The intent of the JRDA Skills Assessment test is to provide a standardized system to guide Trainers/Coaches for the purpose of:

- Determining the training needs of individual skaters
- Determining the level of competition a skater is qualified for
- Forming teams for interleague competition that safely and fairly matches skaters by their abilities

The skills assessment must be administered by head of the training/coaching or other adult league official. This designated league official must sign off on each skater's individual assessment sheet. Skaters must be assessed prior to their first interleague competition and re-assessments must be done at least annually thereafter. JRDA leagues must maintain signed records of successful testing of their rostered skaters and be able to provide these records to the JRDA upon request.

Administer the Rules test with answers and citations, to each skater individually. Skaters should not have access to notes or JRDA/WFTDA rules documents during the exam. The minimum required score to pass the rules test is 80%.

**Skill Level I** – By passing this Level the skater has demonstrated the basic skating competency necessary to safely engage in non-contact (positional blocking) play.

**Skill Level II** – By passing this Level the skater has demonstrated the basic skating competency necessary to safely engage in the JRDA Full Contact play. During this time the trainers and skaters should be emphasizing fluidity of motion and building skeletal muscular strength and endurance.

**Skill Level III** – By passing this Level the skater has demonstrated WFTDA level competency and is eligible to skate by WFTDA unmodified rules.

For the rules test refer the official WFTDA rules test.
http://wftda.com/wftda_minimum_skills_requirements_v2.pdf
Skill Level I

Basic Skating Skills
The skater must demonstrate proficiency in the following areas:

Skating Posture
- Bends at knees and hips with shoulders back
- Swings arms fluidly

Stride
- Has steady, confident, fluid strides
- Uses both feet to push forward on straight-aways

Stops
Skater must come to a complete stop from a brisk pace, using proper form and without losing her balance. Must be able to complete both stops effectively
- T-Stop
- Plow Stop

Falls
Skater must perform the following falls safely, correctly, and naturally.
- Single Knee Falls
  - Left
  - Right
  - Recovers from each fall without using hands to get up
  - Skater is able to return to active skating within two seconds
- Double Knee Falls
  - Skater is able to return to active skating within two seconds
  - Figure 4/Baseball Slide
  - Both legs stay on or near the ground during the fall
  - Skater is able to return to active skating within three seconds
- 180 Degree Turn Single Knee Fall
  - Exhibits control to complete the fall in exact opposite direction
  - Skater is able to return to active skating within two seconds
- Four point fall
  - Hands are kept in front of the body, fingers closed into fists
  - Skater is able to return to active skating within two seconds
- Balance/Agility
  - Skater must demonstrate the ability to perform the following tasks without losing her balance or falling.
  - Stepping from a standstill
  - Forward and Backward
  - Side to side in both directions
  - Squatting

Speed
- Seven (7) laps in 2 minutes based on a WFTDA regulation track

Other skills
- Squats and coasts through the entire straightaway and turn
- Squats and propels self on straightaways and around turns

X
Skater Signature and Date

X
Trainer/Coach Signature and Date
Skill Level I Rules Test (JRDA Rules 3.1)

1) What is the name of the position that wears a star on her helmet?
   - [ ] Pivot
   - [ ] Jammer
   - [ ] Blocker
   - [ ] Team Captain

2) What is the maximum number of blockers that a team may have on the track?
   - [ ] One
   - [ ] Two
   - [ ] Three
   - [ ] Four

3) How many whistle blows start the pack?
   - [ ] One
   - [ ] Two
   - [ ] Three

4) (True or False). Tripping is allowed if it is accidental.
   - [ ] True
   - [ ] False

5) How many whistle blows end the Jam?
   - [ ] One
   - [ ] Two
   - [ ] Three
   - [ ] Four

6) How does the Lead Jammer call of the Jam?
   - [ ] Tell the Referee
   - [ ] Skate off the track
   - [ ] Repeatedly placing both hands on her hips until the referee whistles the end of the jam.
   - [ ] The Lead Jammer Cannot call off the jam

7) Which part of the body is illegal to use when blocking another skater?
   - [ ] back
   - [ ] buttocks
   - [ ] elbow
   - [ ] hip

8) Which part of the body is considered an illegal blocking zone?
   - [ ] chest
   - [ ] upper arm
   - [ ] hip
   - [ ] above the shoulder

9) How many whistle blows start the Jammers?
   - [ ] One
   - [ ] Two
   - [ ] Four

10) (True or False) It is okay to use your forearms and hands to keep an opposing blocker a safe distance away from you?
    - [ ] True
    - [ ] False

X ________________________  X ________________________
Skater Signature and Date  Trainer/Coach Signature and Date
Skill Level II

Crossovers
- Performs smooth crossovers while skating at a brisk pace going into and coming out of turns
- Uses both feet to push during crossovers

Other skills
- Performs one-foot glides with each foot for the length of the straightaway with good balance.
- Skater maintains sufficient speed and does not flail limbs
- Has the ability to propel self while keeping all eight wheels on the floor
- Can move easily and fluidly from one side of the skating lane to the other
- Skater achieves a 90 to 120 degree angle at the knee during each squat. Feet and knees are hip width or wider. Eyes look forward, chest is out and back is flat.

Hopping
- Hops over an object at least 3 inches in height without touching the object or losing balance while skating at a moderate pace. Skater’s feet must leave the ground simultaneously, then land simultaneously
- Skater hops from one foot to the other while moving forward

Focus
- Can look left, right, and behind quickly and unexpectedly while maintaining regular skating stride at a moderate pace

Weaving
- Demonstrates weaving through a single-file line of moving skaters who are each an arm's length apart. Skater must demonstrate the ability to perform the following skills legally and safely while skating at a moderate pace.

Whips
- Giving inside whip
- Giving outside whip
- Receiving inside whip
- Receiving outside whip

Hip whips
- Giving hip whips
- Receiving hip whips

Pushes
- Giving pushes
- Receiving pushes

Leaning
- Skates while leaning shoulder to shoulder with another skater while maintaining an upright position and propulsion without tripping, falling, or becoming unsteady.

Blocking - Skater must demonstrate the ability to perform the following skills legally and safely while skating at a moderate pace.

Hip checks
- Left hip
- Right hip
- Left shoulder
- Right shoulder

Speed and Endurance
- Skates eleven (11) Laps in 2 minutes based on WFTDA regulation track

X
Skater Signature and Date

X
Trainer/Coach Signature and Date
Skill Level II Rules Test (JRDA Rules 3.1)

1) Protective gear must be worn while skating in a jam, including to and from the
   □ penalty box
   □ bench
   □ restroom

2) If a skater sustains an injury serious enough that the referees call off the jam the skater must sit out the next _________ jams
   □ One
   □ Two
   □ Three
   □ Four

3) If more than one jam is called off for the same player, she must sit out ___________________.
   □ The next three Jams
   □ The next five Jams
   □ the remainder of the period
   □ the remainder of the Bout

4) A pass is determined by the skaters’ ____________.
   □ Head
   □ Hips
   □ Skates and hips

5) At most, ____ skaters may be on the roster for a specific game
   □ 10
   □ 12
   □ 15
   □ No limit

6) If ____ seconds or fewer remain on the period clock when a jam ends, there will not be another jam started for that period, unless a timeout is called
   □ 20 seconds
   □ 30 seconds
   □ 40 seconds
   □ 60 seconds

7) A jam may last up to _____ minutes
   □ 1 minute
   □ 2 minutes
   □ 3 minutes

8) (True or False) A tie is an acceptable outcome in a non tournament bout
   □ True
   □ False

9) Each team is allowed ____ two-minute timeouts per half.
   □ One
   □ Two
   □ Three
   □ No limit

10) Pivot identification: Pivots wear a ___________helmet cover
    □ Striped
    □ Starred
    □ No Helmet Cover

11) The Lead Jammer is the first Jammer to pass the foremost in-play Blocker legally and in bounds, having already passed all other Blockers ________________.
    □ legally and in bounds
    □ before the opposing Jammer
    □ before the pack complete one lap
    □ including the opposing team’s Pivot

12) Once a Jammer has been declared Lead Jammer, she retains Lead Jammer status for the duration of the jam unless she forfeits the status by:
    □ Removing her helmet cover for any reason.
□ Being removed from play due to a penalty.
□ Both reasons listed above

13) (True or False) A Jammer may transfer her position to her team’s Pivot, allowing said Pivot to become the point scoring skater for her team for the remainder of the jam
□ True
□ False

14) Each skater participating in a bout must visibly display her number on
□ her helmet
□ The front of her uniform
□ The back of her uniform

15) When a Blocker is positioned more than ______ feet outside the pack or out of bounds, she is out of play and subject to penalties
□ 10
□ 15
□ 20

16) Blocking is any movement on the track designed to
□ knock the opponent out of bounds or to impede the opponent’s speed or movement through the pack
□ knock the opponent down or to impede the opponent’s speed or movement through the pack
□ impede the opponent’s speed or movement through the pack

17) Skaters must have _______ skates on the floor when executing a block
□ at least one
□ both

18) Illegal Target Zones—for safety reasons, a skater must not be hit in the following location
□ Anywhere above the shoulders
□ The arm from the shoulder to the elbow
□ The hips and booty

19) (True or False) Incidental forearm contact between skaters is acceptable.
□ True
□ False

20) Which of the following is NOT a penalty?
□ Blocking to the Back
□ Use of Elbows
□ Use of Forearms and Hands
□ Blocking with the Head
□ Out of Play Penalties
□ Skating Clockwise to Block
□ Multiple Player Blocks
□ Cutting the Track
□ Out of bounds Blocking
□ Tripping and Low-Blocking
□ Skating Out of Bounds
□ Illegal Procedures
□ Misconduct and Gross Misconduct
□ Insubordination
□ Fighting

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Skater Signature and Date

X
Trainer/Coach Signature and Date

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**Skill Level III**

**Stops**
Skater must come to a complete stop from a brisk pace, using proper form and without losing her balance. Must be able to turn 180° and stop using toe stops while skating backwards.

- ☐ Toe-Stop

**Pacing**
Skater adjusts to the variable speeds (decrease/increase) of a pace line, while maintaining an arm's length distance between herself and the skaters in front of and behind her without falling, tripping, overtaking or running into another skater.

**Weaving Around Moving Obstacles**
- ☐ Demonstrates weaving through a single-file line of moving skaters who are each an arm's length apart.

**Unexpected Obstacles**
- ☐ Skating within a pack of at least four other skaters who fall in front of the skater at various unexpected times. Skater must deal with the fallen skaters by avoiding or safely falling without hurting self or the fallen skater, and without causing an unnecessary hazard for any of the pack skaters.

**Positional Blocking/Frontal Blocking/Stall Blocking**
- ☐ Performs with good posture and without loss of balance or focus

**Checks**
- ☐ Performs checks with legal body parts delivered within legal blocking zones with moderate to heavy force while skating at a brisk pace.

**Bumping**
- ☐ Maintains or recovers balance, without falling, while being bumped into and having wheels bumped by other skaters.

**Taking Hits**
- ☐ Responds safely (without flailing or grabbing other skaters, if falling, she falls safely, accurately, and small, without sprawling unnecessarily, and with 2 to 4 second recoveries) to repeated heavy hip checks and shoulder checks.
- ☐ Demonstrates the above in a pack situation, without causing an unnecessary hazard for pack skaters

**Other Skills**
- ☐ Can perform smooth quick cuts, crossing the track at least three times on each straight-away and twice on each turn

**Speed and Endurance**
- ☐ Skates Thirteen (13) Laps in 2 minutes based on WFTDA regulation track

X
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Skater Signature and Date

X
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Trainer/Coach Signature and Date