



# Flat Track - Minimum Skills Requirements

( Last Revised : 11-28-2007)

## **OLD SCHOOL DERBY ASSOCIATION** **Minimum Skill Requirements for Games**

**(Adapted from WFTDA Minimum Skills Requirements)**

Each [OSDA] member league that intends to enter into an [OSDA] sanctioned inter-league Game must designate a league member who is responsible for ensuring that each skater entering into the inter-league Game meets the skill requirements listed below. The league member may be the head of the training/coaching committee, travel team captain, or other league official. This league official must sign off on each skater's individual assessment sheet. This must be done at least annually for each skater participating in inter-league play.

For purposes of improving skill level, scrimmages may be scheduled between teams who have not yet mastered the minimum skills requirement.

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

- ☑ Speed
  - Completes 5 laps around the track in one minute or less
- ☑ Endurance
  - Skates 20 laps around regulation track within five minutes
- ☑ Stops
  - Skater must come to a complete stop from a brisk pace, using proper form and without losing her balance
- ☑ Other skills
  - Performs one-foot glides with each foot for the length of the straightaway with good balance.
  - 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.

## 2 Falls

*Skater must perform the following falls safely, accurately, and naturally with quick recovery. Falls may include:*

- ☑ Single Knee Falls
- ☑ Double Knee Falls
- ☑ Figure 4/Baseball Slide
  - Recovers within three seconds
  - Looks behind for on-coming skaters before proceeding
  - Exhibits control to complete the fall in exact opposite direction
  - Recovers from each without putting hands on the ground

## 3 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 - *While skating:*
  - Squats and coasts through the entire straightaway and turn
  - Squat and propels self on straight-a-ways and around turns
- ☑ Hopping
  - With both feet, moving forward, both feet landing simultaneously
  - From one foot to the other
- ☑ Focus
  - Can look left, right, and behind quickly and unexpectedly while skating without losing control.
- ☑ Weaving

- Maneuvers through 10 cones placed six feet apart, covering both straight-aways and turns

#### **4 Skating With Others**

*Skater must demonstrate the ability to perform the following skills legally and safely.*

- ☑ Whips
  - Giving whips
  - Receiving whips
- ☑ Pushes
  - Giving pushes
  - Receiving pushes
- ☑ Pacing
  - Varies speed while being “sandwiched” between two skaters, maintaining an arm’s length distance without falling, tripping, overtaking, or running into another skater.
- ☑ Weaving Around Moving Obstacles
  - Demonstrates weaving through a line of moving skaters that are an arm’s width apart (such as in the “Last In Line” drill).
- ☑ Unexpected Obstacles
  - Skating within a pack of at least four other skaters, who are falling in front of the skater at various unexpected times. Skater must demonstrate the ability to deal with unexpected obstacles, such as another skater who has fallen within a pack, by avoiding or safely falling without hurting self, the fallen skater, and without causing an unnecessary hazard for any of the pack skaters.
- ☑ Leaning
  - Skates while leaning shoulder to shoulder with another skater without falling, while maintaining an upright position and propulsion
- ☑ Bumping
  - Maintains or recovers balance while being bumped into and having wheels bumped by another skaters without falling

#### **5 Blocking**

*Skater must demonstrate the ability to perform the following skills legally and safely.*

- ☑ Taking Hits
  - Responds safely (without falling or falling safely, accurately, and small, without sprawling unnecessarily, with quick recoveries) to repeated heavy checks
  - Demonstrates the above in a pack situation, without causing an unnecessary hazard for pack skaters.
- ☑ Body 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

## **6 Rules**

*Skater must demonstrate knowledge of current rules. Skater must sign off on having read the [OSDA] rules document. The league official/team captain is responsible for ensuring that skaters are familiar with [OSDA] rules and demonstrate this knowledge in their play.*