

FAQs 2010

Sydney Roller Derby League



Who owns and runs the league?

Sydney Roller Derby League is a non-profit association, run by the skaters, for the skaters. All our members contribute their skills to organise everything from training and bouts to fundraising and merchandise.

Do the skaters get paid?

No. Actually, all skaters pay monthly dues to help cover the cost of training venues, insurance, and the league's other expenses.

Do you get hurt?

As with all high-contact sports, there is a risk of injury. We've had an occasional broken bones, concussions, and lots and lots of bruises. However, we are very careful with our girls, and take every precaution to prevent injuries. This includes having first aid available at all bouts and training sessions, cross-training, and frequent consultant with physiotherapists.

Do you wear protective gear?

Absolutely! Helmets, knee pads, wrist guards, elbow pads and mouthguards are all compulsory.

How often do you train?

We train three times a week, at locations around Sydney, with additional 'team' training sessions during the season.

Who trains the skaters?

We do. Our Training Committee is made up of skaters and a few very valuable off-skates volunteers, who run every training sessions and organise assessments to make sure all our girls are well-trained enough to play safely.

What's the average 'rollergirl' like?

Rollergirls come from all walks of life. We have widely varying backgrounds, ages, sizes, and personalities. What we all have in common is that we love to skate, and aren't afraid to put ourselves out there.

What's the difference between modern roller derby and the 'old school' derby that used to be on television?

Modern roller derby isn't fixed, like wrestling. It is a genuine, non-scripted sport with rules, referees and real contact. Sydney Roller Derby League also play on a flat track, unlike the raised, banked track that you might have seen people flip over in the film "Whip It".

The Sydney Roller Derby league skates to the rules and regulations of the Women's Flat Track Roller Derby Regulations. Details about the Women's Flat Track Roller Derby Association can be found here: <http://www.wftda.com/about>

I missed your last Fresh Meat intake, and I don't know how to skate, but I still want to join the league. Do you offer lessons?

Unfortunately, no, we aren't able to offer lessons – but we know those who do! James O'Connor (<http://www.rollerskatingsydney.com.au>) is an incredible teacher and an SRDL member who can help you get ready for our next set of tryouts.

I don't have rollerskates. What do I need, and where can I buy them? Can I rent skates?

SRDL doesn't rent rollerskates, and we understand they can be expensive. If you're looking to get new, quality equipment, Sydney Derby Skates (run by the lovely SuziEphedrine) is the place to look. Check out her site at <http://www.sydneyderbyskates.com>. If you're not sure roller derby is for you, and you don't want to spend too much until you're certain, try looking for second-hand skates on places like eBay. Lastly, hire skates and sales are available through James O'Connor's shop inside Kirribilli Books (<http://www.rollerskatingsydney.com.au>).