



GUIDE FOR EQUIPMENT CHECK

All Skaters are responsible for compliance with the gear requirements found in [The Rules of Flat Track Roller Derby](#). Skaters competing in WFTDA-sanctioned games and WFTDA insurance holders must also comply with the gear standards found in the [WFTDA Risk Management Guidelines](#).

The following equipment recommendations are listed as a guide to conducting an equipment verification and are a minimum standard. Leagues and Skaters may adopt more stringent practices at their discretion.

Skaters should always refer to manufacturer instructions regarding sizing, use and maintenance instructions.

FAQ

What about if I am missing an arm/teeth?

If a Skater does not have any teeth, a mouthguard is not required.

However, we strongly recommend it as wearing a protective mouthguard protects you from jaw fractures. Impact to the neck or jaw could result in serious injury, and with the protection of a mouthguard during an impact, the likelihood of jaw dislodgement or neck trauma is reduced.

From the [WFTDA Risk Management Guidelines](#): "Skaters not actively competing or engaging in contact drills may forgo the use of mouth guards."

If I have a prosthesis?

Pads are not required on a prosthesis. If the prosthesis has hard or sharp edges that may be a hazard to other Skaters, it should be wrapped and padded.

When is an appropriate time to replace your helmet?

If you have a fall or a blow to the head, you should replace the helmet immediately. If you have not experienced serious impact, a helmet should be replaced regularly.

Can you use duck tape on your pads?

Duck tape is discouraged. Proper fit and maintenance of gear is the responsibility of the Skater. From the [WFTDA Risk Management Guidelines](#): "Skaters are strongly encouraged to repair or replace pads that have ineffective Velcro."

Can I play with an arm cast?

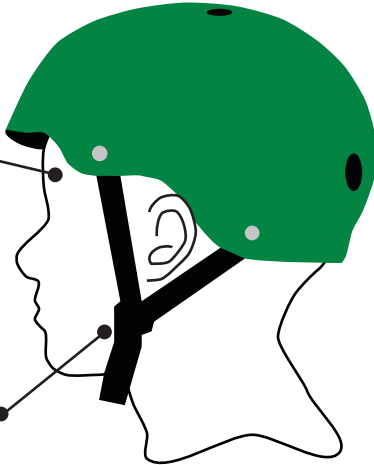
From the [WFTDA Risk Management Guidelines](#): "Casts are permitted if they do not present a hazard to other Skaters. They do not require padding. A wrist guard is not required over a cast that extends to the wrist."

HELMET

✓ CORRECT FIT

Front is about 1-inch (2,54 cm) above brow

Crook of "Y" is just below the ear



✗ IMPROPER FIT

Crook of "Y" too low

Front too high

Chin strap too loose



HELMET CHECKLIST

- ☐ Snug Fit: Allows normal mouth motion
- ☐ Only able to put a finger or two between strap and neck
- ☐ Lift the helmet about no more than an inch
- ☐ Doesn't easily move side-to-side when the head is shaken

FACE SHIELD CHECKLIST

- ☐ No cracks or breaks
- ☐ No sharp edges



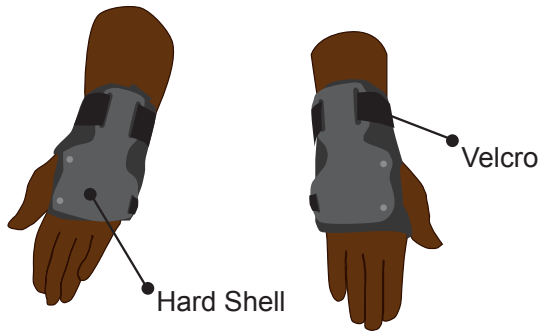
Photo by Keith Bielat



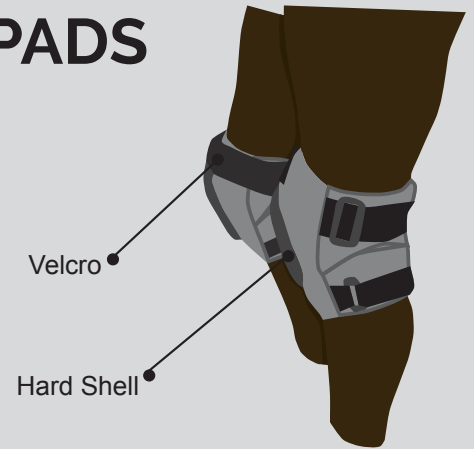
Photo by Marko Niemela

PADS

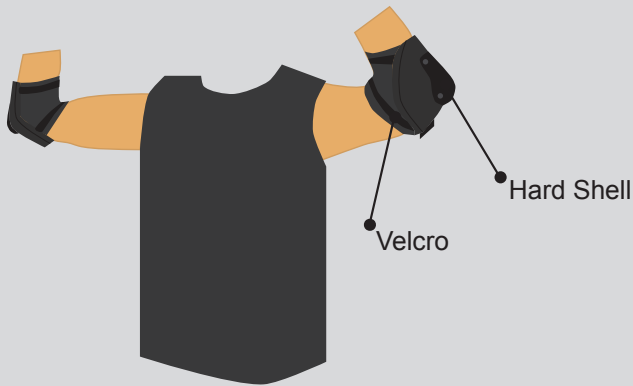
WRIST GUARDS



KNEE PADS



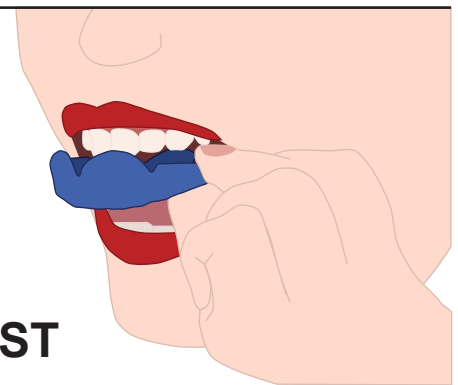
ELBOW PADS



PAD CHECKLIST

- ☐ Snug fit: Tug on pads - should not move easily
- ☐ Intact Plastic Shells (no cracks or sharp edges)
- ☐ Velcro should hold
- ☐ Long straps must be secured

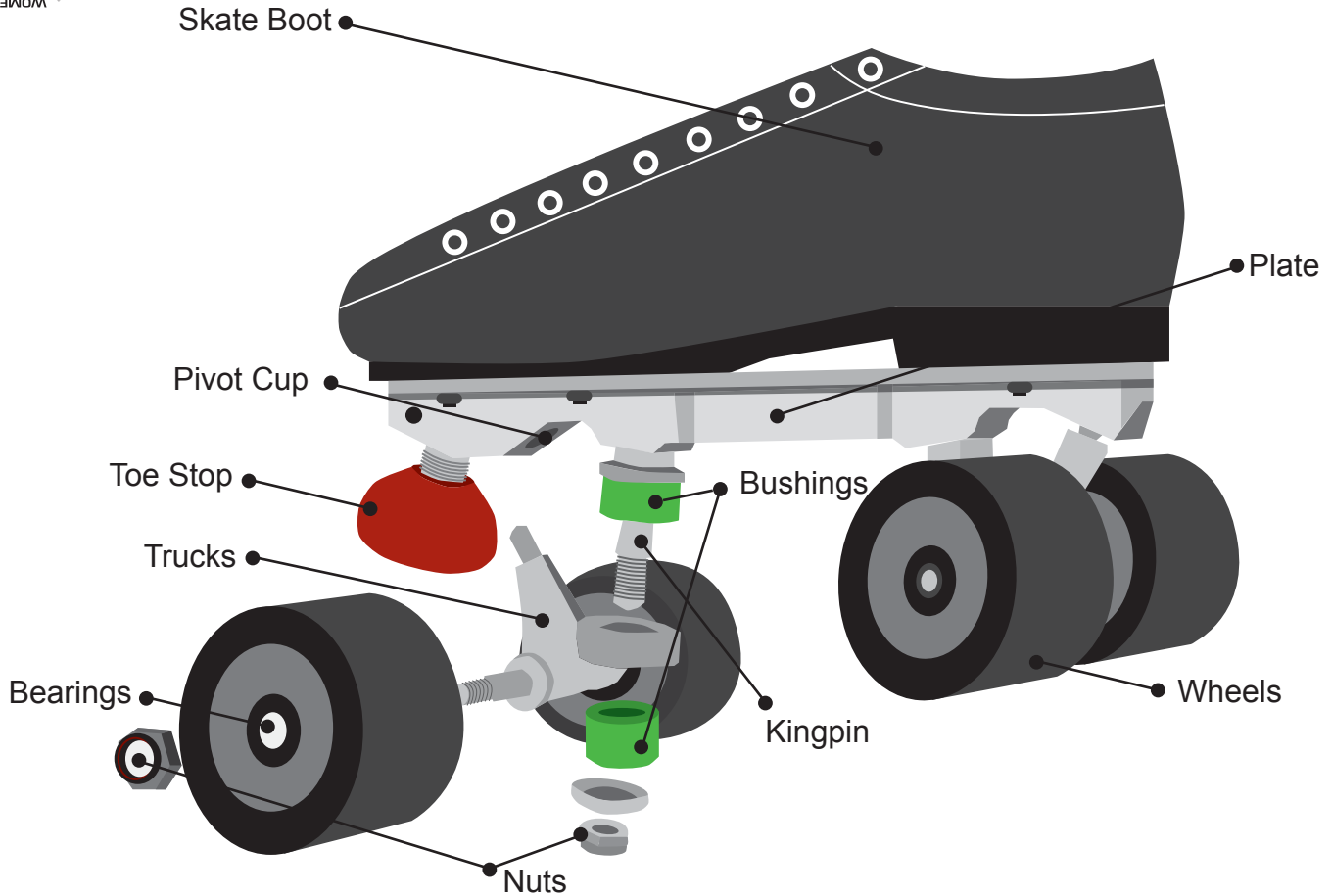
MOUTHGUARD



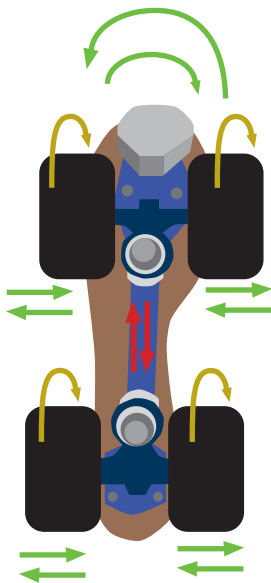
MOUTHGUARD CHECKLIST

- ☐ Snug fit: Stays in place on its own
- ☐ Must be made for high impact sports
- ☐ Covers all teeth on upper or lower jaw

SKATES



SKATE CHECKLIST



☐ Wiggle the toe stop. If it moves back and forth, it may not be tight enough.

☐ Wiggle the wheels back and forth. Are the nuts tight? If one nut keeps getting loose, replace it before it falls off.

☐ Spin the wheels. Are the nuts too tight? If so, adjust so they are on securely but not impacting the wheels. Are the bearings grinding or locking up? If so replace them.

☐ Occasionally - check your kingpins for bending or looseness. Inspect pivot cups for wear. Check that the plate nuts are still tight and holding.

OPTIONAL EQUIPMENT & APPAREL



Optional protective gear must conform to the standards in [WFTDA Risk Management Guidelines section 3.2. - Optional Gear](#).

Other apparel (such as jewelry) must conform to the standards in [WFTDA Risk Management Guidelines section 3.3 - Functionality, Safety, Gameplay](#).

Glasses should be secured on skater's head with a sports retaining strap that is not loose (similar to goggles), and must contain shatterproof lenses.



CONTRIBUTION & THANKS

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Cro-Magmom
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Toss'er Assout
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DERBY WITHOUT BORDERS



Derby Without Borders is a project dedicated to remove barriers to accessibility in the sport of Roller Derby.

We take used and new equipment donations to be distributed to teams with barriers to access all over the world! With safety at the core of our project, we want to ensure our recipients receive the safest equipment possible. This means some donations may not be used.

Gear for roller derby should always follow the [WFTDA Risk Management Guidelines](#) and fit the standards demonstrated in the WFTDA Gear Guide. When donating your used gear, ask yourself, “Would I feel safe using this?”. If the answer is no, it is no longer a viable donation.



Photo by Meghan Schuttler

HIGH DEMAND	MODERATE DEMAND	LOW DEMAND
Skates Knee Pads Wrist Guards Elbow Pads Helmets (no impact)	Toe Stops Skate Tools Helmet Padding Wheels Bearings Mouthguards (new/unmoulded)	Cushions Plates Boots

DERBY WITHOUT BORDERS

What to consider when donating a used helmet

We want our recipients to remain protected, especially their heads! We welcome helmet donations, however, helmets can become ineffective after one or two heavy impacts. We ask that if you are donating a helmet, to provide a history of the helmet, and potential impacts it has received in it's life.

Condition of pads (and shells) for used gear

Pads should be in pristine condition; clean (washed), and suitable for continued use. Shells should be intact and able to protect from impact, and the general integrity of the padding uncompromised. If possible, velcro repair is encouraged prior to donating.

What conditions skates should be if previously used?

Skates should be suitable and safe for skating. Boots with holes, or separating from soles or plates will not be accepted. Plates that have any missing parts, or broken pieces will not be accepted.

What other accessories can you donate and in what condition? (i.e. wheels, toe stops, bushings, bearings, mouth guards, helmet panties, etc.)

Wheels and toe stops without visible damage are accepted, there should be no visible metal or missing chunks. Bushings and bearings should be clean and gently used. We will accept new, un moulded mouthguards, helmet panties, cones, whistles and scrimmage shirts/pinnies/vests.



Photo by Ben Jackson



Photo by Aimée Grace Plank

Want to donate your used gear?

Go to derbywithoutborders.org for more information or email maedae@skatingoutofbounds.com