

RULES AND REGULATIONS

Including, operating structure, of Red River Valley Junior Roller Derby

1. Operating Structure

- a. Governance
 - i. Red River Valley Junior Roller Derby shall be managed directly by the Red River Valley Junior Roller Derby Board of Directors, following the structures set forth in the bylaws of the Red River Valley Junior Roller Derby.
- b. Leadership Positions
 - i. Each team shall have at least one coach and at least one team captain.
 - i. The coach shall be a league member over the age of 18.
 - ii. The team captain(s) shall be chosen from the team's skaters.
- c. Committees
 - i. The league shall have the following standing committees:
 - i. Membership and Recruiting
 - ii. Inter-league Coordination
 - iii. Bout Production
 - iv. Marketing and Merchandise
 - ii. Each standing committee shall be chaired by a member of the board of directors, who shall report to the board at regular director's meetings.
 - iii. Committee members must be members in good standing of the League, but need not be any required age except as required to discharge their duties as assigned.
- d. Practices
 - i. At least one Red River Valley Junior Roller Derby member over the age of 18 shall be required to be in attendance at all League functions. If the state of North Dakota requires more than one adult, or a set ratio of minors to adults for a given age of minor, the State guidelines shall take precedence over these Rules.
 - i. If this rule cannot be met due to unavailability of adult member(s), the function will be rescheduled or called off. In this case, there shall be no impact on skater attendance records.
 - ii. A first-aid kit and medical information for all attending skaters shall be on hand at all League functions.
- e. Membership participation in the Red River Valley Junior Roller Derby Board of Directors
 - i. League membership shall elect one or more members to sit on the board of directors in the non-voting capacity of skater liaison. Additionally, team captains will be invited and required to participate in director's meetings from time to time.

2. Membership Requirements

- a. Bouting or Bout-eligible members
 - i. All bouting members of the League shall be between the ages of 7 and 17

ii. All bouting members of the League shall be able to pass the JRDA Skills Assessment for the skill level at which they compete

iii. Forms

1. Each bouting member shall have on file with the league at all times:

1. Photo ID / Birth Certificate (copy)
2. Health Registration / Parental Authorization & Medical Release Form
3. Health Insurance card (copy)
4. Skater Code of Conduct
5. Parental Code of Conduct
6. Hold Harmless Agreement
7. Non-Compete / Media Release

2. Bylaws / Rules and Regulations Signature Page New members shall have two (2) weeks from the date of first attendance at practice to file these documents with the league.

b. Dues

i. Dues shall be payable in full at the time of annual registration. Dues shall be applied to the current or upcoming season, and shall cover each bout season or partial season. Dues will not be pro-rated for any late registrations.

ii. **Dues shall be set at \$80 per skater annually to be paid at the time of registration.** Dues shall be re-evaluated annually.

iii. League membership shall include one league t-shirt, one end-of-season trophy, and one league/individual photograph annually per skater.

iv. Financial Hardship Provisions

a. In the event that dues cannot be paid in full due to financial hardship, application may be made to the directors in person (at a regular meeting of the board of directors) or in writing requesting amortization of the annual dues over the membership period.

v. Refunds shall not be given on dues after one week or after skater has attended two practices, whichever occurs first. Refunds may be requested in writing before this grace period expires, and will be granted within two weeks of application.

c. Attendance

i. To remain bout-eligible, skaters must attend and participate in at least 75% of league practices.

a. Participation shall be defined as having all required gear, dressing and skating in the practice.

b. Participation may be discounted at the coach's discretion if a league member is failing to give his or her full attention to the practice - e.g., excessive interruptions, distractions, or non-involvement / non-participation in practice, even if dressed and present.

c. Participation may NOT be discounted if a league member steps out of a drill or exercise because that

league member is uncomfortable with that exercise, as set forth in the JRDA codes of conduct.

- d. 75% attendance must be maintained over a floating period of 12 weeks, beginning with the current week and including the preceding 11 weeks.
 - ii. Skaters must fulfill attendance requirements set forth by the team to which they belong.
 - a. Team attendance requirements shall be set by the coach, and must be approved by the Board of Directors for each team.
 - iii. Attendance will be kept by the Secretary for league practices; team coaches will report team practice attendance to the Secretary after each team practice.
 - iv. Practices may be excused by submitting notice in writing to the coach or, if the coach is unavailable, to the secretary, before the practice if possible, or immediately following the practice if advance notification is not possible (as in the case of a medical emergency). Practices shall not be counted against the skater's attendance if so excused.
 - a. Excessive absences (more than 50%) for an extended period (more than one month), either excused or unexcused, shall cause a skater to be placed on probation until the Board of Directors can meet with the skater's coach to determine the cause and possible resolution(s).
 - v. Skaters who fail to meet these attendance requirements shall be placed on probation.
 - a. Attendance probation shall result in revocation of bouting and travel privileges until the practice attendance is brought up to a satisfactory level.
- d. Grade Point Average
- i. All student members of the League are expected to maintain a satisfactory GPA of at least 2.5/4.0 in order to remain in good standing. Skaters shall be required to submit a copy of their grades to the secretary on or before the 15th day of every second month.
 - ii. A GPA of between 2.0/4.0 and 2.5/4.0 shall result in the skater being placed on probation.
 - iii. A GPA below 2.0/4.0 shall result in the revocation of league membership until the GPA is brought above 2.5/4.0.
 - iv. Grade probation shall result in revocation of all skating privileges, both bouts and practices.
 - v. All league functions shall be excused until the GPA is brought up to an acceptable level.
 - a. A GPA which remains below 2.5/4.0 for more than two successive grading periods shall result in revocation of league membership for the remainder of that season. No refund of dues paid shall be given.

- b. Non-Bouting Members (Coaches, officials, volunteers, etc.)
 - vi. Non-player members of the league may be older than 18.
 - vii. All contact on the track between league members of various ages shall comply with the requirements of Red River Valley Junior Roller Derby's liability insurance policy.
 - viii. Volunteer Members shall not pay dues to the league
 - ix. Volunteer Members may become members of Red River Valley Junior Roller Derby by completing a Volunteer Membership application form and successfully passing a JRDA background check.
- e. Participation
 - i. Volunteer members are expected to make regular contributions to the health and well-being of Red River Valley Junior Roller Derby in some form.
 - a. Volunteer membership may be revoked for:
 - i. Failing to show up to (2) league functions which the volunteer has committed to work in a 3-month period without 24 hours notice to the event coordinator.
 - 1. This requirement may be waived for medical or family emergencies or other last minute situations which prevent attendance (car trouble, etc) at the discretion of the Board of Directors.
 - ii. Showing up, but failing to make any contribution to the league through negligence (not fulfilling duties as assigned, ignoring needed work, etc).
 - 1. The event coordinator shall notify the Board of Directors of such occurrence.
 - 2. The Board of Directors shall mediate directly or through an assigned investigator between the volunteer and the Event Coordinator, and shall make sole and final decision regarding removal by majority vote.
 - b. Volunteer membership may be re-instated if, at the discretion of the Board of Directors, the volunteer has made a significant contribution to Red River Valley Junior Roller Derby since the date of removal.
- f. Behavioral expectations
 - i. As set forth in the codes of conduct, all skaters, parents, coaches, and officials are held to the highest standards of sportsmanlike conduct as members of Red River Valley Junior Roller Derby. Violations will be dealt with as set forth in the Disciplinary Procedures, below.
 - i. Sportsmanlike conduct for the purposes of these rules shall be defined as expressing an aspiration or ethos that the activity will be enjoyed for its own sake, with proper consideration for fairness, ethics, respect, and a sense of fellowship with one's

competitors. Sportsmanship is a component of morality in sport, composed of three related and perhaps overlapping concepts: fair play, sportsmanship and character.

- a. Fair play, that all participants have an equitable chance to pursue victory, and actions toward others shall be set forth in an honest, straightforward, firm and dignified manner even when others do not play fairly. Fair play includes respect for others, including team members, opponents, and officials.
 - b. Character, the dispositions, values and habits that determine how an individual responds to desires, fears, challenges, opportunities, failures and successes. An individual is believed to have a “good character” when those dispositions and habits reflect core ethical values, as exemplified by polite behaviors toward others regardless of circumstances, such as helping an opponent up or shaking hands after a match.
 - c. Sportsmanship, referring to virtues such as fairness, self-control, courage and persistence and associated with interpersonal concepts of treating others and being treated fairly, maintaining self-control in dealing with others, and respect for both authority and opponents.
- ii. Red River Valley Junior Roller Derby understands the harmful effects of alcohol and illegal drugs on health, fitness, and performance in sport. The use of alcohol or illegal drugs by any member is expressly forbidden and will not be tolerated while on skates at any time, or while representing Red River Valley Junior Roller Derby in any capacity. Being under the influence of illegal drugs or alcohol while on skates or while representing Red River Valley Junior Roller Derby shall be grounds for immediate revocation of all skating rights, immediate removal from the premises or activity underway, and an immediate (within 3 days) meeting of the Board of Directors to discuss disciplinary action, up to and including expulsion, for the first offense. Additionally, any underage alcohol consumption or the use of illegal drugs shall be reported to the appropriate law enforcement authorities as required under North Dakota law.

3. Disciplinary Procedures

- a. Behavioral issues shall be addressed using the following steps, unless the infraction is so severe that the coach or official feels that it warrants special treatment. In this case, the coach or official shall take the steps necessary to defuse the immediate situation, and an emergency board meeting shall be called as quickly as possible to determine how to handle disciplinary action.
 - i. The steps below shall be followed for each successive infraction, even if successive infractions are for different unacceptable behaviors. Coaches and officials may exercise limited discretion in applying these procedures.
- b. Players
 - i. Verbal warning by coach or official (first infraction)

- i. The coach or official who issues a verbal warning shall report the matter to a Board member for consideration as soon as possible following the warning.
- ii. Written Warning (second infraction)
 - i. A copy of the written warning shall be delivered to the member, another to the parents of the member, a third shall be delivered to the Board, and a fourth shall be placed in the member's file. A written warning shall result in the removal of the offending skater from the remainder of the event he or she is participating in at the time of the infraction.
- iii. Behavioral Probation (third infraction)
 - i. Behavioral probation shall result in the revocation of all league attendance privileges, including bouting, practice, and any other league events, for a period of 2 weeks. League attendance will not be excused during this period.
- iv. Player Suspension (fourth infraction)
 - i. Suspension shall result in the revocation of all league attendance privileges, including bouting, practice, and any other league events, for a period ending on the second of the next 2 bouts. This period shall be exempted from the floating 12 weeks attendance period for the member on suspension.
- v. Player Expulsion
 - i. For very serious or excessive infractions, players may be expelled from the league. Expulsion shall require a 2/3 majority vote of the full Board of Directors, and shall remove the player from the league for the remainder of the current season. The player may apply in writing to be re-admitted the following year; re-admission shall require a majority vote of the Board of Directors.

c. Parents

i. Parental Verbal Warning

- i. The coach or official who issues a verbal warning shall report the matter to a Board member for consideration as soon as possible following the warning Parental Game Suspension
 - 1. The offending parent may not attend the next bout. If the parent attempts to attend the bout, he or she shall be escorted from the premises.
- ii. Parental Season Suspension
 - 1. The offending parent may not attend any of the remaining bouts, home or away, in the current season. If the parent attempts to attend any bout, he or she shall be escorted from the premises.
- iii. Other Considerations for Parental Suspensions
 - 1. In the event that a suspended parent is unable to maintain behavioral dignity even long enough to drop off and pick up a skater from practices or bouts, or is unwilling to do so, arrangements to transport the affected skater will be made on a case-by-case basis.

a. Appeals

If the censured player or parent feels that the disciplinary action taken against them is unwarranted or unfair, the injured party may appeal the decision in writing to the Board of Directors within 7 days of the disciplinary action. The board shall assign a neutral party to investigate the claim, and to report findings to the board with a recommendation of action. The investigator shall report to the board within 7 days or at the next board meeting, whichever occurs first. The board shall vote on the investigator's recommendation, with a 2/3 majority required to overturn the recommendation.

1. Miscellaneous

1. Sponsorships

b. All potential sponsorships must be approved by the Board of Directors Ruleset

The League shall observe and play by the current JRDA (first) and WFTDA (second) rule sets and best practices information.

d. Safety

i. There shall be no standing safety committee - safety is the ongoing responsibility of each and every member of the league. Accordingly, any member who sees a situation or circumstance he or she believes to be unsafe shall take immediate steps to prevent injury, up to and including stopping all skating on the track and all activity at the function if required, and shall then either correct the situation, or bring the situation to the attention of someone able to correct it.

ii. Additionally, cell phones and other distractions are expressly forbidden while skating. Anyone - member, coach, or official - seen skating while distracted shall be removed from the remainder of that practice or event. Multiple infractions shall be brought before the board for disciplinary action.

4. Amendments

a. These rules and regulations shall be reviewed at least annually by the Board of Directors. All league members are welcome to attend the review meeting.

b. Amendments to these Rules and Regulations may be proposed by any member of the league.

c. Directors may amend these Rules and Regulations with a majority vote of the Board. Membership may amend these Rules and Regulations with a vote of 2/3 majority of those members in attendance; membership amendments may be overturned by a 4/5 majority vote of the Directors.