



Junior Roller Derby League

REGISTRATION PACKET

Welcome to our 2012 Season!

The Nashville Junior Roller Derby League is a Non-Profit junior flat track derby program, open to girls ages 10-17. These girls represent the future of women's Roller Derby. NJRD, along with several other junior leagues around the nation, have put in motion the task of developing the next generation of Roller Derby athletes!

NJRD's mission is to nurture self-confidence in young women by developing teamwork and athletic ability while encouraging individuality within a culture of discipline, sisterhood, and stewardship through the competitive sport of roller derby.

We subscribe to the following governing principles:

1. Safety
2. Sportswomanship
3. Full Participation (everyone gets to play)

Age Groups & Requirements

Skater shall be 10 years old on or before the first week of the season to be eligible to skate with the Nashville Junior Roller Derby League.

- Juniors , Full Contact with emphasis on Positional Blocking (ages 10-17)
- Travel Team, Full Contact (ages 10-17)

In special circumstances and depending on skating ability changes could happen within the age groups. NJRD reserves the right to make placement decisions.

Practice & Scrimmage Information

- A monthly fee of \$25 will be required the first week of every month during the season.
- Practices will be held at the Tennessee State Fairgrounds Expo Center on Tuesdays and Thursdays as follows:

Beginner Practice:

6:00 – 6:40 pm – Track time 6:40-7:00pm – Plyos 7:00 – 7:15pm – rules discussions

Levels 2-3

6:30 – 7:30 pm – Warm-ups/Plyometrics/skating drills for Level 2 and 3 skaters

7:30 – 8:00 pm – Scrimmage for Level 3 only (NSO work for Level 2s)

Registration Fee and Insurance Coverage

- The cost of equipment is not included in the monthly fee.
- All Dues are to be in the first week of each month, unless otherwise approved.
- Each skater must have primary insurance, USARS secondary insurance, and must pay their monthly fee in order to participate as a Nashville Junior Roller Derby girl. USARS Insurance is \$35 for the year.
- If a skater is offered the opportunity to play at tournaments or championship games for the Junior Roller Derby Association (JRDA) or Women's Flat Track Derby Association (WFTDA), or any other prospective events all spectators/parents may possibly be charged admission to the event.



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GRADE: _____ SCHOOL: _____ AGE: _____
LEGAL NAME: _____ BIRTH DATE: _____
ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
PARENT/GUARDIAN: _____ EMAIL: _____
BEST NUMBER TO REACH YOU: _____ ALTERNATE # _____
PERSON TO CONTACT IN CASE OF EMERGENCY: _____
PHONE NUMBER(S): _____

PARENTAL AUTHORIZATION / MEDICAL RELEASE

I, parent or legal guardian, of _____ (**Skater's Name**) hereby give authorization for participation in any and all Nashville Junior Roller Derby League activities. I hereby grant permission to managing personnel and league representatives to authorize and obtain medical care from any licensed physician, hospital or medical clinic, should the skater become ill or injured while participating in league activities when neither parent nor legal guardian is present to grant authorization for immediate treatment. I assume all risks and hazards incidental to such participation, including transportation to and from league activities, and do hereby waive, release, indemnify and agree to hold harmless Nashville Junior Derby League and its agents, assigns, representatives, officers and employees from any and all claims arising out of the skater's participation in any and all league activities.

I HAVE READ AND UNDERSTAND THE ABOVE REGISTRATION FORM AND PARENTAL AUTHORIZATION / MEDICAL RELEASE. I VERIFY THAT I HAVE COMPLETED THIS FORM AND THAT THE INFORMATION PROVIDED IS TRUE AND CORRECT. I FURTHER AGREE TO ABIDE BY THE RULES/GUIDELINES SET FORTH BY NASHVILLE JUNIOR ROLLER DERBY LEAGUE.

Signature of Parent / Legal Guardian

Date

Relationship to Skater

PLEASE LIST BELOW ANY MEDICAL INFORMATION OR CONDITION WHICH MAY BE RELEVANT TO THE CARE AND TREATMENT (EMERGENCY OR OTHERWISE) OF THE CHILD.



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Quad Skates (4 wheels - no in-lines) - You have finally discovered the sport of Roller Derby and have decided you are passionate enough to participate for the long term, purchasing a solid pair of skates will be your first major step. **Riedell** makes several levels of a boots that accommodate many skill levels. If you are new to the sport you may want to start out with the **She Devil** an entry level inexpensive boot, prices range from \$100 and up. Once a boot has been chosen you will need to decide on a plate, **ShureGrip** makes a good solid plate. Wheels and bearings are a personal preference, there are many manufacturers to choose from, most skate shop and online vendors offer packages that include the boot plate, wheels and bearings.

• **Helmet** - A proper fitting helmet is arguably the most important piece of safety gear you will invest in. There are two kinds of helmets to choose from; a hard foam lined single impact PSC rated up to 30mph helmet that should be replaced after one hard impact, bicyclists typically wear this type of helmet. The second choice is a multi impact, or skateboard helmet which is lined with a softer foam and is not rated or certified, this type of helmet would not need to be replaced as often however the foam liner breaks down over time and will need to be replaced periodically. Your helmet should fit snug, almost to the point of discomfort. Consult your league experts or local skate shop.

• **Knee Pads** - Your knees are important, young girls bodies are still growing and their knee's need attention. Make sure that the knee pad fits tight enough so that it will not slide off. Knee pads will compress over time and wear out, you should inspect them regularly for cracks, rips, and exposed rivets. Some good name brands are **Pro-Tec**, **Rector**, **187**, **TSG**, and **Triple Eight**. You can plan on spending \$35 to \$85 on knee pads.

• **Elbow Pads** - Elbow pads should fit snugly, just like knee pads. You should treat your elbow pads just as you would knee pads, inspection, care and maintenance are essential for long lasting protection.

• **Wrist Guards** - Wrist guards are designed to protect your hands and wrist, they absorb impacts to the hand and give support to your wrists. Some guards have splints on the top or bottom and some have splints on both sides. Like all protective gear your wrist guards need to be sized correctly for optimum support, keep in mind that you will be replacing the wrist guards often so inspect frequently.

• **Mouth Guards** - Mouth guards protect against concussions, the inside of your mouth, and teeth. There are a couple of different styles to choose from, most skaters use the boil and mold (Football) mouth guards, you may have a custom one made by a dentist or buy a non molding type typically used by people with braces, this style comes in two options... protection on the top teeth or top and bottom. Night guards are not acceptable.

• **Hip Pads (optional)** - Hip pads protect your hip bones, tailbone, and help to prevent large bruises. **McDavid** makes a custom pad that is longer, has a thicker tailbone lining, and wraps around to protect the hip bones better.

• **Gladiators (optional)** - **Gladiators** are extra padding under the knee pad that are designed to support ligaments, cartilage, and the patella. Additionally they help keep the knee pad from slipping. The Gladiator is optional and not a required piece of gear.

• **Reusable Water Bottle (Optional, Recommended)**

• **Outdoor Wheels (Optional, Recommended)**

• **Care & Maintenance** - You have just invested a good deal of money on equipment so make it last as long as possible by taking proper care of it. Moisture, Metal, and plastic are a bad combination when left to marinate, be sure to remove your gear from your skate bag after practice and bouts to preserve integrity of your equipment where moisture will occur. It is also recommended to use some kind of bacteria neutralizing agent to keep your gear from getting too pungent. Helmets, protective gear, and mouth guard can be purchased at many sporting good stores. A good resource is your local skate shop or skate rink, they have experience and good advice for the beginner and novice skater. Please make sure the equipment purchased fits correctly. Additionally, please review the equipment maintenance forms.

For more information, assistance, and to purchase your gear, we suggest visiting Asphalt Beach Skate Shop in East Nashville! Mention you are an NJRD member and receive a discount!





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PHOTO & VIDEO RELEASE AGREEMENT

For consideration which I acknowledge, I irrevocably grant to The Nashville Junior Derby League, licensees, assigns and successors the right to use my image and (skater) name in all forms and media including composite or modified representations for all purposes, including advertising, trade or any commercial purpose throughout the world and in perpetuity. I waive the right to inspect or approve versions of my image used for publication or the written copy that may be used in connection with the images. I relinquish any right that I may have to examine or approve the completed product or products or the advertising copy or printed material that may be used in conjunction therewith or the use to which it may be applied. I release, licensees, assigns and successors from any claims that may arise regarding the use of my image including any claims of defamation, invasion of privacy, or infringement of moral rights, rights of publicity or copyright. Nashville Junior Roller Derby League is permitted, although not obligated, to include my name as a credit in connection with the image. I have read and understood the photo release agreement.

I (the undersigned) do hereby confirm the consent heretofore given you with respect to your photographing me or my child in connection with any Nashville Junior Roller Derby video. Additionally I hereby grant to you, your successor, assigns and licensees the perpetual right to use, as you may desire, all motion pictures and sound track recordings which you may make of me or my child, and the right to use my name and/or child's name or likeness in or in connection with the exhibition or any other use of such video or recording.

I am over eighteen years of age.

Signature of Skater (Legal Name): _____ **Date:** _____

Printed Legal Name: _____

Signature of Parent/Legal Guardian: _____ **Date:** _____

Printed Name: _____

Staff Initials: _____

Home Address: _____

Email Address: _____



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NOTE: To be carried by any regular season or tournament team manager together with team roster

Legal Name: _____ Date Of Birth: _____

Skate Name: _____ USARS I.D. # _____

Parent or Guardian Authorization:

In case of emergency, if family physician cannot be reached, I hereby authorize my child to be treated by Certified Emergency Personnel. (i.e. EMT, First Responder, E.R. Physician)

Family Physician: _____ Phone: _____

Address: _____

Hospital Preference: _____

In case of emergency contact:

Name	Phone	Relationship to Skater
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Name	Phone	Relationship to Skater
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Please list any allergies / medical problems, including those requiring maintenace medication. (i.e. Diabetic, Asthma, Seizure Disorder)

Medical Diagnosis	Medication	Dosage	Frequency of Dosage

The purpose of the above listed information is to ensure that medical personnel have details of any medical problem which may interfere with or alter treatment.

Date of last Tetanus Toxoid Booster: _____ / _____ / _____

Parent / Legal Guardian's Name: _____

Authorized Signature

Address: _____ Email: _____

Contact Info: Home: (_____) _____ Mobile: (_____) _____

Warning: Protective equipment cannot prevent all injuries a skater might receive while participating in Roller Derby. The Nashville Junior Derby League does not limit participation in its activities on the basis of disability, race, color, creed, national origin, gender, sexual or religious preference.



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RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

(TOGETHER WITH MY PARENT OR GUARDIAN, IF I AM UNDER THE AGE OF EIGHTEEN OR UNDER A LEGAL DISABILITY) REPRESENT COVENANT AND AGREE, ON BEHALF OF MYSELF AND MY HEIRS, ASSIGNS, AND ANY OTHER PERSON CLAIMING BY, UNDER, OR THROUGH ME, AS FOLLOWS:

I ACKNOWLEDGE THAT ROLLER SKATING AND SKATING THE SPORT OF JUNIOR ROLLER DERBY ARE INHERENTLY DANGEROUS ACTIVITIES, BUT STILL DESIRES TO PARTICIPATE IN THESE ACTIVITIES AT HIS OR HER OWN RISK. IF A PARENT OR GUARDIAN OF A MINOR, THE UNDERSIGNED AGREES TO ALLOW THE MINOR NAMED BELOW TO PARTICIPATE IN THESE ACTIVITIES AT HIS OR HER OWN RISK.

I AM FURTHER AWARE THAT THE USUAL RISKS, HAZARDS AND DANGERS (HEREINAFTER "RISKS") OF PERSONAL INJURY, DEATH, DISABILITY, PROPERTY DAMAGE AND OTHER LOSS, NECESSARILY INCREASE WHEN WEARING ROLLER SKATES AND PLAYING JUNIOR ROLLER DERBY. THESE RISKS INCLUDE BUT ARE NOT LIMITED TO, FALLING, JUMPING, LANDING, SKATERS GETTING IN FRONT OF YOU, SKATERS LEANING ON YOU, TRIPPING OVER OTHER FALLEN SKATERS, PERFORMING TRICKS, "SHOW BOATING", COLLIDING WITH OTHERS, SUCH AS STAFF, MEDIA PERSONNEL AND SPECTATORS. THESE RISKS MAY VARY FROM TIME TO TIME AND DAY TO DAY BASED ON THE SKATERS OWN FATIGUE (TIRED), EQUIPMENT, TYPE OF EVENT, AND OTHER FACTORS. FOR VALUABLE CONSIDERATION, INCLUDING PERMISSION TO SKATE WITH THE JUNIOR DERBY IN ANY WAY, INCLUDING BUT NOT LIMITED TO BEING PERMITTED TO COMPETE, OFFICIATE, OBSERVE, OR PARTICIPATE IN ANY OTHER WAY.

I HEREBY RELEASE, WAIVE, DISCHARGE, AND COVENANTS NOT TO SUE THE NASHVILLE JUNIOR ROLLER DERBY LEAGUE, THE NATIONAL JUNIOR ROLLERDERBY ASSOCIATION, THE CLEVELAND STREET RECREATIONAL CENTER, NASHVILLE METRO GOVERNMENT, OR OTHER SKATE VENUES, AGENTS, SUBSIDIARIES, EMPLOYEES, VOLUNTEERS, ANY OTHER PERSON OR ENTITY IN ANY WAY ASSOCIATED WITH THE NASHVILLE JUNIOR ROLLER DERBY LEAGUE, (ALL HEREINAFTER COLLECTIVELY REFERRED TO AS "RELEASEES"), FROM LIABILITY, TO THE UNDERSIGNED, HIS PERSONAL REPRESENTATIVES, ASSIGNS, HEIRS, AND NEXT OF KIN FOR ANY AND ALL LOSS OR DAMAGE, AND ANY CLAIM OR DEMANDS THEREFORE ON ACCOUNT OF INJURY TO THE PERSON OR PROPERTY OR RESULTING IN DEATH OF THE UNDERSIGNED ARISING OUT OF OR RELATED TO USE OF THE SKATE RINK, ITS PREMISES, OR EQUIPMENT, WHETHER CAUSED BY ANY ACT OF NEGLIGENCE OF THE RELEASEES OR OTHERWISE;

I HEREBY **ASSUME FULL RESPONSIBILITY** FOR ANY RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE ARISING OUT OF OR RELATED TO THE USE OF THE CLEVELAND STREET RECREATION CENTER, ITS PREMISES, OR EQUIPMENT, WHETHER CAUSED BY ANY ACT OF NEGLIGENCE OF RELEASEES OR OTHERWISE;

I HEREBY AGREE TO INDEMNIFY, SAVE AND HOLD HARMLESS THE RELEASEES FROM ANY LOSS, LIABILITY, DAMAGE, OR COST THEY MAY INCUR ARISING OUT OF OR RELATED TO USE OF THE CLEVELAND STREET REC CENTER, ITS PREMISES, OR EQUIPMENT, WHETHER CAUSED BY ANY ACT OF NEGLIGENCE OF THE RELEASEES OR OTHERWISE;

I FURTHER AGREE THAT THIS RELEASE IS INTENDED TO BE AS BROAD AND INCLUSIVE AS POSSIBLE. I UNDERSTAND THAT PARTICIPANTS ARE REQUIRED TO WEAR AN ADEQUATE HELMET, WRIST GUARDS, ELBOW PADS, KNEE PADS, HIP PADS AND A MOUTH GUARD WHILE PARTICIPATING. PARTICIPANTS ARE REQUIRED TO FOLLOW ALL RULES OF CONDUCT AND ARE NOT TO TAKE UNREASONABLE RISKS WHILE USING THE SKATE FACILITY AND PLAYING JUNIOR ROLLER DERBY, INCLUDING CAUSING ANY OTHER SKATERS AN UNREASONABLE RISK OF HARM.

I HEREBY CERTIFY THAT I HAVE PURCHASED **UNITED STATES ROLLER INSURANCE (USARS) AND IS CURRENT.**

I HAVE COMPLETELY READ AND UNDERSTAND THIS WAIVER AND RELEASE AND ITS TERMS.

I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND I HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTY BEING MADE TO ME. PRIOR TO SIGNING THIS WAIVER AND RELEASE, I HAVE HAD THE OPPORTUNLTY TO ASK ANY QUESTIONS ABOUT THE WAIVER AND RELEASE, NASHVILLE JUNIOR ROLLER DERBY AND CLEVELAND STREET REC CENTER.

EXECUTED this _____ day of _____, 20_____

Parent or Guardian Signature (if under 18)

Parent / Guardian Printed Name (if under 18)

Signature of Club Member /Guest/Volunteer Coach

Date Of Birth

Home Address

Zip Code

Phone Number

Email Address



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SKATER CODE OF CONDUCT:

By signing below I hereby agree that:

1. I will lead by example and encourage good sportsmanship from fellow skaters, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
2. I will attend every practice and game that I can, and will notify my coach if I cannot. I will be on time for practice and games.
3. I will do my best to listen and learn from my coaches.
4. I will treat my coaches, other skaters, officials and fans with respect regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
5. I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
6. I deserve to play in an environment that is safe. Free of drugs, tobacco, and alcohol and will refrain from their use at all youth sports events.
7. I will do my very best in school.
8. I will remember that Roller Derby is an opportunity to learn and have fun.
9. I will learn the rules of the game of Flat Track Derby.
10. I will not engage in unsportsmanlike conduct with any coach, parent, skater, league official or any other attendee.
11. I will not use my cell phone during scheduled practice time. My full attention will be on my coaches.
12. I will not engage in any behavior that would endanger the health, safety, or well-being of a coach, parent, skater, league official or any other attendee.
13. I will not engage in the use of profanity while attending or participating in a youth sports event or function.
14. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, skater, league official or any other attendee.
15. I will not initiate a fight or scuffle with any coach, parent, skater, league official, or any other attendee.
16. I will conduct myself in a befitting manner at all times in all facilities. (Fairgrounds, Municipal, hotels, any bout facilities, event facilities)
17. I will not interrupt or interfere with/interrupt skaters or coaches during bouts or practice.
18. I will not incite any person(s) or any other skater in any of the above unacceptable behaviors.

I also agree that if I fail to abide by the above code of conduct, I will be subject to disciplinary action that could include but is not limited to the following:

- (A). Verbal warning by official, coach, and/or head of league organization*
- (B). Written warning*
- (C). Player game/practice suspension*
- (D). Player season suspension*

Signature of Skater (Legal Name) : _____

Date: _____

*With written documentation of incident kept on file by Nashville Junior Roller Derby League.



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LEGAL GUARDIAN/PARENTAL CODE OF CONDUCT:

By signing below I hereby agree that:

1. I will not force my child to participate in the Nashville Junior Roller Derby League.
2. I will remember that children participate to have fun and that the game is for the skaters, not the adults involved.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my daughter or the safety of others.
4. I will learn the rules of the game of flat track derby and the policies of the league.
5. I (and my guests) will be a positive role model for my skater and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or scrimmage.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, skater, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the skaters.
8. I will teach my skater to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my skater treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my skater that doing one's best is more important than winning, so that my daughter will never feel defeated by the outcome of a game or her performance.
11. I will praise my skater for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my skater or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my skater over winning.
14. I will promote the emotional and physical well-being of the skaters ahead of any personal desire I may have for my skater to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the rink, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a safe sports environment for my skater that is free from drugs, tobacco, and alcohol.
17. I will refrain from coaching my skater or other players during games and practices, unless I am one of the official coaches for the NJRD league.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- (A). Verbal or written warning by official, coach, and/or head of league organization*
- (B). Parental practice or game suspension*
- (C). Parental season dismissal*

Signature of Parent / Legal Guardian : _____

Date: _____ **Relationship to Skater:** _____

Signature of Parent / Legal Guardian : _____

Date: _____ **Relationship to Skater:** _____

Signature of Parent / Legal Guardian : _____

Date: _____ **Relationship to Skater:** _____

Signature of Parent / Legal Guardian : _____



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Date: _____ Relationship to Skater: _____

* With written documentation of incident kept on file by Nashville Junior Roller Derby League

As a skater on the Nashville Junior Roller Derby I pledge the following...

I WILL HAVE FUN!
I will play by the rules!
I will listen to the coaches!
I will wear all my gear at all times!
I will NOT be disruptive during lessons!
I will try my best!
I will NOT tease the other skaters!
I will be a team player, no matter what team I get put on!
I will have good sportsmanship!
I will not get upset if I don't get my way because I trust the coaches know about derby!
I will be helpful and stay on task!
I WILL NOT SAY "I CAN'T"!!!!

For this derby season this is my goal:

Signature

Date



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Attendance Policy

Roller derby is a skill intensive sport that also requires a regular exercise regimen. The only way to become a better skater is to make practices regularly so you can continue to build on the skills you are learning! We ask that skaters attend a minimum of one practice a week. NJRD will be tracking attendance this season, and attendance will count towards roster eligibility.

Coming prepared to practice includes:

- Showing up on time and ready to work with a positive attitude
- Having proper work-out gear (socks and tennis shoes for floor exercises)
- Having all your derby gear (see equipment list)

If you come late or without your proper attire, it will be noted, and you may participate in non-skating activities, such as penalty box timing, jam timing, scorekeeping, etc.

Your involvement in other league events will also be tracked. NJRD is a non-profit organization that depends on the spirit of volunteerism. Please make every effort to participate in some way in our league meetings, fundraising, sponsor, and special events. Your involvement also counts towards roster eligibility.

I acknowledge I have read and understand the above attendance policy:

Name: _____ Date: _____

Grievance Policy

Conflict happens in every organization. Nashville Junior Roller Derby has put into place a form that can be filled out anonymously (or not if you wish for a reply/follow-up) so grievances or suggestions can be made by both skaters and/or guardians. Please keep in mind, issuing any complaint in conjunction with offering some constructive solutions to said complaint is always helpful in solving any issue.

You can access the form here:

www.nashvillejrd.com/grievance



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Bout Roster Policy

2012 is NJRD's first competitive season! We have learned a lot in the last year and a half, and are putting some important changes in place that will help keep everything fair and equal for all skaters. Rosters for games are for Level 3 skaters only, unless we schedule a double-header and add a level 2 bout as well. (We are working on several double-header and special event expos that will give the level 2 skaters some experience as well.)

Each roster will be made of 15 skaters, with a possible 2 alternates.

Level 3 skaters may be required to take a skills test and/or written rules test 5 to 6 weeks before each bout. A copy of the skills test will be made available to all eligible skaters so they know what will be expected. The tests will be reviewed by the coaching staff, and will be paired up with attendance records. The roster will be chosen according to attendance, skills test score, and rules score.

Rosters will be announced approximately 4 weeks before a scheduled bout.

I acknowledge I have read and understand the above roster policy:

Name: _____ Date: _____