



LEAGUE HANDBOOK

VERSION 2.0

UNDEAD BETTYS SKATER HANDBOOK

Table of Contents

| | |
|-----------------------------------|----|
| League Members..... | 3 |
| Skaters..... | 19 |
| Zombie Control Unit (“ZCU”) | 31 |
| Other Volunteers..... | 39 |
| Sample Skater Assessments..... | 45 |
| Skater Acknowledgement | 48 |

UNDEAD BETTYS SKATER HANDBOOK

LEAGUE MEMBERS



**THIS SECTION IS APPLICABLE TO ALL
MEMBERS OF THE LEAGUE**

UNDEAD BETTYS SKATER HANDBOOK

1. General Introduction and Mission Statement

1.1. Who are we?

Cemetery Mary and Graves formed Brawlin' Bettys Roller Derby in July 2008. Confusion arose when another team started using our name; in May 2009 we changed our name to Undead Bettys. We are a new league looking to pull ourselves up by our skate straps through dedication, sweat, blood, and tears. In our first two seasons, we made our name known in California as a formidable B team who unexpectedly won way more bouts than lost. In our third season, we are establishing two travel teams, Undead Bettys which is our A team, and The Damned Skaters which is our B team.

1.2. Undead Bettys Mission Statement

Undead Bettys was established to provide a fun sport that promotes empowerment and fitness for our members. We are an all female, flat-track roller derby team who focuses on providing entertainment to our fans, fitness and fun for our members, and to promote confidence in our skaters.

1.3. Undead Bettys is By the Skaters for the Skaters

Undead Bettys is by the skaters for the skaters, which means we are an all volunteer league that is skater owned and operated. No one (not the president, executive committee members, coaches, refs, or other staff) makes money on the team. All dues and revenues pay for rink time, bouts/events, other Undead Bettys expenses, and/or are donated to charity.

2. Skater Membership

There are two classification systems for members. The first classification deals with your status as a league member. The second classification deals with rankings based on skating skills. All skaters start out as Fresh Meat and Infected; for transferring skaters please see: 'Transferring Policy'. All skaters are required to have USARS insurance.

2.1. Membership Status

Fresh Meat: A league member who has not met attendance goals for six months or not passed to a Dead Level while meeting all league commitments as specified for their membership classification. Fresh Meat does not have voting rights or the ability to be league management or executive committee.

Full League Member: A league member who has met attendance goals for six months or passed to a Dead Level while meeting all league commitments as specified for their membership classification. Full league members have voting rights. Skaters or the Head Coach who are full league members have the ability to be league management or executive committee.

UNDEAD BETTYS SKATER HANDBOOK

2.2. Transferring Policy

Undead Bettys welcome transfers from other leagues; however, prior to accepting a transfer the following steps must be complete:

- 2.2.1. Complete an interview to determine if the transfer is a good fit with the league
- 2.2.2. Undead's Interleague Liaison must notify the transfer prior team's interleague liaison (for all affiliations in past 6 months) of the team change.
- 2.2.3. All transferring skaters and referees, no matter skill level, will complete an 8 week training course on basic skating skills. After which, if the coaching committee determines you have the necessary skills to pass the skills assessment, you will be selected for assessment to the next level.
- 2.2.4. Skaters will not bout for at least 3 months after joining the league.

2.3. Skill Levels

2.3.1. Member classifications

(i.e. Infected, Dead, Undead) are the ranking systems that indicate skating skill. Skaters and referees have different benefits bestowed upon them for obtaining the different member classifications. Refer to the Skater or Referee section below to see the classifications for each type of member.

2.3.2. Assessments

Skaters and referees will be assessed per their skill level, which will dictate their eligibility to participate in different events. Head Coach retains the right to determine participation in events. If the Head Coach and skater/referee cannot resolve a dispute, it should be brought to the executive committee who will decide.

Every skater and referee will be tested annually. Testing can be done as needed and can be informal, but a standardized sheet will ensure the constancy among tests. The appointed assessment committee can test skaters and referees. Skaters and referees must be tested by a minimum of two people, which will collaborate and agree upon assessment and level.

In order to be eligible to be assessed, skaters must be current in dues, have met attendance requirement for a 2 month period, must have more than zero activity points at the end of the prior month, and carry USARS insurance. Referees must have met attendance requirement for a 2 month period, have obtained signoff of initial 12 sessions, and carry USARS insurance.

To review the current assessments, refer to the Appendix A.

UNDEAD BETTYS SKATER HANDBOOK

3. League Commitments

3.1. Dues

Skaters are required to pay dues in accordance with the due's policy located under the Skaters section. ZCU and other volunteers do not pay dues.

3.2. Attendance

Attendance requirements are based upon your membership status and classification. As such, refer to the appropriate section.

3.2.1. Attendance Credit for Attending Practice but Not Skating

In order to obtain attendance credit for attending a practice but not skating, a skater or referee must be actively participating off-skates. Specifically, they must be on the track, actively listening to instructions from the coach or head referee (as appropriate).

Should not be engaged in personal conversations which hinder their ability, or the ability of others, to learn or hear what is being taught.

Credit will not be given for attending to socialize or to complete committee work.

Exceptions are granted to executive committee members who have obtained prior approval from the Head Coach and/or President to be completing a necessary task for the benefit of the entire league.

3.2.2. Attendance Credit for Attending Practice while Skating but Unable to Fully Participate in Drills

In order to obtain attendance credit for attending a practice while skating but unable to fully participate in drills, you must be actively participating by skating laps when the drill is in progress. When the coach pulls the group together for discussions, you should meet with the group and actively listen as you may learn something.

Credit will not be given for attending to socialize.

3.2.3. Extra Credit for Attendance

There are many opportunities to gain extra attendance points, which include the Friday Super Secret Open Skate, Strength Training, Group Skate Session, and Other League's Practice.

UNDEAD BETTYS SKATER HANDBOOK

3.2.3.1. Friday Super Secret Open Skate (not an official practice)

- An open skate session where coaches and Bettys help out skaters one-on-one. Limited to light contact since the session is open to the public.
- Fridays 4:00-6:30pm @ Paradise Skate
- A text message is sent out earlier on Friday, if 3 skaters reply back that they are going practice will happen. If there are not enough positive responses a practice is cancelled text will go out
- Email coaching@undeadbettys.com to be added to the text list
- Each Friday is worth 0.5 points of extra credit

3.2.3.2. Strength Training (not an official practice)

- Various official activities hosted by Bettys coaches to get the team in better physical fitness
- Normally held on Sundays
- Each Strength Training class is worth 0.5 points of extra credit

3.2.3.3. Group Workout Session (not an official practice)

- Team member coordination of open skate session or off-skates physical training (including strength and endurance) with 3 or more team members
- Session invite with details of time and location to be emailed out to team yahoo group (undeadbettys@yahogroups.com) at least 24 hours before session
- Organizer of session is responsible for sending attendance to attendance@undeadbettys.com within 2 days after the event
- Each group workout session is worth 0.25 points of extra credit
- Up to 1 point per month

UNDEAD BETTYS SKATER HANDBOOK

3.2.3.4. Other League's Practices (not an official practice)

- Intended for skaters traveling personally out of the immediate area
- Need proof of attendance (i.e. email or a note from the other league)
- Must be turned in a timely fashion, (i.e. before totals are done for the month)
- If you are going to visit California, leagues it needs to be coordinated with our interleague (which is currently our President) to their interleague.
- Each other league's practice is worth 0.5 points of extra credit
- Up to 2 points per month

3.2.3.5. Training Seminars (not an official practice)

- Points will be determined at the Executive Committee's discretion.

3.2.4. Excused Absences

Excused absences do not affect eligibility. However, Head Coach and Head Ref may take into account length of excused absences during bout roster selection. There are two types of excused absences: Injury and Vacation.

3.2.4.1. Injury

Each member is allotted 2 weeks of excused practices for injury each year. To be eligible to utilize the excused absences, complete the appropriate request form and submit it to the Executive Secretary 24 hours in advance of practice. In order to return to practice from an injury, the skater must provide the President or Head Coach with a doctor's note stating that the skater is able to either 1) skate with full contact or 2) skater with limited contact.

3.2.4.2. Planned Vacation

Each member is allotted 2 weeks of excused practices for planned vacation each year. To be eligible to utilize the excused absences, complete the appropriate request form and submit to the Executive Secretary least 2 days prior to vacation to be eligible to claim the excused practices. Excused practices will not affect your ability to bout.

UNDEAD BETTYS SKATER HANDBOOK

3.3. USA Roller Sports (“USARS”) Insurance

All members who skate (skaters, referees, and coaches) are required to carry USARS insurance. New members are required to sign up for USARS during their first practice. USARS’ cover members during official practices and sanctioned bouts only. USARS does not cover members during open skates, off-skates training, advertising events, and scrimmages – members participation in non-official skating events is at their own risk.

4. Offseason

Our normal season starts in mid-April and continues thru mid-December. Offseason is technically December thru March.

During offseason, practices continue as normal, there are no bouts, and the league tries to plan for minimal efforts by members. That is, typically no fundraisers, home bouts, or large planning activities will be scheduled during offseason. Efforts such as website updates, bookkeeping, recruiting, and other necessary functions should continue. Committees should still hold meetings but should not plan any large changes, research, or other time consuming efforts. All efforts will be made to keep this period as low impact as possible.

Since practice is ongoing during offseason, dues will still be collected. From a bout eligibility perspective, everyone’s attendance starts on a clean slate at the beginning of each season.

The following table illustrates how points and attendance impact eligibility:

| Months Point & Attendance are Earned | Are Points & Attendance Tracked during this period? | Do the Points & Attendance Count Towards Bout Eligibility? |
|---|--|---|
| March thru November | Yes | Yes |
| December thru February | Yes | No |

4.1. Attendance

Full league members do not need to meet attendance or activity point’s requirements during December thru February to maintain league status and voting rights. Remember, the more you skate the better you become.

Offseason months will count towards Fresh Meat members becoming Full members if they meet their attendance goal.

UNDEAD BETTYS SKATER HANDBOOK

4.2. Activity points

For Full League Member Skaters and Fresh Meat Skaters, activity points can be accrued but will not be taken away in December thru February. Off season is also a good time to get extra activity points to bring you up to 5; which is the required amount to bout.

For Fresh Meat skaters, you may earn activity points in your first 2 months with Undead Bettys; however, we will not remove 2.5 points from you during those same first 2 months. This time period will allow you to build your points.

At December 1st of each year, activity point reset will occur. Skaters may roll forward up to 10 activity points. If a skater has 10 points or less, they will roll forward their total points. If a skater has more than 10 points, she may only roll forward 10 points.

ZCU and other volunteers do not earn activity points as they do not have a requirement to volunteer on league committees.

5. Communication with Other Parties

Undead Bettys has worked hard to foster a great reputation and strong relationships with other leagues, business partners, vendors, and volunteers. No member should tarnish or harm our league's reputation or relationship with any party. Members should always work in the best interest of the league.

5.1. Other Leagues

All contact with other leagues must be directed through our Interleague Coordinator. Members should make no promises or agreements with other leagues, unless instructed by the Executive Committee.

5.1.1. Skating or Volunteering for Other Leagues

No member shall skate, volunteer, ref, or NSO any bout for another league without prior approval from the Executive Committee.

5.1.2. Relationships with Other League's Skaters, Coaches, or Staff

No member shall invite skaters, coaches, refs, or NSO's from other leagues to participate in Undead's practices, bouts, or events without prior approval from the Interleague Liaison.

UNDEAD BETTYS SKATER HANDBOOK

While we appreciate the willingness of other leagues to participate in our practices, we need to maintain a professional relationship with other leagues and want to ensure other leagues know we are not trying to steal their members, coaches, or staff. Therefore, all of these types of activities are coordinated through interleague liaisons on both teams.

If a skater, coach, ref, or volunteer from another league approaches you requesting an invite to our practice, please forward the request to our Interleague Liaison.

5.1.3. Guest List and Comp Tickets to Other League's Bouts

If you would like to attend a bout hosted by another league and would like to obtain guest list or comp tickets, you must direct your inquiry through Undead Bettys' Interleague Coordinator. When guest list or comp tickets are available, they are distributed to members on a first come first serve basis when.

5.1.4. Agreements and Promises

No member shall make any agreements or promises to other leagues unless you are part of the Executive Committee or the Interleague Coordinator. This includes but is not limited to promises to appear or agreements for compensation. The President is the only person authorized to enter into a written agreements.

5.2. Media / Sponsors / Venues

All contact with media, sponsors, venues, and others should be made by the Executive Committee unless you are commissioned by the Executive Committee to do so. If any external entity contacts a skater they should be directed to a member of the Executive Committee.

6. Other Policies

6.1. Health

The overall health of the skater and all teammates is top priority for Undead Bettys, Executive Committee, Coaches, and Committee Directors. It is the responsibility of every member to provide the safest atmosphere possible.

6.1.1. Medical Conditions

Any medical condition must be brought to the attention of the Executive Committee and Head Coach. If condition is severe enough for the Executive Committee or Head Coach to question an individual skater's or team's safety a doctor's note will be requested to ensure the medical field recommends participation. No member should withhold any medical conditions or skate with a medical condition, without approval from doctor, Executive Committee, and/or Head Coach.

UNDEAD BETTYS SKATER HANDBOOK

6.1.2. Returning from an Injury or Surgery

When returning from any injury or surgery, whether roller derby related or not, a doctor's note is required. At the Executive Committee's discretion this requirement can be waived.

6.1.3. Sick Policy

Roller derby is a close contact sport with lots of touching, exchanging of sweat, and close proximity. The nature of this sport makes illnesses spread quickly throughout the team. Skaters should not attend practice, events, or meetings if they are sick. If you are visibly sick the Coaches, Captains, Executive Committee members, EMTs, or other league management will ask you to leave.

6.1.4. Pregnancy Policy

No skater who is pregnant will engage in contact, scrimmages, or bouts. Skaters will be allowed to skate at practice with no contact until the middle of the second trimester (18 weeks). After which they will be reduced to off skates participation.

6.2. Photo Release

As a member of the league, your photo or video of you will be taken during all events and may be used in promotional items, on our website, or on other league's promotional items or websites.

As such, by agreeing to the bi-laws set forth in this document, you are providing Undead Bettys, their photographer, their assignees, other leagues and their photographers, and any associated legal representatives, the irrevocable right to use your photograph or video in all forms, media and manners, without restriction as to changes or alterations, for advertising, trade, promotion, exhibition, or any other lawful purposes. You are waiving any right to inspect or approve the photographs or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to you or unknown, and waiving any right to royalties or other compensation arising from or related to the use of the photographs.

6.3. Intellectual Property Rights, Confidentiality, and Non-Competition Agreement

6.3.1. Intellectual Property Rights and Confidentiality

Intellectual property rights grant certain exclusive rights to a variety of intangible assets, such as trademarks and trade secrets.

UNDEAD BETTYS SKATER HANDBOOK

Undead Bettys teaches skills to improve individual skating, drills to improve group skating, and strategies and code words utilized in playing roller derby. Our strategies and code words are trade secrets. Our team names and logos are registered trademarks.

Confidential information may be contained in oral communications, as well as in any tangible expressions referring or relating, but not limited to: strategies, code words, business, marketing, or strategic plans, and member files.

Undead Bettys owns and has developed and compiled, and will develop and compile, certain trade secrets, proprietary techniques and other Confidential Information which have great value to its business. This Confidential Information includes not only information used by Undead Bettys to develop and offer the services to the members, strategies and code words utilized while bouting, but also information learned by member during the course of their membership to the Undead Bettys. Any Confidential Information shall remain the sole and exclusive property of Undead Bettys. Members shall have no interest in or rights to use or disclose Confidential Information.

Members will not, directly or indirectly, use, make available, sell, disclose or otherwise communicate to any third party any of Undead Bettys Confidential Information, either during or after their membership with the Undead Bettys.

6.3.2. Non-Competition

Members agree that during their membership to the Undead Bettys and for a period of one (1) year after termination of their membership, without Undead Bettys express written consent, members shall not, directly or indirectly, engage in any present or contemplated business activity that is or may be competitive with Undead Bettys within a 30 mile radius of Antioch, California. Members acknowledge that pursuit of such activities will necessarily involve the use, disclosure or misappropriation of Confidential Information.

6.4. Drug and Alcohol Policy

Undead Bettys upholds a strict no drug or alcohol policy for all league members because roller derby is an aggressive, dangerous sport and Undead Bettys strives to maintain a safe environment for all skaters. Additionally, if the below policy's are not complied with, USARS insurance will no longer be valid.

6.4.1. Practices

No member shall skate under the influence of drugs or alcohol at practice.

UNDEAD BETTYS SKATER HANDBOOK

6.4.2. Events

No member shall skate under the influence of drugs or alcohol. Additionally, no member shall drink alcohol during any event or the 24 hours prior to any event. This will be strongly enforced for all on-skates events. Any skater found to be intoxicated will be expelled from the event and will meet with executive committee to determine consequences, if any.

Events include: bouts, fundraisers, interleague scrimmages, visiting another league to skate, and any/all non-practice official Undead Bettys activities. For specific events where drinking would be allowed, this will be clearly stated at least 48 hours prior to the event.

6.5. Drama Free Clause

Undead Bettys strives to maintain a positive, inclusive, welcoming, and “best teammates” environment. No member may cause drama that is detrimental to this environment. All drama will be dealt with in accordance with the Consequences for League Misconduct policy.

6.6. Bouting and Event Decorum

Undead Bettys skaters and staff are expected to represent Undead Bettys in a professional manner. That is, whenever interacting with other leagues, business, venues, etc., skaters and staff are expected to act in a courteous, friendly, and respectful manner.

6.7. Executive Committee and League Management

The Executive Committee consists of four elected positions (President, Director of Operations, Director of Production, and Executive Secretary) and one appointed position (Head Coach). Elections are held annually and transfers of titles occur on January 1st each year.

Each member of the Executive Committee has a fiduciary responsibility to the league. That is, a fiduciary duty is the highest standard of care at equity and law to the league. A person with fiduciary responsibility is expected to be extremely loyal to the league, must not put their own objectives before their duty, and must not personally profit from her duty unless by league consent.

The Executive Committee has the authority to determine league goals, develop and implement policies and procedures, resolve issues and conflicts, make all financial decisions, appoint league management, and to make all business and league related decisions. Executive Committee decisions are determined by a majority vote.

The Executive Committee appoints the Head Coach. The Head Coach is considered a member of the executive committee and has voting rights as such.

UNDEAD BETTYS SKATER HANDBOOK

The Executive Committee appoints League Management. Multiple factors are considered when appointing league management; such as, but not limited to, knowledge and skill in the particular area, skating skill where necessary, attitude, track record, and willingness to assume the responsibility.

6.8. Refusal of Service

Undead Bettys reserves the right to refuse service to any member for not meeting the policies set forth within this document.

6.9. League Incentives

6.9.1. Recruiting Credit

The purpose of this credit is to promote recruiting within the league. The following steps should be followed to obtain the credit:

- Obtain recruiting cards at practice. They are the size of a business card and will fit in your smallest purse.
- Write your initials on the back of the card - legibly so the Recruiter can read it.
- Pass out the recruiting cards everywhere and anywhere; especially, if you see a lady who is tough, or who could be, with a little help or a dude who looks like he can be fair and impartial.
- If a skater join and pays dues to the league for 2 months, you will earn \$25 off your next month's dues.
 - To be clear, each new skater gets their first month free, the new skater would pay her dues during her 2nd and 3rd month with the league, and in the new skaters 4th month with the league, the existing skater who recruited the new skater would get \$25 off her dues.
- If a referee or NSO join and meets attendance goals for 2 months, you will earn \$25 off your next month's dues.

7. Practice Decorum

Practice is a place where learning is encouraged, hard work and endurance will occur, a positive and "best teammate" environment should be maintained.

Below is a list of acceptable and expected behaviors at practice:

- Practice isn't all skating; its attitude, teamwork, and general fitness. We expect you to keep a positive attitude and support your fellow skaters, ZCU, and volunteers:

UNDEAD BETTYS SKATER HANDBOOK

- Remember the coach, ZCU, and other volunteers are volunteering their time to help you improve, so check the attitude at the door or the coach can ask you to leave practice.
- Skaters and referees must wear all protective gear at all times; including your mouth guard, helmet, wrist guards, knee pads, and elbow pads.
- Let the coach or head referee (as per your membership classification) know before practice if you are leaving early. It's generally unacceptable to attend just the beginning of practice because it suits you.
- Practice starts at the specified time. Skaters and referees must be on the floor, geared up, completing your warm up laps at the specified start time. Arriving 10 to 15 minutes early to gear up, and catch up with your fellow derby girls or referees, will ensure you are geared up on time.
- Notify the coach prior to the start of practice regarding any medical limitations or injuries that will affect your participation during practice.
- Participate in all warm-ups, stretches, and drills unless you've had a conversation with the coach or head referee regarding your limitations.
- If you are not participating in a drill (for a pre-approved reason), you must not be disruptive to the other participants. You should not be standing around having personal discussions with other members not participating; instead, you should be actively observing the practice.
- Do not leave a drill without telling the coach or head referee (as per your membership classification).
- Minimal to no talking when the coach is leading a discussion. This will ensure you and your fellow members hear the instructions and strategies.
- There is no sitting during practice; one knee is acceptable during water breaks.
- The team takes water breaks together at the coach's or head referee's (as per your membership classification) instruction.
- Wear appropriate workout gear; no jeans at practice.
- No cell phone use during practice, unless it's an emergency. Turn off ringer.

Refer to member sections below for additional practice decorum items which are specific to your membership classification.

UNDEAD BETTYS SKATER HANDBOOK

8. Consequences for League Member Misconduct

The following discusses the consequences for member misconduct. If a member's actions are detrimental to the league as a whole, a fitting punishment will be voted upon by the Executive Committee.

8.1. Consequences for Misconduct

Examples of appropriate consequences are as follows:

- Public apology to the league or offended league/business:
 - Refusal of this apology will result in suspension from practice for two weeks, counting against attendance requirements.
- One week suspension counting against attendance.
- Two weeks suspension with one week counting against attendance.
- Refusal of consideration for the next bout roster.
- One month suspension as well as refusal of consideration for the next bout roster.
- Expulsion is considered a last resort and extreme punishment. Expulsion is only considered if the actions of the skater results in extreme consequences to the operations of the league as a whole, the skater has broken several bi-laws, or the same bi-law on multiple occasions.

8.2. Intentional Physical Harm or Threat of Physical Harm

If any league member brings intentional physical harm or threat of physical harm upon a league member, members of another league, or their property, the Executive Committee may vote to expel the member from the league, for the safety of all members and the maintenance of the good of the league.

At a very bare minimum, intentional physical harm or threat of physical harm will result in immediate expulsion from the bout in progress (regardless of referee ruling), refusal of consideration for the next bout roster, and two week suspension from practice counting against attendance.

Situations of self defense will be determined by the Head Coach and Executive Committee.

UNDEAD BETTYS SKATER HANDBOOK

8.3. Conflict Resolution

If three or more members develop conflict that results in disruption of practice, bouts or any league interaction, the Executive Committee has the responsibility to mediate the conflict in order to seek a resolution suitable for all parties. This includes complaints from three or more league members concerning the same subject matter.

A meeting should be held between concerned parties (all persons included) with the Executive Committee acting as mediator. The Executive Committee must explain at the start of the meeting their role as mediators and stress a nonbiased position.

If two members develop conflict that results in disruption of practice, bouts or any league interaction, the Executive Committee has the authority to suspend all concerned parties until the conflict is resolved between them without mediation of the Executive Committee.

8.4. Neglect of League Roles and Commitments

- If any league member with a standing title (Executive Committee members, coaches, committee directors, committee members, captain, co-captain, etc.) neglects to fulfill their responsibilities within that title for longer than two weeks unexcused, she may stand to lose this title. Responsibilities and goals are determined and assigned by the Executive Committee.
- Should any league member lose their standing title and she does not relinquish all data and/or league property obtained during her position within the said title, within the following 2 weeks, she may be suspended from practice or expelled from the league, based on an Executive Committee vote.
- Failure to arrive and actively participate in a bout or scrimmage that the member has been rostered in to play will result in League Member Misconduct and will be acted upon accordingly, unless the absence was excused by the Executive Committee.
- Failure to arrive and actively participate in any bout or event that a member has volunteered to participate in, or provide for, will result in League Member Misconduct and will be acted upon accordingly, unless the absence was excused by the Executive Committee.

8.5. Consequences for not Fulfilling League Responsibilities

- Failure to meet attendance policies, off rink requirements, and/or pay dues will result in ineligibility to participate in scrimmages and/or bouts.
- Failure to pay dues and/or missing an entire month practice will result in members being placed on the inactive list for one month. After the first month of noncompliance they will be removed from the roster. At this point, they would be considered Fresh Meat if they were to return and they would still be responsible for any outstanding debt to Undead Bettys.

UNDEAD BETTYS SKATER HANDBOOK

SKATERS



**THIS SECTION IS APPLICABLE TO ALL
SKATERS OF THE LEAGUE**

UNDEAD BETTYS SKATER HANDBOOK

9. Skater Status

The first member classification is listed in the table below with the requirements for each and the benefits they are bestowed.

| Classification | Requirements | Benefits |
|---------------------------|--|---|
| Fresh Meat: Skaters | <ul style="list-style-type: none"> • must either pass skills to level of 'Dead' and fulfill ALL league requirements for 2 months; or • meet all commitments including attendance, off rink, and dues for a period of six months prior to becoming a league member • is paying her dues on a regular, timely basis | <ul style="list-style-type: none"> • does not have voting rights |
| League Member: Skaters | <ul style="list-style-type: none"> • is meeting ALL league requirements including attendance, off rink, and dues • has passed skills to level of 'Dead' or has met all commitments for a period of six months • is paying her dues on a regular, timely basis | <ul style="list-style-type: none"> • has voting rights • can run for Executive Committee position • can be appointed to a League Management position • skater name will be registered as an Undead Betty with national registry |

UNDEAD BETTYS SKATER HANDBOOK

9.1. Skill Levels

The classifications of skaters are listed below with the minimum skills and benefits they are bestowed:

| Classification | Minimum Skills | Benefits |
|-----------------------|--|--|
| Infected | Has not passed basic skills | <ul style="list-style-type: none"> • can only engage in limited contact like light bumping and leaning |
| Dead | Has passed WFTDA minimum skills #1 - #3 (Basic Skating Skills, Falls, Balance/Agility) | <ul style="list-style-type: none"> • can engage in contact and league practices • eligible to participate in multi-league scrimmages at coaches discretion |
| Undead Level 1 | Has passed all WFTDA minimum skills (Skating With Others, Blocking, Rules) | <ul style="list-style-type: none"> • eligible to participate in intra/multi-league scrimmages • eligible to participate in intra-league bouts • eligible to participate in multi-league bouts at coaches discretion |
| Undead Level 2 | <ul style="list-style-type: none"> • plays at least one position very well • understands and exhibits strategy during game | <ul style="list-style-type: none"> • eligible to participate in bouts • eligible to participate in tournaments at coaches discretion |
| Und. All-star | <ul style="list-style-type: none"> • can play multiple positions well | <ul style="list-style-type: none"> • eligible to participate in tournaments |

UNDEAD BETTYS SKATER HANDBOOK

10. Skaters Commitments

There are 3 main commitments skater have to the league; Attendance, Off-skates Participation, and Dues. In addition, skaters are required to carry USARS insurance.

10.1. Dues

Dues are used, first and foremost, to pay for rink time. This is a large cost and due at the beginning of the month. After rink fees, the money will be used to pay for bouts, items for the entire team, and/or other business costs for Undead Bettys.

Skater dues of \$50 per month are due on the 1st of each month and no later than the 5th of that month. If dues are not paid by the 5th, there is a late fee set as follows:

- \$10 late fee for dues paid between the 6th & 10th of the month
- \$15 late fee for dues paid between the 11th of the month and thereafter

Late fees apply because the league is required to pay for your skate time at the rink, if you are on the Undead Betty's roster, regardless of the fact of how often you are attending. The league pays for rink time at the beginning of the month prior to knowing how often you show up.

Dues which are not paid-in-full by the end of the month in which they were due result in a skater being ineligible for all on-skates participation (including, but not limited to practices and bouts) on the first of the following month. Skaters who are ineligible for on-skates participation will not receive attendance at any practice until dues have been paid.

What if I miss an entire month? If you plan on missing an entire month you must notify the President of Undead Bettys at least 1 week prior to that missed month. Your name will be removed from the roster and you will not owe dues for the missed month. However, if you just don't feel like showing up for an entire month, and did not previously notify the President, you will owe \$115 prior to being allowed to lace up and re-join the team. That is, \$50 in dues for the missed month, \$15 in late fees, and \$50 for dues of the new month that you will to skate in.

Waiver of dues may be requested during financial hardship but must be approved by the executive committee. Dues may not be waived more than once per season, no longer than 2 months, and the skater requesting the waiver must be a full league member to be eligible.

Injured skaters, on an excused absence, are required to pay reduced monthly dues, **\$5 per month**, in order to maintain their spot on Undead Bettys roster.

UNDEAD BETTYS SKATER HANDBOOK

10.2. Attendance Policy

The following table indicates attendance requirements:

| Classification | Attendance Requirement | Comments |
|---|------------------------|--|
| Fresh Meat (in initial training session) | 2 practices per week | Must meet 2 practices per week or you could be asked to re-start during next open enrollment Every month that this commitment is met will count towards becoming a full league member. |
| Fresh Meat (after initial training session) | 50% per month | Every month that this commitment is met will count towards becoming a full league member. |
| League Members: Infected, Dead, and Undead Level 1 | 50% per month | Meeting this requirement: <ul style="list-style-type: none"> • maintains voting rights • allows them to be eligible to participate in on-skates activities as determined by their level. |
| League Members: Undead Level 2 | 66% per month | Meeting this requirement: <ul style="list-style-type: none"> • maintains voting rights • allows them to be eligible to participate in on-skates activities as determined by their level. |
| League Members: Undead Allstar | 75% per month | Meeting this requirement: <ul style="list-style-type: none"> • maintains voting rights • allows them to be eligible to participate in on-skates activities as determined by their level. |

UNDEAD BETTYS SKATER HANDBOOK

10.3. Off-skates Participation

Roller derby isn't just a sport it's a lifestyle. Skaters are required to pitch in to keep the team running. Without help from all of the skaters, this team cannot continue to grow, bout, or function. No one makes money on the team so everyone is required to volunteer their time off-skates.

The following is a list of skater responsibilities that require an extra time commitment outside of practice:

- **Flyering:**
 - Required to flyer for five hours for each home bout, whether or not you are skating. These hours must consist of:
 - Three hour Undead Bettys organized event wearing a team uniform or skates to the group events.
 - Two hours consisting of flyering on your own. This will be coordinated through the Advertising Director.
- **Volunteering at Bouts:**
 - If you are not skating in a home bout, you are required to volunteer to help set-up, clean up, and run the event.
- **Committee Involvements:**
 - Every league member is required to actively participate on one committee.
 - We have the following committees: Sponsorship, Human Resources, Art & Web, Advertising, Build, Coaching/Capitan's, Event Planning, Ref/NSO, and Merch.
- **Meetings:**
 - **Team Meetings:**
 - All league members are expected to attend at least 50% of team meetings. These meeting occur monthly.
 - **Committee Meetings:**
 - You are also expected to attend the meetings of your respective committee. These meeting occur monthly.
- **Events:**
 - Several events, such as bouts, fundraisers, and charity events, are hosted each year. Skaters are required to participate in such events. The committee head hosting the event will notify skaters if participation is mandatory or just highly recommended.
- **Ticket Sales:**
 - Each skater is required to sell at least 2 hard copy tickets per home bout.

UNDEAD BETTYS SKATER HANDBOOK

10.3.1. Activity Points

To ensure all the off-skates participation is fair and tracked objectively we use the following system. Points are accrued by working at functions, attending team meetings, committee meetings, and completing action items.

In order to ensure everyone continually maintains active participation in the league, 2.5 points will be removed from your points account at the beginning of each month. That is, if you have 5 points in August, on September 1st the President will remove 2.5 points from your account leaving you with 2.5 points. In order to re-build your account you will need to participate in any of the ways mentioned in the chart below.

| <u>Points</u> | <u>Participation In</u> | <u>Points Awarded By</u> |
|---------------|---|--------------------------|
| 1 or 2 | Fulfilling committee director responsibility of hosting 1 meeting per month, following up on action items, successfully reaching goals, continually striving to reach goals and set goals, maintaining professional relationship with your committee members and all team members, ensuring Executive Committee awareness of committee status, etc. | President |
| 1 | Attending committee meeting | Committee Head |
| 1 or 2 | Active participation in committee meeting. That is, taking responsibility for action items and successfully completing them. Participating in events of your committee. | Committee Head |
| 1 | Attending team meeting | President |
| 1 or 2 | Active participation in team meeting. That is, taking responsibility for action items and successfully completing them. | President |
| TBD | Events points are given for active participation in event. Points will be determined by event. Points will range from 1 to 3 points depending on how much participation was involved. | Committee Head |
| TBD | Special Project Points – League needs help with special projects like the non-profit project or maybe just updated a league form as necessary. If you are | President |

UNDEAD BETTYS SKATER HANDBOOK

| | | |
|--|---|--|
| | not going to meet your points required for bouting and would like to earn extra credit speak with the President about special projects that you could participate in. | |
|--|---|--|

Offseason months will count towards Fresh Meat members becoming Full members if they meet their attendance goal of 50% per month.

11. Bout Eligibility and Roster Selection

Bout eligibility is determined by meeting all league commitments as follows:

- **Dues:** Skaters must be current in dues to be eligible to bout
- **Attendance:** Skaters must be meeting attendance goals each month. That is, if the attendance goal is not met, that skater would be ineligible to bout or to be assessed.
- **Off-skates Participation:** Skaters must have 5 points at the end of the month to be in good standing.
- **USARS:** Skaters must carry USARS insurance.

If all eligibility requirements are met, the skater will be placed in the pool of eligible skaters for that bout. Bout rosters are normally due 35 days before bout day. The means March's dues, attendance, and participation might be used for April or May bouts depending on the contract with the other team. The list of skaters eligible to participate in a bout will be provided to the Head Coach at the beginning of each month.

The Head Coach is then responsible for preparing the bout roster from the list of eligible skaters. Head Coach will choose 2 girls who are best suited for each of the 5 positions. The other 4 slots will rotate among the rest of the girls eligible to bout. This will ensure all positions are appropriately covered and that all skaters have an opportunity to bout during the season.

Want to be on the majority of the bout rosters? Practice more, focus on improving your individual skating skills, and earn a spot as one of the top 10 skaters. With dedication, passion, and drive, any skater can earn a top spot.

UNDEAD BETTYS SKATER HANDBOOK

12. Bout and Scrimmaging Decorum

12.1. Respect the other team

We work hard to create a friendly positive relationship with others leagues. This can all be demolished by small faux pas by a single skater. It is each skater's responsibility to ensure we stay on good terms with other leagues.

Etiquette for skaters:

- During the other teams introduction we take a knee and extend our hand.
- If the other team's hands are out during our introduction we present our hand back; never our butts or hips.
- Do not flip off, curse, or make obscene gestures towards the other team.
- Do not play dirty; enough dirty play will happen without trying to commit more.
- If you are especially aggressive, bitchy looking, or pissy during the bout be sure to show them your other side off the track.
- Win or lose we will always have our hand out at the end of the game.
- If there was some strife between you and a particular skater on the track you should make sure to shake her hand and that she knows there are no hard feelings. Bad hits, late hits, dirty hits happen (we have wheels strapped to our feet). Let her know it wasn't on purpose, or that you are not holding a grudge.
- Play clean, rules oriented roller derby no matter the point spread.
- Be courteous, welcoming, and friendly to the other team and their volunteers.

12.2. Respect Your Team

We have worked hard to learn strategies and come together as a united brain eating horde. As a team, we have always played calm, strategic roller derby and obtained victory when we came together, respected one another, and celebrated each other's small victories.

Additionally, each skater must play her part to ensure the bout/scrimmage happens:

- Signup for car pool and hotel rooms by the specified date. If you do not sign up, you will not have a ride or a place to sleep.

UNDEAD BETTYS SKATER HANDBOOK

- Remember to provide your share of gas money to the driver of your carpool.
- The league pays for hotel accommodations only for a rostered skater who signed up by the specified date.
- Provide your guest list by the specified date.
- Arrive at the specified arrival time.
- Bring the appropriately colored uniform.
- Actively participate in warm-up, introductions, and team meetings.
- Notify the head coach as early as possible if you will be unable to attend a bout or scrimmage which you have been rostered for. Rosters are usually due 35 days before a bout and changes are not normally allowed at 15 days before a bout.
 - If you notify the head coach that you will not be attending bout which you are rostered for within the 14 days prior to the bout, you may be forcing the league to skate with less than the standard 14 skaters on our roster. Such actions could result in a consequence of being ineligible for the next bout you were supposed to be eligible for.
- No showing to a bout or scrimmage for which you are rostered or are listed as an alternate for (with or without call) or arriving after the specified arrival time without prior Head Coach approval will result, at a minimum, of being ineligible for the next bout you were supposed to be eligible for.

12.3. Respect the Referee's\NSO's\Support Volunteers

We strive to be a professional team that is positive influence on roller derby as a whole. Without their support we would not be able to bout/scrimmage. It is important that we understand that referees, non-skating officials, and other volunteers are volunteering their time to allow us to skate.

Etiquette for skaters:

- Do not flip off, curse, or make obscene gestures towards the referee's, nso's, or support volunteers.
- Polite conversation is appropriate, but questions about calls or any feedback should be directed to our team captain.

UNDEAD BETTYS SKATER HANDBOOK

- Refs are not required to talk to you and may direct you to the Head Ref.
- When talking with officials we should keep a level head, and should not yell or curse. Only the team rostered captain or co-captain are authorized to speak with officials.
- Head referees will not reverse calls that were made based on what you saw. Points and penalty box time is usually not reversed unless it is proven that the refs were not applying the rules correctly. Even then it may only be corrected from that point forward.
- Do not complain to the head referee about a single call; instead point out trends. Head referees will be more receptive and less defensive if you are clear and not pointing out a single fault. Instead of saying "That jam ref missed their jammer cutting on the outside" say something like "I am seeing a lot of cuts on the outside and would like to make sure proper attention is given to the outside line."

12.4. Respect the Venue and Audience

Roller derby is a small community there will be other leagues in the audience. They are watching how we act towards the audience and venue. If we are acting like a douche or being disrespectful they will not want to work with us.

Etiquette for skaters:

- Cleanup after yourself. Don't leave trash or water bottles in the locker room or in our bench area.
- Be courteous to fans (home or away) even if they are not courteous to you. Do not flip them off, cuss them out, or other un-professional behaviors or gestures. Remember, that fan is probably someone's family member or friend.
- A skaters boutfit is part of each skaters alter-ego. While we should all be wearing the appropriate color of jersey for the day and be utilizing our team colors, we encourage you to make your boutfit your own. It helps you, as a skater to turn on that alter-ego and step onto the track, it allows the fans to recognize you and grow your personal fan base, and it makes the bouts more fun. However, there are some rules to follow when designing your perfect boutfit:
 - Must be in team colors.

UNDEAD BETTYS SKATER HANDBOOK

- Most bouts are PG-13, therefore, your boutfit so not show nipples (or the tops of them), butt crack (some cheek is fine), vagina, or other body parts that you wouldn't want your granddad seeing. Remember, some of our biggest fans our kids, grandparents, and parents. Let's now give them a show that they didn't ask for.
- Have fun with your boutfit but use discretion and good judgment. Team captains have authority to ask you to change if your boutfit if to risqué.

12.5. Attend the Afterparty

Win or lose you are required to show your face at the after party. You do not have to get smashed and party till the wee hours of the morning, but you should plan on showing your face. This will show that we are not poor losers or ungracious winners. Hurt feelings or misunderstanding at a bout can be repaired very quickly by dancing together, buying a drink, or reminiscing about the awesome blocks or super jammer wiliness.

UNDEAD BETTYS SKATER HANDBOOK

ZOMBIE CONTROL UNIT

("ZCU")



**THIS SECTION IS APPLICABLE TO ALL
REFEREES AND NON-SKATING OFFICIALS ("NSO") OF
THE LEAGUE**

UNDEAD BETTYS SKATER HANDBOOK

13. Referee and Non-Skating Official (“NSO”) Status

The first member classification is listed in the table below with the requirements for each and the benefits they are bestowed.

| Classification | Requirements | Benefits |
|--|---|--|
| Fresh Meat: Referees | <ul style="list-style-type: none"> • must either pass skills to level of ‘Dead’ and fulfill ALL league requirements for 2 months; or • meet all commitments including attendance, off rink, and dues for a period of six months prior to becoming a league member • does not pay membership dues because they do not get to bout | <ul style="list-style-type: none"> • does not have voting rights • position is volunteer |
| League Member: Referee | <ul style="list-style-type: none"> • must attend 33% of Undead/Dead level practices per month • does not have off rink requirement • does not pay membership dues because they do not get to bout | <ul style="list-style-type: none"> • Once requirement is met, they: <ul style="list-style-type: none"> ○ have voting rights ○ skater name is registered • position is volunteer |
| Fresh Meat: Non Skating Officials (“NSO”) | <ul style="list-style-type: none"> • must attend 33% of Undead/Dead level practices per 6 month period • is not required to have USARS insurance, unless they would like to skate at practices | <ul style="list-style-type: none"> • does not have voting right • position is volunteer |
| League Member: Non Skating Officials (“NSO”) | <ul style="list-style-type: none"> • must attend 33% of Undead/Dead level practices per month • is not required to have USARS insurance, unless they would like to skate in practices | <ul style="list-style-type: none"> • does have voting rights • position is volunteer |

UNDEAD BETTYS SKATER HANDBOOK

13.1. Skill Levels

The classifications of referees are listed below with the minimum skills and benefits they are bestowed:

| Classification | Minimum Skills | Benefits |
|----------------|--|---|
| Infected | Has not passed basic skills | <ul style="list-style-type: none"> • can only engage in limited contact like light bumping and leaning • can referee at a practice if the head referee and head coach approve • can referee at a scrimmage or bout if the head referee and the executive committee approve |
| Dead | Has passed WFTDA minimum skills #1 - #3 (Basic Skating Skills, Falls, Balance/Agility) | <ul style="list-style-type: none"> • can engage in contact and fully participant in league practices • eligible to referee scrimmages and bouts • eligible to skate in a multi-league scrimmages with Head Coaches approval |
| Undead Level 1 | Has passed all WFTDA minimum skills (Skating With Others, Blocking, Rules) | <ul style="list-style-type: none"> • eligible to referee scrimmages and bouts • eligible to participate in intra/inter-league scrimmages • eligible to participate in multi-league bouts • eligible to participate in inter-league bouts at coaches discretion |

UNDEAD BETTYS SKATER HANDBOOK

14. Referee and NSO Commitments

There is 1 main commitment referees and NSO's have to the league; attendance. In addition, referees are required to carry USARS insurance.

14.1. Attendance Policy

The following table indicates attendance requirements:

| Classification | Attendance Requirement | Comments |
|---|------------------------|---|
| Fresh Meat: Referees (in initial training session) | 33% per month | May obtain the initial training as their schedule allows; therefore, are required to obtain coaching sign off of attendance for 12 specific Infected sessions. Will be provided a sign off sheet at the first practice. |
| Fresh Meat: Referees (after initial training session) | 33% per month | Every month that this commitment is met will count towards becoming a full league member. |
| League Members: Referees | 33% per month | Meeting this requirement: <ul style="list-style-type: none">• maintains voting rights• allows them to be eligible to participate in an upcoming bout or inter/intra-league scrimmage. |
| NSO | 33% per month | Meeting this requirement: <ul style="list-style-type: none">• maintains voting rights• allow them access to any home bout for free if they are not rostered to work this bout |

15. Bout Eligibility and Roster Selection

Bout eligibility is determined by meeting all league commitments as follows:

- **Attendance:**
 - Referees must have 33% attendance over 1 month. .
 - NSOs must have 33% attendance over 1 month.
 - Members of the ZCU are encouraged to attend the monthly ZCU meeting.
- **USARS:** Skaters must carry USARS insurance.

UNDEAD BETTYS SKATER HANDBOOK

- **Off-Skates Participation:** As members of the ZCU are volunteers to the league, they are not required to participate on league committees. While their help is not required, it is always appreciated so if you would like to be more active and help out on a committee, you are always welcome too.

If all eligibility requirements are met, the referee or NSO will be placed in the pool of those members of the ZCU eligible for that bout. Bout rosters are normally due 35 days before bout day. This means March's attendance might be used for April or May bouts depending on the contract with the other team.

The Head Ref and Head NSO are then responsible for preparing the bout roster from the list of eligible ZCU members.

16. Practice Decorum

Below is an additional list of acceptable and expected behaviors at practice related to the members of the ZCU specifically:

- Practice is a place for the ZCU to learn to accurately apply the rules while on skates as a referee or properly track statistics as an NSO. Respect for league members who are providing guidance should be provided.
- Referees are expected to be on-time and warm up/cool down with the entire team. Warming up is important to ensuring you do not hurt yourself. Also, it's a great time for you to get to know the skaters.
- Earning the respect of the skaters by being fair, impartial, and knowledgeable is important to your success as a member of the ZCU. Skaters who do not respect a referee will challenge the calls to the Head Ref frequently which could cause frustration or friction for members of the ZCU and the skaters.
- Practice is a time for learning; therefore, personal conversations with other members of the ZCU or skaters should be done before or after practice.

17. Bout and Scrimmage Decorum

Roller derby is a full contact, high energy sport where members of the ZCU are expected to act impartial and ensure that the bout is fair for both teams taking the track. As referee's, we must work as a team to provide a safe atmosphere for not only ourselves but the skater's as well. As a non-skating official, we must work together with each other and the referee's to ensure complete, accurate statistics are tracked so that both teams may rely on them.

UNDEAD BETTYS SKATER HANDBOOK

17.1. Respect the other officials and yourself

We work hard to create a friendly, positive relationship with others leagues. This can all be demolished by small faux pas by a single member of the ZCU. It is each member of the ZCU's responsibility to ensure we stay on good terms with other leagues.

Etiquette for members of the ZCU:

- Referee or NSO with integrity, honesty, fairness, and impartiality. Being fair and impartial to both teams is of the highest priority for members of the ZCU. You are not only representing yourself, you are representing your Head Ref, Head NSO, and the Undead Bettys.
- Be polite and professional to all officials, skaters, and volunteer staff from both teams.
- Actively participate in warm-up (if applicable), introductions, and officials meetings.
- Attend all of your meetings and ask questions. The Head Ref/NSO will provide a schedule of officials meetings. During which, the Head Ref/NSO will provide details on any quirks of the home rink, things to specifically watch for, or specifics on how the home teams statistic sheets work. If you do not understand, ask questions. As a referee, you are responsible for knowing the rules and enforcing them. As a NSO, you are responsible for ensuring statistics are tracked correctly.
- Be on the track on-time; that is, start of the bout and back from each break.
- Actively participate in bout set-up. All Undead referees are expected to complete these tasks at both home and away bouts/scrimmages.
- Get to know the other officials. NSOs are officials too. You must work together as an efficient team during the bout. Ask the referees and NSOs that you will be working with, what they like and tell them what you like. Learn where they will be positioned in relation to the track.
- Warm up and stretch. We do not want to you getting hurt. Complete sufficient laps before the bout starts to be fully warmed up. Stretch before and after the bout. This is your time to become familiar with both the rink floor and your fellow referees.
- During half time, go to the referee room/area. This is the time where you can chat about the game with the other referees, decompress a bit and get ready for the next half. The Head Ref/NSO will also use this time to make any adjustments or touch up on some of the rules.

UNDEAD BETTYS SKATER HANDBOOK

- Remember when you are in your stripes (or black shirt if you are an NSO), you are an official. This is not the time to “fool around” or make jokes with the skaters.
- In order to drink alcoholic beverages, you must change out of your stripes and skates. You may not drink at the practice, the bout, or the afterparty while still stripes or skates.
- Do not argue or question another referee in front of a skater. As referees, you are a part of a team that is, at times, not greatly appreciated by the fans and/or the playing teams. If you have any questions or concerns, ask the Head Ref for a timeout and get clarification regarding your question, away from the players.
- Remember to relax, have fun and call the penalties as you see them or track statistics as directed by the referees you are working with.
- Respect the head referee for the day. He/She was chosen for a reason; they are knowledgeable and well respected by their league and other leagues.

17.2. Respect Your League

We have worked hard to learn and apply the rules and we come together as a united zombie control unit to ensure a fair, impartial, and safe bout/scrimmage occurs.

Additionally, each member of the ZCU must play their part to ensure the bout/scrimmage happens:

- Signup for car pool and hotel rooms by the specified date. If you do not sign up, you will not have a ride or a place to sleep.
- Remember to provide your share of gas money to the driver of your carpool.
- The league pays for hotel accommodations only for a rostered members of the ZCU who signed up by the specified date.
- Provide your guest list by the specified date, if available based upon the contract. Usually, referees receive one guest list comp and NSOs do not.
- Arrive at the specified arrival time.
- Bring the appropriately colored uniform. Referees are stripes and NSOs are black shirts. No team colors or logo's may be worn.
- Notify the head referee/nso as early as possible if you will be unable to attend a bout or scrimmage which you have been rostered for. Rosters are usually due 35

UNDEAD BETTYS SKATER HANDBOOK

days before a bout and changes are not normally allowed at 15 days before a bout.

- If you notify the head ref/nso that you will not be attending bout which you are rostered for within the 14 days prior to the bout, you may be forcing the league to to give up one of our rostered official positions. Such actions could result in a consequence of being ineligible for the next bout you were supposed to be eligible for.
- No showing to a bout or scrimmage for which you are rostered or arriving after the specified arrival time without prior head ref/nso approval will result, at a minimum, of being ineligible for the next bout you were supposed to be eligible for.

17.3. Respect the Venue and Audience

Roller derby is a small community there will be other leagues in the audience. They are watching how we act towards the audience and venue. If we are acting like a douche or being disrespectful they will not want to work with us.

Etiquette for members of the ZCU:

- Cleanup after yourself. Don't leave trash or water bottles in the locker room or in our bench area.
- Be courteous to fans (home or away) even if they are not courteous to you. Do not flip them off, cuss them out, or other un-professional behaviors or gestures. Remember, that fan is probably someone's family member or friend.

17.4. Attend the Afterparty

Whether or not the bout was organized or the other officials were friendly, you are required to show your face at the after party. You do not have to get smashed and party till the wee hours of the morning, but you should plan on showing your face. Hurt feelings or misunderstanding at a bout can be repaired very quickly by dancing together, buying a drink, or reminiscing about the awesome calls made.

UNDEAD BETTYS SKATER HANDBOOK

OTHER VOLUNTEERS



**THIS SECTION IS APPLICABLE TO ALL
OTHER VOLUNTEERS OF THE LEAGUE**

UNDEAD BETTYS SKATER HANDBOOK

18. Volunteer Status

The first member classification is listed in the table below with the requirements for each and the benefits they are bestowed.

| Classification | Requirements | Benefits |
|---------------------------------------|--|--|
| Fresh Meat: Coach | <ul style="list-style-type: none"> attendance requirement is agreed upon by the Head Coach and league President. Must meet attendance requirement for a period of six months prior to becoming a league member | <ul style="list-style-type: none"> does not have voting rights position is volunteer |
| League Member: Coach | <ul style="list-style-type: none"> attendance requirement is agreed upon by the Head Coach and league President. Has met attendance requirement for a period of six months prior to becoming a league member | <ul style="list-style-type: none"> has voting rights Head Coach is appointed by the Executive Committee Head Coach is a member of the Executive Committee with voting rights position is volunteer skater name will be registered as an Undead Betty with national registry |
| Fresh Meat: Other Volunteers | <ul style="list-style-type: none"> must attend 33% of Undead/Dead level practices per 6 month period Must meet attendance requirement for a period of six months prior to becoming a league member | <ul style="list-style-type: none"> does not have voting rights position is volunteer |
| League Member: Other Volunteers | <ul style="list-style-type: none"> must attend 33% of Undead/Dead level practices per month Has met attendance requirement for a period of six months prior to becoming a league member | <ul style="list-style-type: none"> has voting rights position is volunteer |

UNDEAD BETTYS SKATER HANDBOOK

19. Volunteer Commitments

There is 1 main commitment volunteers have to the league; attendance. In addition, all on-skates volunteers are required to carry USARS insurance.

19.1. Attendance Policy

The following table indicates attendance requirements:

| Classification | Attendance Requirement | Comments |
|------------------|------------------------|--|
| Coaching Staff | TBD % | Agreed upon by President and Head Coach but normally would be expected to attend 25% of all practices over 2 month period in order to maintain voting rights |
| Other Volunteers | 33% per month | Meeting this requirement: <ul style="list-style-type: none">• maintains voting rights• allow them access to any home bout for free if they are not rostered to work this bout |

20. Bout Eligibility and Roster Selection

Bout eligibility is determined by meeting all league commitments as follows:

- **Attendance:**
 - Coaches must have attendance as agreed upon with President and Head Coach over 1 month.
 - Other Volunteers must have 33% attendance over 1 month.
 - Volunteers are encouraged to attend the monthly team meeting.
- **USARS:** On-skates volunteers must carry USARS insurance.
- **Off-Skates Participation:** Volunteers are not required to participate on league committees. While their help is not required, it is always appreciated so if you would like to be more active and help out on a committee, you are always welcome too.

If all eligibility requirements are met, volunteers will be placed in the pool of those members eligible for that bout.

The Coach is responsible for preparing the bout roster from the list of eligible coaches. The Events Committee Lead is responsible for scheduling all other volunteers.

UNDEAD BETTYS SKATER HANDBOOK

21. Practice Decorum

Below is an additional list of acceptable and expected behaviors at practice related to the members of the coaching or other volunteers specifically:

- Practice is a place for the coaches to learn to correctly teach drills and refine their coaching skills. Respect for league members who are providing guidance should be provided.
- Coaches are expected to be on-time and warm up/cool down with the entire team. Warming up is important to ensuring you do not hurt yourself. Also, it's a great time for you to get to know the skaters.
- Practice is a time for learning; therefore, personal conversations with other members should be done before or after practice.

22. Bout and Scrimmage Decorum

22.1. Respect the other team and officials

We work hard to create a friendly, positive relationship with others leagues. This can all be demolished by small faux pas by a single volunteer. It is each volunteers responsibility to ensure we stay on good terms with other leagues.

Etiquette for volunteers:

- Be polite and professional to all officials, skaters, and volunteer staff from both teams.
- Attend all of your meetings and ask questions if you have them.
- Be on the track on-time; that is, start of the bout and back from each break.

22.2. Respect Your League

You are an important part of Undead Bettys and we appreciate your help but we need yours to. Therefore, each volunteer must play their part to ensure the bout/scrimmage happens:

- Signup for car pool and hotel rooms by the specified date. If you do not sign up, you will not have a ride or a place to sleep.
- Remember to provide your share of gas money to the driver of your carpool.
- The league pays for hotel accommodations only for a rostered volunteer who signed up by the specified date.
- Arrive at the specified arrival time.

UNDEAD BETTYS SKATER HANDBOOK

- Bring the appropriately colored uniform or outfit.
- Notify the head coach or head referee/nso (as appropriate) as early as possible if you will be unable to attend a bout or scrimmage which you have been rostered for. Rosters are usually due 35 days before a bout and changes are not normally allowed at 15 days before a bout.
- No showing to a bout or scrimmage for which you are rostered or arriving after the specified arrival time without prior approval will result, at a minimum, of being ineligible for the next bout you were supposed to be eligible for.

22.3. Respect the Venue and Audience

Roller derby is a small community so there will be other leagues in the audience. They are watching how we act towards the audience and venue. If we are acting like a douche or being disrespectful they will not want to work with us.

Etiquette for volunteers:

- Cleanup after yourself. Don't leave trash or water bottles in the locker room or in our bench area.
- Be courteous to fans (home or away) even if they are not courteous to you. Do not flip them off, cuss them out, or other un-professional behaviors or gestures. Remember, that fan is probably someone's family member or friend.

22.4. Attend the Afterparty

Whether or not the bout was organized or the other volunteers were friendly, you are required to show your face at the after party. You do not have to get smashed and party till the wee hours of the morning, but you should plan on showing your face. Hurt feelings or misunderstanding at a bout can be repaired very quickly by dancing together, buying a drink, or reminiscing about the awesome calls made.

23. Coaching Credit

This credit is for only those skaters who have been asked by the Head Coach to assist in coaching the league.

23.1. Bettys Assistant Coach (who skates for the league)

Role & Responsibilities: Help explain strategy during scrimmaging and to foster improvement in performance of individuals and the overall team. Assist the head coach with running drills, stretching, or endurance when asked. Must be meeting league attendance requirement.

UNDEAD BETTYS SKATER HANDBOOK

Benefit:

- 1 point per month and \$25 reduction in monthly dues (for 6 to 8 practices, Monday & Wednesday practices, in a month)
- 1 point per month and \$15 reduction in monthly dues (for 4 to 5 practices, Monday & Wednesday practices, in a month)

23.2. Infected Assistant Coach (who skates for the league)

Role & Responsibilities: Utilizing the coaching plan, as developed by the Head Coach, fully lead Infected practice without Head Coach assistance. Focus on teaching WFTDA skills level 1 through 3, ensure the Infected do not scrimmage or engage in full contact, and help to foster a feeling that they are an important part of this team. Ensure you arrive for the practices which you have committed to coach on time and ensure practice is lead in a professional, fun, but beneficial manner, in which the skaters reach the goals of that the particular practice.

Benefit: Choose from the following:

| Practice(s) Coached per Month: | Benefit |
|---------------------------------------|---|
| 1 | \$10 off dues |
| 2 | Either \$20 off dues or 1 point |
| 3 | Either \$20 off dues & 1 point; or \$30 off dues |
| 4 | Either \$30 off dues & 1 point; or \$40 off dues |
| 5 | Either \$30 off dues & 2 point, \$40 off dues & 1 point; or \$50 off dues (effectively free dues) |

UNDEAD BETTYS SKATER HANDBOOK

SAMPLE SKATER ASSESSMENTS

Below are samples of the assessment sheets used to test skaters.

| Assessment for The Dead Status |
|---|
| Skates 25 laps around track in 5 minutes |
| Left Knee Falls |
| Right Knee Falls |
| Double Knee Falls - 3 second recovery |
| 180 Degree Turn Single Knee Fall |
| Figure 4/Baseball Slide |
| Quick recovery and doesn't put hands on the ground |
| T-stops |
| Stepping forward and backward |
| Stepping side to side in both directions |
| Bends at knees and hips with shoulders back |
| Has steady, confident, and fluid strides, Swings arms fluidly |
| Squats, propel, and coasts through the entire straightaway and turn |
| Sticky Skate |
| Uses both feet to push forward on straight-aways |
| Uses crossovers into and coming out of turns |
| Uses both feet to push during crossovers |
| Skater must come to a complete stop from a brisk pace |
| Performs one-foot glides |
| Maneuvers through 10 cones placed six feet apart |
| Hopping from one foot to the other |
| Hopping moving forward, both feet landing simultaneously |
| Fluidly move from one side of the skating lane to the other |
| Left, right, and behind quickly and unexpectedly while skating |

UNDEAD BETTYS SKATER HANDBOOK

Assessment for Undead Bettys Status

| |
|--|
| Giving whips |
| Receiving whips |
| Giving pushes |
| Receiving pushes |
| Tomahawk stop |
| Snowplows |
| Skates while leaning shoulder to shoulder |
| Pacing between two skaters |
| Demonstrates weaving through a line of moving skaters |
| Blocks with good posture |
| Maintains or recovers balance while being bumped |
| Unexpected Obstacles |
| Responds to hits safely in pack situation |
| Performs checks with legal body parts delivered |
| Able to skate safely within a pack |
| Does not use hand for adjustments, balance or stopping falls |
| Falls small |

Assessment for Betty Level 2 Status

| |
|--|
| Skate Backwards |
| Able to perform sharp cuts |
| Apexing The Track |
| Waterfalls properly |
| Play/Return to position |
| Pairs Up/Builds Walls |
| Maintain pack pace |
| Effective assists |
| Works well and uses teammates |
| Able to waterfall effectively |
| Play a 10 jam period with less then 5 breaks |
| Race or slow pack when appropriate |
| Play one position very well |
| Know when to call off jam |
| Communicates well |

UNDEAD BETTYS SKATER HANDBOOK

Assessment for Betty Allstar Status

Doesn't get penalties

Play a 10 jam period with less then 3 breaks

Distract Other Blockers/Jammers

Plays multiple positions very well

Understands and uses strategy to advantage

Able to sideways skate

Able to jump 180° both directions from forward and reverse

Able to use spins to absorb hits

Play pivot, setup plays, and control pack while still being an affective blocker

Effective at single skater blocking

UNDEAD BETTYS SKATER HANDBOOK

UNDEAD BETTYS BI-LAW ACKNOWLEDGEMENT

By signing below:

I acknowledge that I have fully read, understood, and agree to all pages of the Skater Handbook Version 2.0 and agree to comply with all bi-laws contained within.

I agree to allow Undead Bettys, their photographer, their assignees, other league's and their photographers, and all corresponding legal representatives, the irrevocable right to use my photograph in all forms, media and manners, without restriction as to changes or alterations, for advertising, trade, promotion, exhibition, or any other lawful purposes. I waive any right to inspect or approve the photographs or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photographs.

I agree that I will not, directly or indirectly, use, make available, sell, disclose or otherwise communicate to any third party any of Undead Bettys intellectual property or confidential information, either during or after their membership with the Undead Bettys.

I agree that during my membership to the Undead Bettys and for a period of one (1) year after termination of my membership, without Undead Bettys express written consent, I shall not, directly or indirectly, engage in any present or contemplated business activity that is or may be competitive with Undead Bettys within a 30 mile radius of Antioch, California. Members acknowledge that pursuit of such activities will necessarily involve the use, disclosure or misappropriation of intellectual property or confidential Information.

I am at least eighteen (18) years of age and fully competent; and I execute this Release for full, adequate and complete consideration fully intending to be bound by same.

Printed Real Name

Printed Skater Name (if known)

Member Signature

Date