



# Whip It!

## Are you ready?

A guide to answering silly and serious questions about roller derby and Whip It

### What's roller derby? How do you win?

**Most important message for this section is *delivery*. KEEP IT SIMPLE. Finish with: Come to a game, you have to see it to believe it.**

*From a national magazine:* Roller derby is a high-speed, high impact clash of wills. While the two jammers (point-scorers) race around the track, the pack, made up of skaters from each team, tries to stop the opposing jammer from scoring, while assisting their own jammer. The team with the most points after two periods wins; the jammers scores one point for each opposing skater they pass legally.

*From a local shock jock:* You score points, like in all sports! Roller derby is an all-female contact sport that is as aggressive as hockey.... but way prettier. Basically each team has a jammer (point scorer) and they score points by passing opposing blockers in a pack.

*In an elevator:* Roller derby is an all-female contact sport that is as aggressive as hockey.... but way prettier. Basically each team has a jammer (point scorer) and they score points by passing opposing blockers, who skate together in a pack.

*From a potential recruit:* Our roller derby league is like an extended family. Really it's an all female contact sport that is as aggressive as hockey.... but way prettier! Basically each team has a jammer (points scorer) and they score points by legally passing opposing blockers who skate together in a pack.

### Do you get hurt a lot?

*From a national magazine:* It's an intense, physical sport, and injuries do happen, but we take safety very seriously. We wear elbow, knee pads, wristguards, helmets and mouthguards, and spend a lot of time practicing blocks and falls until the right, safe way to play is second nature. We suffer fewer injuries than cheerleaders!

*From a local shock jock:* I don't get hurt..... I hurt others. No but seriously. It's a physical game, we hit really hard, and practice a lot to make sure we're smart and strong enough to take it.

*In an elevator:* We sure try not to! We wear elbow, knee pads, wristguards, helmets and mouthguards, and spend a lot of time practicing blocks and falls until the right, safe way to play is second nature.

*From a potential recruit:* We sure try not to! We wear elbow, knee pads, wristguards, helmets and mouthguards, and spend a lot of time practicing blocks and falls until the right, safe way to play is second nature. When you start practicing with us, you'll start off easy, we won't put you in a scrimmage until you pass a skills test, and we never want you to perform above your comfort level.

## Is it real? Are the fights staged?

*From a national magazine:* It's completely real. We play towards national rankings, or at least bragging rights, and we rarely compromise that by fighting, but when it happens that's real, too.

*From a local shock jock:* Yes it's real! When I hit that girl, she sure doesn't expect it!

*In an elevator:* Yes it's real! There's nothing staged about modern roller derby, and fights are pretty rare.

*From a potential recruit:* It's completely real. You will get a sense of how seriously we take the game by looking at the rules and discussions on [wftda.com](http://wftda.com) and Derby News Network.

## Why don't you play on the banked track?

**(Remember we are promoting our sport in general so we should not use this time to bad mouth other types of derby. Instead use it to talk about whatever kind of derby it is you may play.)**

*All Flat Track:* Most roller derby you come across these days will be flat track. Originally it was mostly because we are owned and operated, by ourselves and building and storing a bank track can be really expensive. Since the inception of Flat Track Derby teams have popped up all over the world and there are a lot of options as far as other teams to play, and most competitive tournaments and rankings are for Flat Track teams. Comparatively speaking there are a lot more Flat Track Derby teams to play against and in many different cities.

*All Bank Track:* I do!

## Who owns the teams?

*ALL:* Modern roller derby is by the skaters, for the skaters. Leagues are either non-profits, or are owned by league skaters. We all pay to play and support our leagues by having events like fundraisers and bouts. We all volunteer our time to run our business, and we all share in our success.

## How do I get involved?

*From a national magazine:* There are over 300 leagues across America, and another 50-100 world-wide. Check out your local league and get out to some games. Most leagues are actively recruiting new skaters as well; no skating or sports experience is required.

*From a local shock jock:* Come to some games! Check us out online, and our next game is \_\_\_\_\_. We're always looking for a few great fans, to support the teams and buy us beers at the afterparty.

*In an elevator:* Come to some games! Check us out online, and *here's our play schedule*. We're always looking for a few great fans, to support the teams and buy us beers at the afterparty.

*From a potential recruit:* [Talk about your tryout process here. Make sure to mention how often they happen and where to get more info, like your website or an email address. If she seems serious, you may want to talk about insurance, gear, bringing water, etc.]