

# MEDIA KIT



## ROCK COAST ROLLER DERBY

[ROCKCOASTROLLERDERBY.ORG](http://ROCKCOASTROLLERDERBY.ORG)

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2024

# WELCOME

LAST UPDATED JANUARY 2024

Thank you for your interest in the Rockland-based roller derby league, Rock Coast Roller Derby. We are excited that you want to cover a fun, high-octane sport that has been a fixture of the local athletic and social scene since 2011. This press kit provides information about the league as well as the sport of roller derby.



Photography/videography is allowed at all games and access is open in all playing areas during a game outside of the track. Check with us as early as possible and we'll make sure to get you the best locations and angles for the best images. Although same-day requests on game nights are allowed, it is recommended to make your request as early as possible so that we can have you on our will-call list and make the process for check-in easy.

Interviews with our members must be arranged in advance. Members are available for interviews either in a prearranged, pre-event set-up or a post-game setting. There is no access to skaters and/or officials in their locker rooms.

Primary home games for Rock Coast Roller Derby are held on select Saturdays at the Midcoast Recreation Center (535 West St. Rockport, ME).



# ABOUT US

Rock Coast Roller Derby is Midcoast Maine's one and only roller derby league. Our mission is to empower our members to be strong, healthy, and confident while providing a fun, safe, competitive, and social outlet through the sport of roller derby. Rock Coast Roller Derby is welcoming to anyone who is passionate about roller derby and embodies our mission statement and core values.

We are a skater-owned, volunteer-run 501(c)(3) nonprofit organization, founded in 2011. We have been proud members of the Women's Flat Track Derby Association (WFTDA) since 2014.

Rock Coast Roller Derby's vision is to be an inclusive, diverse community that takes pride in supporting one another as well as other organizations within the mid-coast Maine community. As a democratically-run, competitive roller derby league, we strive to foster a safe environment for members to find their voice and their power, train our members to be strong in body and in mind, demonstrate good sportsmanship, and help further promote the sport of roller derby in our community and beyond.

General membership is open to anyone 18+. Skater membership is open to anyone 18+ who is a woman, transgender woman, intersex woman, as well as non-binary and gender-expansive individuals who feel most comfortable playing women's roller derby. Please see the WFTDA gender statement for more information. All are welcome regardless of sexual preference, race, nationality, social status, skating ability, or previous athletic experience.



# ABOUT US

Until the fall of 2019, Rock Coast Roller Derby was known as the Rock Coast Rollers. We no longer use this name. The league made this small change as a way to more clearly define to our local community who we are and what we do. Our former logo can be seen to the right.



The significance of community support is deeply felt by RCRD, and it's our pleasure to contribute to organizations in the Midcoast that offer exceptional services, perform vital work, and align with our values.

In the past we have donated portions of ticket proceeds, volunteered, or partnered with:

- New Hope Midcoast
- Belmont Fire Department
- Big Brothers Big Sisters of Mid-Maine
- Rockland District Nursing Association
- Georges River Land Trust
- Eric Overlock Memorial Skatepark
- And many more!



# THE EARLY DAYS

October 2011- first interleague scrimmage (vs. Green Mountain Roller Derby)

2014- became WFTDA members & established as a 501(c)(3) nonprofit

2015- competed in ECDX invitational tournament, accepted as a division 3 competitor

February 2011- founded in Rockland

2012- competed in our first tournament and got 1st place!

2015- became ranked within WFTDA



# MODERN DERBY

Unlike the banked track version that was synonymous with sport historically, the most common type of roller derby is now played on a “flat track.” Banked tracks are large and expensive to maintain and house, thus roller derby shifted towards flat tracks, which enables skaters to play more games at more locations.

Although the long history of roller derby contained elements of staging and predetermined outcomes, modern roller derby is not “fixed,” though we still like to keep the traditional fun alive in many other ways, for example, by creating derby names.



# ROLLER DERBY BASICS

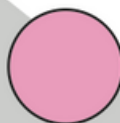
Two 15-skater teams play two 30-minute periods. Each period consists of multiple "jams." Each jam is an opportunity for both teams to score points, and ends after 2 minutes or when the Lead Jammer calls off the jam.

It is legal for a skater to block opponents with their hips, rear, and shoulders. It is not legal to block to the back, to trip, elbow, or to back talk officials. Players committing illegal actions are penalized 30 seconds and their team plays short for that time.



## JAMMER

Jammers wear a star on their helmets and are the scoring players for each team. The Jammers attempt to pass the opponents as many times as possible by sprinting around the track and lapping the pack.



## BLOCKER

The Blockers are simultaneously focused on stopping the opposing Jammer from passing them and assisting their Jammer to pass the opposing team's Blockers. The pack is formed by the largest group of Blockers with players from each team on the track.



## PIVOT

The Pivot is the Blocker that wears the stripe on their head. They are the only Blocker that is allowed to accept a star pass from the Jammer, thus becoming the new Jammer and gaining the ability to score points.

## JAM START

Each team fields 4 Blockers and 1 Jammer. Blockers start anywhere between the Jammer Line and the Pivot Line, 30 feet (9.15 meters) away. Jammers start behind the Jammer Line. Play starts with a single whistle blast.

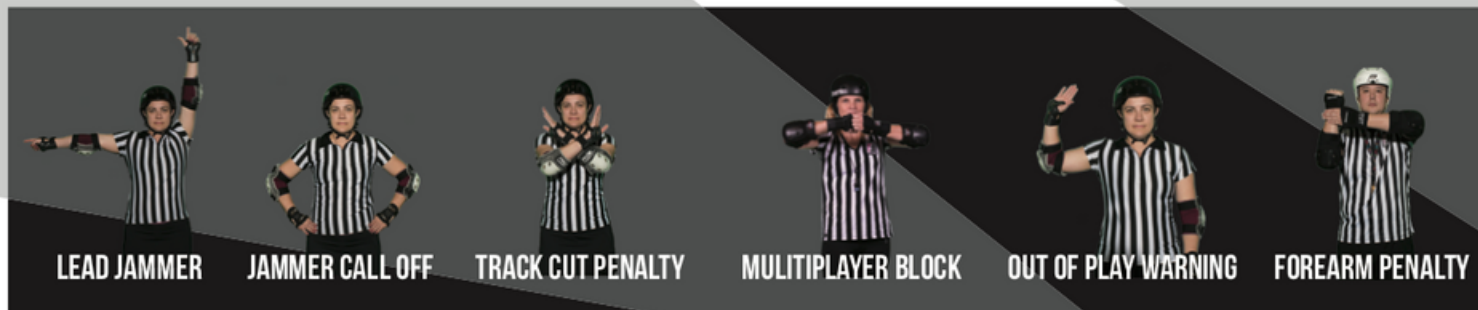
## FIRST PASS

During the first pass, the first Jammer to pass all skaters in the pack legally is Lead Jammer. Lead Jammer status is signaled by the officials blowing two short whistle blasts and pointing at the Lead Jammer.

## SECOND PASS

In subsequent passes, Jammers earn 1 point for each opposing player they pass legally. The opposing Blockers will try to stop the Jammer, while helping their own Jammer through the pack.

## KEY OFFICIATING SIGNALS



LEAD JAMMER

JAMMER CALL OFF

TRACK CUT PENALTY

MULTIPLAYER BLOCK

OUT OF PLAY WARNING

FOREARM PENALTY

©2018 Women's Flat Track Derby Association (WFTDA)

## ABOUT WFTDA

The Women's Flat Track Derby Association (WFTDA) is the international governing body of roller derby representing more than 450 member leagues on 6 continents. The mission of the WFTDA is to govern and promote the sport of flat track roller derby and revolutionize the role of women in sports through the collective voice of its member leagues around the world. The WFTDA sets the international standards for rankings, rules, and competition each year and provides guidance and resources to the sport of flat track derby.

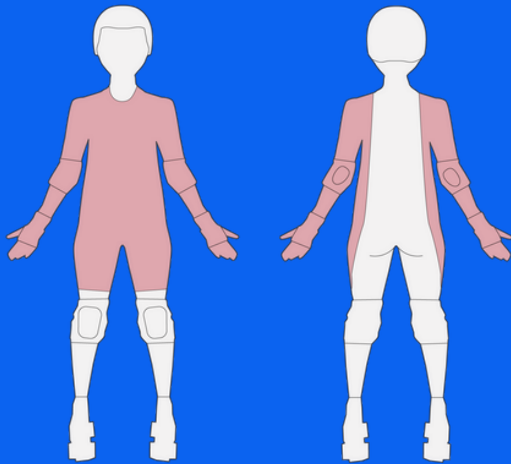
[WFTDA.COM/NEW](http://WFTDA.COM/NEW)



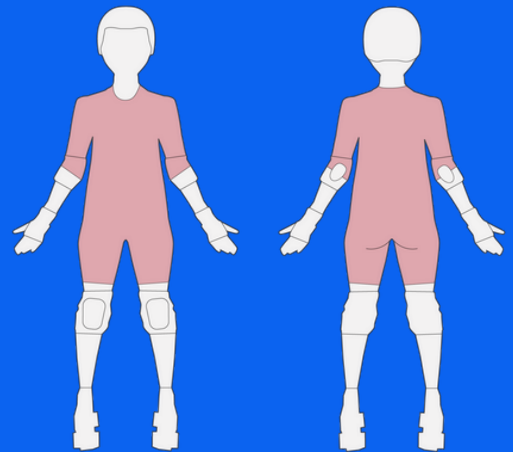
# FULL-CONTACT

Roller derby is a full-contact sport, but it is not a violent sport. There is no punching, throwing elbows, or clotheslining other skaters-- and if there is, the perpetrating skater will most likely receive a penalty, be expelled from a game, and possibly face other consequences. There are many strict rules in place to keep this sport fun and safe for everybody.

The full ruleset can be viewed [here](#).



Legal target zones



Legal blocking zones





# GEAR

Along with quad roller skates, we wear:

- knee pads
- elbow pads
- wrist guards
- mouth guards
- certified multi and high-impact helmets

Some skaters may choose to wear other kinds of protective gear such as visors on their helmets, shin guards, and tailbone protectors, though they are not required.

Skaters are not permitted to wear rollerblades/inline skates. However, skating officials may do so.



# IT TAKES A VILLAGE



Roller derby acts as a captivating catalyst, drawing people from all walks of life into a vibrant and inclusive community. It serves as a powerful force that bridges social, cultural, and economic gaps, bringing together individuals who may otherwise have never crossed paths.



Within the roller derby community, you will find a wide range of participants, including skaters, skating officials, non-skating officials, coaches, announcers, photographers, medics, videographers, and countless others who contribute to the sport's vibrant ecosystem.



It is the combined efforts and support of this incredible roller derby community that allows our volunteer-run non-profit to flourish and make a lasting impact. Together, we forge a path forward, celebrating the sport's athleticism, resilience, and the unbreakable bonds formed along the way.

# COASTAL CHAOS

Coastal Chaos began as a game in 2015 and then expanded into a WFTDA-Recognized Tournament, welcoming teams and officials from around the world. The WFTDA-Recognized Tournament Program recognizes and supports high-quality WFTDA-member hosted tournaments worldwide. While allowing for various tournament structures, this program establishes a consistent standard for tournament officiating and games management across all WFTDA-Recognized Tournaments.

RCRD is the only league in Maine to host WFTDA-Recognized Tournament. RCRD competed in Coastal Chaos in 2015, 2016, 2017, and 2018. We hosted the tournament in 2019 but did not play.

Due to COVID-19, Coastal Chaos was canceled in 2020 and is on hold until further notice.



# RCRD & COVID-19

In March 2020, we suspended our practices indefinitely and placed our plans for Coastal Chaos 2020 on hold. This eventually led to the full cancellation of the event. During this time, we kept in touch with Zoom calls like many others.



As members of the WFTDA, we followed their highly-praised Return to Play Guidelines. By September 2020, we were able to conduct distanced, masked outdoor off-skates practices. These practices were paused in the colder months.

We were on hiatus from indoor practicing for a total of 87 weeks. During this time, we continued to work behind the scenes to operate our business.

In November 2021, we were able to return to indoor practices with many new health and safety requirements in place.

The most recent version of WFTDA's Return to Roller Derby guidelines can be found here.

WFTDA also launched a COVID-19 Recovery Fund to help member leagues make up for financial losses.



# ROLLER DERBY IN MAINE

Currently, there are 7 leagues in Maine

- Rock Coast Roller Derby\* - founded 2011, Rockland
- Bangor Area Derby - founded 2023, Bangor
- Aroostook Roller Derby\* - founded 2013, Caribou
- Androscoggin Fallen Angels - founded 2015, Lewiston
- Casco Bay Roller Derby† - founded 2011, Portland
- Maine Roller Derby\* - founded 2006, Portland

In addition, there is Team Maine, Maine's all-star team that operates seasonally.

\*= members of the Women's Flat Track Derby Association (WFTDA).

†= members of the Men's Roller Derby Association (MRDA). Please note that Casco Bay Roller Derby prefers to be known as an open-division team, not a "men's" team.



# HELPFUL LANGUAGE

As previously mentioned, until the fall of 2019, Rock Coast Roller Derby was known as the Rock Coast Rollers. Please correctly refer to us as Rock Coast Roller Derby, not the Rock Coast Rollers. There is no need to write “the” in front of our league’s name.



Similarly, please use RCRD instead of RCR when using initials.



A roller derby sporting event should be referred to as a “game” or “bout”, not a “match” or a “race.”



# HELPFUL LANGUAGE

★ We recommend using gender-neutral language and referring to an individual as a “skater,” or by their derby name, and with they/them pronouns, unless they have previously specified their pronouns to you. For better clarification, use the athlete’s position (jammer/blocker/pivot).

★ When speaking about the league as a whole, we prefer gender-neutral words like “skaters” or “members,” as our league is not solely made up of women. That being said, we also have non-binary members so “men & women” would also be incorrect.

★ While there are teams who have the words “rollergirls” or similar in their names, Rock Coast Roller Derby would appreciate it if you do not use words to refer to our league such as “girls,” “queens,” etc.

★ Though many skaters wear “bout makeup,” colorful socks and tights, etc. please do not put emphasis on what we wear, unless you’re writing about our skates and protective gear. Though dressing up is fun and has been a big part of roller derby culture for a long time, we prefer to focus on the sport and displays of athleticism.

★ Since roller derby is a full-contact sport, injuries can happen, as they can occur in any other sport. Please do not paint roller derby as a violent sport or glamorize injuries.



# RESOURCES & CONTACT INFORMATION

Website:

[www.rockcoastrollerderby.org](http://www.rockcoastrollerderby.org)

Facebook:

<https://www.facebook.com/RockCoastRollerDerby/>

Instagram:

[www.instagram.com/rockcoastrollerderby](http://www.instagram.com/rockcoastrollerderby)

Media Inquiries:

[rockcoastrollers.pr@gmail.com](mailto:rockcoastrollers.pr@gmail.com)

Sponsorship Inquiries:

[rockcoastrollers.sponsorship@gmail.com](mailto:rockcoastrollers.sponsorship@gmail.com)

Women's Flat Track Derby Association (WFTDA):

[www.wftda.com](http://www.wftda.com)

