

Requirements for each level of Skaters at Anchor City Rollers Club

LOCO: Low Contact Skaters

Anchor City Rollers encourages people of all ages and genders to try roller skating! The only requirement to be a ACR low contact skater is full safety gear and CRDi insurance.

The ACR Learn to Skate program/ LOCO practices covers all of the WFTDA minimum skills.

In order for Low Contact Skaters to move up to the Intermediate skater level they must be sufficient at at least 75% of the overall WFTDA minimum skills. ([See WFTDA Minimum Skills Document](#)). Of that 75%, Sections 1-3 of the WFTDA Minimum Skills (Basic Skating Skills, Recovery Tactics, and Balance and Agility) are all mandatory with the exception of 1.4.1 27 laps in 5 minutes. From Sections 4 and 5 the following skills: Weaving, Avoiding Obstacles and Giving/Receiving Hits Safely are also mandatory skills for a low contact skater to move up to the IS level. Skaters must complete these skills consistently and with confidence.

IS: Intermediate Skaters

As stated above: Intermediate skaters are competent at at least 75% of the overall WFTDA minimum Skills. Of that 75% Sections 1-3 of the WFTDA Minimum Skills: All Basic Skating Skills, Recovery Tactics, and Balance and Agility are mandatory. From sections 4 and 5: Weaving, Avoiding Obstacles and Giving/Receiving Hits Safely are also required skills for all Intermediate Skaters. Skaters must complete these skills consistently and with confidence.

In order for IS skaters to move up to Seasoned Skater status they must pass 100% of the WFTDA minimum skills (not including 27/5) and also complete the written WFTDA rules test, and understand basic gameplay and league strategy.

Checkins will occur every 3 months between IS and a trainer. Feedback will be given. If an IS wants to challenge their level before the next check in they must identify themselves to a trainer. The skater will then be assessed at the following practice.

SS: Seasoned Skaters

All seasoned skaters must have their WFTDA minimum skills, and have completed [the written WFTDA rules test](#), and have a basic understanding of derby game play and league strategy.

If a seasoned skater misses a significant amount of practices or is on a LOA for three months or more, they must be retested and/or reassessed by a ACR Seasoned Skater trainer before they can come back to full participation. Reassessment will include all minimum skills (not including 27 in 5). Contact skills will be assessed during warm up. Once the skater has been assessed,

they must participate in 2 full practices with contact before they will be allowed to participate in scrimmage.

Visiting skaters will be asked via email for skill level and experience when skating at practice to assess skill level.

Any skater coming back from injury will be allowed to use the outside of the track or any open area to skate and participate in non contact drills to build strength and endurance before being assessed. Once they feel comfortable the skater can contact any trainer to start/schedule the reassessment process.

Home Teams & Travel Teams

More information on the drafting process for Home Teams and Seasoned Skaters can be found here: