



GUIDELINES AND VALUES

**Helltown Hellcats Helsingborg Roller Derby
is a politically and religiously nonpartisan club that
does not tolerate any form of bullying, racism
or discrimination.**

These guidelines, our statutes and values must be followed by the club's board and all members. They exist to create a good atmosphere between teammates, coaches and the board, and for everyone to know how the club works and who to turn to regarding things concerning the club.

Please keep in mind that everyone who works with this club does so on their free time and non-profit, and the only bonus they receive is to see the club grow and develop.

www.helltownhellcats.com
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Membership

Anyone can become a member of Helltown Hellcats by paying the membership fee. This gives you access to the Facebook group Helltown Medlem (Helltown members). Members who turn 16 during the calendar year also have the right to vote at the annual meeting. Pay the membership fee in December each year to keep your existing membership.

Your membership is valid from January 1st, or upon entry, until December 31st. As a member, you must read and follow the club's statutes, values and guidelines. They are available on our website, helltownhellcats.com, and in above mention facebook group.



Helltown Hellcats Club follows the gender policy that Swesport has established according to

https://www.swesports.org/download/18.b96dd81182e93dd449c8d5/1662113829652/genderpolicy-rollerderby_swesports.pdf

Everyone is welcome as members, volunteers, referees and Non-Skating Officials regardless of gender identity and gender expression.

Player/active member

In order to participate in practices and matches, it is mandatory to be a member of Helltown Hellcats Roller Derby Club and have paid the training fee by June 30th and December 31st. Additionally, participants must be at least 12 years old.

Skaters can start training with Helltown Hellcats the year they turn 16 years old, provided they have completed our beginners' course or possess prior experience that will be assessed by the head coaches.

Helltown Hellkittens (the junior team) primarily caters to individuals between 12 and 15 years old. However, skaters are allowed to continue practicing with the junior team until they reach 18. Younger new skaters, under the age of 16, will be referred to the junior team, while those older than 16 will be directed to join the Hellcats.

Transfers from the junior team to the senior team will occur at the beginning of the fall term the year the skater turns 16 years old, or at the latest, by the year they turn 18. Occasional test practices in preparations for a transfer can be implemented in consultations with the coaches.

To play and compete for the Helltown Hellcats, you need to:

1. Identify as a cis-woman, trans-woman, non-binary or trans-man, and
2. feel that a league belonging to the Women's Flat Track Derby Association (WFTDA) is better for you than a league belonging to the Men's Roller Derby Association (MRDA).

Which pronoun you prefer and want the club's members to use about you is your own responsibility to communicate either to the coaches or via the name/pronoun rounds we have at practice.

All active members in the Hellcats team get access to the facebook group Helltown Aktiv (Helltown Active) where only training and match-related things are discussed. You are insured through Swesport but we also recommend supplementing with your own insurance.

Temporary skater

A temporary skater is a guest who trains in the club for a short time. The maximum time is three months, and a training fee is decided by the board. A temporary skater is not a member of Helltown Hellcats Roller Derby Club. Here are some examples of situations with temporary skaters:

- Players who have a membership in another Roller Derby Club and are included in their insurance can guest train 1-2 times free of charge, thereafter SEK 50/training. After three months, the player needs to decide if they want to transfer to our club.
- Players who are not members of another Roller Derby Club but have passed the minimum skills test can guest train 1-2 training sessions free of charge but are responsible for their own insurance.
- Exceptions can be made where the player does not have to pay a fee, for example if the player coaches a training session.

All fees are paid in advance.

Official / Non-Skating Official

To be an official or NSO who wants to participate in our practice and events, you need to be a member of Helltown Hellcats and be at least 16 years old. If you want to participate on skates, you have to pay half the training fee. You participate at practice as much as you can and help the coaches when needed.



Guidelines for practice & venues

- Respect and listen to the coaches
- Respect your teammates by not talking when the coach is explaining an exercise
- Arrive on time and have your gear on before practice begins
- Email if you can't make it to practice at coaching@helltownhellcats.com
- Use all protective gear during the entire practice, if you take something off, take a knee.
- Don't leave the venue in the middle of training or an exercise, without telling the coach.
- We play a contact sport so keep in mind that your clothes, jewelry or nails should not be able to harm anyone else.
- Please let the coaches know if you have any form of disability or illness such as asthma or allergy, which can be a hindrance for you during the team's activities.
- The club takes no responsibility for personal items you leave in changing rooms or inside venues or other locations where we do any activities.
- No nuts are allowed in the venue before, after or during the activities.
- No outdoor shoes may be worn inside our venues. If you bring them in, we ask you to keep them in your bag until you are out of the gym again.
- Be sure to close doors and make sure they are locked when you enter and exit the venue we use.
- Head coach is responsible to make sure no underage skaters are left at the venue after practice. Head coach or another adult should always check the premises after junior practice.

If you have feedback, wishes or questions regarding the practice or anything else, do not interrupt the ongoing practice. Contact the coaches at coaching@helltownhellcats.com.

Beginner's course

The purpose of the course is to teach our new players the basics to get them ready for our practice. The course includes both practical training and theoretical exercises. The goal is for the course to be completed twice a week for a period of five weeks. However, this may vary between courses. You are allowed to participate in the beginner's course the year you turn 16 years old.

The course includes:

- About ten training sessions
- Equipment to borrow at all sessions
- Insurance through Swesport. We recommend supplementing with your own.

To be able to advance to our regular practice, it is required that you have actively participated in at least 7 out of 10 training sessions (or similar percentage of attendance) and have acquired your own gear.

As a coach or assistant coach at the beginner's course, you may not initiate any sexual relations with new members of the club. This is so that the members will feel safe and so that the coach will not abuse his position of power. If this happens, the board may dismiss the coach, or the assistant coach and they may no longer be involved in the beginner's course.

Borrowing equipment

The club has a limited supply of equipment that the members can borrow. All our equipment must be stored at Idrottens Hus (IH). The equipment may not be used outdoor. The equipment is used for new admissions, junior activities, try out, etc. If you want to use it for something else, contact the board. If something breaks, this must be reported to the board. Anyone who has broken equipment may be liable for compensation. It is the board that decides whether it is a wear and tear or negligence.

Equipment rental fees and guidelines

Juniors have the opportunity to rent equipment. The prices are as follows:

SEK 1,000 / term, of which SEK 500 is a deposit that is returned when the equipment is returned in good / complete condition.

Skates, knee pads, elbow pads, wrist guards and helmets are included (not mouth guards, but we recommended that you buy one) in the rental cost.

The equipment is returned at the last practice for the term, or when purchasing your own equipment.

The equipment may ONLY be used indoors.

The equipment may NOT be lent to a third person.

If the equipment is not returned, an invoice will be sent for the full price of the equipment.

The club's belongings

If you have received the responsibility for any of the club's property, equipment, coaching bags, etc., it is your responsibility to return this to the club in the same condition in which you received it. The club's belongings may not be left in cars, basements or attic storage due to the risk of theft. If, on the other hand, it is stolen from your home, you do not have to bear the costs. The person who handles

property may be liable for compensation if something is damaged. It is the board that decides whether it is a wear and tear or negligence.

Rules and to be game ready

A coach will evaluate new players to determine their readiness for gameplay. The coach may bring in outside help for the assessment if needed. The evaluation primarily focuses on the player's comprehension of the game and its rules, as well as their ability to maintain safety and stability while on the track with other players. If you have any difficulties in expressing yourself through written tests, alternative options such as oral examinations can be arranged.

While we provide theory and strategy lessons during practice sessions, it remains your personal responsibility to familiarize yourself with the rules. If you are new and have any uncertainties or queries, don't hesitate to ask coaches or fellow members.

You can find the rules here:

<https://rules.wftda.com>

During December 2020, WFTDA developed a new plan that's going to replace minimum skills. We have appointed a work group and will update our guidelines when that work is done.

Playing games

To play a game with the Helltown Hellcats, you must be an active member.

- You must be 18 years old in accordance with WFTDA's rules that Swesport has chosen to follow. However, this does not apply to junior teams where everyone is under 18 old or in certain exceptions when both teams agree to it. Players under the age of 18 but over the age of 16 can participate if the opposing team approves this.
- You must be deemed game ready by a coach or any other club you have previously skated with. If it is in another club, the coaches may want some form of confirmation from that club that you were assessed as game ready there.
- You should preferably have at least 75% attendance at practice two months before the game. The team is selected by the coaches in consultation with the team's selected captains. Coaches and captains are basing the team on the players' understanding of the game and experience to bring together a team that is as good as possible and that works and play well together.



Scrim

As scrim is a training match and the form of this may vary, it is the coaches who chooses who is allowed to play.

Team captains

Two captains will be appointed before the summer break for the coming season.

All members of the club can nominate themselves, and all members of the club have the right to vote for captains for the coming season.

The captains' job is to act as captain during the match (on-skate or as bench crew). One of the bench crew is always the so-called Designated Alternate regardless of whether they are captain or not for the team.

Guidelines for coaches

As a coach, it is your responsibility to run practice, make sure that we have keys or tags to the venue and that coaching equipment, and first aid kits are in place. The coaches are responsible for finding a replacement if they can't come and run practice a particular time. As a coach, you must also ensure that members follow the club's statutes, values and guidelines at practice. The practice always starts by gathering everyone and welcoming them. The



training should always end by gathering everyone and thanking everyone for today.

The different roles of coaches

Head coach

They have the main responsibility for the seniors' training season and the other coaches. The head coach is responsible for training new coaches as well as supporting them at practice and helping them plan sessions. They select the team for games together with the coach and captains. They delegate responsibilities between the different coaches.

Coach

As a coach, it is your responsibility to run practice, make sure you have keys or tags to the venue, that you have the right coaching equipment and first aid kit. They plan and run practice for different levels.

Assistant coach

They help the head coach and coach with drills and exercises at practice. They can run practice planned by head coach or coach.

Junior head coach

They have the main responsibility for the juniors' training season, to plan and run practice and to provide guardians with practice-related information.

Assistant junior coach

They help the junior head coach with drills and exercises at practice. They can run practice planned by the junior head coach.

Coach of the beginner's course

They plan the beginner's course and training sessions. They make a schedule for who will help at the sessions. They are responsible for ensuring that equipment is available at the training sessions and that it is complete. They keep in touch with participants, collect their personal information and inform about payment and the club's values and guidelines.

How to be assigned as coach

Anyone who wants to become a coach in our club should discuss this with the existing coaches or the board. The member must have trained actively, have knowledge of the sport, demonstrate leadership skills and be deemed suitable by the head coach. If the board approves the person who has shown interest, then they will receive a probationary period of 3 months. During this time, they will participate in the coaches' conversations about the practice, write training programs together with the head coach and run sessions that is assigned to them. After these three months, they must decide whether they want to continue coaching. If they want to, the board with

the already appointed coaches has an evaluation of weather it has worked out with the new coach. The board can also turn to members and ask how they think it has worked out with the new coach. A decision is then made by the board if the assistant coach is appointed as a permanent coach, receives an extended probationary period or is denied as a coach.

How to be dismissed as coach

Notify the other coaches and/or the board if you want to quit as a coach. It is desirable that you give some notice in advance if you want to quit as a coach so that the board/head coach has the opportunity to find a replacement. The board and the coach agree on a transition period. However, the board may dismiss coaches with immediate effect.

Longer breaks from derby

When a skater has been absent from practice for an extended period, the coaches will determine their level of participation during practice. In some cases, it may be necessary for the skater to do the beginner's course again. This measure is implemented to reduce the risk of injury to both the skater and their teammates.

Facebook

Helltown medlem (Helltown members) is for all members over 16 years old, where it is open to discuss everything between heaven and earth. No posts are made here about practice or games. When you no longer choose to pay the membership fee, you will be removed from the group at the turn of the year. You can also choose to remove yourself from the group.

Helltown aktiv (Helltown active) is for the club's active members over 16 years old, who pay the training fee. Only important things are discussed here regarding practice, games and more. In this group, the head coach or coach posts training-related information. It is important that members are aware of what is written here. When you no longer pay the training fee, you will be removed from the group immediately. You can also choose to remove yourself from the group.

Helltown Hellkittens is the group for junior skaters and their parents/guardians. The group is for sharing news and updates and discussing things related to practice and activities outside practice. When the training fee is no longer paid, the skater and/or their guardian will be removed from the group.

Do you have a suggestion?

It's very welcome if you have thoughts, ideas or suggestions that you want to implement in the club! Feel free to join the relevant group to carry out the idea. Via the link below you can see which groups there are.

<https://docs.google.com/document/d/14wBxRXOmV4H7De3leEq7eMaAfDSQ2gz8KCTzzuf-Ssw/edit?usp=sharing>



If the idea involves costs, this must be discussed with the cashier. All activities or events must be approved by the board.

Alcohol, smoking, and drug policy

Helsingborg Roller Derby Club is an alcohol and drug free club. All exposure of Helltown Hellcats must be free from drug and alcohol advertising.

The club strictly prohibits members from consuming alcohol during club activities, including practice sessions, matches, team activities, and member meetings. Additionally, it is not permitted for members to attend these activities while under the influence of alcohol or drugs. This policy applies to underage members as well, extending to the use of cigarettes, vapes, snus, and other tobacco products, as well as energy drinks and any other items that are prohibited for their age group according to Swedish law or recommendations.

After the completion of activities involving the Hellcats, the club's senior team, such as games or team activities, moderate alcohol consumption is allowed. One adult who refrains from drinking must always be responsible for any underage participants.

On occasions when club-wide or junior team events take place and underage members are in attendance, alcohol consumption is prohibited for all participants.

In the event of suspicion regarding alcohol or drug-related issues involving any club member, the following procedures are followed:

The matter is promptly brought to the attention of the board to facilitate individual discussions with the concerned member. If the member is a minor, the guardian is also contacted to address the issue.

If, despite previous interventions, the member is found to be under the influence during club activities again, the board will take appropriate measures, which may include the member's exclusion from the activity.

If you are taking a prescription medication prescribed by a doctor, it is your responsibility to inform the head coach or the board. This is particularly important during games or tournaments, as it may have implications. To determine whether your specific medication is approved for use during a game or tournament, it is recommended that you consult the provided links to gather relevant information.

www.rf.se/Arbetsrum/SvenskAntidoping/dopinglistanlakemedelssok/Dispens

www.rf.se/Arbetsrum/SvenskAntidoping/dopinglistanlakemedelssok/rod-gronalistan/

Smoking is not permitted within 5 meters of the entrance and exit of our venues and non-smoking members. This also applies to car parks, bus stops and other places where we are together during practice, games and other activities the club organizes.

The board

To be a board member, you must be a member of Helltown Hellcats Roller Derby Club and be at least 16 years old. As a board member, you must attend board meetings, ensure that the statutes, values and guidelines of the club have been followed, perform the tasks you are assigned and work to develop the club and its members. Everything about how the board is appointed can be found in our statutes.

Statutes

Read the clubs statutes. They are available (in Swedish) on our website and in our facebook groups.

<https://www.helltownhellcats.com/about-us/resources/>

Values

Helltown Hellcats has developed this set of values with the aim of creating a safe and pleasant environment that is required to practice the sport. We want our members to further the club's community, participation and clean and nice play to the best of their ability. You help and contribute so that the statutes and the values are maintained during the club's official activities, practice and games.

Community: We come to practice as team players, not as single players. We work together to develop together as a team. Through sensitivity, honesty and respect, we take responsibility for each other, and enable each member's voice to be heard. All individuals are welcome just as they are, but it is up to you to inform others about the distinctive features that concern you as a person, so that everyone can respond to you in the best way. Only you know yourself best and how you experience your surroundings.

Respect: Mutual respect prevails in Helltown Hellcats. All members must contribute to a safe and pleasant atmosphere with their teammates. Under no circumstances may any form of discrimination or harassment take place against another member. At Helltown Hellcats Roller Derby Club, we distance ourselves from discrimination

because of:

- Ethnicity
- Religion or other belief
- Gender identity or expression
- Sexual orientation
- Age
- Disability
- Appearance or other discriminatory treatment

If you feel that you or a member is being discriminated against/harassed, we urge you to inform the coach (coaching@helltownhellcats.com) or the board (president@helltownhellcats.com) as soon as possible so that they can remedy the situation. Do not bring up issues and conflicts in our Facebook groups or other internet forums. If it is something that affects all members of the club, a board member or coach will communicate this to the members.

Responsibility: It is up to you to inform the team of any preferences, diagnoses, illnesses and/or the like so that the members have an opportunity to understand.

It is never acceptable to excuse insults directed at another member by claiming that it is part of your personality.

You arrive on time for practice and skaters in Hellcats sign up in the booking sheet we use. Junior skaters should always report their absence from practice to junior@helltownhellcats.com. This is important as the coaches plan the practices with the number of participants in mind.

Which pronoun you want the club's members to use about you is your own responsibility to communicate.

As an adult member, it is important to think about your responsibilities and that you are a role model for the club's underage members.

Conflict management

If you have a conflict with a member, it is recommended to first and foremost address the problem with that member. If this doesn't lead to a solution, contact a board member, coach or independent mediator.

If discussions with those concerned do not lead to improvement, the board will take action. Do not bring up issues and conflicts in our Facebook groups or other internet forums. If there is something that affects all members of the association, a board member or coach will communicate it to the members.

Payments

Payments is made to plusgiro 636865-8.

Membership fee and spring term (VT) is marked with "Medlemsavg+VT-YEAR+YOUR NAME" and is payed before December 31st.

Training fee for the fall term (HT) is marked with "Träningsavgift+HT+YEAR+YOUR NAME" and is payed before June 30th.

Training fee is payed for 6 months in advance.

The cashier will send out information about payments via email and our facebook groups.

Contact

The board: contact@helltownhellcats.com

Chairperson of the board: president@helltownhellcats.com

Vice chairperson of the board: vpresident@helltownhellcats.com

Coaches: coaching@helltownhellcats.com

Cashier: cashier@helltownhellcats.com

Merch: merch@helltownhellcats.com

Website: www.helltownhellcats.com

<https://idrottonline.se/HelltownHellcatsHelsingborgRollerderbyClub-Skridsko/>



Remember that everyone who works with the club does so non-profit and does their best. If you think that something is not working well, feel free to come up with suggestions and constructive feedback on how we can improve.