



A'Salt Creek  
Roller Derby

# TEAM MEMBER HANDBOOK

ROLLER DERBY LEAGUE

2025

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# Mission Statement



**Melanie Tuck**  
*Public Relations*

**A'Salt Creek Roller Derby is a member owned and operated Roller Derby league composed of driven, diversified skaters with a passion for camaraderie, athleticism, and commitment to the sport of flat track roller derby.**

**We are dedicated to making a positive impact in Natrona County and surrounding areas through respect, teamwork, and good sportsmanship, encompassed by all around fun and entertainment.**

# League History



In the heart of Wyoming, 2009 marked the founding of a force to be reckoned with: Casper's Own A'Salt Creek Roller Girls. This group of fierce women brought roller derby to life in the Cowboy State, blending grit with camaraderie as they strapped on skates and pushed themselves to the limit. From the clack of skates on the track to the roar of hometown fans, A'Salt Creek became more than just a team—it became a symbol of empowerment, teamwork, and strength. The early days of the league were filled with unforgettable moments, growing pains, and a sense of pride in the sisterhood that had formed.



Then came the unexpected pause due to the COVID-19 pandemic, a global event that temporarily put the skates on the shelf and left the track quiet. But A'Salt Creek wasn't just about the game—it was about resilience. In 2023, with a renewed sense of purpose and a commitment to inclusivity, the league came roaring back to life. This time, with a bold decision that reflected their evolving values: to go from a women's league to an all-gender league, welcoming skaters of all identities. The rebrand to A'Salt Creek Roller Derby wasn't just a name change—it was the dawn of a new era, one that embraced diversity and unity on the track.



This evolution speaks to the heart of what makes A'Salt Creek special—the ability to adapt, grow, and push boundaries while maintaining the same spirit of community. The team's journey from its beginnings in 2009 to its inclusive rebirth in 2023 is a testament to the power of roller derby to bring people together, regardless of gender, background, or skill level. A'Salt Creek Roller Derby continues to be a beacon of empowerment and unity, proving that the most powerful progress comes when we open the track to everyone.

# Our Board



**JINA MOORE**  
PRESIDENT



**AMY SORENSON**  
VICE PRESIDENT



**MELANIE TUCK**  
PUBLIC RELATIONS



**ERICK POTTER**  
TREASURER



**SARAH TAYLOR**  
SECRETARY

# Join Our Team

This is not the Roller Derby of the past which was much like pro-wrestling on skates. Illegal moves such as punching, biting, hair pulling, and tripping are not allowed. It is, however, a very aggressive, competitive sport, and it is very common and **HIGHLY** encouraged to see skaters flying around or off the track because of an amazing hit!

## Requirements for Joining

- Be 18 years of age or older
- Understand and accept the inherent risks of playing in the league as per the waivers
- Personal health insurance is strongly recommended
- Purchase supplemental health coverage through WFTDA

## Equipment Requirements

All skaters are required to purchase quad speed skates, mouth guard, elbow and knee pads, wrist guards, and helmet. Feel free to shop around for the best deal. There are no certain brand requirements.

## Active Member Requirements

### (Skating, Non-Skating, Refs, and Coaches)

- Remain current on dues
- Attend at least 4 practices within 4 weeks including team meetings
- Active members will have voting rights and be part of the Slack Workspace

## Dues

ACRD collects dues to ensure the team stays running. Since we are member owned and operated, we need dues to retain practice space, help cover bout expenses and participate in community events. Dues are currently **\$40** per month. Partial payment will be accepted at any time pending prior arrangements made with the Board Treasurer.

# Choosing a Roller Derby Name

All new skaters of ACRD must attend 5 practices and have signed the required paperwork before registering their derby name and be a member in good standing (current on dues). Please see your mentor for help in completing this process.

*Your name is your personal identity and upon an accepted registration it will belong to you. If you leave the ACRD you will be permitted to take your name with you.*

## Tips to Help You Choose a Name

Choosing a roller derby name is a rite of passage, and it's one of the most exciting parts of joining the derby community. Your derby name becomes a part of your identity on the track, often reflecting your personality, play style, or even a sense of humor. Here are a few tips to help you find the perfect name:

- **Make it Personal:** Your name should reflect who you are, whether it's a nod to your personality, a favorite hobby, or a unique nickname. A personal connection makes it more meaningful.
- **Use Wordplay:** Many derby names incorporate clever puns or twists on pop culture references. If you enjoy humor or creativity, try playing with words to make your name stand out.
- **Match Your Persona:** Think about how you want to be seen on the track. Whether fierce, quirky, or fun, your name can help set the tone for your derby identity.
- **Check Originality:** Before settling on a name, check online registries or with your league to ensure it's unique. You'll want a name that's all your own.
- **Try It Out:** Say your name aloud and imagine it in different settings—called out by teammates, printed on merch, or listed in programs. If it feels right and makes you smile, you've found your derby name.

Ultimately, your derby name should resonate with you and be something you're proud to carry into every bout. Have fun with it, and choose a name that reflects you!

# Attendance

## Fresh Meat

New ACRD skaters have a 60-day probation period during which they must keep current on dues and attendance before being considered an active member of A'Salt Creek Roller Derby in good standing. You must attend at least 4 practices within 4 weeks before you become an active member and start to receive updated team information, receive the team handbook, and rules. Fresh meat skaters may participate in drills at coach or captain's discretion.

## Incoming Skaters (verified player from another team)

Incoming skaters have a 30-day probation period during which they must keep current on dues and attendance. You must attend at least 4 practices within 4 weeks before you become an active member and start to receive updated team information and receive the team handbook.



## Seasoned Members

**You must complete a minimum of 6 practices with pack work before you will be considered bout eligible and for that month. You are expected to adhere to all ACRD seasoned skater requirements.**

## Practice



**The strength of the team depends on our ability to work together, which only comes with practice time together. Practice will consist of being on skates for 1.5 hours per scheduled practice as well as attending any scheduled team meetings.**

**If you participate in a practice with a league outside of Natrona country full credit will be given for that practice as long as you provide proof of your attendance written or e-mailed from the hosting team.**

Please note, the last practice before a bout is absolutely mandatory for rostered skaters! Non-attendance without prior approval from the coach may lead to you losing your place on the roster.

All home bout attendance is considered mandatory regardless of player status. A request for an absence can be submitted prior to the event to the coaches and Board Vice President. **All league members must be present for set-up, volunteer for a bout position, and be present for bout clean up.** If you do not attend a bout and do not have a valid excuse, you may not meet the attendance requirements for the next bout. Valid excuses include, but are not limited to family emergencies or events, preplanned vacation, work scheduling, severe illness, or any other reason deemed acceptable by the Board on an individual, case-by-case basis.

Please be considerate and make it to practice on time, have your children tended to, and refrain from using your cell phone during practice. The success of the team depends upon everyone putting in 100% effort, commitment, and positive attitude at practices and roster selections will reflect that.

Children are allowed at practice, however, if practice is disrupted by an unattended child, the parent will be expected to leave with the child and will not receive credit for attending that practice.

**Teamwork is a core factor in roller derby therefore attending practices is crucial. The Board Vice President will notify any member that is approaching practice/bout ineligibility because of attendance.**

Team members will sign-in for practice when fully geared up before taking to the track. If you need to leave early, please let the Attendance Coordinator or coach know ahead of time, so they can make a note of it. Should you forget to sign in you may not receive credit for that practice.

## Events

In addition to practice, Members are also required to attend at least one community/fundraising event per month (or as scheduled). These events are vital to sustaining our team. If we have two events per month, you should make it to at least one. On average, team sponsored events are, but may not be limited, to 2 hours in length. If you are unable to make it, with permission from a Board Member, you may volunteer a minimum of 2 hours in your community on your own time and submit the volunteer form to the Board Vice President. For qualifying events to count you must be representing ACRD while volunteering.

- **BANKING EVENTS:**

If you participate in more than one event a month, you may bank one to use later. You can only bank one event at a time. Banked events will expire on the last day of the following month. If you would like to bank an event, you must submit a Banked Event Form to the Board President or Board Vice President no later than five days before month's end. Banked Events are non-transferable between players.

## Bout Eligibility

**\*Sanctioned WFTD bouts will require mastered skills in all minimum skills requirements**

- Allowed to miss 2 practices of the 8 practices prior to a bout. No makeup practices.
- Must be present and participate in the last practice before the bout.
- Remain current on dues (see Dues requirements).
- Meet and maintain skating skill and safety standards as determined by the coaching staff (please see WFTDA minimum skills requirements, by which you will be periodically assessed as your training continues).
- Read, learn, and stay current on the Women's Flat Track Derby Association Official Rules.
- Bear the expense of all personal equipment,
- Pass the WFTDA Rules Test with a score of at least 80%.
- Attend at least one league organized event per month or volunteer 2 hours in the community. (see attendance requirements)
- Maintain a positive attitude
- The final bout roster will be at coaches' discretion.

# Policies

## Grievance Policy



We are a group of strong willed, dedicated skaters, with big personalities, that are playing a contact sport, and naturally, there will be disagreements. In order to keep these disagreements from becoming a major issue, there are Members to bring grievances or conflict issues to for resolution. The Board President and Board Vice President should always be trusted and reasonable people to turn your concerns to, however please attempt to address the individual with said conflict, if your matter is not resolved please address the coaches, if you feel your matter has not been resolved please address the Board with a formal grievance.

A Grievance Form will need to be filled out. It will then be given to the Board for immediate action. If more than one grievance is submitted about the exact same incident, they may be considered one offense, this will be determined by the Board. If multiple grievances are received toward one person, but regarding different incidents they will be separate incidents.

The Grievance Form will be given to the Board. A Notification of Grievance will be given to the defendant and a time will be scheduled for discussion. At which time every effort will be made to reach a resolution. All parties are considered innocent until the matter has been reviewed by the Board.

## Return to Play Policy



- If any absence (not including injury) exceeds more than 8 practices, the skater will return under the incoming skater policy. (See attendance requirements – Section 3)
- For absence relation to injury, a note from their physician is required for a skater to return to skating. If any absence exceeds more than 8 practices, the skater will return under the incoming skater policy. (See attendance requirements – Section 3)

# Disciplinary Policy

## Fresh Meat

### **Complaint Policy / League Dismissal During Probationary Period**

If a new skater receives three formal complaints regarding their behavior or sportsmanship during their 60-day probation, they will also be put up for dismissal by a unanimous vote of the Board. If the vote for dismissal based on conduct is not unanimous, they will be allowed to continue. If the skater gets one additional formal complaint in the 30 days after the initial three that brought it to vote, then their dismissal will be brought to vote again and will be determined by majority Board vote.

## Active Members

### **Disciplinary actions may be taken for the following:**

- Failure to comply with the rules and policies within this handbook.
- Gross disrespect for a team member, coaches, referees, or support staff.
- Committing a crime.(i.e. theft, assault, etc.)
- Disorderly conduct in public.
- Engaging in a conversation (oral, any electronic media, or written) with someone outside of the organization, on behalf of the team in a negative or misleading manner.
- Unprofessional behavior at public appearances, promotional events, and ACRD sponsored events including, but not limited to, team meetings.
- Drinking alcohol prior to, or while skating during practice, bouts, or events
- Underage drinking at a public or ACRD sponsored event.

To report any misconduct or failure to comply with any rules or policies within this handbook, a Grievance Form is to be given to the Board President or Board Vice President for review. A written document is needed, it will be placed within the offender's personal file, and with it will be a written statement of the action taken to address the issue.

- First offense will result in the offender receiving written notice of the accused action from the officer of the ACRD Board.
- Second offense will incur a written notice along with a suspension of membership or a review of the offense by the Board to determine any further action.
- Third offense will result in a written notice and will be presented to the Board for final judgement. Suspension or termination will be considered.

The Board reserves the right to judge the severity of the offense and disciplinary action in accordance to the disciplinary action. This may include, but not be limited to suspension and bout ineligibility.

# Codes of Conduct

## Officiating Code of Conduct

### **Purpose**

The purpose of the ACRD Officiating Code of Conduct is to provide guidelines for how individuals are expected to function as officials for A'Salt Creek Roller Derby. All officials assume an obligation to conduct themselves in a manner compatible with the league's mission as members of ACRD. When an individual officiates in any roller derby event, they indicate an understanding and agreement to represent the league and the officials in a manner that does not detract from the image of the sport or the league. Furthermore, individuals shall display sportsman-like behavior and abide by the rules, regulations, policies, procedures, and laws of all corresponding agencies.

### **Display Good Judgment**

All officials must remember that ACRD is run as a business and all business information needs to remain confidential. All officials must conduct business with honesty, fairness, and integrity. All officials must be aware of how they are representing the league (if applicable) and the officials, and how they conduct themselves at roller derby related events.

### **Treat All Members with Respect, Dignity, and Fairness**

It is the responsibility of all officials to treat one another with respect, dignity, and fairness. All officials and league members must ensure that any league event is free of harassment or abuse, and that all procedures and policies are followed correctly.

### **All ACRD Officials shall:**

- Hold and maintain the basic tenets of officiating, which include integrity, neutrality, respect, sensitivity, professionalism, discretion, and tactfulness.
- Master the rules of the game and procedures necessary to enforce the rules, and exercise authority in an impartial, firm, and controlled manner.
- Uphold the dignity of the sport in all interactions with skaters, coaches, volunteers, and the public.

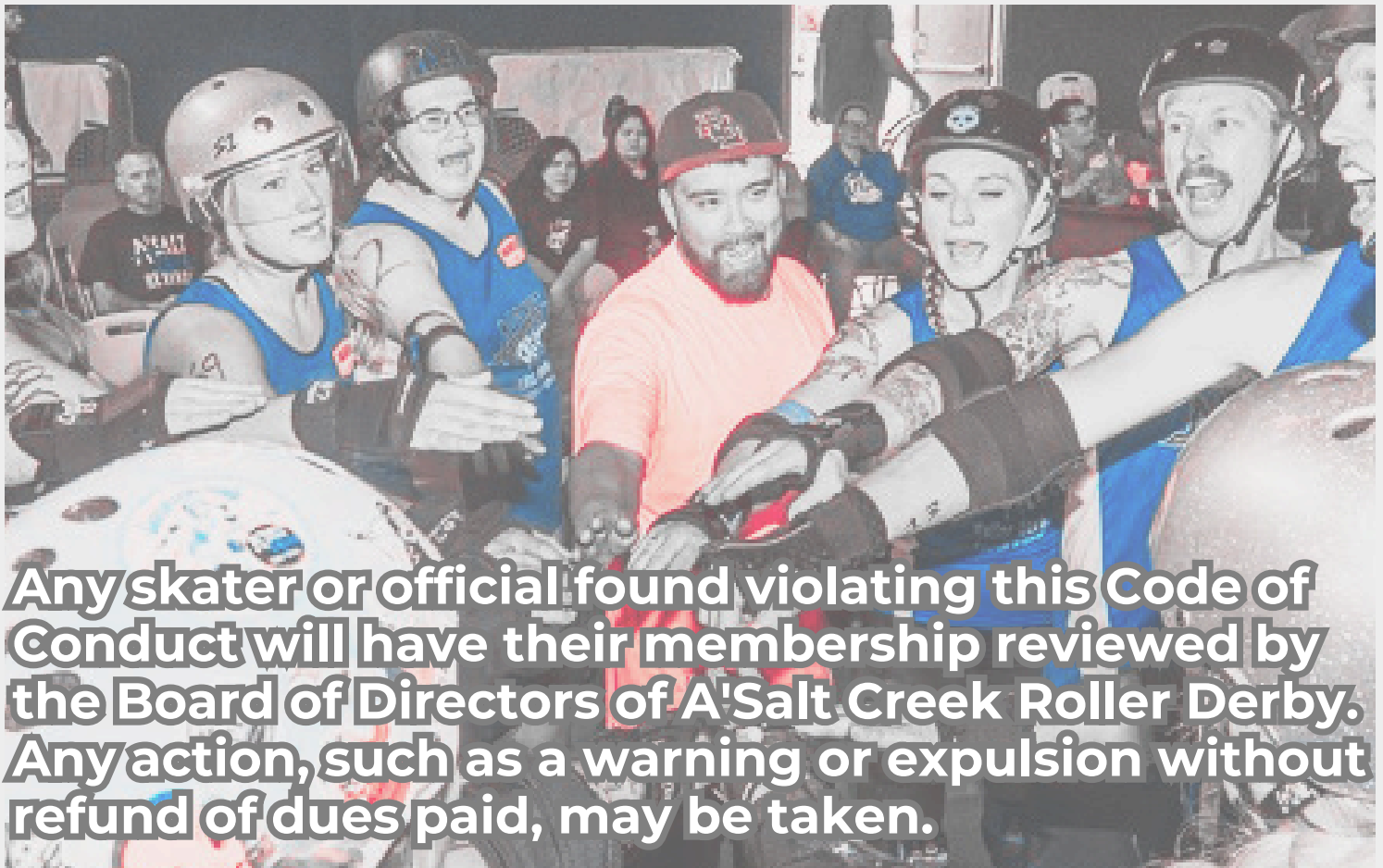
## Officiating Code of Conduct (cont.)

- Display and execute superior communication skills, both verbal and non-verbal.
- Recognize that any action which may lead to a material conflict of interest shall be avoided. Special treatment or privileges for any skater in the league, which can compromise the perceived impartiality of officiating, shall be avoided.
- Officials should disclose to persons in authority (i.e., to crew and/or head referees/head NSOs) any conflict of interest which may result in accusations of bias. Disclosure alone shall not result in sanctions from either ACRD Grievances or ACRD officials' leadership.
- Officials should not receive compensation from or on behalf of a team participating in a bout. Compensation from a league hosting a bout (or tournament) which is provided to all officials who work a given event need not be disclosed. This compensation shall be construed as payment for services rendered and shall not be conflated with remuneration for acts of favoritism.
- Work with one another and the ACRD officials in a constructive and cooperative manner.
- Resist every temptation and outside pressure to use one's position as an official to benefit oneself.
- Be cautious during rules discussions, especially in public forums. As an ACRD affiliated official, the opinion of this official is likely to be considered official policy.
- The expression of personal opinions regarding teams, players, and bouts shall be avoided in public forums to prevent conflicts of interest. ACRD affiliated officials shall never publicly express predictions or judgments regarding bouts they are scheduled to officiate.
- Never engage in any sort of gambling acts related to any bouts.
- Accept responsibility for all actions taken.
- Make ACRD events a priority over other roller derby related events.
- All ACRD skating officials will be required to purchase their own insurance through WFTDA.
- Officials agree A'Salt Creek Roller Derby will be their home league.

## Coaches Code of Conduct

## & Responsibilities

- Be reasonable in your demands on athletes' time, energy and enthusiasm.
- Never ridicule a team or skater for making mistakes or losing an event.
- Attempt to ensure that equipment and facilities meet safety standards and are appropriate.
- Hold all players to the same standards.
- Help keep player "drama" to a minimum
- Can bring in Extra Players if deemed necessary.
- Are in charge of practices which include new drills, strategy, and testing/eligibility.
- Are in charge of who is on the rosters
- Can give minor discipline, i.e. asking a player to leave practice if they are disruptive.
- Give player feedback after bouts, positive and negative, to help player to improve.
- The coaches should be the first line of conflict mediation



**Any skater or official found violating this Code of Conduct will have their membership reviewed by the Board of Directors of A'Salt Creek Roller Derby. Any action, such as a warning or expulsion without refund of dues paid, may be taken.**

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# Meetings



## Team Meetings

Team meetings will be tentatively scheduled at least quarterly, but can, and likely will be more often – especially during regular bout season, at a place to be announced prior to the meeting. These are mandatory due to the information that will be shared.

## Board Meetings

Board meetings will be prior to the Team Meeting at a place to be announced prior to the meeting. Board meetings are open to the league. However, this is for observation only. Individuals may not address the board or take part in discussions unless asked. The exception to this is if an individual is invited by the Board to discuss/share information.

## Referee Meetings

Referee meetings will be held at Head Ref's discretion with ample notice.

## Coach and Captains Meetings

Coach/captain meetings will be held at the coaches' discretion with ample notice.

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# Other Guidelines

## Drop-In Skaters

These players have no obligation to commit to a skating contract, but they will be required to sign a liability waiver and will be required to adhere to the same basic behavior requirements. They will also be required to show proof of insurance or purchase a day pass. Drop-In Skaters will be required to pay **\$5** per session that they attend. Members of ACRD are expected to treat these skaters with the same respect and courtesy that you would to other ACRD members. Drop in skaters can participate in drills and scrimmage upon coaches/captains' discretion. ACRD Board reserves the right to refuse any drop-in skater from attending practices. A group rate for drop in skaters will be offered at \$20 for 4 or more members from the same organization.

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## Appealing Board Decisions

If a league member would like to challenge or appeal a decision made by the ACRD Board, the following protocol should be followed.

1. Submit a written challenge/request for appeal to the Board.
2. The Board will choose the timeliest way to resolve the challenge. This may include:
  - a. Posting an online survey to gather league feedback on the challenge.
  - b. Present the challenge for a league vote at an upcoming league meeting.
  - c. Invite league members to speak on behalf of the issue at a board meeting.
3. The Board will thoroughly consider all league feedback and revisit the challenge issue. Whether a decision is overturned or retained will be the task of the Board.

The League reserves any and all rights to change and/or modify this constitution without notice.

Photo credits go to Gil Cromeens, Milles Barden, and Alvin Green Jr.



# Contact Information

☎ 123-456-7890

✉ [ACRD307@gmail.com](mailto:ACRD307@gmail.com)

🏠 Casper, WY

🌐 [website.com](http://website.com)

📘 [facebook.com/ACRG1](https://facebook.com/ACRG1)

# Membership Agreement

I declare that I \_\_\_\_\_ have received a copy of the A'Salt Creek Roller Derby Handbook and the Roller Derby Waiver & Acknowledgement.

I declare that I \_\_\_\_\_ have received, understand and fully agree to abide by the rules and regulations set forward in the A'Salt Creek Roller Derby Handbook, Roller Derby Waiver & Acknowledgement. I fully understand and agree that if any skater or official is found violating these rules and regulations their conduct may cause their membership to be reviewed by the Board of Directors of A'Salt Creek Roller Derby. Actions such as warnings or expulsion are possible.

Participant's Printed Name \_\_\_\_\_

Participant's Signature \_\_\_\_\_

Date Signed \_\_\_\_\_

Board Member Witness \_\_\_\_\_

Date Witnessed \_\_\_\_\_



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# A'Salt Creek Roller Derby

## Roller Derby Waiver and Acknowledgement

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ Relationship: \_\_\_\_\_

**Medical:** It is the responsibility of the undersigned to insure that the above named person is medically fit to participate in strenuous on-rink/flat track or off-rink activities. As stated below, participation in roller derby activities presents an inherent risk of injury to person or property. The undersigned certifies that the above named participant has no known conditions that prohibit or limit participation in any derby/skating activities held by or in association with ACRD. Additionally, the undersigned must have medical insurance in place (primary insurance preferred, but WFTDA insurance required also) for the participant to cover any expenses related to any potential injury that may arise from their participation in ACRD.

**Equipment and skates:** Participants must wear the following mandatory safety equipment during all ACRD on-rink/flat track activities and practices: Knee and Elbow pads, Wrist Guards, Mouth Guards and Helmet. Eyeglasses must have plastic shatter-proof lenses. **The undersigned must take full responsibility that the above named participant is wearing the aforementioned safety equipment at all times and that it is properly worn.** Only quad skates are permitted. All skates must be rink-safe, meaning that their use must not gash, indent or blemish the skating surface or any other surface and that the skates will not cause injury to property or person(s). All liabilities thereof are undertaken by the undersigned.

**Conduct:** Spectators and/or skaters (patrons on the premises as a result of your involvement in the roller derby) as well as participants must behave in a respectful manner to both person and property. Behavior which could potentially lead to intentional or unintentional bodily injury or injury to property will not be tolerated.

**Indemnification and Risk Acknowledgment:** In consideration of being allowed to participate in any way in ACRD, athletic sports programs, related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injuries from the activities involved in the program is significant, including the potential for permanent paralysis and death, while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury remains and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard(s) during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, 4. I, for myself and on the behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS ACRD, the rink/facility, coaches, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors and advertisers ("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH or loss, or damage to person or property, WHETHER ARISING FROM NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS ASSUMPTION OF RISK AGREEMENT, ACKNOWLEDGEMENT AND I ACCEPT RESPONSIBILITY; I FULLY UNDERSTAND ITS TERMS, AND I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature \_\_\_\_\_ Date: \_\_\_\_\_

 ACRD