



***C-MAX ROLLER DERBY***



***ROLLER DERBY IS PLAYED  
ON ROLLER SKATES***

## WHAT IS ROLLER DERBY?

If you haven't already been swept away by the ROLLER DERBY craze, then allow us to introduce you to the game that is taking over the world of women's sport.

Roller derby began its modern revival in the early 2000s as an all-female, woman-organized amateur sport in Texas USA. Today roller derby is played by more than 1,200 amateur leagues on every inhabited continent around the world, and of course South Africa is no different.

As a full contact, adrenalin sport, it is empowering women across the globe to become fitter, stronger and more accepting of their body issues whilst being part of supportive leagues, a 'family' of a home team and kicking ass in the most exciting game around.

### HOW THE SPORT IS PLAYED:

Roller Derby is played on roller skates – not inline skates, 4-wheeled quad roller skates.

It is a full contact sport played by two teams of five members, simultaneously skating on counter clockwise on a circuit track.

Each team designates a scoring player, the "jammer", the other four members are "blockers". One 'jam' lasts about two minutes and a full 'bout' lasts about an hour. Body blocks, bashing into rails, and some wicked fast skating is all necessary to make the score. The pack protects the jammer, the jammer scores. The crowd goes wild. Certain types of blocks and other plays are violations for which referees call penalties and require violators to serve time in the "Sin Bin". The skaters endure bumps, bruises, bloody noses and broken bones; there is nothing staged about Roller Derby

## ABOUT C-MAX:

A non-profit organisation, C-Max Roller Derby League is the first all women's flat track roller derby league in South Africa. Founded in 2010 by Melinda Lotz, she had a dream to bring roller derby to South Africa and now four years later, Johannesburg has its own roller derby league with 4 solid home teams, a travel team and a host of up-and-coming new teams. C-Max has even spawned its very own Men's Team and is currently recruiting skaters to share the action with South African guys.

Due to C-Max's active internal committees, the sport is now spreading all over South Africa with new teams forming in Bloemfontein, Secunda, Pretoria and Durban, all under the C-Max banner.

Despite the mass of media attention that derby pulls; the girls are focused on the sporting aspect of the game and leave the partying for afterwards. With grueling practice sessions, regular meetings, physical and theoretical exams, it's a tough job being a derby girl. But of course, its also the attitude, image and sex appeal that have people buzzing about this sport.

Like-minded girls, all equal on the track, the spirit is one of fast-paced fun. The girls all exude confidence and have embraced this sport as their own. The girls believe in the C-Max derby family ethos and, despite their social and racial differences, have made this arena a place where they all equal.

C-Max has a host of support, from officiated referees to non-skating officials and volunteers



***LIKE-MINDED GIRLS,  
ALL EQUAL ON THE TRACK,  
THE SPIRIT IS ONE OF  
FAST-PACED FUN.***

# THE OFFICIAL C-MAX BOUTING TEAMS:



## THE RAGING WAR-MONES

One of the first teams to be formed in SA, the Raging War-Mones (previously known as the Raging Whoremones) has won two of the four annual titles against the Thundering Hellcats and have a large amount of highly-skilled skaters that also feature as main members of the C-Max All-Stars Travel Team.

Team Colours: Black & Pink



## THE THUNDERING HELLCATS

Also one of the first teams to emerge out of C-Max, THC have also won two of the four titles and have been rivaling the Raging War-Mones since the league started. The two teams have as yet only played each other but are the oldest and most established teams in C-Max. They too have a large presence in the C-Max All-Stars Travel Team.

Team Colours: Black & Yellow



## SLAM DAMSELS

The hot new contenders in the league, The Slam Damsels are a relatively new team but has some of the strongest skaters in the league. They are the amateur title winners from the last big bout and active participants in the C-Max All-Stars Travel Team.

Team Colours: Cyan, Red & Yellow



## SAVAGE SAILOR DOLLS

From Pretoria, the Savage Sailor Dolls have bouted in one bout against the Slam Damsels and are currently training to take part in the 2014 home season.

Team Colours: Navy Blue & Red

## ALL-STARS TRAVEL TEAM

C-Max has nurtured many highly skilled skaters over the years. Girls from all four teams are combined to make the C-Max All-Star Travel Team – a team that represents C-Max at away games and internationally

## FRESH MEAT INTAKES

Fresh meat intakes occur every few months. Now known as the 'Rec League', it's a place where unconfident skaters can come and try out for derby, learn the skills with solid support and get nurtured to the point where they become rookies and eventually team-based skaters.

### WHY PLAY ROLLER DERBY?

Fitness

Strength

Confidence

Support

New skills

Friendship

Drive

And just about the best times one can have on wheels.

***COME WITNESS THE WOMENS'  
SPORTING REVOLUTION NOW!***

GENERAL INQUIRIES: [info@cmaxrollerderby.com](mailto:info@cmaxrollerderby.com)  
MEDIA & PRESS INQUIRIES: [media@cmaxrollerderby.com](mailto:media@cmaxrollerderby.com)  
REC LEAGUE: [rec@cmaxrollerderby.com](mailto:rec@cmaxrollerderby.com)  
WEB: [cmaxrollerderby.com](http://cmaxrollerderby.com)