



VENTURA COUNTY DERBY DARLINS Skates & Gear Information

Ventura County Derby Darlins
Ventura, CA
membership@vcderbydarlins.com
www.vcderbydarlins.com

So you have finally discovered the amazing sport of full contact Roller Derby and are ready to take a leap and join a league! As with any full contact sport, specific gear is needed to protect yourself. There are many choices on the market and it can be very confusing when you first set out to make your purchases...what do you buy and where is the best place to make those purchases???

Gear for Roller Derby

- Quad Roller Skates (sorry, no inlines)
- Helmet
- Knee Pads
- Elbow Pads
- Wrist Guards
- Mouth Guard

Skates

- You can purchase really cheap skates that will work great for those just starting out for around \$100-\$200, but if you want to be competitive, quality skates will cost at least \$350. Competitive skates are not necessary at first, so don't feel like you have to invest in the most expensive skates right away.
- Reidell is the recommended brand of skates for roller derby. Low top skate boots (rather than high top) are also recommended.
- Aluminum plates (trucks) are better than the cheaper ones that will typically come with Nylon trucks.
- Bearings are important for speed. The general rule is the more you spend on the bearings, the better they are. The most popular bearings are Bones Swiss. You will want bearing that are at least an ABEC 3 rating (5's, 7's, and 9's also work well).
- Wheels should be indoor wheels with a durometer (hardness) of 88-92A and preferably made of Polyurethane. Some of the recommend wheels are Sure-Grip Fugitives, Radar Flat Outs, Atom Poisons, Atom Stingers, Quickie Stickies, and Sure-Grip Sugars.



Knee & Elbow Pads

- The recommended knee pads and elbow pads are 187s, Triple Eight, Rector, Pro-Tec, or TSGs.
- Ensure that knee and elbow pads fit tight enough so that they do not slide off. They will compress over time and wear out. Inspect them regularly for cracks, rips, and exposed rivets. Inspection, care, and maintenance are essential for long lasting protection.





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Helmets

- The recommended helmets are S-1, Triple 8, Nutcase, 187s, or Pro-Tec helmets.
- Two kinds of helmets to choose from; a hard foam lined single impact PSC rated up to 30mph helmet that should be replaced after one hard impact; or a multi impact “skateboard” helmet which is lined with a softer foam and is not rated or certified. This type of helmet would not need to be replaced as often, however there may be foam discomfort.



Wrist Guards

- The recommended wrist guards have splints on the top and on the bottom of the wrist and are made by Pro-Tec, Rector, 187s, TSG, and Triple Eight

Mouth Guards

- The recommended mouth guards are the “boil and bite” type. Most mouth guards found in sporting goods stores are acceptable.
- Custom ones made by a dentist; non-molding types are typically used by people with braces (comes in two options...protection on the top teeth or top and bottom).



Optional Gear

Hip Pads – protect your hip bones, tailbone, and help to prevent large hematomas; McDavid makes a custom, longer, thicker tailbone lining; wraps around to better protect the hip bones better; style was designed for the roller girl at the request of FastGirl Skates, www.fastgirlskates.com; pads with hard shells are not recommended because they can hurt other skaters.

Knee Gaskets – extra padding under the knee pad; designed to support ligaments, cartilage, and the patella; helps keep the knee pad from slipping; not required.

Shin Pads/Guards –protective gear worn over your shins; not required; very few skaters wear them.



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Good to have in your skate bag

- Roll of duct tape (to repair loose pads, tape feet, etc.)
- Permanent black, thick marker
- White and black tank tops
- Skate Tool (adjusts trucks, axle nuts, and toe stops)
- Extra laces and mouth guards

Online Retailers & Local Shops

- **Northridge Skateland**, 8140 Parthenia Street, Northridge, (818) 885-7655, www.skateland.net
- **Sin City Skates**, 2775 Kurtz Street, Suite 5, San Diego, (619) 232-4200, www.sincityskates.com, derby owned and operated, great customer service and advice, they really know their skates and derby
- **Play It Again Sports** (several local locations), call ahead to see if they have used skates or gear in stock;
(805) 644-4948 Ventura Store
- www.rollerderbydepot.com
- www.rollergirlskates.com
- www.skates.com (inexpensive and quick)
- **Skating Plus**, 1720 Mesa Verde Avenue, Ventura, (805) 656-2121 www.skatingplus.com
- **Wicked Skatewear**, 18372 Gothard Street, Huntington Beach, (714) 84-SKATE (714-847-5283) or 2330 West Third Street, Suite 2, Los Angeles, (310) 9-WICKED (310-994-2533), www.wickedskatewear.com, , derby owned and operated
- **Via Roller Skate Shop**, www.viaderby.com

For additional help with this, or any other questions, please email at membership@vcderbydarlins.com.