

BOUTING

Roller derby games are called bouts.

Bouts consist of:

- Two 30 minute halves
- Each half is broken down into 2 minute jams
- Five players are on the track from each team
- Pivot has a stripe-- they kind of lead the pack and can be jammers
- Jammer has the star-- they score the points
- A penalty will send a player to the box for 30 seconds

BASIC BOUT SCHEDULE

Away- April 6th, Gillette, WY

Away- May 11th, Laramie, WY

Home- May 18th

Away- June 15th, Jackson, WY

Home- June 29th

Away- July 13th & 14th, Laramie, WY

Away- August 17th, Pocatello, ID

Home- September 7th Scrimmage

Home- September 14th

Away- October 5th, Pocatello, ID

Sweetwater County
Roller Derby
Po Box 2832
Rock Springs, WY 82901

Bittersweet Bombshells

**SWEETWATER COUNTY
ROLLER DERBY
LEAGUE**



**THE PACK IS HERE!
WHERE ARE YOU?**

WHO ARE THE BOMBSHELLS?

The Bitter Sweet Bombshells are Sweetwater County's first women's flat track roller derby team and the first team in the Sweetwater County Roller Derby League.

The league was founded in April of 2013 by Cara (Caraxe) Kelsey, and Miranda (MirDuh) Riggs. Caraxe and MirDuh are former members of the Naughty Pines Derby Dames roller derby team in Laramie (the very first roller derby team in Wyoming).

We seek to empower women to be who they want to be in a safe and welcoming environment (because let's be honest—every woman has an inner bad ass waiting to come out). We push ourselves to be better with each practice, to develop our skill as a team and to ensure our individual health.

We are active in the community and donate to charities and causes around Rock Springs and Green River. We also participate in many community events.

SWEETS (NEW PLAYERS)

HOW TO BECOME A SWEET:

- **No experience is required to join the team.**
- Be aged 18 or over
- Own quad skates and all protective gear, including: helmet, mouth guard, kneepads, elbow pads, and wrist guards (contact us if you have questions about gear)
- **Attend our Sweets program, Feb. 18 - April 10 on Mondays and Wednesdays from 5:30-7:30. We will teach you everything you need to know!**
- Bring a good attitude. Roller Derby is about knocking people down, so falling down and getting back up is just a part of the sport.
- Develop an appreciation for bruises.
- You must purchase WFTDA insurance before you are allowed to skate:
<https://wftda.org/insurance/purchase>

REFS AND OFFICIALS

- No experience is required
- Refs are required to buy WFTDA insurance, off skates officials are not.
- We rely heavily on the presence of our officials and are in constant need of committed individuals to fill various positions including: ref, score keeper, penalty box timer, penalty wrangler, etc.

HELPFUL WEBSITES

GEAR (ONLINE):

- Amazon
- Derby Warehouse
- Bruised Boutique
- Devaskation

RULES:

- WFTDA- <https://rules.wftda.com>
- Youtube- search WFTDA rules

