Ref & Coaching mindsets:

I coach everyone at the same level initially, and then will give breakdowns for movements to build up. I believe it's best to see the action in its completion first to understand what success should look like so you know how to build to it. Never be afraid to grab a wall, take it back a step, or ask questions. Wearing wheels on your feet is scary, and that's ok.

I teach footwork a lot to officials because the less we think about our feet, the more we can watch the game. You don't have to be the best skater ever to be a great official, but when it comes to JR and OPR, skate skills help you get in the position to see what you need to see.

When it comes to officiating, and reffing the sport of roller derby we need to keep in mind that we are here to officiate a game based on rules that the players have decided with the definitions that the WFTDA have set.

There may be rules or situations that don't FEEL right to you, but it isn't your job to decide. We must do our best to interpret the rule in the moment as it is defined to keep the game safe and fair. We are not robots, mistakes happen, calls are missed, confusion happens. That's ok. One of the great challenges, whether officiating or playing, is being able to analyze your performance subjectively and learn from it every time and always be evolving.

I'm here to coach you on the best practices I'VE learned over the years, but you will hear other thoughts, philosophies, and options so keep that in mind as well.

Edgework is very important to crispy skating! "DO WEIRD SHIT"

Balance Beam Progression

- Stand Toe to heel, feet in a line
- Spread feet
- Step slowly so that you connect heel to toe each time
- Stand on your Toe Stops in balance beam
- Push down through your toe stops to Rotate 180
- Toe/Heel wheel balance standing still
- On toes balance standing still
- On heels balance standing still
- Come back to toe balance (not toe stops), and push through your hips to rotate on your wheels
- Wheel Tricks moving: Get momentum and then balance heel/toe, toes, heels

One foot Balance

- Stand, put weight into mid foot, now outside edge, no inside edge
- T Pose, both sides
- Squats

T-Push

180 turns/180 stops

Backwards skating

- Leg facing the line you want to get to goes under
- Form V
- Cross under, keep wheels on the ground for as long as possible

Power slides/Hockey stops

Russian circles

Cutting across lanes

Outside Pack Ref Accordion Drill

- Have a pack of players in two different colors on the track (at least 2 per color) and 1 jammer per team (you can do this with less, it's just best this way)
- The players should move forward and backward, making the pack accordion
- OPRs should practice positioning and mobility as the pack moves unexpectedly

Jam Ref mirror Drills

- Two 'jammers' on track, two jam refs in lanes A & B
- Jammers should move forward and backwards however they wish
- Jam refs need to track hips and motion, keeping up with jammers

Communication

- **Skaters and officials - how can we talk to each other?**
- What a jam ref wants to hear
    - Lead is open, lead is closed, “White is lead”
    - What IPRs can communicate in the moment for a JR to take or discard
- How OPRs communicate
    - Non-verbal hand signals, talking to each other between actions
    - The Drop Off
        - When the pack goes fast and the Front OPR has lost position, it is the back OPR’s responsibility to drop
        - It’s about saving your friend, not that “you as Back are not fast enough”
        - COMMIT TO IT
    - The Leap Frog
        - You don’t need to ask your HR, you should talk to your other OPRs ahead though.
        - I’m a fan of leap frog to catch the penalty and stay in that position until the end of the jam
    - What if there are only 2 OPRs?
        - Both act more as mid OPRs than traditional Front/Back
- **Review non-standard hand signals**
    - Initiator out, Star Pass Incomplete, Moved into it, Team on Team, On Line, Jammer is calling it, Star pass complete, Legal block, Called for Injury
- **Review cues and warnings that don’t need a whistle**
    - Pre-Jam: Too many players/check the box, “Wheels”
    - False start, return to the track, return to your bench
    - Between jam penalties no whistles
- Back and Front IPR communications
    - Examples: Watch for split, Pack is up, Pack is back, Pack is long
- **No earned pass**
    - How to signal
    - What it means
    - Just because you saw a no earned pass in one spot doesn’t mean the player didn’t earn that pass elsewhere
- Jam Ref Self-Communication
    - Whistle in mouth/out
    - Having something body-related to tell you initial pass/scoring pass
    - Know your numbers, trailing zero, and no initial

HR Stuff

- Official Reviews
    - Keep concise (speak in the language of the rules)
    - Only C & A can stop the game, but anyone can explain the OR
    - Telephone style can keep things short
    - Aim for a 2 minute review

        - During Coaches & Captains tell your people that ORs will be short they should not wander
        - You do not NEED to tell the captains the result if you need to get it game going
- Expulsions
    - Contact to an official
    - Upgraded penalties
    - DO NOT LOOK FOR EXPULSIONS
- Managing CoC in the crowd
- Working with your Head NSO
    - Do you want NSOs and players to have one channel or can anyone do all the things?
    - HRs typically handle On Skates staffing and manage game flow day of, while HNSOs typically handle Off skates staffing and completion of the stats books
- How to manage the vibes (sound, energy of the officials, warnings to players, music level during injuries)

When do we call an OTO?

- Paperwork/Scoreboard/NSOs need to get things sorted
- Injury/Medic need
    - Person on the track that needs to be attended to
    - Biohazard
- Question on points that can't be handled in 20 seconds
- Clarification of action from previous jam that can't be handled in 20 seconds
- Jammer not on track at jam start (Delay of Game)
- Blocker in queue for the box is not on track (Delay of Game)

When do we not call a TO?

- Coach in the middle of the track
- OPRs out of position
- Coach continuing to talk to a ref
- SOMETIMES HR out of position (as long as it's communicated to IPR ahead)
- When a team member who is not the C or the A signals for a TO
    - If it is awarded as a Time Out, it's also a Delay of Game and the TO stops

When & who can call off the jam?

- Jam refs when their jammer is lead, you are pointing at them, they hit their hips twice, and have not committed a penalty
- Jam ref if the jammer has lost their helmet cover through natural game play and hits their hips twice
- Jam Timer at the natural 2 minute conclusion
- If a player is non responsive or asks for medical attention
- If a player is slow to get up or wobbly after a helmet hit
- If there is a piece of required equipment on the track and we can see a player is now not wearing it (for example, a wrist guard or knee cap that is not going back up)

When do we not call the jam?

- When a skate breaks
- When a player hops back up after a potential injury

When is it up to discretion?

- Scoreboard stuff

Pack Definition & IPR stuff

- How to narrate the pack
- Positioning
- False starts/who watches for them?
- Bridges
- Out of Play/No Pack/Split Packs
- Best practices for calling penalties during no pack/out of play
    - Hand signals and the temptation to go out of play while “pack is here”
- Botched Star Passes
    - “You are not the jammer”/”Out of Play” to a Pivot who thinks they’re the jammer
    - Keeping cool when there’s a star on the ground
    - Remember that a pivot or a jammer can pick up the star, you are responsible for knowing who the inactive jammer is

Whistles

- Practice the 4 blasts
- What is the cadence?
- What do the different whistles mean?
- Ear protection