WFTDA PRE-GAME EQUIPMENT PROTOCOL

March 13, 2015

All Skaters are responsible for compliance with the safety and gear requirements found in The Rules of Flat Track Roller Derby. WFTDA member leagues and insurance holders must also comply with the safety and gear standards found in the WFTDA Safety Protocol.

The Team Captain is responsible for ensuring that all team Skaters verify equipment prior to participation. Captain verification of equipment is suggested for all practices and other activities, and required for any WFTDA-sanctioned game.

The following equipment recommendations are listed as a guide to conducting an equipment verification. Skaters should always refer to manufacturer instructions regarding sizing, use and maintenance instructions.

HELMET

The helmet should not easily move side-to-side when the head is shaken or the helmet is moved using both hands. It should not tip forward over the eyes or back to expose the Skater’s forehead.

The helmet should be worn low over the forehead, with the front rim approximately at the eyebrows.

The chin strap should be snug, though it should allow for normal motion of the mouth and not impede breathing. The straps should form a short V under the ear, not a long V under the neck.

The face shield should not be cracked or broken and should not have sharp edges that pose a danger to other Skaters.

MOUTH GUARD

Skater must demonstrate that they have an intact mouth guard, then place it in their mouth to ensure it fits.

Mouth guards should cover all the teeth on the upper or lower jaw.
**ELBOW PADS**
Pads should be snug and adjusted so that the plastic cap is over the point of the bent elbow.

Long straps that may become entangled with other Skaters’ pads must be secured with tape.

Cracked or broken shells are not permitted.

**WRIST GUARDS**
Pads should be snug. Plastic shells must be secure and intact.

Cracked plastic inserts are not permitted.

Long straps that may become entangled with other Skaters’ pads must be secured.

**KNEE PADS**
Pads should fit snug and be secure around the knees.

Long straps that may become entangled with other Skaters’ pads may be secured with tape.

Cracked or broken shells are not permitted.

**SKATER JERSEY NUMBERS AND ARM NUMBERS**
Arm and jersey numbers must conform to the standards in *The Rules of Flat Track Roller Derby*.

**OPTIONAL PROTECTIVE GEAR**
Optional protective gear must conform to the standards in *The Rules of Flat Track Roller Derby*.

**JEWELRY**
Jewelry must conform to the standards in *The Rules of Flat Track Roller Derby*.

**OTHER APPAREL**
Other items that fall outside the regulation safety gear and may pose a hazard to other Skaters should be removed, modified or otherwise altered to eliminate hazards.