



USA Roller Sports  
4730 South Street, Lincoln, NE 68506  
402.483.7551 phone 402.483.1465 fax

## USA Roller Sports 2013 Minimum Skills Skating Requirements Roller Derby Assessment Form

*This is the official record of skating skills for the following individual for the 2013 calendar year:*

Skater's Real Name & Skate Name: \_\_\_\_\_

Club ID & USARS Member #: \_\_\_\_\_

Email Address & Phone Number: \_\_\_\_\_

*The organization (club/league) is responsible for tracking this information and a designated official (to be decided by club/league) must sign off (date included) on each skill mastery. A player must pass all skills before they are roster-eligible for USA Roller Sports sanctioned events. Detailed information regarding each requirement is available in Addendum I of the current USA Roller Sports (USARS) Roller Derby Rule Book. The organization is responsible for maintaining signed records of all successful assessments and skaters must be assessed annually. Additional notes regarding each skill are encouraged and can be included on the back of this form or by attaching additional paper. If requested, the organization must provide these assessment forms to USA Roller Sports.*

1. Rolling Posture: \_\_\_\_\_
2. Glides (both feet): \_\_\_\_\_
3. Single Knee Slides: \_\_\_\_\_
4. Double Knee Slide: \_\_\_\_\_
5. Figure 4 Fall: \_\_\_\_\_
6. 180 Degree Knee Slide: \_\_\_\_\_
7. Basic T Stop: \_\_\_\_\_
8. Plow Stop: \_\_\_\_\_
9. Stepping (all directions): \_\_\_\_\_
10. Pushing For Power: \_\_\_\_\_
11. Crossovers: \_\_\_\_\_
12. Endurance: \_\_\_\_\_
13. Hops & Jumps: \_\_\_\_\_
14. Squats: \_\_\_\_\_
15. Agility: \_\_\_\_\_
16. Whips: \_\_\_\_\_
17. Blocks: \_\_\_\_\_
18. Hip pushes: \_\_\_\_\_

Designated Official's Name: \_\_\_\_\_

*By signing below, I acknowledge that the individual at the top of this form has successfully passed the Minimum Skills Requirements established by USA Roller Sports.*

Signature & Date of Designated Official: \_\_\_\_\_

Email Address & Phone Number: \_\_\_\_\_