexpected times in the pack. Upright skaters must avoid downed skater(s) without going out of bounds, falling over them, or causing unnecessary hazard.

Blocks

- Positional
 - Proper posture
 - No loss of balance or focus
- Contact: Giving
 - Legal
 - Moderate to heavy force
- Contact: Receiving (repeated, heavy)
 - Maintains/recovers stability
 - Falls small
 - No flailing
 - Accepts wheel checks, recovers balance
 - Does not cause hazard for other pack skaters

Speed

- Twenty-seven (27) laps in 5 minutes based on a WFTDA regulation track (11.1 seconds per lap)
- Accelerates from a standstill to complete one lap within 13 seconds.

Rules

- Complete 15-question written test missing 3 questions or fewer

X _____ / /
Coach Date

X _____ / /
Skater Date

Skater Name: _____ Number: _____