

KNOCKDOWN KNITS

30 Projects from the
Roller Derby Track

by Joan of Dark
a.k.a. Toni Carr



Wiley Publishing, Inc.

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Published by Wiley Publishing, Inc., Hoboken, New Jersey

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Library of Congress Cataloging-in-Publication Data is available from the publisher upon request.

ISBN: 978-0-470-23954-4

Printed in the United States of America

10 9 8 7 6 5 4 3 2 1

Book production by Wiley Publishing, Inc., Composition Services

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*I would not be the crafter I am today if it
hadn't been for my mother, Linda Dunn,
who never seems to need a knitting
pattern to make a sweater and always
inspired me to "do my own thing"; and
my grandmother, Irene Basey, who
patiently sat down with me day after day
until I finally understood that, with a little
knowledge and confidence, yarn and
needles would not always lead to tangles
and tears.*



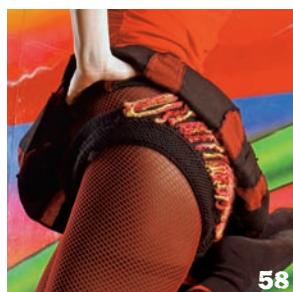
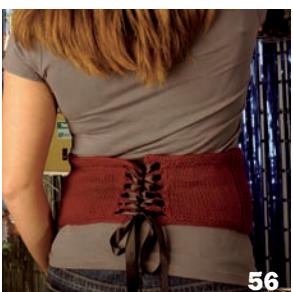
ACKNOWLEDGEMENTS

This book would not have happened without all the great people at Wiley Publishing, Inc. Many, many thanks to my editor, Natasha Graf, for consistently being one step ahead of me whenever I threatened to fall one step behind, my technical editor Alexandra Virgiel for deciphering my pattern writing, and Melody Layne for wearing the most awesome hand knit green cardigan ever, who put me in touch with the people at Wiley. Most of all, Roxane Cerdá who, instead of going, “Huh? You want to what???” when I said I wanted to write a knitting/roller derby book, instead said, “You want to what? That’s so awesome! Let’s do it!”

I have to thank my fellow Naptown girls, who grabbed yarn and needles to test knit patterns whenever I asked, or, in the case of Sweet C, Mother Russia, Strawberry Jam, and Dill and Brownie HerO, designed patterns themselves! I love our little crazy knitting/derby community, and I love the fact that I can combine two of my biggest loves together. If we can somehow incorporate miniature horses, my world would be complete!

My grandmother, Irene Basey, and my mother, Linda Dunn, were my greatest inspiration for wanting to knit, and the greatest teachers. Thankfully, in all of their knitting throughout all the years, they never once tried to cram an ugly Christmas sweater over my head!

Finally, I want to thank my husband Daniel, who patiently watched as my yarn corner became a yarn room, then a yarn hallway, then a yarn second bedroom, yarn office, and yarn living room. He waited on customers and made coffee with very minimal groaning, because I desperately needed to finish “one more row.” Most importantly of all, he did not break up with me when I first knit him a lumpy sweater and horrifyingly ugly yellow socks. Instead, he wears them constantly. If that’s not love, I don’t know what is.



ROCKIN' ROLLER KNIT



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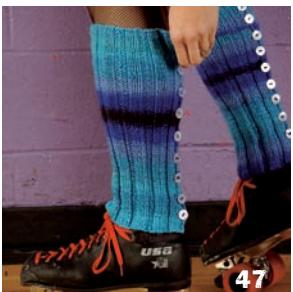
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Ask any roller girl today, and she will tell you how roller derby changed her life, saved her soul, and set her free. Then you had better grab a seat, because she probably won't stop talking about derby until your ears are sore and your head is pounding!

What's So Great about Roller Derby Anyway?

Usually the first thing they'll tell you is how much the sport today differs from the semi-staged, pro-wrestling-style derby of the 70s. A roller girl will stress the grassroots movement that has characterized derby this decade: how it grew from a couple of teams in Texas to a nationwide phenomenon. Let her keep talking and she'll proudly stress that the majority of leagues are DIY. Strictly do-it-yourself. From training, uniforms, and bout production, right down to the unpleasant business of bookkeeping and management. If you still haven't started backing slowly away in fear as she aggressively demonstrates legal blocks (she might bounce a hip off of you or knock her shoulder into your ribs) she'll then start pestering you to come to a game. If you do that, the chances are good that you'll be hooked. After a couple hours of the screaming crowd, the simultaneous offense and defense of the players, or the simple joy of having a knocked-out skater come skidding into your lap, something about this sport will speak to you. You'll start calling yourself a fan for life, or order some skates and start gearing up for tryouts!

In the past two years that I've spent obsessing over this sport, I've watched it grow. The national name roster alone (www.twoevils.org/rollergirls/) has grown from the 5,000 or so names I saw when I started playing to over 9,000 names as I write this. And by the time this book comes out, it will be even more.

The NRG [U]FC (Naptown Rollergirls [Unofficial] Fan Club) celebrates in the suicide seats! Suicide seats are the seats on the floor, right next to the track. Only for the very brave, those who dare are more than likely to end up with a skater skidding into their lap before the night is over.



That's to say nothing of the fans that support it. Go to any game in Indianapolis, IN, and you'll see 2,000–3,000 screaming fans in the stands, on the floor, standing behind the stands, or wherever they can get to catch some of the action. Roller derby has its own convention in Las Vegas, NV, a magazine, and is leaking into the mainstream media in the form of commercials and reality TV.

Roller Girls Love Their Sport—They Live It, Breathe It, and Sometimes, Knit It

With the DIY aspect of roller derby, it's not hard to believe that there are many forms of crafters in that mix. The first time I timidly brought out my needles and started knitting before a league meeting, six girls popped over and started raving about knitting and crocheting. More girls came over and whined about not knowing how to knit. A week later, we had our first Stitch 'n' Bitch meeting. Leg and wrist warmers started covering bare ankles and sliding over or under wrist guards during outdoor skates. Tote bags with our logo needle felted onto the front worked their way into nights out! Of course, I assumed it was a fluke and I was just lucky to find so many derby knitters in my own league. Then I realized that we might not be the only ones!

On one of my Stitch 'n' Bitch online groups, a couple of girls explained they weren't on the computer as much because of derby practice. One of my knit-blogging friends disappeared for a month on her blog, then popped back up to say she had joined the derby! Then we played the Northstar Roller Girls from Minnesota. Out came O Ref Ishi, sporting hand-knit kneepad covers in the black-and-white ref colors. I knew we weren't alone at all!

"Joan of Dark works her way around from the outside to become your Leeeeand Jaaaaammmer!!!!"



Knocking Down the Competition:

How to Use This Book

The patterns in this book are geared towards roller girls. Whether you want to knit the pieces for yourself or surprise your favorite roller girl with some cool knit gear, the patterns in here are for you.

Not a derby girl? Don't know any? Doesn't matter, there's still plenty in this book for you. Learn the lingo, knit the gear, and look fabulous when you're out on the town!

Skill Level Guide:

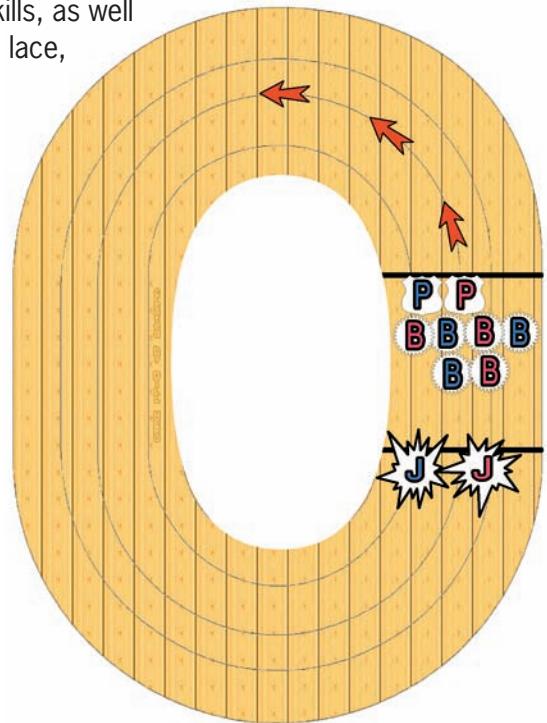
- **Fresh Meat:** Just like brand-new roller girls can master the simple basics of skating and scrimmaging, a Fresh Meat pattern is suited for those who want a simple project. Knitting, purling, and perhaps a color change or two are all the skills required for these patterns.
- **Rookie:** A rookie skater knows a thing or two more than fresh meat girls. She can spot a foul, give a whip, and handle crossovers without even looking down! Just like the skaters, the rookie patterns are designed for those with a little bit more knitting experience. As well as the skills a fresh meat knitter will have mastered, the rookie knitter can also increase, decrease, pick up stitches, and even handle some intarsia!
- **Vet:** The veteran skater has been there and done that. She's bouted, she's knocked down an opposing player or two, and she could probably tell the refs a thing or two about the rules. Just like her skating counterpart, the veteran knitter can handle the Fresh Meat and Rookie skills, as well as complicated Fair Isle, major shaping, cables, lace, and whatever else is thrown at her! Just like in a bout, she's ready for anything!

How Do You Play Derby?

Glad You Asked!

In roller derby, a player assumes one of three positions on the track:

- **Pivot:** Sets the pace for the pack and is the last line of defense. She wears the helmet with a stripe.
- **Blocker:** Tries to stop the jammer and makes life difficult for the opposing team's blockers.
- **Jammer:** Tears through the pack and scores points by passing members of the opposing team. She wears the helmet with a star.





Blazin Ace takes off from the jam line, going on to score 25 points in a single jam!

The pack begins with a pivot from each team in front, three blockers from each team in the middle, and a jammer from each team in the back. When the whistle blows the pack takes off, and on a second whistle the jammers blast off and fight their way through the pack in an attempt to become “lead jammer.” The jammers lap the pack and when they re-enter the pack, they receive one point for each member of the opposing team they pass legally. A jam lasts a maximum of two minutes, but the “lead jammer” has the right to call off the jam at her discretion.

It might appear as though there are no rules on the track, but there are penalties such as:

- 💀 False starts
- 💀 Skating and blocking out-of-bounds
- 💀 Holding
- 💀 Illegal blocking
- 💀 Intentional tripping and falling
- 💀 Illegal use of the hands

Add all that to the general mayhem of skating extra close to several other girls who want to knock you down and you’ll feel the excitement. See you at the track!



Blazin Ace celebrates her 25 point jam!

THE INJURY LIST

Every single person who has ever been involved in roller derby will tell you this, “It’s not if you get hurt, it’s when you get hurt.”

Injury is inevitable. When you’re skating at high speeds, trying to hit and getting hit, at some point, somehow, you will find yourself injured!

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The patterns in this section should be knit quickly! You will either need them for yourself or for that soon-to-be-injured roller girl in your life. Ice-pack covers and ankle and butt pillows cover the mild to moderate injuries. Arm-pit cushions give just a little extra crutch comfort for those dreaded ankle snaps and sprains! Most important of all, these patterns are actually cute! Just because your injury is ugly, doesn’t mean the stuff helping you heal has to be!



Sweet C (on the right) moves in for the kill, while **Jane Ire** (on the left) holds the front.

“Hey, at Least It Wasn’t Your Leg” Arm Sling

The second day girl

Designer: Sweet C
Skill Level: Rookie

joins roller derby, she starts hearing one thing over and over. “You’re going to break your leg!” So all you gals with broken arms, dislocated shoulders, or snapped wrists just go ahead and gloat at those people that try to say, “I told you so!” Because they were wrong, you didn’t break your leg after all!

In all seriousness, dislocated shoulders seem to be a pretty common derby injury. And those slings you see at the drugstore have no style for a derby girl at all! So knit this sling up in your favorite color or in your team colors! It’s cute, soft, and comfy and slips easily into a pocket on your skate bag—just in case you need it after a bout!



MATERIALS

- Plymouth Yarn Encore Worsted (75% acrylic, 25% wool, 200 yd. [183m] per 3.5 oz. [100g] skein): 1 skein #670 Teal Heather
- US 8 [5mm] straight needles
- Tapestry needle
- 1½ inch plastic strap adjuster (sold at craft stores), such as used for a backpack
- ½ yard fabric for lining (optional)
- Matching sewing thread and needle for lining (optional)

SPECIFICATIONS

SIZE

One size fits all

FINISHED MEASUREMENTS

Length: 15"

Circumference: 13"

GAUGE

16 sts and 20 rows = 4" in St st

INSTRUCTIONS

SLING

CO 40 sts.

Row 1: Kf&b, knit to last st, kf&b—42 sts.

Rows 2–3: Rep Row 1—46 sts.

Row 4: Kf&b, k1, purl to last 2 sts, k1, kf&b—48 sts.

Row 5: Rep Row 1—50 sts.

Row 6: Rep Row 4—52 sts.

Row 7: Rep Row 1—54 sts.

Row 8: K3, purl to last 3 sts, k3.

Row 9: Knit.

Rep Rows 8–9 until piece measures 15½" from cast-on edge.

BO.

Fold the piece lengthwise with the purl side out. Use backstitch (see appendix) to sew the bound-off edges together, beginning at the fold and leaving the last 4 sts unseamed. This is where the long strap will attach.

LONG STRAP

This strap will weave through the strap adjuster and be used to adjust the sling.

Turn sling right side out. Pick up and knit (see appendix) the 8 sts left unseamed at the closed end of the sling (4 sts from each side). Work in garter stitch for 22". BO.

SHORT STRAP

This strap attaches the strap adjuster to the sling.

Hold the front part of the sling together and line up the edges. Beginning about 4½" from the open end of the sling, pick up and knit 16 sts from the top edge, alternating 1 st from the front piece with 1 st from the back—8 sts picked up from each edge.

Row 1: (K2tog) 8 times—8 sts remain.

Continue in garter stitch for 5".

BO.

FINISHING

Weave in ends.

Loop the short strap through the bottom of the adjuster and sew the free end to the sling. Backstitch through both layers approx 1" below the adjuster. Weave the long strap through the top part of the adjuster.

For extra durability, line sling with fabric.

If you are using this sling immediately after a bout, put on your best "ow" face and see if you can score a few sympathy drinks from the opposing team. After all, they put you in this thing!



Derby Fun Fact

Getting hurt is just part of derby. Check out almost any derby league's web page and you're sure to find an injury gallery. Be warned though, they're not for the faint of heart!

The highlights of Naptown Roller Girls injuries:

- Scary Poppins: Crushed shoulder. She now has six metal pins and a metal plate holding her shoulder together.
- Strawberry Jam: Broken ankle and lost toenail.
- JRoller: Torn ACL.
- Lilly Whip: Torn PCL.
- Joan of Dark: AC separation in shoulder.
- Shadi Layne: Broken tailbone.
- Diane Beatin: "Jacked up" knees.
- Sweet C: Lost toenail.

Not all injuries heal quickly or easily. Tequila Mockingbird of the Windy City Roller Girls suffered a spinal cord injury during a bout. Since then, she has been confined to a wheelchair. To learn more about her story, visit: www.helptequila.com.

Armpit Cushions for Crutches

It's hard enough

being a roller girl with a broken leg/ankle/wrenched knee and watching all your friends skate while you're hobbling around on those lame, ugly crutches, getting pain in your armpits. C'mon, your feet are blistered enough as it is, you don't need your pits to suffer as well!

Even if you haven't ended up on crutches yet, chances are you or one of your derby friends will! Save yourself the injustice and pain of having blistered armpits. Knit these armpit cushions in any favorite color (though I wouldn't recommend white; sweat stains aren't always pretty) and you'll have some padding and protection from those horrible crutch blisters.

Knit in two simple pieces, then stuffed for some extra padding, these cushions knit up in no time at all. The seed-stitch edging makes them nice and stretchy, so you can add extra stuffing if you need to.

Designers:

Joan of Dark and
Strawberry Jam

Skill Level: **Rookie**

MATERIALS

• Plymouth Yarn Encore D.K. (75% acrylic, 25% wool, 150 yd. [137m] per 1.75 oz. [50g] skein): 1 skein #1385 Shocking Pink

- US 5 [3.75mm] straight needles
- 3 buttons, $\frac{3}{4}$ " in size
- Tapestry needle
- Polyester fiberfill for stuffing

SPECIFICATIONS

FINISHED MEASUREMENTS

Width: $5\frac{1}{2}$ "

Length: 9" unbuttoned

GAUGE

24 sts and 31 rows = 4"
in St st



STITCH GUIDE

Seed Stitch

Multiple of 2 sts

Row 1: *K1, p1; rep from * to end.

Row 2: *P1, k1; rep from * to end.

Rep Rows 1-2 for Seed Stitch.

INSTRUCTIONS

TOP

CO 34 sts.

Rows 1–3: Work in Seed Stitch.

Row 4 (RS): Knit.

Row 5 (WS): K8, p18, k8.

Row 6: Knit.

Row 7 (buttonhole row): K2, BO 4 sts, k2, p18, k8.

Row 8: K28, CO 4 sts over gap, k2.

Row 9: K8, p18, k8.

Rows 10–19: Rep Rows 4-5 five times.

Row 20: Knit.

Rows 21–23: Rep Rows 7-9.

Rows 24–36: Rep Rows 10-22.

Rows 37–39: Work in Seed Stitch.

BO in pattern.

UNDERSIDE

CO 20 sts.

Work in garter stitch for 4".

BO.

FINISHING

Use slip stitch (see appendix) to attach 3 sides of Underside to wrong side of Top. Stuff with fiberfill and seam fourth side closed.

Attach buttons opposite buttonholes. Weave in all ends.

Hobble just a bit more stylishly. Remind significant other that they must fetch you wine and chocolate because you're on crutches and need help.

Strawberry Jam

Everyone remembers certain things in life. For most of the girls on NRG, it's the night Strawberry Jam went sliding into the wall. The crack resounded through the practice rink and we all huddled on the sidelines, watching her get wheeled out and taken to the hospital.

Little did we know she was mentally ticking off the days until she could return to full derby-fighting form. One measly surgery later, and months of practice, and she is back to playing!

Strawberry is a stage manager in Vegas, so she divides her time between Indianapolis and work. While in Vegas, she makes sure to hang out with the Sin City Roller Girls as much as her job allows. She spends her spare time (hah!) skating, knitting, and skating some more.

ARMPIT CUSHIONS FOR CRUTCHES



Frozen Peas for Bruised Knees

Every derby girl

Designers: Sweet C and Joah of
Dark
Skill Level: Fresh Meat

has to put the ice pack on at some point in her skating career. In fact, most girls trudge home after every practice and slap bags of frozen veggies directly on their elbows, knees, or thighs.

Knit up this quick cover to comfortably hold that bag of frozen peas in place. It will knit up quickly in two pieces, one to hold the veggies and another piece to hold it in place! The “pea stitch” is easy to do and you can place as many peas on your pack as you want!

MATERIALS

- Plymouth Yarn Galway (100% wool, 210 yd. [192m] per 3.5 oz. [100g] skein): 1 skein #130 green
- US 8 [5mm] straight needles
- Tapestry needle
- Butterfly clip or safety pin to fasten

SPECIFICATIONS

FINISHED MEASUREMENTS

Ice pack: 8 x 8"

Strap: 16 x 4"

GAUGE

20 sts and 27 rows = 4" in St st



STITCH GUIDE

Make Pea (mp)

Kf&b twice into 1 st—4 sts.

Turn work, p4. Turn, k4.

Turn, p2tog twice—2 sts.

Turn, k2tog—1 st.

INSTRUCTIONS

ICE PACK

CO 40 sts.

Row 1: K6, mp, k6, mp, knit to end.

Row 2: Purl.

Row 3: K20, mp, k10, mp, knit to end.

Row 4: Purl.

Row 5: K18, mp, k8, mp, knit to end.

Row 6: Purl.

Row 7: Knit.

Row 8: Purl.

Row 9: K8, mp, k14, mp, knit to end.

Row 10: Purl.

Row 11: K14, mp, k20, mp, knit to end.

Row 12: Purl.

Row 13: K26, mp, knit to end.

Row 14: Purl.

Row 15: K12, mp, k7, mp, knit to end.

Row 16: Purl.

Row 17: Knit.

Row 18: Purl.

Row 19: K6, mp, k24, mp, knit to end.

Row 20: Purl.

Row 21: K18, mp, k6, mp, knit to end.

Row 22: Purl.

Row 23: K14, mp, k19, mp, knit to end.



FROZEN PEAS FOR BRUISED KNEES



Row 24: Purl.

Row 25: Knit.

Row 26: Purl.

Row 27: K9, mp, k12, mp, knit to end.

Row 28: Purl.

Row 29: K28, mp, knit to end.

Row 30: Purl.

Row 31: K12, mp, k6, mp, knit to end.

Row 32: Purl.

Row 33: K4, mp, k29, mp, knit to end.

Row 34: Purl.

Row 35: Knit.

Row 36: Purl.

Row 37: K16, mp, k12, mp, knit to end.

Row 38: Purl.

Row 39: K8, mp, k14, mp, knit to end.

Row 40: Purl.

Work in garter stitch for 9½".

BO.

Use mattress stitch (see appendix) to seam sides, leaving about 1½" of garter stitch free at top for flap.

HOLDING STRIP

On back of ice pack, approximately 1½" from bottom, measure 4" in from each side to find center. Count 3 sts to right of center, then pick up and knit (see appendix) 6 sts beginning at this point.

Work in garter stitch for 4".

BO.

Slip stitch (see appendix) strip in place.

STRAP

CO 20 sts.

Work in garter stitch for 17½", or longer if you want to tie strap instead of using butterfly clip.

BO.

FINISHING

Weave in ends. Thread strap through holding strip on back of ice pack.

Slide frozen veggies in pack, tuck flap in to hold the cold stuff in the pack. Use the strap as needed to secure in place. Breathe a sigh of relief while you veg out on the couch. If anyone tries to make you get up or complains that you are loafing, point to your knee and make a pouty face. Ask them to go ahead and refill your ice pack since they're already up.

Derby Fun Fact

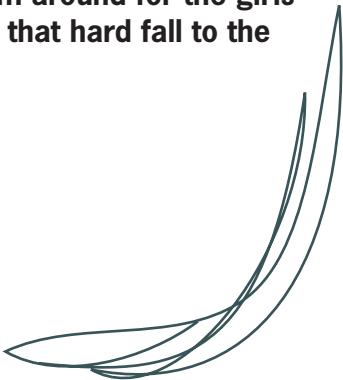
Roller derby has a past. It's definitely a bit old school as Leo Seltzer invented Roller derby in 1935. It began as a marathon race, until he realized that what the crowd really loved were the fights and falls that happened between all the skaters! Roller derby has evolved lots over the years, but it all started with Leo.

Booty Pillow

While broken legs

and ankles happen a lot more than we would like, the injury that seems to affect the most girls is the hurt booty. From simple bruises to broken tailbones, it can make sitting down a real pain for several weeks.

This donut-shaped pillow is a mercy for the sore bottom. Stuffed with polyester fiberfill for extra cushioning, it softens the blow of a firm office chair and makes sitting down (and knitting!) at home just a little easier to handle. Knit in the round, from the center out and back again, it's a relatively quick knit. Make a couple and keep them around for the girls that take that hard fall to the tailbone.



Designer: Joan of Dark
Skill Level: Rookie



MATERIALS

- Plymouth Yarn Galway (100% wool; 210 yd. [192m] per 3.5 oz. [100g] skein): 2 skeins #116 teal
- US 9 [5.5mm] circular needle, 24" long
- Set of 4 or 5 US 9 [5.5mm] double-pointed needles
- Tapestry needle
- Stitch marker
- Polyester fiberfill

SPECIFICATIONS

FINISHED MEASUREMENTS

Diameter: approx 9"

GAUGE

17 sts and 23 rnds = 4" in St st

INSTRUCTIONS

With double-pointed needles, CO 50 sts.

Divide as evenly as possible over 3 or 4 needles, place marker and join for working in the round, being careful not to twist.

Rnd 1: Knit.

Rnd 2: kf&b in each stitch—100 sts.

Change to circular needle.

Rnd 3: Knit.

Rnd 4: *K2, m1; rep from * to end—150 sts.

Rnds 5–7: Knit.

Rnd 8: *K3, m1; rep from * to end—200 sts.

Rnds 9–12: Knit.

Rnd 13: *K4, m1; rep from * to end—250 sts.

Rnds 14–19: Knit.

Rnd 20: *K5, m1; rep from * to end—300 sts.

Rnds 21–33: Knit.

Rnd 34: *K4, k2tog; rep from * to end—250 sts.

Rnds 35–38: Knit.

Rnd 39: *K3, k2tog; rep from * to end—200 sts.



If you're a larger gal, try knitting this with two strands of yarn held together and larger needles. No pattern alterations needed, but you still wind up with a fuller-size pillow!

Rnds 40–42: Knit.

Rnd 43: *K2, k2tog; rep from * to end—150 sts.

Rnd 44: Knit.

Rnd 45: *K1, k2tog; rep from * to end—100 sts.

Change to double-pointed needles.

Rnd 46: Knit.

Rnd 47: *K2tog; rep from * to end—50 sts.

Rnd 48: Knit.

BO.

FINISHING

Use backstitch or whipstitch (see appendix) to seam top and bottom together about halfway. Stuff with fiberfill and seam remaining half.

Breathe easy knowing that at least tomorrow's drive to work will be slightly more comfortable!

④ Leaf Cleaver

4 Leaf Cleaver is a blocker for the Naptown Roller Girls. She's known for her aggressive style and the "impassable booty block" that has become her trademark. She's also the team cheerleader and is the first to encourage her teammates when the chips are down.

Cleaver picked up knitting shortly after joining the team. Within a week she had gone from simple scarves to hats and legwarmers. She can be found knitting before bouts, after bouts, at team stitch-and-bitch nights, and wherever else she can sit still for a moment with two needles and some yarn!

Elevate That Ankle Pillow

When the leg

injuries happen—whether it's feet, ankles, or knees—elevation is usually key to help with the healing process. But with girls coming over to visit and bringing you movies and food, who wants their foot propped under a regular old pillow? This funky rectangle is perfect because not only does it help heal your injury, but it also looks great just hanging around your house. Tap into your inner kid with the bright, clashing colors, the fun of felting, and the joy of a quick project!

Designer:

Joah of Dark

Skill Level: *Rookie*

MATERIALS

- Brown Sheep Company Lamb's Pride Bulky (85% wool, 15% mohair, 125 yd. [115m] per 4 oz. [113g] skein): 1 skein each of #M72 Pink (color A) and #M110 Orange You Glad (color D), and 2 skeins each of #M155 Lemon Drop (color B) and #M120 Limeade (color C)
- US 13 [9mm] straight needles
- Tapestry needle
- 8 oz. bag of polyester fiberfill or any washable filling
- Zippered pillowcase for felting

SPECIFICATIONS

FINISHED MEASUREMENTS

Length: 14"

Height: 7½"

GAUGE

16 sts and 31 rows = 4" in garter stitch, before felting



ELEVATE THAT ANKLE PILLOW



INSTRUCTIONS

SIDES (MAKE 1 EACH IN COLORS A, B, C, D)

CO 50 sts.

Work in garter stitch for 8".

BO.

ENDS (MAKE 1 EACH IN COLORS B AND C)

CO 25 sts.

Work in garter stitch for 8".

BO.

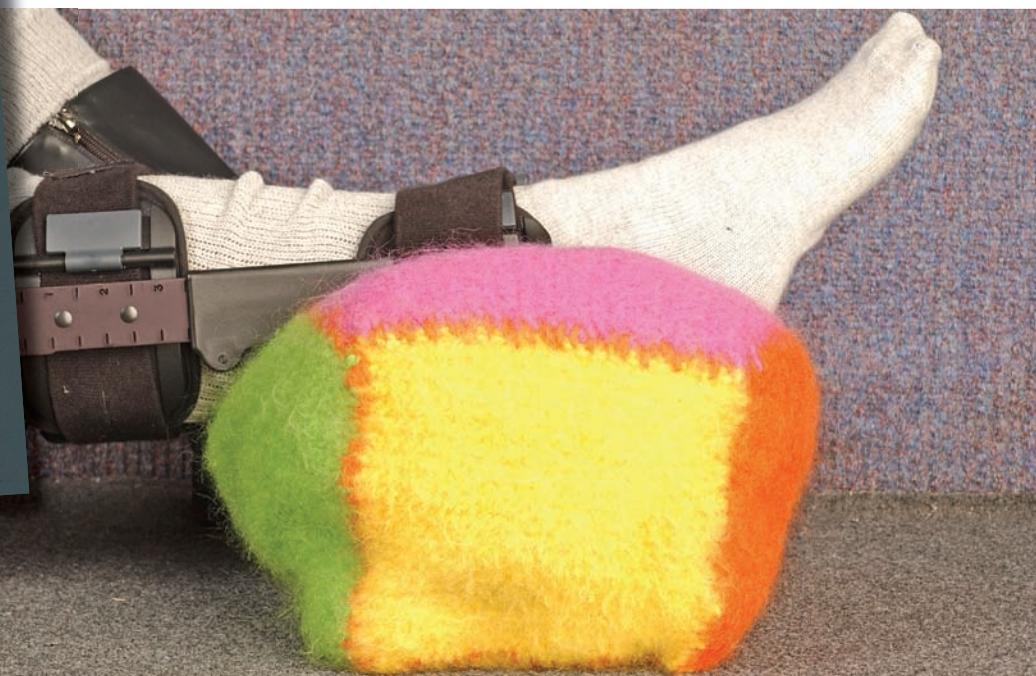
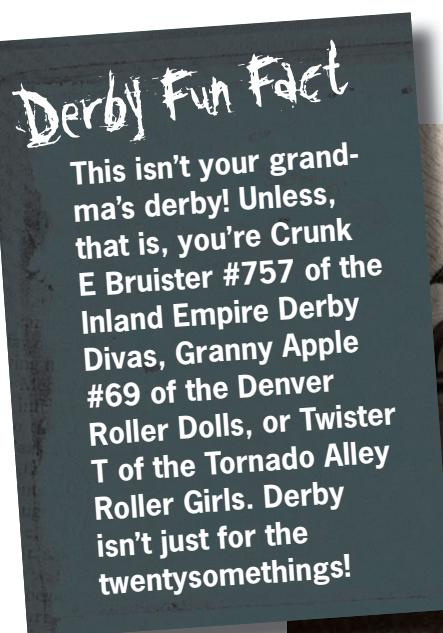
FINISHING

Using color D, whipstitch (see appendix) all sides together, in any color combination you like. (Let the seams show!) Sew ends onto body of pillow, leaving about a 4" opening on one piece. Use the entire bag of filling to stuff pillow, then sew opening closed.

Felt using your preferred method, but much like the opposing team, feel free to rough this pillow up! This one was thrown in a zippered pillowcase, then the hot wash cycle. (For felting instructions, see appendix.)

It can get a little fuzzy, so if you have a sweater shaver handy you might need to go over a spot or two.

Set this on your coffee table and prop your leg up. Receive your fellow roller girls with a little bit more style.



 **note:** It's easy to make this pillow bigger or smaller depending on your needs! Simply cast on a few extra stitches and knit a couple extra inches!



SKATING IN STYLE

Derby girls come from all walks of life, from stay-at-home moms to corporate lawyers to punk-rock DIY girls. No matter how a girl dresses during the day at work or at home, strap her in some skates and a certain style seems to come out. Pinstriped blazers and jeans get replaced with ripped tank tops, fishnets, and knee-high socks. But one thing is always true: Whatever a derby girl wears, she tends to wear it cool!

Finding all the cool stuff she wants to wear can sometimes be a problem, but of course, that's nothing the knitting derby gal can't overcome. Use the patterns in this section to knit some sparkly, stretchy arm socks; a hat that shows those in the know that you are a jammer; or be practical, and whip up a pair of leg warmers that you can take on and off without having to remove your skates. Most of all, find what suits your style and flaunt it loudly and proudly!

Ready... Set...

Jammers (one player from each team) line up on the jammer line, ready to take off after the pack and score points for their team!



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Slinky Leg Socks

Designer: Sweet C
Skill Level: Vet

Leg socks are a must

for derby. Thigh-highs, knee-highs, even ankle socks are selected very carefully by a derby girl. They need to not only be the perfect thickness to fit with her skates, they need to look cool as well.

These leg socks cut the thickness problem right out of the mix. Footless thigh-highs, with a nice stretchy ribbing

are cute, sexy, and the perfect accessory for a night out with the girls! They are the same yarn and basic pattern as slinky arm socks, so if you've already made your arm socks, your leg socks will be a breeze.



MATERIALS

- Patons Brilliant (69% acrylic, 19% nylon, 12% polyester, 166 yd. [152m] per 1.75 oz. [50g] skein):
2 skeins #03232 Green Glitter
- Set of 4 or 5 US 6 [4mm] double-pointed needles
- Stitch marker
- Row counter
- Tapestry needle

SPECIFICATIONS

SIZE

One size fits most

FINISHED MEASUREMENTS

Length: 18"

Circumference at top: 12" (unstretched)

Circumference at bottom:
7" (unstretched)

GAUGE

30 sts and 36 rnds = 4" in Base Pattern, unstretched

STITCH GUIDE

1 × 1 Rib

Multiple of 2 sts

Every rnd: *K1, p1; rep from * to end.

INSTRUCTIONS

TOP CUFF

CO 100 sts, divide as evenly as possible over dpns, pm, and join for working in the round.

Work in 1 × 1 Rib for 12 rnds.

Next rnd: *K2tog, p2tog, (k1, p1) 3 times; rep from * to end—80 sts.

Work 4 rnds even in rib.

Next rnd: *K2tog, p2tog, (k1, p1) 3 times; rep from * to last 10 sts, k2tog, p2tog, k2tog, (k1, p1) twice—63 sts.



BASE PATTERN

Rnd 1: *K5, p2; rep from * to end.

Rnd 2: *K1, yo, sl 1, k2tog, pssو, yo, k1, p2; rep from * to end.

Rnd 3: *K5, p2; rep from * to end.

Rnd 4: *K2, yo, ssk, k1, p2; rep from * to end.

Rnds 5–6: *K5, p2; rep from * to end.

Rep Rnds 1–6 once more.

Next rnd: *K5, p2tog; rep from * to end—54 sts.

Next rnd: *K1, yo, sl 1, k2tog, pssو, yo, k1, p1; rep from * to end.

Next rnd: *K5, p1; rep from * to end.

Next rnd: *K2, yo, ssk, k1, p1; rep from * to end.

Next rnd: *K5, p1; rep from * to end.

Next rnd: *K5, p1; rep from * to end.

CLOVER PATTERN I

Rnd 1: *K5, p1; rep from * to end.

Rnd 2: *K1, yo, sl 1, k2tog, pssو, yo, k1, p1; rep from * to end.

Rnd 3: *K5, p1; rep from * to end.

Rnd 4: *K2, yo, ssk, k1, p1; rep from * to end.

Rnds 5–6: *K5, p1; rep from * to end.

Rep Rnds 1–6 9 times.

Next rnd (start of pattern rep): *K4, k2tog; rep from * to end—45 sts.

Next rnd: *K1, yo, sl 1, k2tog, pssو, yo, k1; rep from * to end.

Next rnd: Knit.

Next rnd: *K2, yo, ssk, k1; rep from * to end.

Next rnd: Knit.

Next rnd: Knit.

CLOVER PATTERN II

Rnd 1: Knit.

Rnd 2: *K1, yo, sl 1, k2tog, pss0, yo, k1; rep from * to end.

Rnd 3: Knit.

Rnd 4: *K2, yo, ssk, k1; rep from * to end.

Rnds 5–6: Knit.

Rep Rnds 1–6 4 times.

BOTTOM CUFF

Next rnd: *K3, k2tog; rep from * to end—36 sts.

Work in 1 × 1 Rib for 25 rnds.

BO.

FINISHING

Weave in ends. Slide on under your favorite skirt, over your favorite tights, or wear them any way that matches your fashion mood for the day!

Touretta Lynn

Touretta Lynn is vicious, delicious, and ambitious. Author of two books on art, a journalist, and a tattoo enthusiast, she's the girl the other teams tend to fear. Over 6 feet tall on her skates, she slides out of nowhere and in a blur of tattoos sends the opposing jammer or blocker into the audience!

Her first impression tends to be one that will leave you shaking, simply by her looks, blunt nature, and hard stance. Scratch the surface, though, and you'll find a fun, outgoing, all-around best friend who's always up for giving a piggyback ride around the bar or helping form a pyramid of roller girls at an after-party.

She lives with many, many cats and a husband that's always on hand with a megaphone and a working tornado siren on the sidelines.

Slinky Arm Socks

Socks are a big part

Designer: Sweet C
Skill Level: Rookie

of derby—not only on the legs, but also for the arms. Whether a girl is sporting old tube socks with the feet cut off to try and keep some of the stink off her elbow pads, or wearing something flashy and fun while hanging out at an after-party or pre-game pep rally, socks seem to complete a girl's outfit.

These arm socks are designed to be cute and sassy, and not at all practical for wearing during practice! They're nice and stretchy, so they'll fit a variety of derby-girl arms. Make these along with the Slinky Leg Socks to complete your outfit for the next after-party, pep rally, or night out.

MATERIALS

- Patons Brilliant (69% acrylic, 19% nylon, 12% polyester, 166 yd. [152m] per 1.75 oz. [50g] skein): 2 skeins #03232 Green Glitter
- US 6 [4mm] double-pointed needles
- Tapestry needle



SPECIFICATIONS

SIZE

One size fits all

FINISHED MEASUREMENTS

Length: 14½"

Circumference at base: 8", unstretched

Circumference at top: 6", unstretched

GAUGE

30 sts and 36 rnds = 4" in Base Pattern, unstretched

STITCH GUIDE

1 × 1 Rib

Multiple of 2 sts

Every rnd: *K1, p1; rep from * to end.

INSTRUCTIONS

BOTTOM CUFF

CO 58 sts, divide as evenly as possible over dpns, pm, and join for working in the round.

Work in 1 × 1 Rib for 11 rnds.

BASE PATTERN

Rnd 1: P2, *k5, p2; rep from * to end.

Rnd 2: P2, *k1, yo, sl 1, k2tog, pssو, yo, k1, p2; rep from * to end.

Rnd 3: P2, *k5, p2; rep from * to end.

Rnd 4: P2, *k2, yo, ssk, k1, p2; rep from * to end.

Rnds 5–6: P2, *k5, p2; rep from * to end.

Rnd 7: P2tog, *k5, p2; rep from * to last 2 sts, p2tog—56 sts.

Rnd 8: P1, *k1, yo, sl 1, k2tog, pssو, yo, k1, p2; rep from * to last st, sl last st, remove marker, return slipped st to left needle.

Rnd 9: P2tog, replace marker, *k5, p2tog; rep from * to last st, p1—48 sts.

Rnd 10: *K2, yo, ssk, k1, p1; rep from * to end.

Rnds 11–12: *K5, p1; rep from * to end.

CLOVER PATTERN I

Rnd 1: *K5, p1; rep from * to end.

Rnd 2: *K1, yo, sl 1, k2tog, pssو, yo, k1, p1; rep from * to end.

Rnd 3: *K5, p1; rep from * to end.

Rnd 4: *K2, yo, ssk, k1, p1; rep from * to end.

Rnds 5–6: *K5, p1; rep from * to end.

Rep Rnds 1–6 8 times.

Diane Beatin

Diane Beatin is one of our original Naptown Girls. She's no stranger to pain; in the first week of practice she fractured her wrist! Years of ballet took a toll on her knees and a year of roller derby forced her to make the tough decision to sideline herself and become the team's bench manager. She's in charge of tracking fouls, keeping girls in rotation on the sidelines, and making sure that Coach Whip doesn't throw any chairs!

She plans on making a triumphant return to the track whenever her knees allow. In the meantime, she likes to hang with her dog, attack yarn with needles, and spend way too many hours watching the Venture Bros. marathons on TV.

Next rnd (start of pattern rep): *K4, k2tog; rep from * to end—40 sts.

Next rnd: *K1, yo, sl 1, k2tog, pssو, yo, k1; rep from * to end.

Next rnd: Knit.

Next rnd: *K2, yo, ssk, k1; rep from * to end.

Next rnd: Knit.

Next rnd: Knit.

CLOVER PATTERN II

Rnd 1: Knit.

Rnd 2: *K1, yo, sl 1, k2tog, pssو, yo, k1; rep from * to end.

Rnd 3: Knit.

Rnd 4: *K2, yo, ssk, k1; rep from * to end.

Rnds 5–6: Knit.

Rep Rnds 1–6 4 times.

TOP CUFF

Work in 1 × 1 Rib for 11 rnds.

BO.

FINISHING

Weave in all ends. Wear these socks to your favorite bar, club, or hangout with the girls. If anyone hassles you, make sure to leave a pretty clover pattern embedded in their cheek!



Broken Arm Sweater

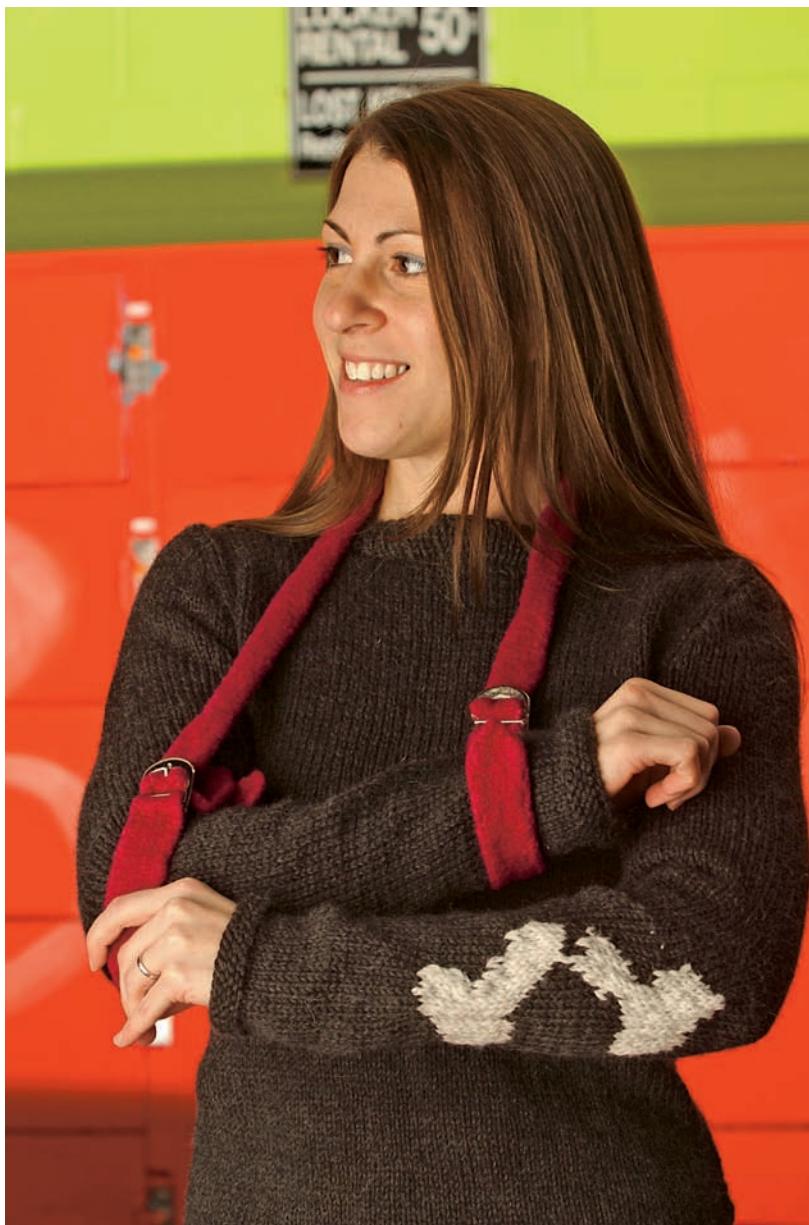
Broken bones are just

a part of derby. The chances of a girl in your league breaking something are huge! Tailbones, arms, legs, ankles; it's just going to happen.

Designer: *Todd of Dark*
Skill Level: *Vet*

Unlike "normal people," however, derby girls relish their gross X-rays, surgery pictures, and gnarly injuries. Broken Arm Sweater is a great way to show off your downright pride of those snapped bones. Even though the instructions put the broken bone on the lower arm, feel free to use the chart on the upper arm, ribs, back, or wherever you want it. It's a simple sweater and easy to alter.

If you feel up to the challenge, tackle the bonus in this pattern and turn your sweater into an actual working sling! The felted straps and buckles give it a neat bondage look, and it will actually be practical for those bad days when past snaps and sprains come back to haunt you and your poor arm/shoulder/wrist just needs a little relief.



MATERIALS

- Cascade Yarns Cascade 220 (100% wool, 220 yd. [201m] per 3.5 oz. [100g] skein): 4 (5, 5) skeins #4002 Jet (MC) and 1 skein #8505 White (CC1)
- US 9 [5.5mm] straight needles
- Tapestry needle
- Zippered pillowcase for felting

BONUS SECTION ONLY

- Cascade 220: 1 skein #7803 Magenta (CC2)
- Sewing needle and thread to match CC2
1" buckles (2)

SPECIFICATIONS

SIZE

S (M, L)

To fit busts 32–34 (36–38, 40–42)"

FINISHED MEASUREMENTS

Bust: 29½ (33¾, 38¼)"

Length: 22 (23¼, 24½)"

GAUGE

18 sts and 24 rows = 4" in St st

STITCH GUIDE

1 × 1 Rib

Multiple of 2 sts

Every row: *K1, p1; rep from * to end.

(See appendix for instructions on working intarsia.)

INSTRUCTIONS

BACK

With MC, CO 66 (76, 86) sts and work in garter st for 6 rows.

Change to St st and work even until piece measures 14 (15, 15½)" from cast-on edge, ending with a WS row.

Shape Armholes

BO 4 (4, 5) sts at beg of next 2 rows—58 (68, 76) sts.

Next row (RS): K2tog, knit to last 2 sts, ssk—2 sts dec'd.

Purl 1 row.

Rep last 2 rows 1 (2, 4) time(s)—54 (62, 66) sts **.

Work even until armhole measures 7¼ (7½, 8¼)".

Shape Shoulders

BO 4 (5, 6) sts at beg of next 4 rows.

BO 5 (6, 5) sts at beg of next 2 rows—28 (30, 32) sts.

Neckband

Work in 1 × 1 Rib for 6 rows.

BO loosely.

FRONT

Work same as Back to **.

Work even until armhole measures 5 (5, 5½)", ending with a WS row.

Shape Neck

Next row: K19 (23, 24), BO center 16 (16, 18) sts, knit to end.

Right Shoulder

Purl 1 row.

Next row: Ssk, knit to end—1 st dec'd.

Rep last 2 rows 5 (6, 6) times—13 (16, 17) sts rem.

Work even until armhole measures 7¼ (7½, 8¼)", ending with a RS row.

BO 4 (5, 6) sts at beg of next row.

Work 1 row even.

Rep last 2 rows once more.

BO rem 5 (6, 5) sts.

Left Shoulder

Join yarn at neck edge with WS facing.

Purl 1 row.

Next row: Knit to last 2 sts k2tog—1 st dec'd.

Rep last 2 rows 5 (6, 6) times—13 (16, 17) sts rem.

Work even until armhole measures 7¼ (7½, 8¼)", ending with a WS row.

BO 4 (5, 6) sts at beg of next row.

Work 1 row even.

Rep last 2 rows once more.

BO rem 5 (6, 5) sts.



note: You can put the broken bone on either side. If you want the bone on your left arm, just skip the intarsia instructions and use them on the other sleeve. You can also move the broken bone to the upper arm if you prefer, just make sure to keep your markers in place, so you know where the center of the sleeve is located.

Neckband

With MC and RS facing, pick up and knit (see appendix) 42 (42, 44) sts across front neckline.

Work in 1 × 1 Rib for 6 rows.

BO loosely.

LEFT SLEEVE

With MC, CO 38 (40, 44) sts.

Work 6 rows garter st.

Change to St st and work even until sleeve measures 4" from cast-on edge, ending with a RS row.

Next row: P7 (8, 10), pm, p24, pm, p7 (8, 10).

Next row (Inc Row): Kf&b, knit to last st, kf&b—2 sts inc'd.

Rep Inc Row on every eighth row 6 (7, 8) times—52 (56, 62) sts. At the same time, on next RS row, begin working chart patt between markers with CC1.

Work even until sleeve measures 17 (17, 18)" from cast-on edge, ending with a WS row.

Shape Cap

BO 4 (4, 5) sts at beg of next 2 rows—44 (48, 52) sts.

Next row: K2tog, knit to last 2 sts, ssk—2 sts dec'd.

Purl 1 row.

Rep last 2 rows 12 (13, 13) times—18 (20, 24) sts.

BO.

RIGHT SLEEVE

Make as for Left Sleeve, omitting chart pattern.

FINISHING

Seam shoulders and neckband. Use mattress stitch (see appendix) to set in sleeves and sew side and sleeve seams. Weave in ends.

BONUS SECTION

Wrist Strap

With CC2, CO 10 sts and work in St st for 9½ (10, 11)", ending with a WS row.

Next row: K2tog, knit to last 2 sts, k2tog—8 sts.

Next row: P2tog, purl to last 2 sts, p2tog—6 sts.

Rep last 2 rows—2 sts.

BO.

Elbow Strap

Make same as Wrist Strap, except work in St st for 13½ (14, 15)" before beginning decreases.

Neck Strap

CO 2 sts.

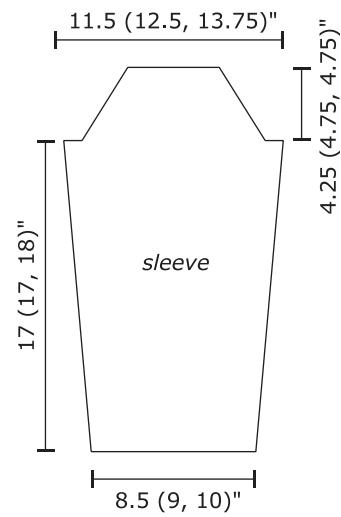
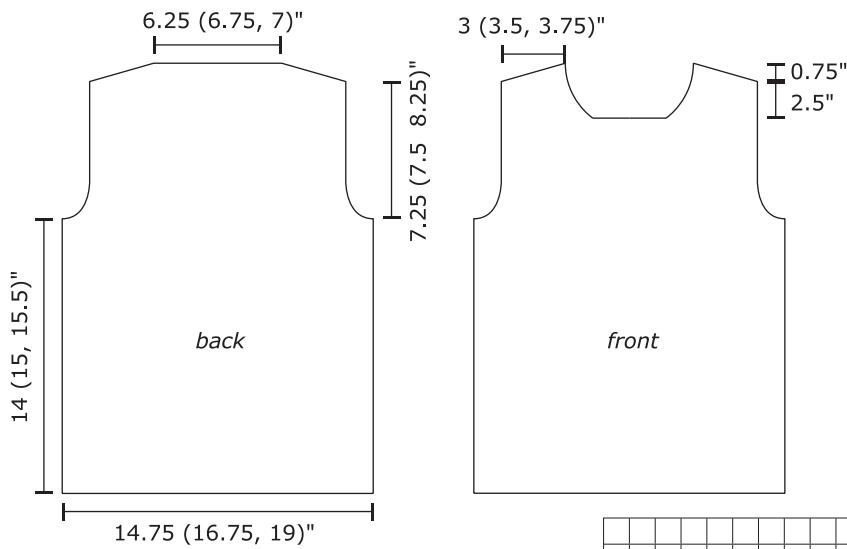
Row 1: Kf&b twice—4 sts.

Row 2: Purl.

Row 3: Kf&b, knit to last st, kf&b—6 sts.

Rep last 2 rows 3 times—12 sts.

Work even in St st for 34", ending with a WS row.

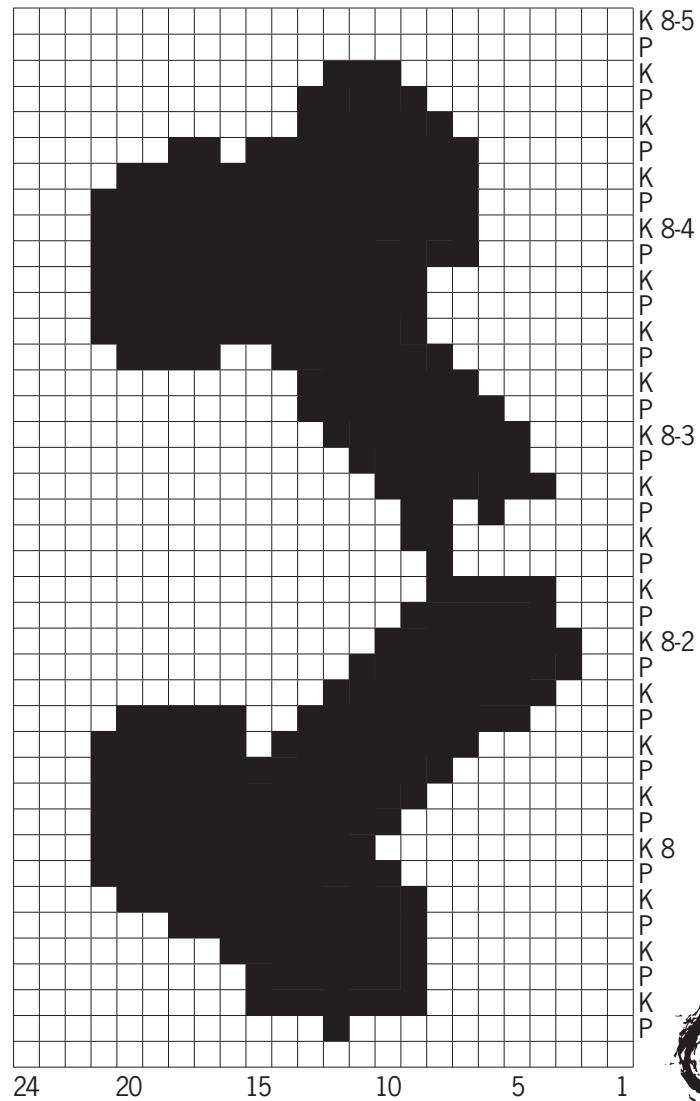


Next row (RS): K2tog, knit to last 2 sts, k2tog—10 sts.

Next row (WS): P2tog, purl to last 2 sts, p2tog—8 sts.

Rep last 2 rows once more, then RS row only once more—2 sts.

BO.





Derby Fun Fact

What's in a name? Well, lots if you're a derby gal. Those clever, quirky names you see on the track are really a mark of that girl's alter ego: the person she becomes when she steps onto the track. That's why repeat names are just not acceptable in derby. Sure, you might really feel like "Melicious" just defines you, but a quick check of the derby master roster (www.twoevils.org/rollergirls/) will show you that she's already skating for Texas.

Check out the master list if you're thinking of becoming a derby girl or if you just want a quick laugh at some of the clever names floating around out there.

FINISHING BONUS SECTION

Felt all straps. (For felting instructions, see appendix.)

Take a small needle, pair of scissors, or knitting needle and poke holes into pointed edge of each strap for your buckle to go through. (Think of a belt.)

Pin wrist strap about 2½" from bottom of sleeve with CO and BO edges on "top" of sleeve. With needle and thread, seam first buckle into cast-on edge. Sew strap into place, leaving about 1" unseamed at the pointed end.

Tack elbow strap about 1" below your elbow, again with the edges on top. Repeat above instructions for buckle placement.

For neck strap, poke holes on both the CO edge and the BO edge, again, imagining a belt. Buckle one side of strap into bottom elbow buckle and wind loosely down to bottom wrist buckle. Voila! Cute bondage sweater and practical, fashionable sling!

If you decide not to sport the long sling part of the strap, simply remove it and buckle your wrist strap to itself. Repeat for elbow strap.

I ♥ Derby Sweater

Derby has been

slowly creeping into everyday media and products, but it still feels like there are never enough objects out there to show your love of derby. This sweater shows the world exactly what you think about your favorite skating sport!

Designer:
Joan of Dark
Skill Level: Rookie

Warm and soft, the sweater itself is pretty simple to knit. Knit in two pieces, with the sleeves picked up and knit after the front and back are seamed together, it makes a good weekend project. Intarsia is used to create the *I ♥ Derby* on the front.

MATERIALS

- Cascade Yarns Cascade 220 (100% wool, 220 yd. [201m] per 3.5 oz. [100g] skein): 4 (5, 5) skeins #9465 Vashon Island Heather (MC), 1 skein #8505 White (CC1), 1 skein #4192 Soft Pink (CC2)
- US 7 [4.5mm] straight needles
- US 7 [4.5mm] double-pointed needles or 16" circular needle
- Stitch holders
- Tapestry needle
- Enough pride in derby to show the world
- Stitch markers

SPECIFICATIONS

SIZE

S (M, L)

To fit busts 32–34 (36–38, 40–42)"

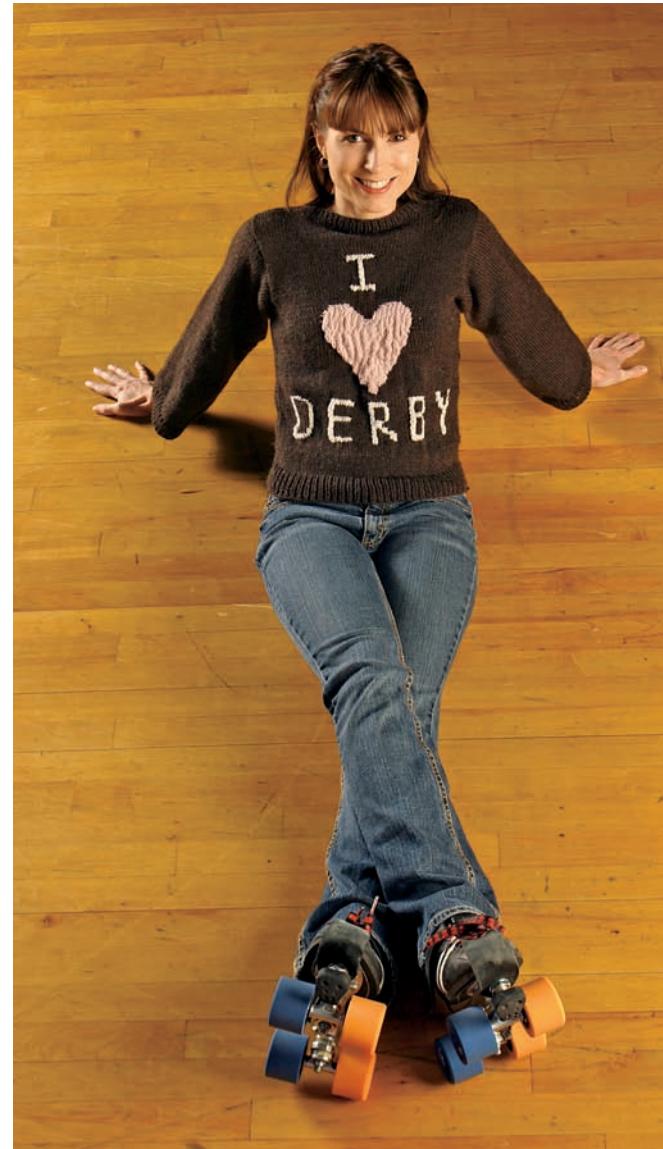
FINISHED MEASUREMENTS

Bust: 33½ (36¾, 40¾)"

Length: 21½ (23, 24)"

GAUGE

20 sts and 26 rows = 4" in St st



STITCH GUIDE

1 x 1 Rib

Multiple of 2 sts

Every row or rnd: *K1, p1; rep from * to end.

(See appendix for instructions on working intarsia.)

INSTRUCTIONS

BACK

With straight needles and MC, CO 84 (92, 102) sts.

Work in 1 x 1 Rib for 2".

Change to St st and work even until piece measures 14 (15, 15½)" from cast-on edge, ending with a WS row.

Shape Armholes

BO 5 (6, 7) sts at beg of next 2 rows—
74 (80, 88) sts.

Next row: K2tog, knit to last 2 sts, ssk—2 sts dec'd.

Next row: Purl.

Rep last 2 rows 4 (5, 6) times—64 (68, 74) sts.

Work even until armhole measures 6 (6½, 7)", ending with a RS row.



note: If you'd like your sleeves to taper towards the wrist, work decreases on every sixth round as follows:
Ssk, knit to last 2 sts, k2tog—2 sts dec'd.

Shape Neck

Next row: P20 (22, 24) sts and place on stitch holder, p24 (24, 26) sts and place on another holder, purl rem 20 (22, 24) sts.

Right Shoulder

Next row: Knit to last 2 sts, ssk—1 st dec'd.

Next row: Purl.

Rep last 2 rows twice—17 (19, 21) sts.

Work even until armhole measures 7½ (8, 8½)", ending with a WS row.

BO.

Left Shoulder

Replace 20 (22, 24) held sts on needle. Join yarn at neck edge, with RS facing.

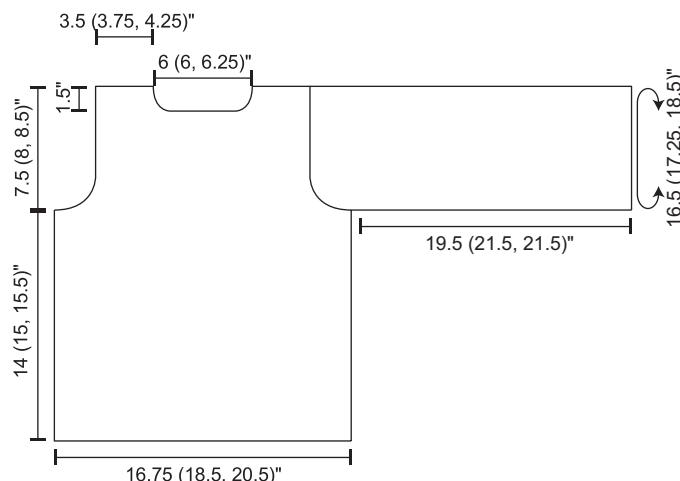
Next row: K2tog, knit to end—1 st dec'd.

Next row: Purl.

Rep last 2 rows twice—17 (19, 21) sts.

Work even until armhole measures 7½ (8, 8½)", ending with a WS row.

BO.



FRONT

Work same as for

Back, at the same time working from chart as follows: On first st st row, place a marker after first 1 (5, 10) sts and another before last 1 (5, 10) sts. Work chart pattern over center 82 sts.

COLLAR

On Back, beg at right shoulder with MC and RS facing, pick up and knit (see appendix) 48 (48, 50) sts across neck edge, including 24 (24, 26) held sts.

Work in 1×1 Rib for 1". BO loosely.

Repeat on Front.

SLEEVES

Sew shoulder and collar seams.

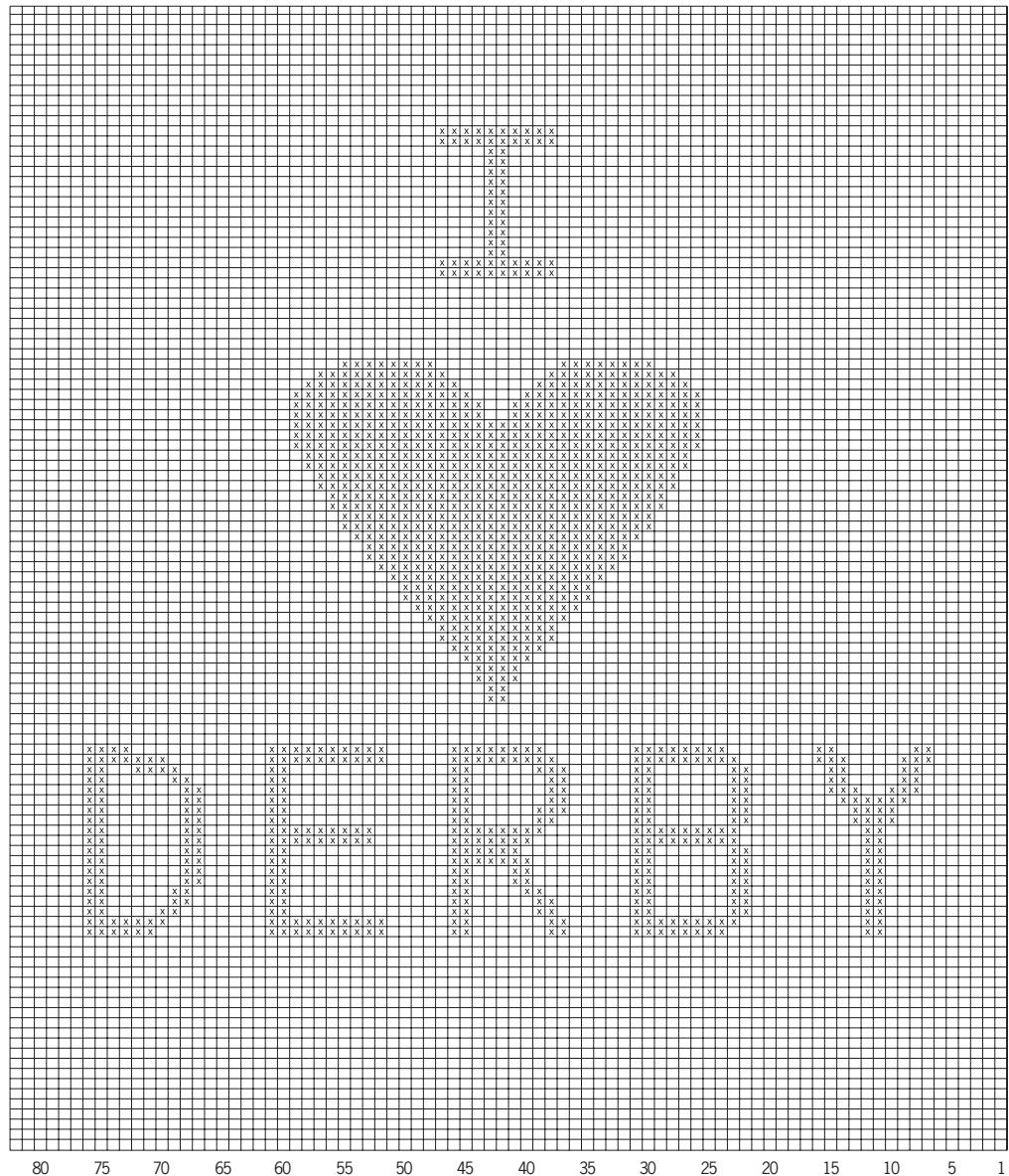
Sew side seams.

With dpns or circular needle and MC, RS facing and beg at underarm seam, pick up and knit 82 (86, 92) sts around armhole. PM and join for working in the round.

Work even in St st until sleeve measures $18\frac{1}{2}$ (19, 19)" from underarm, or desired length less 1".

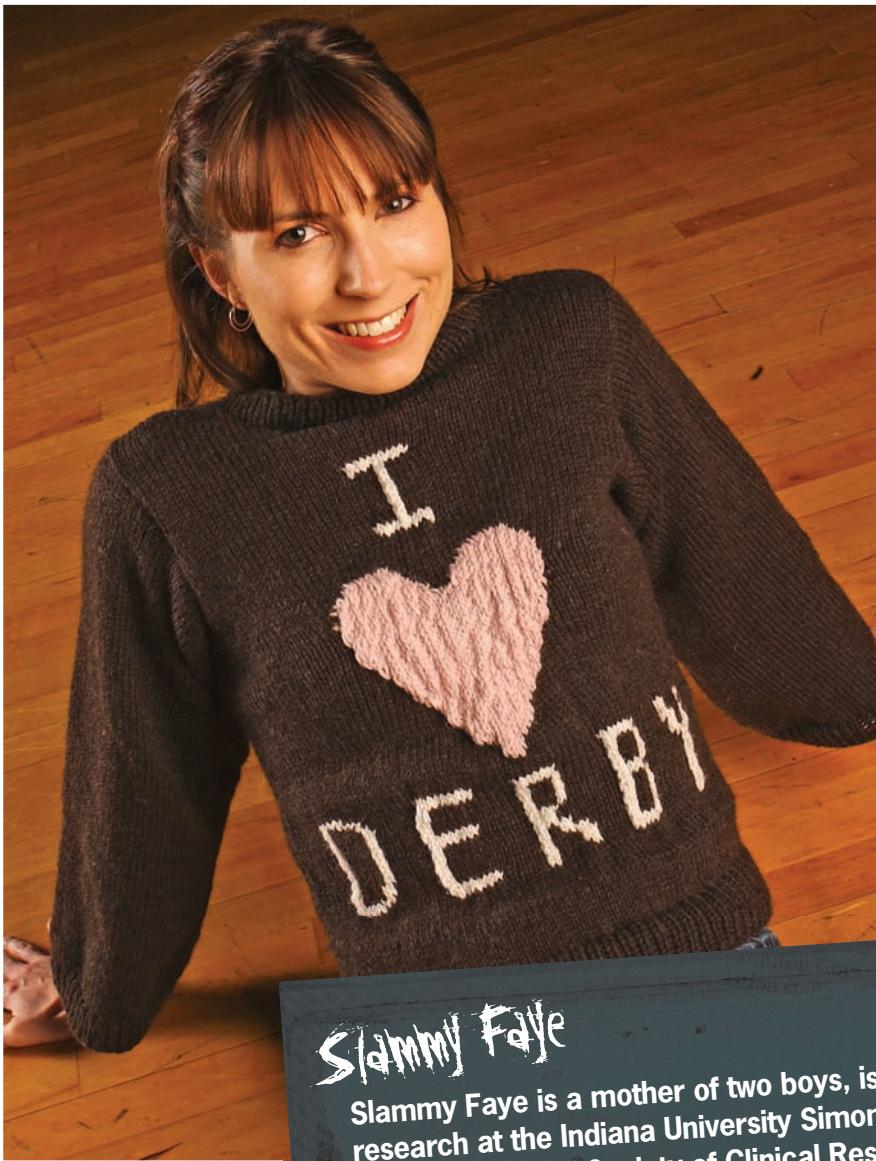
Work in 1×1 Rib for 1".

BO.



FINISHING

Weave in ends. Block (see appendix). Slide sweater on and talk rabidly to any poor soul who dares ask you, "What's derby?" Use it to recruit new skaters to your league, or better yet, new skater-knitters!



Slammy Faye

Slammy Faye is a mother of two boys, is a wife, works in clinical research at the Indiana University Simon Cancer Center, and is the chair of her local Society of Clinical Research Associates. She is also in a book club, sketches, cooks, plays piano, and somehow manages to fit derby into her schedule three nights a week! She came to pre-tryout workshops after a friend told her how much fun it looked. Since she enjoyed the workshops so much, she decided to hit tryouts. She found two years of dance skating very different from derby, but it gave her enough of an edge to make the league and then the team.

Sneaky and quick, she tends to laugh maniacally as she slips through the inside or finds a hole the blockers never even knew was there. Don't let her pretty smile fool you; beneath the surface is a tough roller girl!

Neck Warmer/Headband

I love nothing more than

Designer:
Joan of Dark

Skill Level:
Fresh Meat

knitting something that has multiple uses. This neck warmer is super fun and super easy, with the bonus of being versatile! It starts out as a neck warmer, then when your blood gets pumping and you start getting a little too warm, just slide it back onto your head to keep your hair out of your eyes!

The yarn used here is in my team colors, but if you can't find a variegated yarn that sports your derby teams colors, hold two sport-weight yarns together for the pattern.



MATERIALS

- South West Trading Company Karaoke (50% soy silk, 50% wool, 109 yd. [100m] per 1.75 oz. [50g] skein): 1 skein #341 Black Rose
- US 10½ [6.5mm] circular needle, 16" long
- Stitch marker

SPECIFICATIONS

SIZE

S (M, L)

FINISHED MEASUREMENTS

Circumference: 17½ (19, 21)"

Height: 10"

GAUGE

16 sts and 23 rows = 4" in St st

STITCH GUIDE

Seed Stitch

Multiple of 2 sts

Rnd 1: *K1, p1; rep from * to end.

Rnd 2: *P1, k1; rep from * to end.

Rep Rnds 1–2.

Change to St st and work even until piece measures 10" from cast-on edge.

BO loosely.

FINISHING

Weave in loose ends. Hit the streets in your skates while keeping warm and snuggly, but without burning up!

INSTRUCTIONS

CO 70 (76, 84) sts, pm and join for working in the round, being careful not to twist.

Work in Seed Stitch for 1".

Sin Lizzie

Sin Lizzie came in halfway through our first season. She practiced with us off skates and nursed our sprained ankles, twisted shoulders, and pulled muscles until joining the team in June. Then she skated with us, sweated with us, and nursed our sprained ankles, twisted shoulders, and pulled muscles.

Tall and tough, she looks intimidating on the track and puts in her share of fierce blocks, quick whips, and hard skating. But off the track you'll find her all smiles and hugs, for her own team and the opposition.

When she's not surrounded by derby girls, she's surrounded by doctors at Ortho Indy, where she works in the OR helping perform surgeries. She lives in Indianapolis with her boyfriend Brian (whom she met after stalking him on a beach in Jamaica) and their three cats.

Know Your Jammer Hat

When a derby girl

Designers:

Mother Russia and
Joan of Dark

Skill Level: Rookie

goes out, she typically wants everyone to know that she's a derby girl. She'll work derby into any conversation or wear a cycle of derby shirts to death. But when those cold winter months hit, no one can see her favorite derby shirt under a big bulky coat. That's where the Jammer Hat comes in. Warm and cozy, it keeps her head covered and announces to the world that she's a jammer.

Knit flat, with the star worked in simple intarsia and with some simple shaping, this hat can be whipped up faster than an announcer can call Leaaaad Jammmer!



MATERIALS

- Brown Sheep Company Lamb's Pride Bulky (85% wool, 15% mohair, 125 yd. [114m] per 4 oz. [113g] skein): 1 skein #05 Onyx (MC) and 1 skein #180 Ruby Red (CC)
- US 10½ [6.5mm] straight needles
- Tapestry needle

SPECIFICATIONS

SIZE

Women's M

FINISHED MEASUREMENTS

Height: 8"

Circumference: 22"

GAUGE

13 stitches and 20 rows = 4" in St st

STITCH GUIDE

2 × 2 Rib

Multiple of 4 sts + 2

Row 1 (RS): *K2, p2; rep from * to last 2 sts, k2.

Row 2 (WS): *P2, k2; rep from * to last 2 sts, p2.

Rep Rows 1–2 for 2 × 2 Rib.

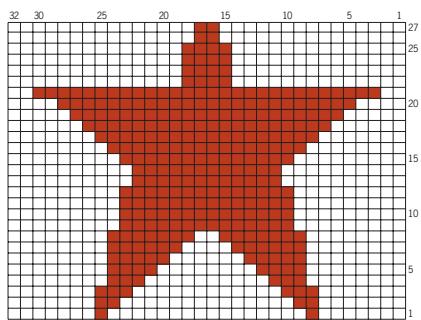
INTARSIA COLOR WORK

(See appendix on how to work intarsia.)

INSTRUCTIONS

With MC, CO 74 sts.

Work in 2 × 2 Rib for 3 rows.



Next row (RS): Knit, following Row 1 of chart: PM after 32 sts to mark end of chart, knit to end of row.

Next row (WS): Purl to marker: Purl to end of row following Row 2 of chart.

Continue as set by last 2 rows until all 27 rows of chart are complete. Purl 1 row with MC.



variations: Blockers need love, too! Without the blockers, there would be no pack, no awesome hits, and no girls flying into the “suicide seats.” So take the Jammer pattern and stick a big ol’ B on each side. Or put your number in place of the star.

CROWN DECREASES

Row 1 (RS): *K12, k2tog; rep from * to last 4 sts, k4—69 sts.

Row 2 and all even rows (WS): Purl.

Row 3: *K9, k2tog; rep from * to last 3 sts, k3—63 sts.

Row 5: *K4, k2tog; rep from * to last 3 sts, k3—53 sts.

Row 7: *K2, k2tog; rep from * to last st, k1—40 sts.

Row 9: *K2tog; rep from * to end—20 sts.

Row 11: Rep Row 9—10 sts.

Row 12: Purl.

BO.

FINISHING

Use mattress stitch (see appendix) to sew seam from brim to crown. Do not cut seaming yarn at crown, but weave through bound-off stitches and gather top closed.

Weave in ends. Block (see appendix) lightly.

Fin Addict

Mother of two boys and one dog, Fin Addict went to a Naptown bout in our first season and immediately signed up for tryouts. A roller figure skater in the '80s and '90s, she hadn't strapped on skates for years before tryouts. They say it's like riding a bike, and apparently "they" are right, because Fin was the first of the Fresh Meat skaters to be picked for a bout!

When she's not on skates, she's a physical therapist assistant, with a love of scuba diving, dolphins, sharks, and anything with fins. (Hence the name, the dolphin tattoo, and the uniform!)

Know Your Pivot Hat

Like Know Your Jammer Hat,

Designers:

Joan of Dark
and Mother Russia
(with an assist
by Lilly Whip)

Skill Level: Rookie

the Pivot Hat is designed for the derby girl that not only wants the world to know she's a derby girl, but also wants the world to know that she's a pivot! How could you blame her? Pivots have the toughest job in the pack. They're not only looking to take out the other team's jammer, but also controlling the pack speed, telling the blockers where to go, and acting as the last line of defense on the track! A pivot deserves to wear this hat and to receive the respect that should come with it!

This hat is knit in three pieces, with the sides knit separately from the stripe. With only a little shaping and seaming, an experienced knitter can whip it up in an evening or it works as a great first hat for the newbie knitter.

MATERIALS

- ✿ Brown Sheep Company Lamb's Pride Bulky (85% wool, 15% mohair, 125 yd. [114m] per 4 oz. [113g] skein): 1 skein #05 Onyx (MC) and 1 skein #180 Ruby Red (CC)
- ✿ US 10½ [6.5mm] straight needles
- ✿ Tapestry needle

SPECIFICATIONS

SIZE

Women's M

FINISHED MEASUREMENTS

Height: 8"

Circumference: 22"

GAUGE

13 sts and 20 rows = 4" in St st

STITCH GUIDE

1 × 1 Rib

Multiple of 2 sts

Every row: *K1, p1;
rep from* to end.



INSTRUCTIONS

HAT SIDES (MAKE 2)

With MC, CO 30 sts.

Work in 1 × 1 Rib for 3 rows.

Work in St st for 21 rows,
beginning and ending with a WS
row.

Next row (RS): K2tog, knit to last 2
sts, k2tog—28 sts.

Purl 1 row.

Next row: K2tog, *k4, k2tog; rep
from * to last 2 sts, k2tog—22
sts.

Next row: P2tog, purl to last 2 sts, p2tog—20 sts.

Next row: K2tog, *k2, k2tog; rep from * to last 2
sts, k2tog—14 sts.

Purl 1 row.

BO.

CENTER STRIPE

With CC, CO 12 sts.

Work in 1 × 1 Rib for 3 rows.

Work in St st until piece measures 15".

Work in 1 × 1 Rib for 3 rows.

BO.

note: If you're making both the Jammer Hat and the Pivot Hat, you need only 1 skein of CC for both hats.

To make sure your stripe fits perfectly, knit about 10", then seam stripe to either the right or left side of your hat while keeping the stitches on your knitting needle. Knit a few more inches, then seam some more. This way you can adjust the stripe to make sure it fits your sides perfectly. When you get to the last three rows, simply work your rib stitch, bind off, and then sew the remaining seam.

FINISHING

Use mattress stitch (see appendix) to seam center stripe to sides. Weave in ends. Wear the hat out on the town, but please try to resist screaming at pedestrians to "pack it together" or yelling, "Inside, inside!"

Lilly Whip

Lilly Whip is a force to be reckoned with on the track! She's known as the pivot that will send the most opposing players into an audience with her killer blocks. She was the Naptown Roller Girls MVP during the first season, after transforming herself from one of the worst skaters to one of the best within six months. She shines as a pivot and leads her girls to victory almost every time she's on the track.

Off the track she takes care of her dogs, rides her motorcycle, and handles a big chunk of the business side of Naptown Roller Girls. As one of the league founders, she has played a huge part in bringing roller derby to Indianapolis, IN, and without her our team would feel lost, on or off the track.

"If You've Got It, Flaunt It" Skirt

This skirt is perfect

for the girl with a little self booty appreciation. With peek-a-boo lace holes, it is definitely not a skirt for a shy girl. This pattern will knit up in no time and have plenty of bounce and sway, so it's perfect for skating or just going out on the town. Because it clings in the back, it shows off what all those squats and skating have done for you!

Designer:
Joan of Dark

Skill Level:
Rookie

It's knit in one piece with very little seaming—just at the top to sew the elastic waistband in. (While you might love your butt, you surely don't want to show it that much!) Keep a row counter handy as the lace pattern can get a little tricky.

MATERIALS

- ✿ Knit Picks Wool of the Andes (100% wool, 110 yd. [101m] per 1.75 oz. [50g] skein): 4 (5, 6) skeins #23419 Hollyberry
- ✿ US 6 [4mm] circular needle, 29" long
- ✿ Sewing needle and thread to match yarn
- ✿ 1½ yd. ½"-wide elastic
- ✿ Row counter (optional)
- ✿ Stitch marker
- ✿ Tapestry needle

SPECIFICATIONS

SIZE

To fit hips 36–38 (40–42, 44–46)"

FINISHED MEASUREMENTS

Circumference: 38 (42, 45¾)"

Length: 11 (11½, 12)"

GAUGE

21 sts and 28 rows = 4" in St st



STITCH GUIDE

Lace Pattern

Multiple of 10 sts

Rnds 1, 3, 5, 7: Knit.

Rnd 2: *K1, yo, k3, sl 1, k2tog, pssو, k3, yo; rep from * to end.

Rnd 4: *K3, yo, k2, sl 1, k2tog, pssو, k2, yo; rep from * to end.

Rnd 6: *K5, yo, k1, sl 1, k2tog, pssو, k1, yo; rep from * to end.

Rnd 8: *K7, yo, sl 1, k2tog, pssو, yo; rep from * to end.

Rep Rnds 1–8 for Lace Pattern.



Block skirt lightly. If you find it's riding a little too high, or a little too tight, it can absolutely be fixed in the blocking stage.

Wear out with your favorite pair of tights or leggings. Or if you're really daring, wear it with the Baby Got Back panties!

INSTRUCTIONS

CO 200 (220, 240) sts. Pm and join for working in the round, being careful not to twist.

Work Rnds 1–8 of Lace Pattern 5 times. (If you would like your skirt to be longer, work additional repeats.)

Change to St st and work even until skirt measures 12 (12½, 13)", or desired length plus 1" for elastic waist band.

BO.

FINISHING

Measure elastic to fit you at low waist (between your natural waist and your hips), plus ½" for overlap. With sewing needle and thread, stitch to inside waist of skirt. Fold waistband to inside. With yarn threaded on a tapestry needle, slip stitch (see appendix) in place.

Weave in ends.

Sweet C

Sweet C is a blocker and occasional jammer for the Naptown Roller Girls. One of three players on the team that reach six feet in height (without skates) she is a force to be reckoned with! With her amazing blocks and awesome assists, she's a reassuring sight out on the track for a jammer, unless of course, that jammer is on the opposing team.

A crafter for many years, she picked up knitting when Joan of Dark kept hassling her to put down her needlepoint and try knitting. She returned the favor a few years later by hassling Joan to buy some skates! She spends her down time with her husband, pack of dogs, and her cat, Grommit.

Easy Access Leg Warmers

Designer:
Sweet C

Skill Level:
Fresh Meat

Nothing is more aggravating than getting your skates laced just right and then realizing you need to take them off again! That's where the Easy Access Leg Warmers come in, whether it's those pesky knee pads that slide on, cold legs that need covering, or hot legs that need some air. With buttons on the back, you no longer need to take your skates off to take your leg warmers on or off!

Knit in an easy rib with no shaping (no increasing or decreasing needed), these leg warmers knit up just in time for some outdoor fall skating!



MATERIALS

- Southwest Trading Company Karaoke (50% soy silk, 50% wool, 109 yd. [100m] per 1.75 oz. [50g] skein): 3 skeins #302 Ocean
- US 7 [4.5mm] straight needles
- Tapestry needle
- 20 $\frac{5}{8}$ " buttons

SPECIFICATIONS

SIZE

One size fits most

FINISHED MEASUREMENTS

Length: 14 $\frac{1}{2}$ "

Circumference: 12". Will stretch to fit legs up to 17".

GAUGE

38 sts and 40 rows = 4" in 3 × 3 Rib, unstretched

STITCH GUIDE

3 × 3 Rib

Multiple of 6 sts

Every row: *K3, p3; rep from * to end.

INSTRUCTIONS

CO 66 sts.

Work in 3 × 3 Rib for 6 rows.

Next row (buttonhole row): K3, BO 1 st, work rib patt to end.

Next row: Work rib patt to last 4 sts, CO 1 st over gap, p3.

Rep last 8 rows 9 times—10 buttonholes made.

Work in 3 × 3 Rib for 6 rows.

BO.

FINISHING

Attach buttons opposite buttonholes.

Weave in all ends.

Skate by girls still struggling to remove clothing over skates and snicker at them. Or, if you're a nice girl, make them their own set of leg warmers!

Derby Fun Fact

It's all natural in today's game. While derby in the past boasted scripted fights, today's derby is all real and all proud! So rest assured if you see a fight erupt on the track, it was not rehearsed beforehand. Tempers tend to fly with hip checks, fast wheels, and hotblooded women competing together.

Know Your Number Arm Bands (with Music Holder)

Designer: *Todd of Dark*
Skill Level: *Rookie*

Refs like girls



to not only have their numbers on their backs, but also on their arms, so they can easily tell who is who. (We all tend to look alike when we're in uniforms, padding, and helmets.) This can, however, create a problem, as, for some unknown reason, most derby girls end up with tattoos! And when a girl's arm is covered from shoulder to elbow with ink, a little number drawn in sharpie just isn't going to show up.

This slip-on arm band makes it easy for the refs to see a girl's number. We've included a chart for not only numbers, but also those girls who get clever with numbers such as pi (or the anarchy symbol).

The inside pocket for the music holder is knit up after the armband is complete and is optional. Since those music players can be kind of pricey, having it in an armband definitely beats sticking it in your stinky elbow pad or carrying it around in your hand where you could risk dropping it. Being a superstitious lot, our girls tend to need music before a bout and each girl has her specific play list that must be played for a winning game. Lilly Whip listens to a mix of Wu Tang Clan and Brand Nubian, and I have to listen to a certain Nine Inch Nails album in a certain order (song 2, followed by 8, then in order). And no, there is no "Eye of the Tiger" on anyone's play list!

MATERIALS

- Knit Picks Wool of the Andes (100% wool, 110 yd. [100m] per 1.75 oz. [50g] skein): 1 skein #23764 Red (MC) and 1 skein #23432 Cloud (CC)
- US 7 [4.5mm] straight needles
- Tapestry needle

SPECIFICATIONS

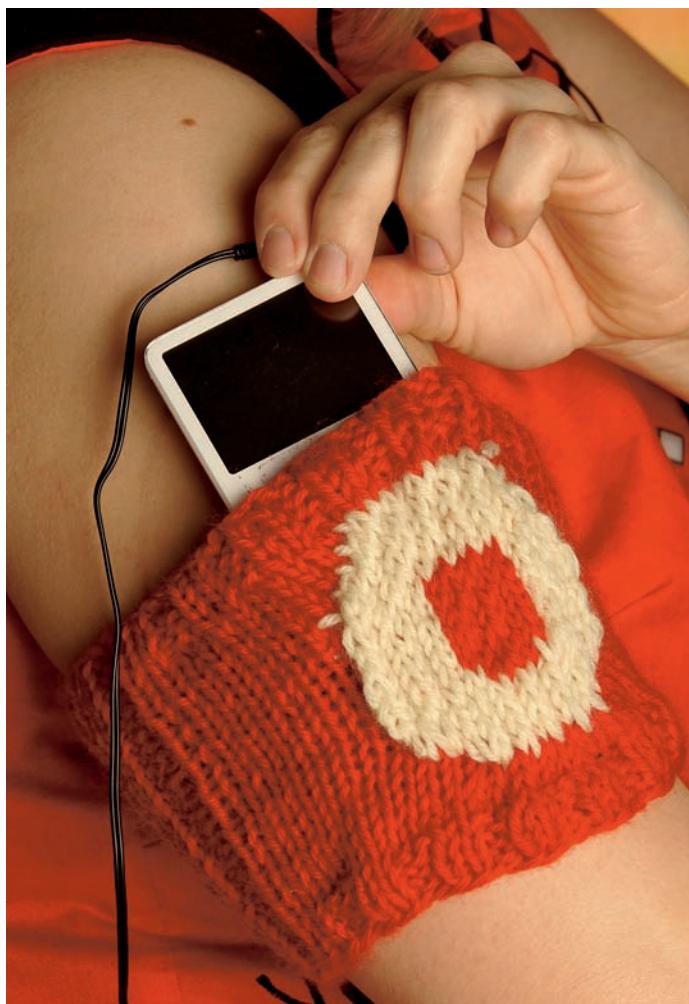
SIZE

S (M, L)

To fit 12-13 (14, 15-16)" upper arm

FINISHED MEASUREMENTS

Circumference: 12 (13.5, 15)"



GAUGE

20 sts and 28 rows = 4" in St st

STITCH GUIDE

2 × 2 Rib

Multiple of 4 sts

Every row: *K2, p2; rep from * to end.

See appendix for instructions on working intarsia.

INSTRUCTIONS

With MC, CO 60 (68, 76) sts.

Work 3 rows 2 × 2 Rib.

Next row: Work in established rib patt for 16 (20, 24) sts, k28, work in rib to end.

Next row: Work in established rib patt for 16 (20, 24) sts, p28, work in rib to end.

Begin working from chart with CC, cont in patt as established by last 2 rows.

When chart is complete, work 2 rows even in established patt, then work 3 rows 2 × 2 Rib.

BO loosely in rib.

INSIDE POCKET (FITS 30GB IPOD)

With MC, CO 18 sts.

Work in St st for 4".

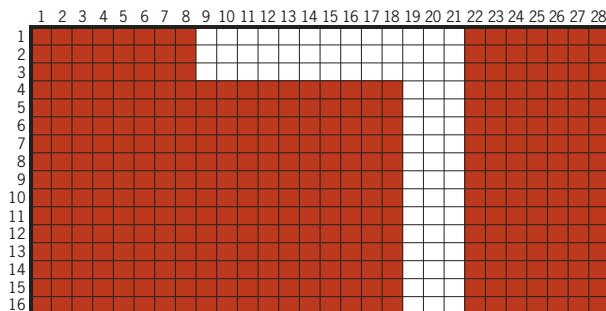
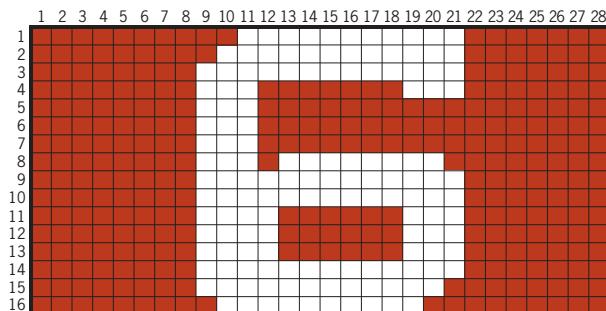
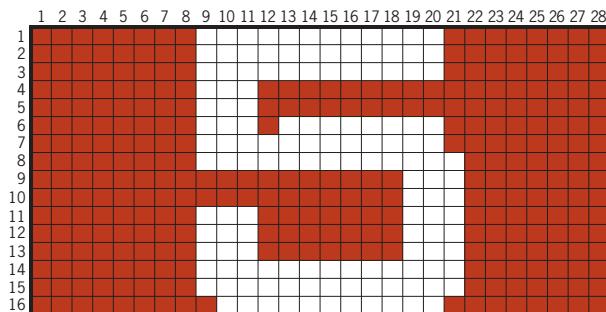
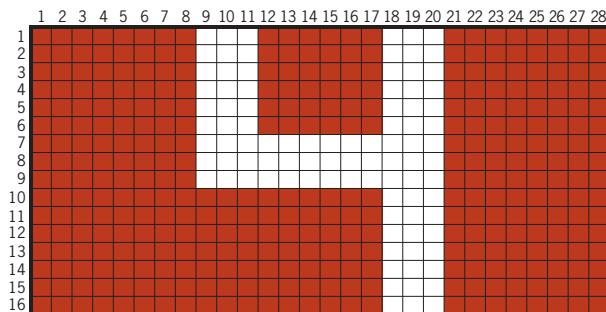
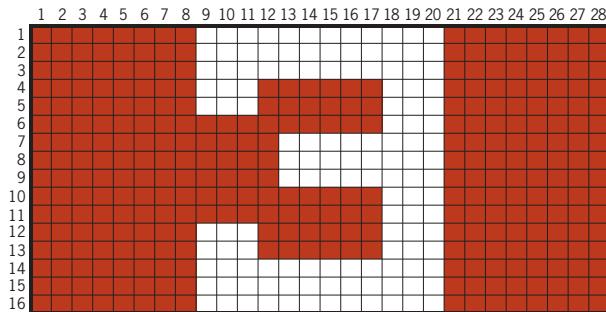
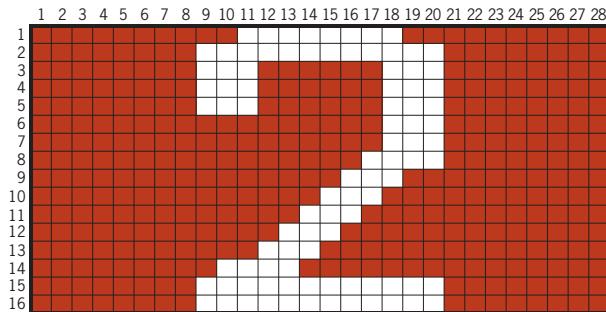
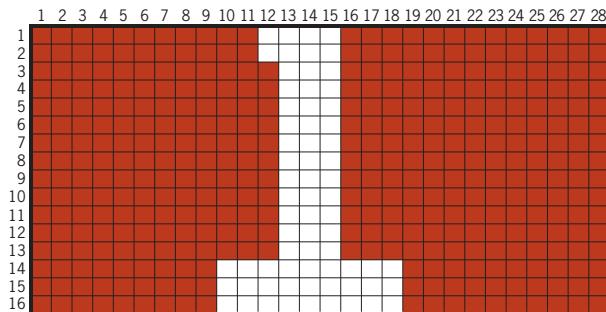
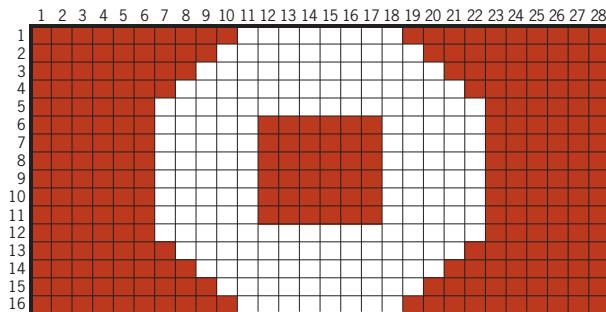
BO.

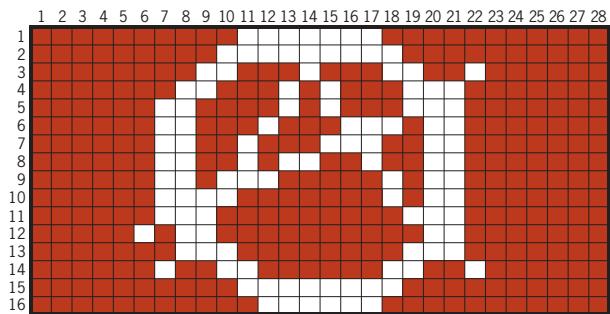
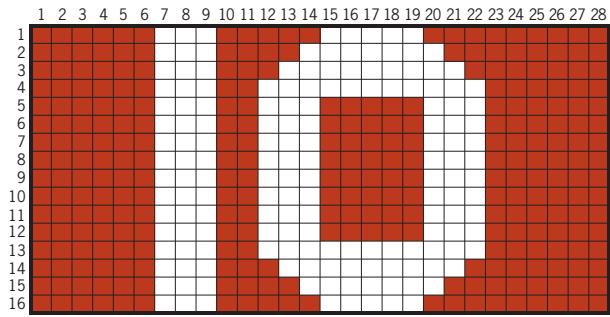
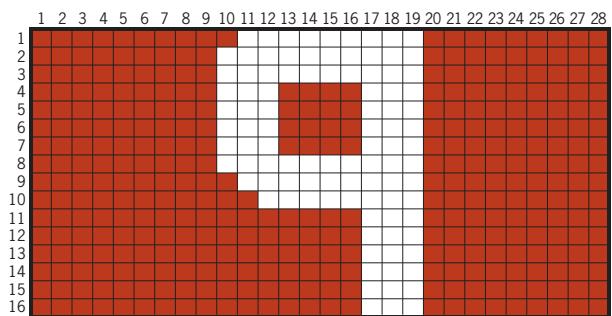
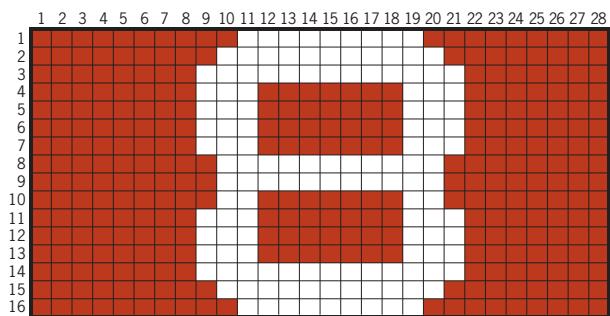
Center on band and seam to inside, leaving top open and a small hole at the bottom unseamed for your headphone cord.

FINISHING

Use mattress stitch (see appendix) to seam edges together. Weave in ends.

Not only will these arm bands make things a tiny bit easier on your refs, but it will also help you get pumped for the game as you listen to some killer songs, while no longer fearing that your favorite music player will go tumbling to the floor!





Shadi Layne

Shadi Layne is a mother of three, an owner of pit bulls, and a quality analyst by day. By night, she straps on her skates, hits the rink, and knocks down girls as a blocker or slips by them as a jammer. A former speed skater, she saw an article on the Naptown Roller Girls in the local paper and anxiously awaited tryouts. She was instantly chosen to be part of the league and started skating for the team in the first game of the second season.

Now fully engulfed in the sisterhood of derby, Shadi says that this was her calling. All of her teammates couldn't agree more!

Golden Tickets Vest

Ann Calvello, the famous

Demon of the Derby, was known for many things: her punk rock, polka-dot hair; outlandish behavior; and the fact that she skated in roller derby for no less than seven decades. A pioneer in many ways, derby girls today still look up to her, and when she passed away in 2006, leagues across the nation took a moment of silence to remember her.

Designer:
Joan of Dark
Skill Level:
Rookie

This sweater vest is inspired by one of her more treasured sayings: "Tickets Up." Quite simply put, she once stated that one of the things that sold tickets were the female skaters, especially one more visible section of the body in particular. So before a bout, she could be heard saying, "All right girls, stomachs in, tickets up!"

Many leagues today have a "Golden Tickets" award to celebrate the girl on their league with the biggest or the best "tickets." The low V-cut is very daring and this vest can work easily on its own or, for a modest girl, over a buttoned-up shirt. It's knit from the bottom up, so if a cropped top isn't your thing, just add a few more inches of stockinette stitch before you start on your V-cut. The accent ribbing on the arms and neck is added on by picking up stitches after the main body is knit, so once again, if you're modest but like the low V-cut, simply add a little more ribbing on the chest to give your tickets some more coverage.

MATERIALS

- Berroco Comfort (50% super fine nylon, 50% super fine acrylic, 210 yd. [193m] per 3.5oz. [100g] skein): 2 (2, 3) skeins #9735 Delft Blue (MC) and 1 skein #9734 Liquorice (CC)
- US 8 [5mm] straight needles
- US 8 [5mm] circular needle, 16" or 24" long
- Tapestry needle
- Stitch holder
- Stitch marker



SPECIFICATIONS

SIZE

S (M, L)

To fit busts 32–34 (36–38, 40–42")

FINISHED MEASUREMENTS

Bust: 29½ (33½, 37)"

Length: 14½ (15, 15½)"

GAUGE

21 sts and 29 rows = 4" in St st

STITCH GUIDE

1 × 1 Rib

Multiple of 2 sts

Every row or round: *K1, p1; rep from * to end.

INSTRUCTIONS

FRONT

With CC and straight needles, CO 78 (88, 98) sts.

Work in 1 × 1 Rib for 2".

Change to MC and St st. Work even until piece measures 5" from CO edge, ending with a WS row.

V-neck Shaping (left side)

Next row (RS): K39 (44, 49) sts, place remaining 39 (44, 49) sts on holder.

Purl 1 row.

Dec Row (RS): Knit to last 2 sts, k2tog—1 st dec'd.

Work 3 rows even.

Work Dec Row.

Rep last 4 rows 4 times more—33 (38, 43) sts.
Work 1 row even.

Work Dec Row.

Rep last 2 rows 3 times more—29 (34, 39) sts.

At the same time, when piece measures 8" from cast-on edge, work armhole shaping.

Armhole Shaping

BO 4 (4, 6) sts at beg of next RS row.

BO 3 (4, 5) sts at beg of next RS row.

BO 2 (3, 3) sts at beg of next RS row.

BO 2 (2, 2) sts at beg of next RS row.

When all neck and armhole shaping is complete,
18 (21, 23) sts remain.

Work even until armhole measures 5¾ (6¼, 6¾)".

BO.

V-neck Shaping (right side)

Replace held sts on needle. Join yarn at neck edge with RS facing.

Work 2 rows even.

Dec Row (RS): SSK, knit to end—1 st dec'd.

Work 3 rows even.

Work Dec Row.

Rep last 4 rows 4 times more—33 (38, 43) sts.

Work 1 row even.

Work Dec Row.

Rep last 2 rows 3 times more—29 (34, 39) sts.

At the same time, when piece measures 8" from cast-on edge, work armhole shaping.

Armhole Shaping

BO 4 (4, 6) sts at beg of next WS row.

BO 3 (4, 5) sts at beg of next WS row.

BO 2 (3, 3) sts at beg of next WS row.

BO 2 (2, 2) sts at beg of next WS row.

When all neck and armhole shaping is complete,
18 (21, 23) sts remain.

Work even until armhole measures 5¾ (6¼, 6¾)".

BO.

BACK

With CC and straight needles, CO 78 (88, 98) sts.

Work in 1 × 1 Rib for 2".

Change to MC and St st. Work even until piece measures 8" from CO edge, ending with a WS row.

Armhole Shaping

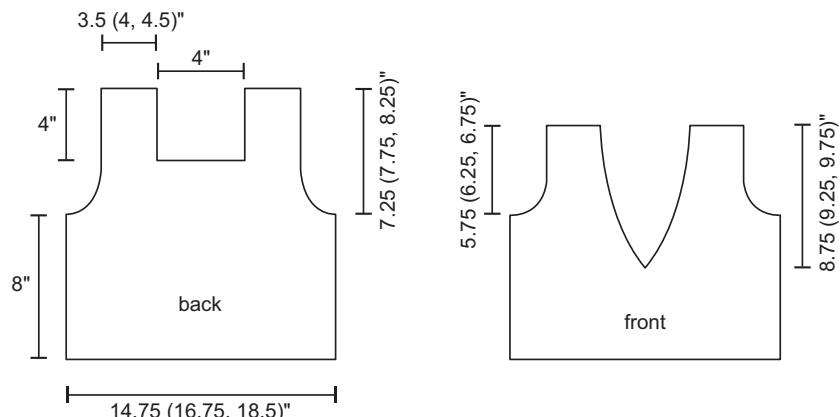
BO 4 (4, 6) sts at beg of next 2 rows—70 (80, 86) sts.

BO 3 (4, 5) sts at beg of next 2 rows—64 (72, 76) sts.

BO 2 (3, 3) sts at beg of next 2 rows—60 (66, 70) sts.

BO 2 (2, 2) sts at beg of next 2 rows—56 (62, 66) sts.

Work even until armholes measure $3\frac{1}{4}$ ($3\frac{3}{4}$, $4\frac{1}{4}$)", ending with a WS row.



Neck Shaping

Next row: K18 (21, 23), join a second ball of yarn, BO center 20 sts, k18 (21, 23).

Working each side separately, work even until armholes measure $7\frac{1}{4}$ ($7\frac{3}{4}$, $8\frac{1}{4}$)".

BO.

FINISHING

Seam shoulders.

With CC and circular needle, RS facing, pick up and knit sts (see appendix) evenly around right armhole. Pick up 1 st in every bound-off st, and approx. 3 sts for every 4 rows along armhole edge. Adjust as needed to achieve a multiple of 2 sts. Work 1 × 1 Rib for 1". BO in rib.

Repeat for left armhole.

Use mattress stitch (see appendix) to sew side seams.

With CC and circular needle, RS facing, beginning at left shoulder, pick up and knit sts evenly around neckline as for armholes. Adjust as needed to achieve a multiple of 2 sts. Place marker and join for working in the round. Work in 1 × 1 Rib for 1". BO in rib.

Weave in all ends. Wear with pride. When getting your picture taken make sure to shout loudly, "Stomachs in, tickets up!"

Blazin Ace

Blazin Ace came upon roller derby by pure luck, though you could easily call it fate or destiny. She was born to skate, almost literally. Her parents owned a roller-skating rink, where she spent all of her time honing her skills until the age of 17. Then college and kids kept her in sneakers until, by pure chance, she heard about the Naptown Roller Girls on the local radio station talking about an upcoming bout.

After a quick glance at the Web site, and a "feeling in the pit of my stomach," she knew this is what she had to do. With only three days to prepare, she made it to tryouts, where every other member of the team got a feeling in the pit of their stomachs that said she was made for this team, too!

Off her skates, Ace is raising two kids, though after her upcoming wedding to her man, Robb, they'll be raising a combined number of five kids together!

Belly Warmer

Designer: Sweet C
Skill Level: Rookie

Mother Russia introduced us to this amazingly cute piece of Japanese fashion called the *haramaki*, which literally means belly warmer! We all became instantly hooked and wanted some



for ourselves! What could be more perfect than a cute piece of fabric to keep your body warm while skating or training outside? Unfortunately, for us, this Japanese fashion seemed destined to stay in Japan; we were never able to find any!

But like any knitter, where there are needles and yarn there's a way! We were soon knitting variations of the belly warmers for ourselves!

Sweet C designed this twist on the original Japanese version, combining the classic cloth haramaki with a knit corset, adding ribbing on the sides for a better fit, as well as a lace-up design on the back for a bit of extra sex appeal. It's perfect for cold days of outdoor skating or workouts when you need to be kept just a little bit warmer, or use it as a wide belt to spice up an outfit when you're going out. Easy and fun to make in different colors and patterns, this is perfect to kick out as a gift for each of your friends! (Though if you just make one for yourself, no one could blame you!)

MATERIALS

- Knit Picks Swish Superwash (100% superwash merino wool, 110 yd. [100m] per 1.75 oz. [50g] ball): 2 (2, 3) skeins #24050 Bordeaux
- US 6 [4mm] circular needle, 24" or 29" long
- Stitch markers
- Tapestry needle
- 2 yd. ½"-wide, double-faced satin ribbon

SPECIFICATIONS

SIZE

S (M, L)

FINISHED MEASUREMENTS

Circumference: 25 (27, 29)", unstretched

Height: 5½"

GAUGE

21 sts and 30 rows = 4" in St st

STITCH GUIDE

1 × 1 Rib

Multiple of 2 sts

Every row: *K1, p1; rep from * to end.

INSTRUCTIONS

BOTTOM BORDER

CO 138 (148, 158) sts.

Row 1 (WS): K21 (26, 31), pm, work 1 × 1 Rib over next 32 sts, pm, k32, pm, work 1 × 1 Rib over next 32 sts, pm, k21 (26, 31).

Rows 2–5: Knit to marker, work 1 × 1 Rib over next 32 sts, k32, work 1 × 1 Rib over next 32 sts, knit to end.

MAIN BODY

Row 6 (Eyelet row): K5, yo, k2tog, knit to marker, work 1 × 1 Rib over next 32 sts, k32, work 1 × 1 Rib over next 32 sts, knit to last 7 sts, k2tog, yo, k5.

Rows 7, 9, 11 (WS): K5, purl to marker, work 1 × 1 Rib over next 32 sts, p32, work 1 × 1 Rib over next 32 sts, purl to last 5 sts, k5.

Rows 8, 10 (RS): Knit to marker, work 1 × 1 Rib over next 32 sts, k32, work 1 × 1 Rib over next 32 sts, knit to end.

Rep Rows 6–11 4 times, then Row 6 once more—6 Eyelet Rows total.

Ana Slays Ya

Ana Slays Ya spent the first season screaming in the stands and knew she had to get in on the action. When she was selected to be Fresh Meat for the second season, she always showed up to practice early with a small smile on her face, even while she was sweating, running, jumping, and doing push-up after push-up!

When she's not at practice or helping out with merchandise, she lets her other alter ego come out and play. She's in a band called Eisenhower Field Day where she sings and plays bass, usually with her roller girls and coach in the audience cheering her on! She's also an avid knitter and joins in on craft projects with the rest of the team.



TOP BORDER

Next row: Knit to marker, work 1 × 1 Rib over next 32 sts, k32, work 1 × 1 Rib over next 32 sts, knit to end.

Rep last row 4 times.

BO loosely.

FINISHING

Weave in all ends.

Lace ribbon through eyelets to cinch closed.

Baby Got Back Bloomer Panties

There are few

Designer: *Toah of Dark*
Skill Level: *Vet*

aspects more important in a roller girl's uniform than the panties—especially if that uniform incorporates a skirt! No girl wants to be showing too much out on the track, but when she takes a dive and that skirt flies up, she wants something cute (with full coverage!) to be on display as well.

Besides the cute factor, finding panties that provide good coverage while fitting a *derby butt* (all those squats and skating tend to make the butt and thighs extremely muscular) is really tricky. That is why these panties are extremely easy to adjust on the back portion. Simply add a few extra increases or a few extra rows, and voilà! Panties made to fit you!

MATERIALS

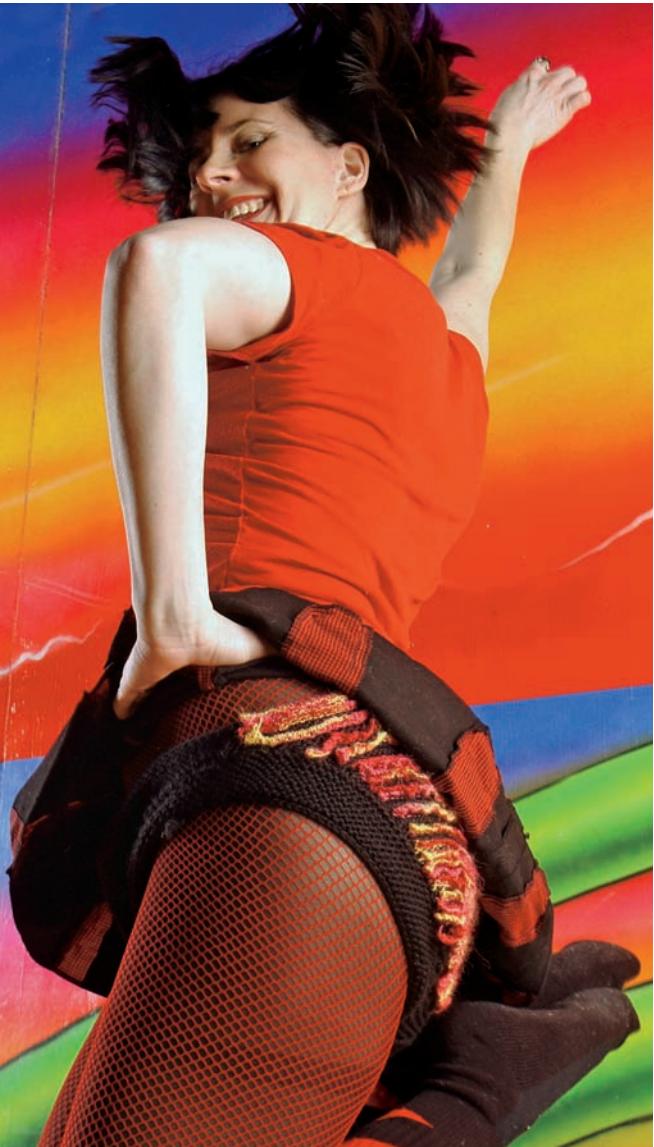
- Berroco Comfort (50% super fine nylon, 50% super fine acrylic, 210 yd. [193m] per 3.5 oz. [100g] skein): 1 skein #9734 Liquorice (MC) and Knit Picks Shimmer (70% baby alpaca, 30% silk, 440 yd. [402m] per 1.75 oz. [50g] skein): 1 skein #E844 Happy Dance (CC)
- US 7 [4.5mm] straight needles and circular needle, 16" long
- US 3 [3.25mm] circular needle, 16" long
- Tapestry needle
- Stitch holder
- Stitch marker

SPECIFICATIONS

SIZES

S (M, L)

Stretches to fit low waist measurement up to 34 (36, 38)"



FINISHED MEASUREMENTS

Waist circumference: 27 (29, 31½)", unstretched

GAUGE

22 sts and 43 rows = 4" in garter st with larger needles

INSTRUCTIONS

BACK

With size 7 straight needles and MC, CO 76 (82, 88) sts.

Work even in garter st for 10 rows.

Next row: Kf&b, knit to last st, kf&b—78 (84, 90) sts.

Rep last row—80 (86, 92) sts.

BO 4 sts at beg of next 2 rows—72 (78, 84) sts.

Work 7 rows even.

Dec row: SSK, knit to last 2 sts, k2tog—2 sts dec'd.

Work 3 rows even.

Rep last 4 rows 9 times—52 (58, 64) sts.

Rep Dec Row 19 (22, 25) times—14 sts.

Place sts on holder.

FRONT

With size 7 straight needles and MC, CO 72 (78, 84) sts.

Work even in garter st for 12 rows.

BO 4 sts at beg of next 2 rows—64 (70, 76) sts.

Work 7 rows even.

Dec row: Ssk, knit to last 2 sts, k2tog—2 sts dec'd.

Rep Dec Row 24 (27, 30) times—14 sts.

Use kitchener stitch (see appendix) to graft the 14 held sts of Back together with rem 14 sts of Front.

Use whipstitch (see appendix) to seam Front and Back together at waist.

BORDERS

With size 7 circular needle and MC, pick up and knit 86 (92, 98) sts (see appendix) around leg opening. Place marker and join for working in the round.

Rnd 1: Knit.

Rnd 2: Purl.

Rep Rnds 1–2 until border measures 1½".

BO.

At this point, try your panties on. For some girls they'll be riding too low, for others they'll fit just right. If you find they are too low, add a waistband by picking up and knitting 1 st in each st around the waist and working Border as for leg openings.

RUFFLES

This part can get a bit tricky!

With the back of the panties facing you and the waist edge at the top, using the size 3 circular needle and CC, pick up stitches from the knitted fabric right below your cast-on edge (or right below waistband, if any). Pick up stitches evenly across entire row; the exact number of stitches is not important. (Do not pick up stitches from the borders.)

Ruffle Pattern

Row 1: Knit.

Rows 2-3: *Kf&b; rep from * to end.

BO.

Repeat this down the entire backside of the panties until you have 21 rows of ruffles on backside.

If you want more ruffles, you can repeat this pattern on the front of your panties as well!

FINISHING

Weave in all loose ends.

Make sure the blocker behind you gets a good look at your handiwork on that next two-minute jam. Or just wear them out with your favorite short skirt, safe in the knowledge that no one is going to see anything but ruffles!



Kitiarruth Matar

Kit is one of the newest roller girls on the team. She's been a firefighter/paramedic for Pike Township Fire Department for the past eight years. Kit is a mom with three kids ranging from 8 months to 10 years old. She started with the team as an EMT, but when tryouts rolled around she couldn't stand it anymore and had to lace up some skates! While the team was sad to lose her as an EMT, we were all happy to gain her as a skater.

Don't let her small size fool you. She has a bronze and silver medal from the World Police and Fire Games in the firefighter full gear (all 75 lbs. of it) stair climb! She loves practice and the pain that comes with it. Further proof that roller girls are a sick, twisted bunch.

ALL THE WAYS TO PRETTY UP YOUR GEAR

If you're anything like me or several of the other girls in our league, you can sometimes spend valuable minutes searching the bottom of your skate bag for a toe-stop tool or a bearing puller. In our league, if you're not on the track on time, it's push-ups, crunches, or worse, holding the wall while 20+ girls on skates go by and spank you!

This section has patterns to help organize your gear. Just try losing your wrench when it's in a cute felted star bag. Or next time you want to hit the trails for an outdoor skate, have a place to put your sneakers and purse with a big felted bag.

The patterns in this section all knit up pretty quickly, so have fun getting organized!

Touretta Lynn, Jane Ire, and Shadi Layne close in on an opposing pivot.



On the Move (Felted Skate Bag)

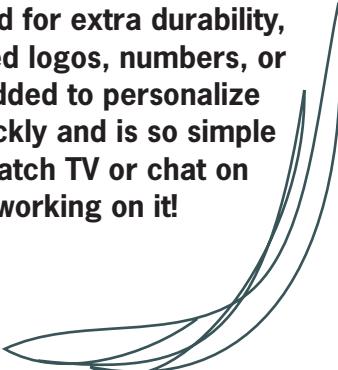
Designer: *Todd of Dark*
Skill Level: *Rookie*

There is nothing more fun

than skating outdoors. It's a better workout than skating on the smooth wooden floor of the rink as you get to see people and hit the trails (or sidewalks) without worrying that your coach is going to scream for push-ups at any minute.

The only bad part about skating outside is the question of, "Where do I put my stuff?" Keeping your purse and shoes in the car is an option, but sometimes skating to your destination trail or city sidewalk can be a bit treacherous. That's where this On the Move pattern comes in handy. A big, easy felted bag, it's tough enough to tote your skates in while you walk to your skating destination, and once you're there you can toss your shoes, keys, and purse inside the bag. Sling it over your shoulder and see how light and easy it is to skate with.

Knit in two pieces from the bottom up and felted for extra durability, then needle-felting logos, numbers, or names can be added to personalize it. It knits up quickly and is so simple you can easily watch TV or chat on the phone while working on it!



MATERIALS

- Patons Classic Merino Wool (100% wool, 223 yd. [204m] per 3.5 oz. [100g] skein): 2 skeins #00226 Black (color A) and 2 skeins #00230 Bright Red (color B)
- US 9 [5.5mm] circular needle, 24" or 29" long
- 4 buttons (1") with shank
- Tapestry needle
- Guitar strap
- Barbed felting needle
- Wool roving
- Zippered pillowcase for felting

SPECIFICATIONS

FINISHED MEASUREMENTS

Height: 12" (with flap down)

Width: 15"

Depth of base: 6½"

GAUGE

17 sts and 28 rows = 4" in St st, before felting

INSTRUCTIONS

BASE

With color A, CO 38 sts.

Work in garter st for 18".

BO.

FRONT AND SIDES

With color B, pick up and knit (see appendix)

35 sts from short edge of base, 72 sts

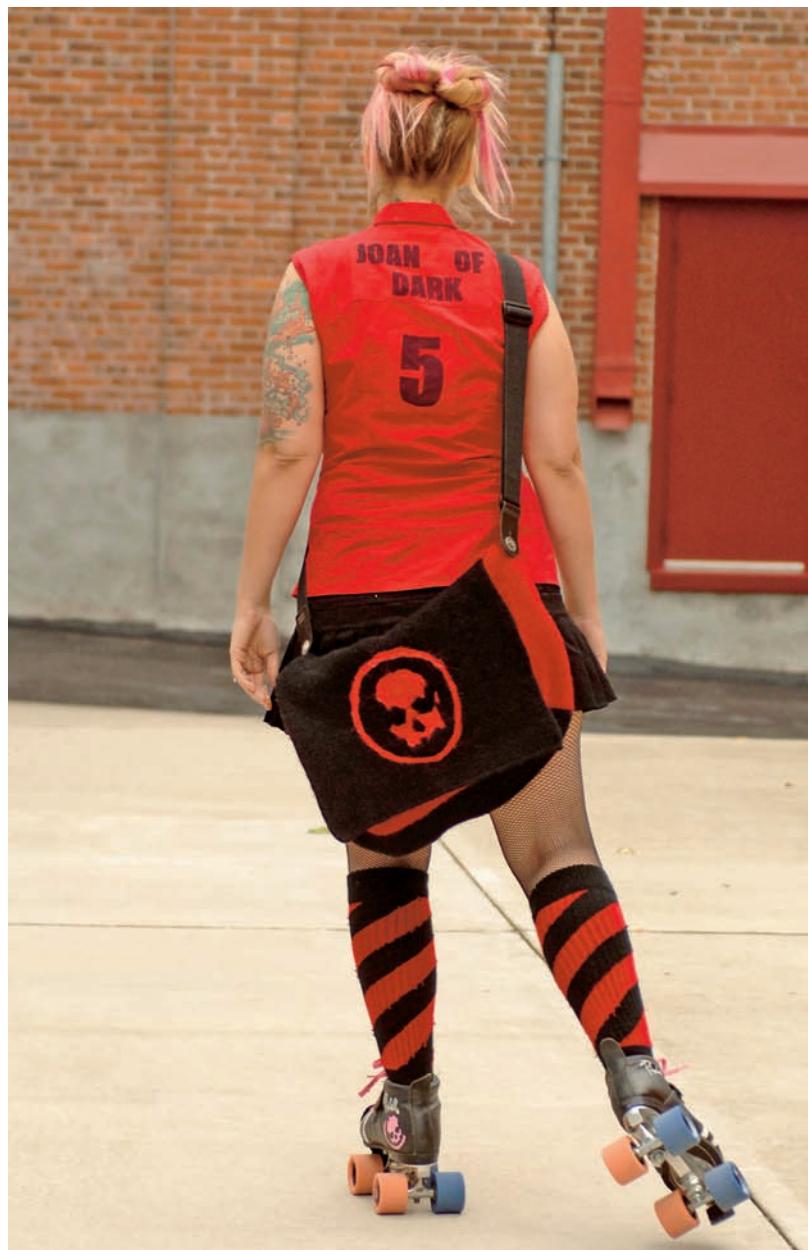
from long edge, and 35

sts from second short

edge—142 sts.

Work in St st for 13".

BO.



note: You may need to use some scissors or a knife to make the buttonhole bigger on the guitar strap.

BACK AND FLAP

With color A, pick up and knit 72 sts from remaining edge of base.

Work in St st for 26".

BO.

Use mattress stitch (see appendix) to seam sides to back.

FINISHING

Felt entire bag. (For felting instructions, see appendix.) Block by stuffing with plastic bags, or use bricks (I kid you not) or a piece of wood to shape the bottom of the bag. When dry, pinch sides together in an M shape and pin in place using color B, sewing through front and side layers only, leaving back free. Attach buttons over tacked spots on front and at the corresponding places on the back. Button the guitar strap to the back.

To embellish the front, you'll want to needle felt (see appendix) your team logo (if the logo is simple enough), your number, or any design you want to make. If your logo is too intricate for needle felting, you can customize your bag with your number, initials, or personal insignia. To customize your bag, print your design, keeping in mind that when you transfer it to your bag, it will be a mirror image. Trace your design in chalk, lay the design chalk side down on your bag, and rub. The chalk will transfer onto your bag, showing you where to lay your fiber.

Start stabbing the wool roving with the felting needle. Your inner tattoo artist will love this. Just make sure to lay a piece of foam underneath the area you are felting so you don't stab yourself!

Joan of Dark

Joan of Dark got hooked on the idea of derby the second her friends Strawberry Jam and Sweet C started complaining about the lack of derby in Indianapolis, IN. As soon as Strawberry started recruiting girls, Joan signed up, got some skates, and started doing laps around the neighborhood (much to her neighbor's amusement).

The owner of a coffee shop called Strange Brew, she spends her days (and nights and weekends) serving coffee and her nights (and weekends) playing roller derby. She's been knitting and crocheting since pestering her grandmother to teach her several years ago and has not looked back. Attempting to share her house are three cats, two dogs, and one husband (with a llama and a miniature horse boarded nearby), though the ever-growing stash of yarn, skates, and fishnets threaten to push them all out onto the street.

You can visit her on the Web at www.joanofdark.com.

ON THE MOVE



You're a Star Tool Bag

A girl's skates are

Designer:
Tooth of Dark
Skill Level:
Rookie/Fresh Meat

her most precious possession in derby, so she has to keep them in the best shape possible. Changing wheels, tightening trucks, and cleaning bearings are all part of a regular skate maintenance routine. Sometimes, keeping track of all the stuff those skates need in order to stay in shape can be tough! Whether you need Allen wrenches, bearing removers, or toe-stop tools, they all need to be kept in one place.

That's where the You're a Star Tool Bag can help. It's small enough to fit in your skate bag and cute enough to carry around when you need it. With just some basic increasing and decreasing, it's a snap for even a beginning knitter. (So if you're Fresh Meat, feel free to give it a go!) Felted for extra toughness, it can take all those wrenches and screwdrivers poking around the inside.





MATERIALS

- Knit Picks Palette (100% wool, 231 yd. [211m] per 1.75 oz. [50g] skein): 4 skeins #23710 Yellow
- US 7 [4.5mm] straight needles
- Tapestry needle
- 1 small button

SPECIFICATIONS

FINISHED MEASUREMENTS

12" from point to point

GAUGE

20 sts and 28 rows = 4" in St st with two strands of yarn held together, before felting

INSTRUCTIONS

DIAMOND (MAKE 10)

With two strands of yarn held together, CO 4 sts.

Row 1 (RS): Kf&b, knit to last st, kf&b—2 sts inc'd.

Row 2 (WS): Purl.

Rep Rows 1-2 13 times, ending with Row 2—32 sts.

Next row (RS): K2tog, knit to last 2 sts, k2tog—2 sts dec'd.

Next row (WS): Purl.

Rep last 2 rows 13 times—4 sts.

BO.

SEW THE BAG

Seam five diamonds together, with points in middle and points facing out to form a star pattern.

Repeat for the next five diamonds.

Seam your two halves of star together, leaving one open edge.

MAKE THE STRAP

CO 5 sts.

Work in garter st for 16".

BO.

Seam strap (as you would seam the shoulder of a sweater) onto bag, in between points, next to the opening.

FINISHING

Weave in ends.

Throw in the wash to felt.

Once your bag is felted (see appendix), you can add a clasp to close it all up. Take one of your knitting needles and poke a small hole on either side of your open seam. (Trust me, felted knitwear can take it!) On the opposite side of your open seam, sew in a small button or toggle. (Even an old bead can work here.)

Promptly dump all of your tools into your bag and never freak out over a stuck toe stop, loose truck, or sticky bearing again!

Jen X

Born and raised in Indianapolis, IN, Jen X devotes her days working the corporate 9 to 5 and her nights doing derby. When she's not chasing down her diabolical two cats, she's hanging with her dog and her very, very patient spouse (aka, derby widow). She joined the Naptown Roller Girls as Fresh Meat for their second season after seeing a home bout.

She's well liked for the simple fact that she can give a devastating hip check, crack a joke, and give you a wink all at the same time. Part motivator, cheerleader, and bruise giver, Jen X thrilled the Naptown Roller Girls when she accepted their offer to be part of the league!

Mouth Guard Cover

Every girl has at least one

Designer: *Joah of Dark*
Skill Level: *Rookie*

great fashion purchase in her life. You know, the purchase that other girls ooh and ahh over and is always a conversation piece when worn. Alas, for me it was not a little black dress that made me look 10 lbs. slimmer or fantastically expensive boots that were snagged on sale for only \$3. It was a little purse that looked like boys underwear. I carry that bag around and every girl I bump into comments on it and asks me where I got it.

I decided to mimic that awesome fashion find to hide my least favorite piece of roller-girl gear: the mouth guard. It's ugly, uncomfortable, and I have lost at least two of them! (I found one, but didn't want to put it back in my mouth after I found it.)

By knitting this cute little pair of boys undies, it not only gives you a cute way to store that ugly bit of gear, it also makes it a lot harder to mix up your mouth guard with any other girl's guard. Knit this in any color or get clever and put some initials or striping on it!

MATERIALS

- ✿ Knit Picks Wool of the Andes (100% wool, 110 yd. [100m] per 1.75 oz. [50g] ball):
1 skein # 23764 Red (MC) and 1 skein #23432 Cloud (CC)
- ✿ US 4 [3.5mm] straight needles
- ✿ Tapestry needle
- ✿ White thread
- ✿ Sewing needle
- ✿ 6" zipper

SPECIFICATIONS

FINISHED MEASUREMENTS

Width: 4½"

Height: 3½"

GAUGE

24 sts and 28 rows = 4" in St st



INSTRUCTIONS

FRONT

With CC, CO 28 sts.

Knit 3 rows.

Change to MC. Work in St st for 19 rows, beg and ending with a purl row.

BO 8 sts at beg of next 2 rows—12 sts.

BO 3 sts at beg of next 2 rows—6 sts.

BO rem sts.

BACK

Make same as Front.

FRONT STRIPES (MAKE 2)

With CC, CO 3 sts.

Work in St st for 20 rows.

BO.

Y-FRONT

With CC, CO 3 sts.

Work in St st for 13 rows.

BO.



LEG TRIM (MAKE 2)

With CC, CO 3 sts.

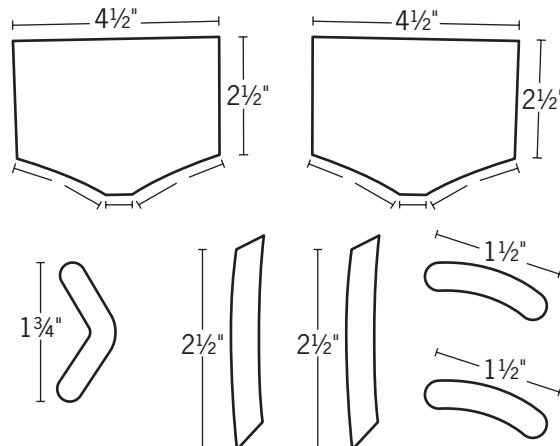
Work in St st for 10 rows.

BO.

FINISHING

Using sewing needle and thread, sew stripes onto the front of your cover as shown on chart. Seam both sides and the bottom with your tapestry needle and MC. Sew a zipper in the top and you're finished!

Use this cute pair of little boy's undies to hide that ugly mouth guard.



Cereal Killer

Cereal Killer, aka CK, is a mother of one adorable daughter and one Wheaten Terrier. She's a middle-school music teacher by day and has played sports most of her life—from soccer to football to rugby. After attending a bout last season, she felt the pull of the track and had to attend tryouts, where she was one of the lucky few selected for the second season. While she normally skates the blocker position, she has been known to sneak in as a jammer and score a point or five!

LET'S NOT FORGET THE REFS

Poor refs. Let's face it, we don't always give them a lot of love. We scream at them, curse them when they put us in penalty, rant and rave about them during the bout, the crowd boos them, and, admit it, we all giggle when they get taken out by falling roller girls!

Use the patterns in this section to show the refs you know just a little bit of love. Knit the girl refs you know a new top for the next bout and help your jammer refs be visible with armbands. Most of all, show them that despite what you might mutter from the penalty box or say at practice, you actually appreciate all of the hard work they put in to make roller derby happen for your league!

Red Rocket (left) and Smackie Onassis (right), make watching the refs almost as enjoyable as watching the bout.



Who the Heck Is My Jammer, Ref? (Armbands)

Designer: *Todd of Dark*
Skill Level: *Rookie*

Sometimes, there is nothing more confusing than being in the pack during a bout! Whistles are blowing, girls are hitting and cussing, and the crowd is screaming! In the

midst of all that madness, the refs are trying hard to keep control, warn girls who foul and those who need to go in the penalty box, use hand signals, and blow their whistles . . . it's a somewhat controlled chaos.

While blockers and pivots (the pack) will have several refs keeping an eye on them, each jammer gets one ref and one ref only. That ref lets her know if she's lead jammer or if she's fouled and lost her ability to get lead jammer. She needs to keep an eye on her ref, but sometimes, in that pack confusion and with every ref wearing black and white, she can't keep track of which ref is hers.

That's where these Jammer Ref Armbands come in handy! Since these knit up extremely quickly, these bright-colored armbands could be done in minutes, even on bout day. Simply have each jammer ref for that period slide one on his or her upper right arm, and you have an easy-to-spot jammer ref!

The 2 x 2 rib makes it nice and stretchy, but there are two different sizes listed here. It's knit in the round, so there's no seaming. There are also bonus instructions for a matching 80s style headband. It not only makes your jammer ref even easier to spot, but there is the added bonus of making that stern, authoritative figure look just a little bit silly!



MATERIALS

- Blue Sky Alpacas Dyed Cotton (100% cotton, 150 yd. [137m] per 1.75 oz. [50g] skein): 1 skein #629 Ladybug
- Set of 4 or 5 US 8 [5mm] double-pointed needles
- US 8 [5mm] straight needles
- Tapestry needle
- Stitch marker

SPECIFICATIONS

SIZE

Armband: S (L)

Headband: One size fits most

FINISHED MEASUREMENTS

Armband

Width: $2\frac{1}{2}$ (3")

Circumference: 9 (11)", unstretched

Headband

Width: $3\frac{1}{2}$ "

Circumference: 22", unstretched

GAUGE

18 sts and 24 rows = 4" in 2 x 2 Rib, measured, unstretched

STITCH GUIDE

2 x 2 Rib

Multiple of 4 sts

Every round: *K2, p2; rep from * to end.

1 x 1 Rib

Multiple of 2 sts

Every row: *K1, p1; rep from * to end.

INSTRUCTIONS

ARMBAND

With dpns, CO 40 (48) sts. Divide as evenly as possible over 3 or 4 needles, pm, and join for working in the round, being careful not to twist.

Work in 2 x 2 Rib for $2\frac{1}{2}$ (3").

BO loosely in rib.

Weave in ends.



note: You don't have to stick to bright red. Try making striped bands in each of the team's colors. Then each jammer has to look only for her colors on the ref!

HEADBAND

With straight needles, CO 12 sts.
Work in 1 × 1 Rib for 22".
BO loosely in rib.

FINISHING

Seam CO and BO edges together. Weave in ends.
Slap on your ref's head and make him or her even
easier to spot!

Red Rocket

Red Rocket skated for two bouts in the first season with Naptown before her bad knees forced her to step down. She jumped right into reffing, which let her still skate but without the fear of spending the rest of her life on a walker! When Rocket traveled to London with her boyfriend, Ben, she came back a married woman, thanks to an officiated minister on the London Roller Girls team! They have no kids, just one crazy dog named Rocket. She's also a photo-journalist and mixed-media artist (one lucky person is the proud owner of her Batman portrait made of chewed bubble gum) who shows her work regularly in local galleries.

Smile and Wave Ref Mittens

Mittens are one of my favorite

items to knit for one simple reason, childish as it is: you can flip someone off and they just think you're smiling and waving! Seeing as how refs tend to get yelled at and grumped about the most, they probably need a little subtle revenge at people sometimes.

Designer: *Joah of Dark*

Skill Level: *Rookie*

These mittens are really easy to make. A disgruntled ref could whip them up after the bout and before the after-party. With only a little shaping and a tiny bit of seaming, they'll knit up quick enough that you can make dozens for all your referee friends in no time flat!

MATERIALS

• Patons Classic Merino Wool (100% merino wool, 223 yd. [205m] per 3.5 oz. [100g] skein): 1 (1, 1) skein #00225 Dark Grey Mix

- Set of 4 or 5 US 7 [4.5mm] double-pointed needles
- Tapestry needle
- Stitch marker
- Stitch holder



SPECIFICATIONS

SIZE

S (M, L)

FINISHED MEASUREMENTS

Length (from cast-on edge to fingertips): 8 (8½, 9)"

Palm circumference: 7¼ (7½, 8)"

GAUGE

20 sts and 26 rows = 4" in St st

STITCH GUIDE

1 × 1 Rib

Multiple of 2 sts

Every row: *K1, p1; rep from * to end.

INSTRUCTIONS

CUFF

CO 38 (40, 42) sts. Do not join.

Work in 1 × 1 Rib for 2 (2, 2¼)".

THUMB GUSSET

Row 1 (WS): Purl.

Row 2 (RS): K1, m1, k to last st, m1, k1—2 sts inc'd.

Row 3: Purl.

Rep Rows 2-3 4 (4, 5) times—48 (50, 54) sts.

Next row: Knit.

Next row: Purl.

Next row: K8 (8, 9), place next 32 (34, 36) sts on holder, CO 1 st, k8 (8, 9).

THUMB

Divide rem 17 (17, 19) sts evenly over dpns, pm, and join for working in the round, being careful not to twist.

Work in St st for 2 (2, 2¼)".

Next rnd: K1, *k2tog; rep from * to end—9 (9, 10) sts.

Next rnd: K1 (1, 0), *k2tog; rep from * to end—5 (5, 5) sts.

Cut yarn, leaving a 6" tail. Thread tail through rem sts, pull tight, and fasten off.

HAND

Replace 32 (34, 36) held sts on dpns. Pick up and knit (see appendix) 4 sts from base of thumb, pm, and join for working in the round—36 (38, 40) sts.

Work in St st until mitten measures 7¼ (7¾, 8¼)" from bottom of cuff.

Next rnd: *K2tog; rep from * to end—18 (19, 20) sts.

Next rnd: K0 (1, 0), *k2tog; rep from * to end—9 (10, 10) sts.

Next rnd: K1 (0, 0), *k2tog; rep from * to end—5 (5, 5) sts.

Cut yarn, leaving a 6" tail. Thread tail through rem sts, pull tight, and fasten off.

FINISHING

Use whipstitch (see appendix) to seam cuff and gusset edges. Weave in ends.

Wear mittens after each and every cold season bout.

You'll not only keep your hands warm, but you can also take your silent revenge whenever a girl gives you heat for sticking her in the penalty box!

Derby Fun Fact

There are two main organizations for flat track derby: the Women's Flat Track Derby Association (WFTDA) and the Old School Derby Association (OSDA). Check out the differences in rules at www.oldschoolderbyassociation.com and www.wftda.com.

B&W Striped Tank for the Girlie Refs

Refs come to us

Designer:
John of Dark

Skill Level:
Fresh Meat

from all different places. They include guys who love derby and want to support the sport, girls that want to turn into better skaters and eventually play themselves, girls that don't want to play but still want to be part of all the action, or girls that got hurt and can no longer play derby.

The point is, lots of girls are reffing derby and not all of them want to wear those baggy satin ref shirts that the boys wear! This girlie ref pattern is for the ref that wants to wear her zebra stripes in a cute way. This top is super easy for a beginning knitter. Knit "sideways" in simple garter stitch, there is no increasing, no decreasing, just a little bit of casting on and binding off to make holes for the ribbon in back. The loop around the neck is completely optional, but if you do actually wear this top while skating, it is highly recommended.



MATERIALS

- Blue Sky Alpacas Dyed Cotton (100% organic cotton, 150 yd. [137m] per 3.5 oz. [100g] skein): 2 (2, 3) skeins #613 Ink (color A) and 2 (2, 3) skeins #615 Tulip (color B)
- US 8 [5mm] straight needles
- Tapestry needle
- 1½" D-ring
- 4 yd. [3½m] ½" ribbon, in color of your choice. (Black or white works, or be daring and go for red or pink!)
- Elastic thread or narrow, clear swimsuit elastic (optional)

SPECIFICATIONS

SIZE

To fit busts 32–34 (36–38, 40–42")

FINISHED MEASUREMENTS

Circumference: 29½ (32, 37½)", unstretched

Length: 15 (15, 16¾")

GAUGE

16 sts and 30 rows = 4" in garter st

STITCH GUIDE

Stripe Sequence

10 rows color A

10 rows color B



tip: For extra security up top, thread a couple of rows of elastic thread along the WS of the top edge. Work through the back of the stitches so the thread won't be visible from the RS. Also, don't forget to wear a bra! (Or stick on boobie covers.) Remember, knitwear is always a little see-through!

INSTRUCTIONS

With color A, CO 60 (60, 67) sts.

Row 1: Knit.

Row 2 (Eyelet Row): *K5, BO 2; rep from * to last 4 sts, k4.

Row 3: K4, CO 2 sts over gap, *k5, CO 2 sts; rep from * to last 5 sts, k5.

Knit 7 rows. Change to color B.

Knit 10 rows. Change to color A.

Continue in garter st and Stripe Sequence until work measures approx 29 (31½, 37)", ending with the eighth row of a stripe in color B.

Next row (Eyelet Row): *K5, BO 2; rep from * to last 4 sts, k4.

Next row: *K4, CO 2 sts over gap; *k5, CO 2 sts; rep from * to last 5 sts, k5.

BO.

Weave in ribbon on back and lace corset style!



note: At this point, hold your top up and see how it fits! (If you need to knit an extra stripe or one fewer, you can easily figure it out. It's just important to end on a white stripe, since you started on a black one.)

B&W STRIPED TANKS FOR THE GIRLIE REFS



NECKBAND

D-ring attachment:

Find center front of your top. With color A and RS facing, pick up and knit (see appendix) 10 sts.

Work in garter st for 2".

BO.

Fold strap over D-ring and seam to wrong side of work.

NECK STRAP

CO 10 sts.

Work in garter st for 19".

BO.

Thread through D-ring and seam ends together.

FINISHING

Weave in all ends. Notice that for once you're not getting booed by the audience for being a ref!

Smackie Onassis

There was a time when Nikki Sutton, a k a Smackie Onassis, was successfully juggling her day job as an interior designer as well as all of her hobbies: jamming for the Naptown Roller Girls, organizing rides for the Black Market Scooter club, volunteering for Fab for Less, and whipping up an occasional new dress here and there. For her thirtieth birthday, she decided it was time to start her own interior-design studio. But owning her own company required her to wear many hats and left little time for her to strap on a helmet. Coupled with a pair of pesky knees, too, Smackie decided it was time to hang up her uniform. Finding it impossible to leave the team, Ms. Onassis now skates as a referee which gives her the flexibility to balance her two . . . no, make that five lives.

OH, THE AFTER-PARTY

Oh, those after-parties! Whether you just skated in a game or attended one for another league, the after-party is one of the highlights of derby. Girls from all over gather 'round to hang out, congratulate each other on a huge win, or comfort each other over a near loss. There's dancing, food, and drinks as Ohio Roller Girls mingle with the Roller Girls of Southern Indiana and Derby City Roller Girls hang with the Demolition City Roller Girls. It's a place to mingle, celebrate, and interact with other leagues that traveled to a bout.

The patterns in this section will not only help you survive the morning after the party, they'll also help you celebrate the girl with the most time in the penalty box, keep track of your best derby buds, and most importantly, create a hat to cover up that helmet hair for pictures.

Knit up some of these patterns for yourself, your fellow league sisters, or to welcome traveling teams.

Ready to hit the track.



Hangover Kit

IT'S NO SECRET

that after a bout, a roller girl wants to let her hair down, blow off some steam, and get to know the other team—without trying to knock them down. However, when a girl is hungry, sweaty, and tired, it's not always easy for her to remember to take care of herself. Those bumps and bruises that aren't being noticed at the bar can be even worse the next day if they aren't taken care of!

Designer: *Jodi of Dark*

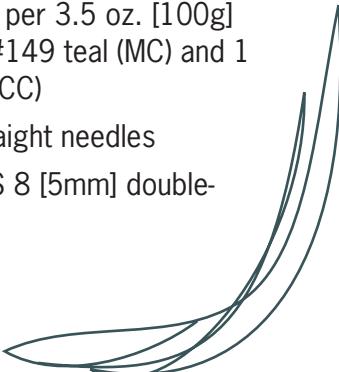
Skill Level: *Rookie*



So knit this Hangover Kit for your fellow roller girl. The water bottle holder is to remind her to stay hydrated and the attached small holder has just enough room for some pain-relief gel for sore muscles and, most importantly, some ibuprofen to take the morning after. Last but not least, the I-cord drawstring makes it easy to loop over the wrist so you can hang onto it all night. Everything is felted for extra durability to make sure it lasts through the rough-and-tumble world of the roller girl after-party.

MATERIALS

- Plymouth Yarn Galway (100% wool; 210 yd. [192m] per 3.5 oz. [100g] skein): 1 skein #149 teal (MC) and 1 skein #9 black (CC)
- US 8 [5mm] straight needles
- Set of 4 or 5 US 8 [5mm] double-pointed needles
- Tapestry needle



- 1¾" button
- Stitch marker
- Zippered pillowcase for felting

SPECIFICATIONS

SIZE

Fits standard 9 oz. water bottle

FINISHED MEASUREMENTS

Water Bottle Holder

Height: 10"

Circumference: 10"

Pocket

Height: 4"

Circumference: 7"

GAUGE

21 sts and 25 rows = 4" in St st, before felting

INSTRUCTIONS

WATER BOTTLE HOLDER

With dpns and MC, CO 8 sts. Divide evenly over needles and join for working in the round, being careful not to twist. PM for beg of round.

Rnd 1: *K1, kf&b; rep from * to end—12 sts.

Rnd 2 and all even rnds: Knit.

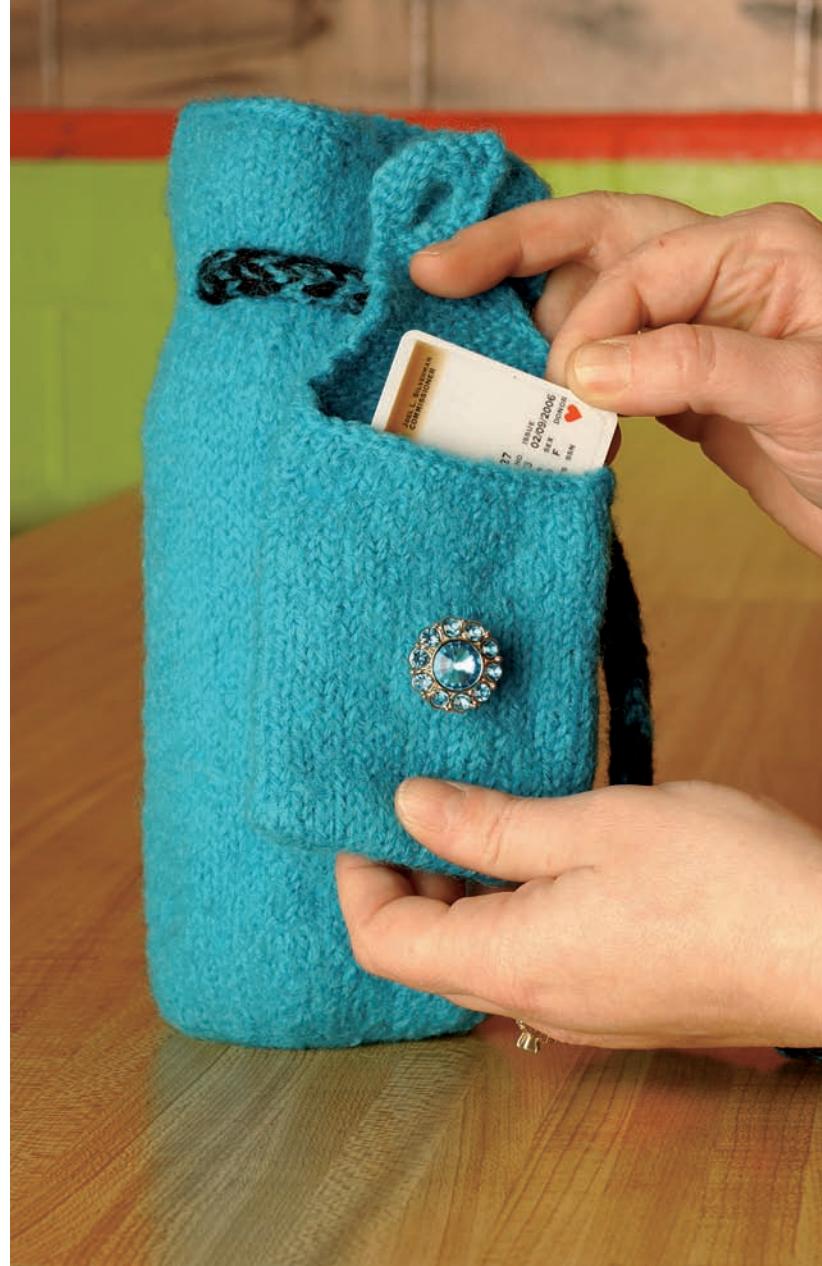
Rnd 3: Rep Rnd 1—18 sts.

Rnd 5: Rep Rnd 1—27 sts.

Rnd 7: *K1, kf&b; rep from * to last st, k1—40 sts.

Rnd 9: Rep Rnd 1—60 sts.

Work even in St st until piece measures 8½" from cast-on edge. If the water bottle you use is a bit longer, knit another inch or so.



Next rnd: *K2, k2tog; rep from * to end—45 sts.

Knit 1 rnd.

Next rnd (eyelet rnd for drawstring): *K6, BO 3 sts; rep from * to end.

Next rnd: *K6, CO 3 sts over gap; rep from * to end.

Knit 1 rnd.

Next rnd: *K2, kf&b; rep from* to end—60 sts.

Work 9 rnds even.

BO.

POCKET

With straight needles and MC, CO 38 sts.

Work in St st for 5", ending with a WS row.

Next row (RS): BO 20 sts, knit to end—18 sts.

Purl 1 row.

Next row: SSK, knit to last 2 sts, k2tog—16 sts.

Rep last 2 rows 5 times more—6 sts.

Purl 1 row.

Next row (buttonhole row): K2, BO center 3 sts,
knit to end.

Next row: P2, CO 3 sts over gap, purl to end.

Work 2 rows even.

BO.

Use mattress stitch (see appendix) to seam bottom
and side.

I-CORD DRAWSTRING

Using 2 dpns, with one strand each of MC and CC
held together, CO 4 sts. Work I-cord for 37".
(See appendix for instructions on making I-cord.)

BO.

FINISHING

Felt all pieces (see appendix).

Weave I-cord drawstring through eyelets on water
bottle. Knot two ends together and pull taut.

Attach button to pocket.

With MC, attach pocket to desired spot on water
bottle holder.

Mizz Understood

Mizz Understood is a blocker for the Naptown Roller Girls. Known for her tag line of, "She's not bad, she's just Mizz Understood," she is not only a crazed, wild-eyed scrapper on the track; she's also the mother of two little future roller girls of her own! She's known for befriending and helping Fresh Meat by giving them tips and tricks, and showing them the ins and outs of derby. However, she also loves to be the first one to knock them down during a scrimmage!

MU flaunts this Hangover Kit in the blue and black of the North Star Roller Girls. Those girls showed our team how to have a good time on and off the track!

Dill and Brownie's Beer Saver (Arm Warmer with Attached Drink Holder)

When Dill and Brownie Her[©]

Designer: Dill Her[©]
Skill Level: Rookie

became roller derby announcers, they learned that not only did they have to teach the audience the rules of the game, follow the fast-paced play of the teams, and keep the crowd entertained; but they also had to teach the audience the most important rule to know when they sit in "suicide" seating: "Lift your beer, save your beer."

When girls get knocked out of play by the opposing team, they tend to go one place: the suicide seats. So when audience members are sitting there with their drink and a girl on skates comes sliding into them, chances are that drink is going all over the floor, all over themselves, and worst of all, all over that roller girl!

So Dill and Brownie spend several minutes before each game teaching the audience to watch closely for these flying roller girls, and to lift that beer when they see them coming. This pattern makes it easy. This arm warmer with drink holder attached can hold bottles, cans, or the ever-popular plastic cup. It's made with a simple 2×2 rib and knit in the round on double-pointed needles. Then the drink cozy is sewn on separately.

MATERIALS

- South West Trading Company Karaoke (50% soy silk, 50% wool, 109 yd. [100m] per 1.75 oz. [50g] skein): 1 skein # 278 Mermaid Mix
- Set of 4 or 5 US 8 [5mm] double-pointed needles
- Tapestry needle
- Stitch marker

SPECIFICATIONS

SIZE

One size fits most



FINISHED MEASUREMENTS

Arm Warmer

Length: 9½"

Circumference: 6½", unstretched

Drink Holder

Length: 6"

Circumference: 6", unstretched

GAUGE

22 sts and 26 rows = 4" in 2 × 2 Rib, slightly stretched

STITCH GUIDE

2 × 2 Rib

Multiple of 4 sts

Every round: *K2, p2; rep from * to end.

INSTRUCTIONS

ARM WARMER

CO 44 sts.

Divide sts evenly over 3 or 4 dpns. PM and join for working in the round, being careful not to twist.

Work in 2 × 2 Rib for 7".

Next rnd: BO 6 sts in rib patt, work in rib patt to end.

Next rnd: CO 6 sts over gap, work in rib patt to end.

Work even until arm warmer measures 9½" from cast-on edge.

BO loosely in rib patt.

DRINK HOLDER

CO 8 sts.

Divide sts evenly over dpns. PM and join for working in the round, being careful not to twist.

Rnd 1: *Kf&b; rep from * to end—16 sts.

Rnd 2: Knit.

Rnd 3: *K1, kf&b; rep from * to end—24 sts.

Rnd 4: Knit.

Rnd 5: *K2, kf&b; rep from * to end—32 sts.

Rnd 6: Knit.

Rnd 7: *K3, kf&b; rep from * to end—40 sts.

Begin working in 2 × 2 Rib. Work even until piece measures 6" from cast-on edge.

BO loosely in rib.

FINISHING

Weave in ends.

Sew drink holder to palm of arm warmer using whipstitch (see appendix) or your preferred seaming method.

Dill and Brownie HerO®

Dill and Brownie HerO are the beloved announcers for Naptown Roller Derby. Dill realized the need for this pattern after an unfortunate roller girl got knocked into the announcers' table during a heated bout. Caught up in the action, Dill and Brownie both forgot to hang on to their drinks and had to watch as they were spilled all over the mikes, table, and floor! Now both Dill and Brownie make sure their drinks are always attached to their gloves when they're announcing!

They also play in the band, HerO, which is big in Japan, and spend their spare time being dragged to yarn stores, where they pester their wives to knit them inappropriate things. Dill is not much of a knitter, but he has designed several pieces, including hats, inappropriate cozies, and demented comic-book bunnies.

VIP Wristband

This quick, easy wristband

Designer: Joan of Dark
Skill Level: Fresh Meat

is just the ticket to getting into the after-party. Make them for your visiting team in their team colors to show them a little love after the game.

Knit in garter stitch, then felted, you can crank these out in no time at all. The VIP is added on using the needle-felting method. There are also additional instructions if you want your wristbands

to have a little surprise—you can make them glow under black light!

MATERIALS

- Plymouth Yarn Galway (100% wool; 210 yd. [192m] per 3.5 oz. [100g] skein): 1 skein #154 orange
- US 8 [5mm] straight needles
- Felting needle
- Wool roving in preferred color (this was done in deep purple)
- Zippered pillowcase for felting
- To make it glow: Manic Panic Electric Sunshine hair color. Any hair color that is labeled as glowing under black light and in a similar color as your yarn will work! (You can purchase it at beauty supply stores, some funky clothing stores—think hot topic, but not part of that chain—and on line at www.manicpanic.com.)
- Rubber gloves



SPECIFICATIONS

SIZE

One size fits all

FINISHED MEASUREMENTS

Circumference: 7½"

GAUGE

20 sts and 32 rows = 4" in
garter st

Gauge is not crucial for this
project.

INSTRUCTIONS

CO 6 sts.

Work in garter st for 12".

Next row (buttonhole row): K1, BO 4 sts, k1.

Next row: K1, CO 4 sts over gap, k1.

Knit 2 rows.

BO.

FINISHING

Weave in all ends.

Felt wristband (see appendix). When you lay it flat to dry, make sure to stretch the buttonhole a little bit to ensure it doesn't get so small that the end of your band won't poke through it.

If you want it to glow, put on your rubber gloves (unless you want your fingertips to glow for a couple of days as well) and massage hair dye into fabric. After it dries, rinse once in cold water. Once it's completely dry, needle felt (see appendix) your VIP lettering in.

Toss these into goodie bags for your visiting team! The glow won't last forever, but it can easily be reapplied.



Jane Ire

Jane Ire is small in stature but big in skill. There is no doubt that she is the tiniest girl on the team, but her small size is misleading! A hard hitter, she can be a quick and evasive blocker/pivot/jammer.

She joined NRG in the very beginning, along with her derby wife, Mother Russia, and immediately embraced the sisterhood and sport of roller derby. When she's not skating circles around the other team, she's a paper-pushing tree hugger (which she admits is an oxymoron) and attends graduate school. She also plays the Celtic fiddle, is in the process of writing a cheesy pulp-style derby novel, and hangs out with her very wonderful but very whiney cat.

Hide the Helmet Hair Hat

I'm not vain by any means.

Designers: **Todd of Dark
and Dill Her®**
Skill Level: **Rookie**

But I still believe that nothing, and I mean nothing, is worse than having a great bout and an even better after-party, only to go home and start seeing those pictures surface of myself with the worst case of helmet hair in history! Usually within twenty-four hours of a bout, those pictures are on hundreds of myspace or facebook pages, not to mention the team's Web site and the Web site of any other derby team that happened to be in attendance.

This hat solves the problem. Light enough that it won't make your head sweat any more than it already is, but cozy enough so that you won't lose precious heat on your mad dash from your car to the bar. The tiger striping pattern needs to be worked fairly loosely, so that your hat doesn't bunch up. The ears are optional and worked by picking up stitches after the hat is finished. The tiger pattern is a nod to the girls that are big sisters to so many other roller girls: Sin City. So, no matter what color uniform you're wearing, you can't clash by wearing these stripes!

This pattern is perfect for those new to Fair Isle knitting. Tiger stripes aren't set in stone, they're random, so if you knit a black stitch instead of an orange stitch, or if you end up a little off in your striping, no one will ever know. Heck, you could even make up your own stripes if you want!



MATERIALS

- Lion Brand *Lion Wool* (100% wool, 158 yd. [144m] per 3 oz. [85g] skein): 1 skein #133 Pumpkin (color A) and 1 skein #153 Ebony (color B)
- US 8 [5mm] straight needles
- US 9 [5.5mm] straight needles
- Tapestry needle
- Stitch markers

SPECIFICATIONS

SIZE

One size fits most

FINISHED MEASUREMENTS

Circumference: 22"

Height: 7½"

GAUGE

22 sts and 25 rows = 4" in chart patt on larger needles

STITCH GUIDE

2 × 2 Rib

Multiple of 4 sts

Every row: *K2, p2; rep from * to end.

STRANDED COLOR WORK

Read chart from bottom to top, right to left on RS rows, and left to right on WS rows. Carry the color not in use across the WS of the work. (See appendix for more detailed instructions on working with colors.)

INSTRUCTIONS

HAT

With color A and smaller needles, CO 136 sts.

Work in 2 × 2 Rib for 4 rows.

Change to larger needles.

Work in St st following chart for 33 rows. On first row, pm after 68 sts to mark beg and end of chart patt.

Crown Decreases

Continue working chart patt throughout decreases.

Row 34 (RS): *K6, k2tog; rep from * to end—119 sts.

Rows 35, 37, 39, 41 (WS): Purl.

Row 36: *K5, k2tog; rep from * to end—102 sts.

Row 38: *K2, k2tog; rep from * to last 2 sts, k2—77 sts.

Row 40: *K2tog; rep from * to last st, k1—39 sts.

Row 42: *K2tog; rep from * to last st, k1—20 sts.

BO.

Use mattress stitch (see appendix) to sew side seam.

Run end of seaming yarn through bound-off sts and gather top closed. Fasten off.

EARS

Lay hat flat with seam at side. Place a marker 12 sts to right of center top. Place a second marker 12 sts to left of center top.

First Ear

Beginning at right marker, with smaller needles and color A, pick up and knit (see appendix) 11 sts from top of hat.

Row 1: Purl.

Row 2: Knit.

Row 3: Purl.

Row 4: SSK, knit to end—10 sts.

Row 5: Sl 1, p1, pss0, purl to end—9 sts.

Rows 6–7: Rep Rows 4–5—7 sts.

BO, slipping first st of row instead of knitting it.

Turn hat over. Pick up and knit 11 sts directly behind first side of ear. Repeat Rows 1–7 and BO.

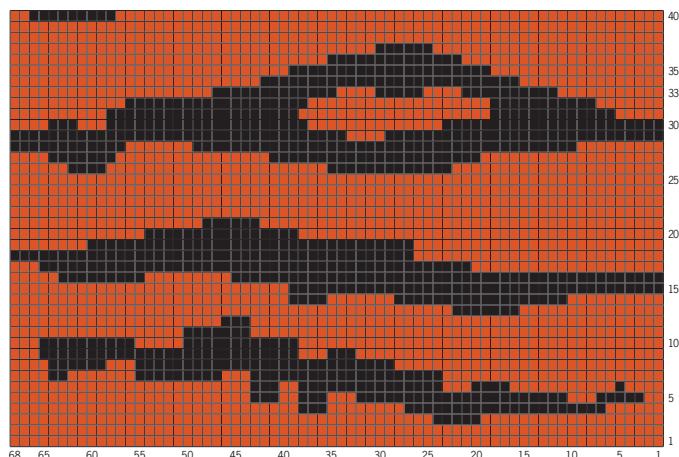
Use whipstitch (see appendix) to seam the two sides together.

Repeat on left side for second ear.

FINISHING

Weave in ends.

Wear and smile over the following days as the after-party pictures begin to circulate over the Internet. Sigh with relief knowing that your sweaty hair was completely covered!



Derby Fun Fact

Derby Brats are popping up everywhere! Denver, Tucson, Arizona, Seattle, Port Orchard, and Orange County all boast Derby Brats Leagues for “little sister” skaters. Check out more at www.juniorderby.com.

Know Your Buddy Chain Wrist Cuffs

While traveling to Tennessee

Designers: *The "South Side" Van of Tornado Sirens*
Skill Level: *Rookie*

to play a bout, our team was split into two different vans leaving from two different locations about an hour apart from each other. After about the third bathroom break at a very unpleasant gas station restroom, it occurred to us that we were having trouble keeping track of each other. That's where the idea for Know Your Buddy was born.

The wavy rib pattern makes it nice and stretchy, and the soft soy silk yarn is perfect for your wrist! Not only great for road trips, it's also a fun way to keep an eye on your fellow roller girl at the after-party. Since every team has that one (or more) girl that can get a little bit in her cups, keep her safe by buddying her up to another girl!

MATERIALS

- South West Trading Company Karaoke (50% soy silk, 50% wool, 109 yd. [100m] per 1.75 oz. [50g] skein): 1 skein #312 Peace
- US 7 [4.5mm] straight needles
- Set of 2 US 7 [4.5mm] double-pointed needles
- Tapestry needle



SPECIFICATIONS

SIZE

One size fits most

FINISHED MEASUREMENTS

Circumference: 6", unstretched

Height: 2"

GAUGE

24 sts and 32 rows = 4" in Diagonal Rib

STITCH GUIDE

Diagonal Rib

Multiple of 4 sts

Rows 1–2: *P2, k2; rep from * to end.

Row 3: P1, *k2, p2; rep from * to last 3 sts, k2, p1.

Row 4: K1, *p2, k2; rep from * to last 3 sts, p2, k1.

Rows 5–6: *K2, p2; rep from * to end.

Row 7: Rep Row 4.

Row 8: Rep Row 3.

Rep Rows 1–8 for Diagonal Rib.

INSTRUCTIONS

CUFF (MAKE 2)

With straight needles, CO 32 sts.

Work Rows 1–8 of Diagonal Rib twice—16 rows total.

BO loosely in rib patt.



Driving your team on long road trips can get kind of boring. Next time you're bored on the road, try starting up a game with your girls. (If you have more than one van, you can play via cell phone or walkie-talkie.) *Shag or Die* is the classic game for our vans full of girls. Pick two people and decide which is the lesser of two evils if you had to "shag or die." Be warned though, this game can be illuminating in lots of ways as you never know what you'll find out about the girl next to you!

I-CORD CHAIN (MAKE 3)

With dpns, CO 3 sts.

Work I-cord for 5". (See appendix for instructions on making I-cord.)

BO.

FINISHING

Seam each of the I-cord pieces into a chain and linking formation.

Sew one end of chain to the back of each cuff. Now you'll never lose your buddy in a crowded after-party or sketchy rest stop again!

Derby Fun Fact

Derby girls aren't just punk rock, DIY chicks; they're business-minded punk rock DIY chicks! The founders, owners, and operators of Sin City Skates in Las Vegas, NV, are Trish the Dish and Ivanna Spankin. They supply roller skates for roller-derby skaters and answer the endless line of questions from new girls looking for their first set of skates to seasoned girls looking to pick up speed with new wheels and bearings. Because of their influence, Riedell Skate Company sat down and designed a skate, with Ivanna and Trish's help, specifically for derby girls! Other derby gals all over the country own their own businesses, both derby and non-derby related, like *Blood and Thunder* magazine or the gals at derbydiscount.com.

Queen of the Rink Crown

Games are sometimes used

Designer: Joah of Dark
and Sweet C
Skill Level: Rookie

in derby as a training tool. Dodgeball on skates is not only fun, but it also gets a girl used to moving quickly on her feet, and gets her geared up and feeling aggressive. But the best training game of all has got to be *Queen of the Rink*. It's simple, fun, and an effective way to train how to block. The game is simple: every girl gets out on the track, starts skating and blocking, and the last one standing is the Queen of the Rink!

This crown is a fun way to celebrate the winner. Knit with a sturdy yet pretty hemp yarn combined with a soft and sparkly metallic yarn, it stays in place but gives a little bling at the same time. Tired of wearing a crown on your head? Then use it as a necklace! There's a little crochet involved in the finishing, but it's a simple chain stitch, so even a gal not fully skilled with a crochet hook should have no problems here.

MATERIALS

- Lanaknits *allhemp6* (100% hemp, 165 yd. [150m] per 3.5 oz. [100g] skein): 1 skein #025 Dusty Rose (color A)
- Lion Brand Glitterspun (60% acrylic, 27% cupro, 13% polyester, 115 yd. [105m] per 1.75 oz. [50g] skein): 1 skein #135 Bronze (color B)
- US 7 [4.5mm] straight needles
- Size I [5.5mm] crochet hook

SPECIFICATIONS

FINISHED MEASUREMENTS

Height: 2 $\frac{1}{4}$ "

Circumference: 20", including ties

GAUGE

18 sts and 24 rows = 4" in St st with one strand of each yarn held together

Gauge is not crucial for this project.

INSTRUCTIONS

With one strand each of color A and color B held together, CO 9 sts.

Row 1: Kf&b, yo, k2, sl 1, k2tog, pssو, k2, yo, kf&b—11 sts.

Rows 2, 4, 6, 8, 10: Purl.

Row 3: Kf&b, yo, k3, sl 1, k2tog, pssو, k3, yo, kf&b—13 sts.

Row 5: Kf&b, k1, yo, k2, yo, k1, sl 1, k2tog, pssو, k1, yo, k2, yo, k1, kf&b—17 sts.

Row 7: Knit.

Row 9: (k1, yo) twice, k2, yo, (k4, yo) twice, (k2, yo) twice, k1—24 sts.

BO.

LACES
before returning
rental skates

QUEEN OF THE RINK CROWN



FINISHING

Weave in ends.

With crochet hook, ch 35 (see appendix) for tie, sl st into each st on BO edge of crown, ch 35 for second tie, fasten off.

Slap this on your toughest Queen of the Rink after practice, but before heading to the local bar for after-practice drinks. Or award it after a bout to the girl who was Queen of the Penalty Box during the game!



J. Roller

Some girls can jam and some girls can block, while other girls can pivot. J. Roller is one of the few that can do all three! While she wasn't much of a sports person in high school, J. Roller excels in derby. Understanding that it's just as much sisterhood as it is sport, she's always there to encourage new girls and to be a voice of reason when tempers flare up.

J. Roller has also turned her love of eco-friendly and environmentally friendly products into a business, along with fellow roller girl Strawberry Jam. They are looking to launch the Web site www.greencleanindy.com in the summer of 2008. They clean houses and businesses in the Indy area using only earth-friendly products and attempt to educate people about the advantages of "going green."

She is heavily involved in art of all kinds, from fiber to acrylics and oils. New to the knitting world, she's already thinking outside of the box by combining textures, patterns, and fibers to create unique knitted blankets for her family and friends.

THE SISTERHOOD PROJECTS

Roller derby has brought a lot of great things into my life and the lives of other derby girls around the world. It's not just the awesome calf muscles or the flatter stomachs and muscular booty; it's the instant sisterhood and friendships that form between girls. Even if you're not a "girl's girl," you can't help but want to hang out with this cool group of chicks that are sharing your vision, bruises, and sore, calloused feet!

Don't think it's just the friendships you form with the girls in your league either. Attend an event like RollerCon in Las Vegas, NV, and come home with a purse full of e-mail addresses, myspace pages, and phone numbers of girls from around the country that have become instant best friends over the course of a weekend.

Speaking of RollerCon, make sure that if you're planning on getting hitched to your derby wife, you knit up a derby wife veil. Or if one of your girls has some exciting news to share, you'll definitely want to knit some roller-skate baby booties!

Whatever you knit, make sure to knit it with your derby sisters at your next stitch 'n' bitch, league meeting, or derby slumber party. Because like derby, knitting is not a solitary event!



Knit It Together Blanket

Derby girls and charity

Designers:
Naptown Roller Girls

Skill Level:
Fresh Meat and Rookie

go hand in hand. Just about every league out there has benefit shows and charitable causes that the league supports financially and physically, not to mention the numerous leagues out there that are nonprofit. They use their sport to benefit charities in their area.

The Knit It Together blanket is based on a charitable project that the knitters in our group love to participate in called "Warm Up America." Simply put, you knit simple squares and send them in to the organization so they can be made into blankets. It's a perfect project for knitters

with some extra bits of yarn leftover from other projects.

Knit It Together takes it a little bit further. Squares are infused with your personality, either with textures, your jersey number, or a symbol that means something to you. Use the numbers and letters on the charts provided or make your own. As long as each square is $10 \times 10"$, each girl can knit whatever she wants! Make one representing each girl on your team and auction it off at the end of the season for your favorite charity. It also makes a great gift for



your retiring roller girls. For those leagues out there with eighty-plus girls you might need to make more than one blanket.

MATERIALS

- Lion Brand Lion Wool (100% wool, 158 yd. [144m] per 3 oz. (85g) skein): 6 skeins #820-113 Scarlet (color A) and 6 skeins #820-153 Ebony (color B)
- US 8 [5mm] straight needles
- Tapestry needle

SPECIFICATIONS

FINISHED MEASUREMENTS

Each square: 10 × 10"
Blanket shown measures 40 × 40"

GAUGE

20 sts and 28 rows = 4" in St st
20 sts and 36 rows = 4" in garter stitch

STITCH GUIDE

See appendix for instructions on working intarsia.

INSTRUCTIONS

FILLER SQUARE 1 (MAKE 5 FOR BLANKET SHOWN)

With color A, CO 50 sts.
Work in garter st for 10".
BO.

FILLER SQUARE 2 (MAKE 4 FOR BLANKET SHOWN)

With color B, CO 50 sts.
Work in garter st for 10".
BO.

NUMBER SQUARE (MAKE 2 FOR BLANKET SHOWN)

With color A, CO 50 sts.
Work 2 rows St st, beg with a knit row.
Cont in St st, working from chart with color B, until square measures 10".
BO.

LETTER SQUARE (MAKE 2 FOR BLANKET SHOWN)

With color B, CO 50 sts.
Work 2 rows St st, beg with a knit row.
Cont in St st, working from chart with color A, until square measures 10".
BO.

STRIPED SQUARE (MAKE 2 FOR BLANKET SHOWN)

With color A or B, CO 50 sts.
Work in garter st, changing colors as desired, for 10".
BO.

HEART SQUARE (MAKE 1 FOR BLANKET SHOWN)

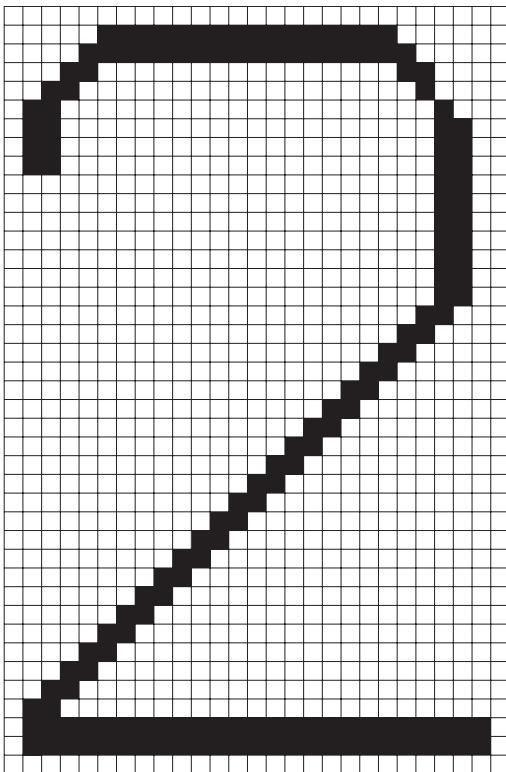
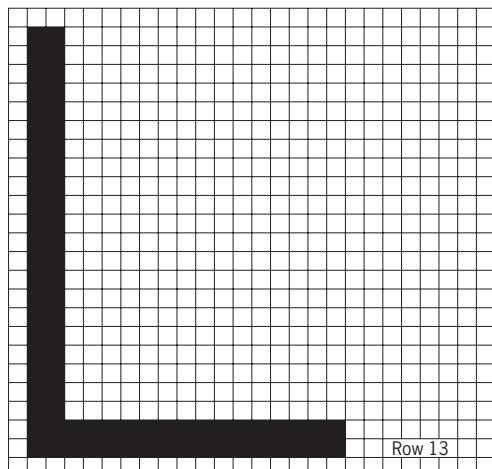
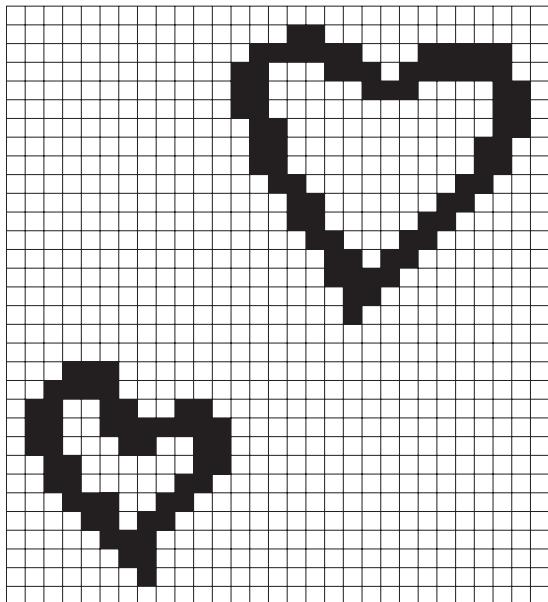
With color B, CO 50 sts.
Work 2 rows St st, beg with a knit row.
Cont in St st, working from chart with color A, until square measures 10".
BO.

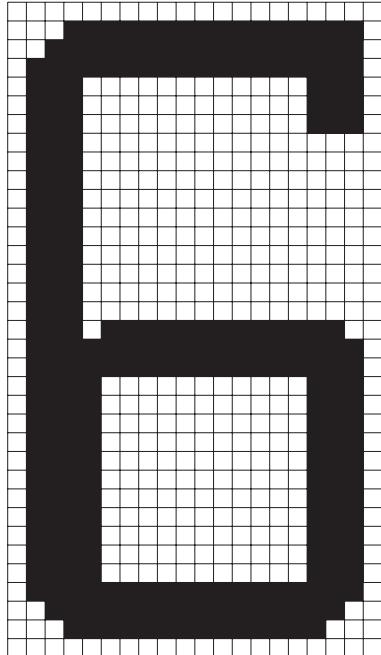
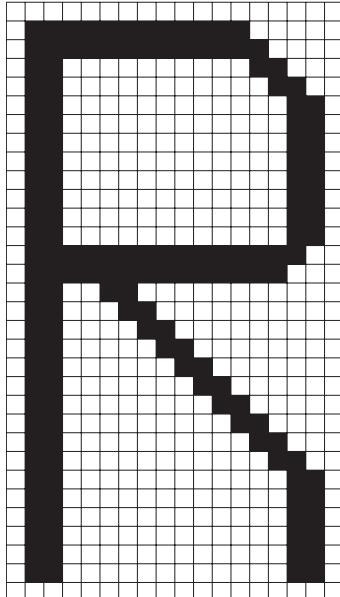
FINISHING

Seam all squares together, at least 4 squares across, using one filler square on each corner of the blanket. Here is the way the sample is laid out:

Lay out other squares in any way you see fit.

Auction this off at the end of your season or at a pep rally and donate the money to charity. Give it to your top-level sponsor or to your retiring roller girl. The possibilities are endless!





The Naptown Roller Girls

It started with a conversation over coffee and smoothies. It evolved into roller-derby practices in parking lots, then in real roller rinks, and finally sold-out bouts at the Indiana State Fairgrounds. The Naptown Roller Girls team, the Tornado Sirens, competes with other teams across the country. The skaters don't get paid and the sport is alive in Indiana because of the volunteers and skaters that keep it together.

The girls give back to the community that supports them through monetary donations, volunteer work, and public appearances.

Renee's NRG [U]FC Scarf

Renee fell in love

with derby at the very first bout. She has since headed up the [Unofficial] NapTown Roller Girls' Fan Club. Complete with Web site, interviews, photos, and pep rallies, they are one of the greatest things about roller derby.

While the [U]FC is loud on the sidelines (they have noisemakers, tambourines, and other ear-splitting instruments), Renee has the rare voice that can actually be heard from anywhere in the pack, even over the voices of screaming roller girls and fans. She and the rest of the fan club can also be seen wearing their homemade fan T-shirts, bandannas, and face paint.

This simple striped scarf in team colors uses garter stitch and Fair Isle, and is perfect for Renee and any other roller-derby fan to show their team colors any time of year. It's thin enough for summer, especially if you choose to knit it in a light cotton blend. This wool blend is perfect for fall or winter, when your favorite fans are standing outside waiting to get in and kick off the season!

Designers:
**NapTown Roller
Girls**

Skill Level:
Fresh Meat



MATERIALS

- Lion Brand Lion Wool (100% wool, 158 yd. [144m] per 3 oz. [85g] skein): 1 skein #820-153 Ebony (color A) and 1 skein #820-113 Scarlet (color B)

- US 7 [4.5mm] straight needles

- Tapestry needle

- Since gauge isn't really important in this pattern, you can substitute any worsted-weight yarn in your favorite team colors.

SPECIFICATIONS

FINISHED MEASUREMENTS

Length: 73"

Width: 3"

GAUGE

20 sts and 40 rows = 4" in garter st

Gauge is not crucial for this pattern.

STITCH GUIDE

Stripe Sequence

12 rows color A

12 rows color B

INSTRUCTIONS

With color A, CO 16 sts.

Work in garter st and Stripe Sequence until scarf measures 73" or desired length.

BO.

FINISHING

Weave in ends.

Knit several and present to your favorite fans at the start of the home season and let them cheer you to victory!

About the NRG [U]FC

The Naptown Roller Girls' [Unofficial] Fan Club reached new levels of awesomeness at the final game of our season. They started a pep rally before our game, complete with cardboard roller-girl cutouts (that allowed fans to get their pictures taken as a roller girl), corn-hole toss games, homemade bandannas, and a giant banner for fans to autograph. They are always the first in line, throw the best parties, and lead the crowd in cheers from the sidelines.



About Coach Whip

Mr. Whip is scary. He yells, he screams, and he seems to enjoy watching roller girls cry as they do 1,000 crunches, a quarter mile of lunges, or whatever other torture he has deemed necessary for that night's practice. He has no sympathy for pain (the man has broken 25–30 bones in his athletic career), but believes he does it all for the greater good of the sport. And our girls agree with him! He saw a blank canvas in NRG and a game that he believes can smash down the notion that men are superior athletes.

Don't let him fool you though. He has a soft side. He spends his spare time hanging out with his menagerie of dogs and his girlfriend that dragged him into all this craziness, Lilly Whip.

Buddy Purse

Derby gals are

Designers: Joah of Dark
and Irene Baisey
Skill Level: Rookie

a special thing. Friendships tend to form and hold fast. It's easy to bond when you're sweating together, knocking each other down, and encouraging each other to get out one more push-up. It's easy to make friends with a girl who skates because you have so much in common. You know that she probably feels the same frustration that you sometimes feel, too. The difficulties and the triumphs are similar no matter what state you skate in or what rink you hit.

This clutch is based off my favorite pattern. When I was a little girl, my grandma made me a square of this stitch pattern called

"fretwork." I thought it was the coolest thing ever made with yarn and needles! When my grandma gave me all of her knitting books, I found the stitch pattern and decided to turn it into a purse for my derby buddy, Sweet C (and a hat, and some socks, and a pillow). This clutch version is my way of sharing my favorite knitting stitch with all of my derby



buddies, known and unknown, around the world. The two-color pattern looks much more difficult than it is. Any knitter at a rookie level should be able to handle it.

MATERIALS

- Berroco Touché (50% cotton, 50% modal rayon, 89 yd. [82m] per 1.75 oz. [50g] skein): 1 skein #7999 Jet (color A) and 1 skein #7990 Toe Shoe (color B)
- US 8 [5mm] straight needles
- US G [4.25mm] crochet hook
- 9" black zipper
- Tapestry needle
- Sewing needle and coordinating thread

SPECIFICATIONS

FINISHED MEASUREMENTS

Height: 4½"

Width: 9"

GAUGE

23 sts and 35 rows = 4" in Slip Stitch Pattern

STITCH GUIDE

Slip Stitch Pattern

Multiple of 10 sts + 2

Sl all sts pwise with yarn in back on RS rows, and pwise with yarn in front on WS rows.

Row 1 (RS): With color A, knit.

Row 2 (WS): Purl.

Row 3: With color B, k1, *k8, sl 2; rep from * to last st, k1.

Row 4: P1, *sl 2, p8; rep from * to last st, p1.

Row 5: With color A, k1, *sl 2, k4, sl 2, k2; rep from * to last st, k1.

Row 6: P1, *p2, sl 2, k4, sl 2; rep from * to last st, p1.

Row 7: With color B, k1, *k2, sl 2, k4, sl 2; rep from * to last st, k1.

Row 8: P1, *sl 2, p4, sl 2, p2; rep from * to last st, p1.

Row 9: With color A, k1, *sl 2, k8; rep from * to last st, k1.

Row 10: P1, *p8, sl 2; rep from * to last st, p1.

Row 11: With color B, knit.

Row 12: Purl.

Row 13: With color A, *k4, sl 2, k4; rep from * to last 2 sts, k2.

Row 14: P2, *p4, sl 2, p4; rep from * to end.

Row 15: With color B, k2, *sl 2, k2, sl 2, k4; rep from * to end.

Row 16: *P4, sl 2, p2, sl 2; rep from * to last 2 sts, p2.

Row 17: With color A, *k4, sl 2, k2, sl 2; rep from * to last 2 sts, k2.

Row 18: P2, *sl 2, p2, sl 2, p4; rep from * to end.

Row 19: With color B, *k6, sl 2, k2; rep from * to last 2 sts, k2.

Row 20: P2, *p2, sl 2, p6; rep from * to end.

Rep Rows 1–20 for Slip Stitch Pattern.

INSTRUCTIONS

SIDE (MAKE 2)

With color A, CO 52 sts.

Work Rows 1–20 of Slip Stitch Pattern twice—40 rows total.

BO.

FINISHING

Seam bottom and sides together. Using backstitch (see appendix), sew in zipper with needle and thread.

Weave in ends.

With crochet hook and color A, work 2 sl sts into either top corner of bag. Ch for 12" (see appendix). Sl st into previous sl st, fasten off.

If you see a girl in another town sporting one of these, check her leg for wheel bruises because you might be looking at another derby girl!

Derby Fun Fact

Sometimes it's not all about the Benjamins. For the majority of roller-derby players, it's definitely a labor of love. Not only do skaters play for free, but the practice space, bout space, merchandise, and promotion also cost a lot of money! Most derby leagues aren't backed by anyone financially, so the players pay for everything themselves with dues or get sponsorships and donations. Individual gear is usually the responsibility of the skater. So uniforms, skates, wheels, pads, and, most important of all, insurance, is the responsibility of the individual skater.

Derby Wedding Veil

Every year there is

Designer:
Joan of Dark

Skill Level:
Vet

a roller-derby convention called RollerCon, in Las Vegas, NV. At RollerCon, a very interesting celebration is held, one that likely makes a passerby stop and go, "Huh?" About 300 roller girls will gather to get "married." Now by married I don't mean the traditional, "til death do us part" type wedding. When one roller girl takes a "wife" she's basically saying, "You are the person who will bail me out of jail if need be, or keep me from drinking too much at the bar and starting a fight, or stop me from calling that guy who treats me like crap because I think I can't do any better." It's the ultimate expression of friendship between roller girls and what better way to make it official than stating out loud that you have found your derby wife for life?

To make the occasion even more memorable, knit up this simple veil. It's intricate and pretty enough to make you feel like a bride, but simple enough to whip up that you won't feel bad if it gets ruined at the "reception."

While the lace pattern and shaping aren't too difficult, this pattern is still rated "vet" simply because it's a little tricky for the Fresh Meat or Rookie knitter who has never worked with lace. It's also pretty easy to lose your place or forget which row you're on! However, if you're a Fresh Meat or a Rookie with plans to head to RollerCon and get hitched by Elvis, then go for this one! Trial by fire is a saying in both derby and knitting with my girls!

MATERIALS

- Malabrigo Lace (100% merino wool, 470 yd. [430m] per 1.75 oz. [50g] skein): 1 skein #63 Natural
- US 5 [3.75mm] straight needles
- Tapestry needle
- Thin plastic headband or hair clip (optional)
- 1 derby wife
- 1 Elvis impersonator (optional)



SPECIFICATIONS

FINISHED MEASUREMENTS

Length: 15–18" (depending on fastening preference)

Width: 17½"

GAUGE

Approx 36 sts and 28 rows = 4" in Lace Stitch

Gauge is not crucial for this pattern.

STITCH GUIDE

Lace Stitch

Multiple of 2 sts + 1

Rows 1 and 3: Purl.

Row 2: K1, *yo, k2tog; rep from * to end.

Row 4: *SSK, yo; rep from * to last st, k1.

Rep Rows 1–4 for Lace Stitch.

INSTRUCTIONS

CO 119 sts.

Work in Lace Stitch for 10", ending with Row 4 of pattern.

BEGIN DECREASES

Row 1: *P15, p2tog; rep from * 5 times, purl to end—113 sts.

Row 2: K1, *yo, k2tog; rep from * to end.

Row 3: Purl.

Row 4: *SSK, yo; rep from * to last st, k1.

Row 5: *P2tog; rep from * to last st, pl—57 sts.

If you plan to attach your veil to a headband, BO all sts now.

If you plan to attach your veil to a clip or pin it directly into your hair, continue as follows:

Row 6: K1, *yo, k2tog; rep from * to end.

Derby Wedding Veil Wedding Vows (Jane Tre and Mother Russia)

I, [skate name], take you, [skate name], to be my derby wife.
I promise to ride with you in the ambulance if you ever break
your arm in a bout—even if the EMTs are all ugly.

I will always tell you when your pads start to smell like a goat's
ass in the summer.

I vow to always be the first one on your back for the post-bout
piggyback ride.

I will always be your first phone call from jail even if I was the one
that got you there in the first place.

I will always remind you about the amazing last bout if nonskating
matters start to annoy you.

I promise to be your biggest fan, unless we face off during a
scrimmage, then I promise to hit you harder than anyone else on
the team because I'd never insult you by going easy. . .

Row 7: Purl.

Row 8: *SSK, yo;
rep from * to last
st, k1.

Row 9: *P2tog;
rep from * to
last st—29 sts.

BO.

FINISHING

Weave in ends.

To attach veil to
headband or clip:

The easiest way
to do this is to
simply thread a
needle with yarn
and whipstitch
(see appendix)
edge of veil
around headband
or clip, letting
the veil roll over
the top of the
hardware.

If using bobby pins,
simply pin veil
where you want it
in your hair! Voilà!



Breaking Rule #1 (Baby Booties)

When we recruit

new girls we always tell them rule #1: Don't get pregnant! However, roller girls know better than anyone that rules are meant to be broken.

Designer:
Joan of Dark with an assist
by Leaf Cleaver
Skill Level: Rookie



When Cleo Poundya came to practice one night with flip-flops on and no skates in sight, we knew that her dream of being a mom was fulfilled, but we were going to be short an awesome blocker for our upcoming season!

No matter how sad we are to lose a girl on the team, it's a joy to know that there is a future little skater on the horizon. Use these booties to get them started on their skates early! They knit up in just about an hour and are easy to adjust for different little feet.

For the extra crafty gal, try this challenge: 4 Leaf Cleaver turned these little booties into Christmas ornaments for every girl on the team. Simply use a smaller-size needle, say a US1, cast on fewer stitches in an odd number, and adjust the decreases. Instead of knitting the wheels, use some little pom-poms that are available at your local craft store! Attach a hook and you have an awesome new Christmas ornament for your tree!

MATERIALS

- Berroco Touché (50% cotton, 50% modal rayon, 89 yd. [82m] per 1.75 oz. [50g] skein): 1 skein #7900 Bleach (MC) and 1 skein #7999 Jet (CC)
- US 3 [3.25mm] straight needles
- Tapestry needle

SPECIFICATIONS

SIZE

Fits 4–6 months

110

FINISHED MEASUREMENTS

Foot length: 4¼"

Height: 3"

GAUGE

25 stitches and 48 rows = 4" in garter st

INSTRUCTIONS

SKATE

With MC, CO 45 sts.

Work in garter st for 1½".

SHAPE TOE

Row 1: K20, k2tog, k1, k2tog, k20—43 sts.

Row 2: P19, p2tog, p1, p2tog, p19—41 sts.

Row 3: K18, k2tog, k1, k2tog, k18—39 sts.

Row 4: P17, p2tog, p1, p2tog, p17—37 sts.

Row 5: K16, k2tog, k1, k2tog, k16—35 sts.

Row 6: P15, p2tog, p1, p2tog, p15—33 sts.

Row 7: K14, k2tog, k1, k2tog, k14—31 sts.

Row 8: P13, p2tog, p1, p2tog, p13—29 sts.

Work 5 rows in garter st.

BO.

Fold on decrease line and use whipstitch (see appendix) to seam bottom and back of skate.

WHEEL (MAKE 4 PER BOOTY)

With CC, CO 3 sts.

Row 1: Kfb, k1, kfb—5 sts.

Row 2: Kfb, k3, kfb—7 sts.

Row 3: Knit.

Row 4: SSK, k3, k2tog—5 sts.

Row 5: Knit.

Row 6: SSK, k1, k2tog—3 sts.

BO.

FINISHING

With CC, attach wheels to skate. Sew a shoelace design into front of skate and finish with a bow. Give to your expecting roller gal and show her that it's never too early to get her kid in skates!



Cleo Poundya

No one saw Cleo Poundya coming. She showed up in the early days of NRG and started practicing on really old, really bad wheels. After some pestering, she upgraded and made the team towards the end of the first season. Her first move on the track as a blocker was to send an opposing player flying off into the audience! The rest of us stood on the sidelines in awe.

Now that she's a mom, she still helps out her derby team as a volunteer. Coordinating our skating insurance and making sure every girl's paperwork is current, she lends a helping hand while she still can. Even if she doesn't come back to derby as a skater, she's got some awesome stories to tell her future teenager!

KNITTING ABBREVIATIONS

Abbreviation	Meaning	Abbreviation	Meaning
approx	approximately	p2tog	purl two stitches together
beg	beginning	patt	pattern
BO	bind off	pm	place marker
ch	chain (crochet)	psso	pass slipped stitch over
CO	cast on	pwise	purlwise
cont	continue	rem	remaining
dec	decrease	rep	repeat
dpn(s)	double-pointed needle(s)	rnd(s)	round(s)
inc	increase	RS	right side
k	knit	sl	slip
kf&b	knit into front and back of stitch	ssk	slip, slip, knit
k2tog	knit two stitches together	ssp	slip, slip, purl
kwise	knitwise	st(s)	stitch(es)
m1	make one	St st	stockinette stitch
mp	make pea	WS	wrong side
p	purl	yo	yarn over
pf&b	purl into front and back of stitch		

SPECIAL KNITTING TECHNIQUES

Binding Off

1. Knit 2 sts.
2. Insert left needle through the first knitted st on right needle as if to knit. Sl first knitted st on needle over second knitted st on needle.
3. Knit 1 st.
4. Repeat steps 2 and 3 until 1 st remains on right needle. Pull remaining yarn through final st to secure.

Casting On

Here are two of several different ways of casting on, but feel free to use whatever method you are most comfortable with.

Long-Tail Cast On

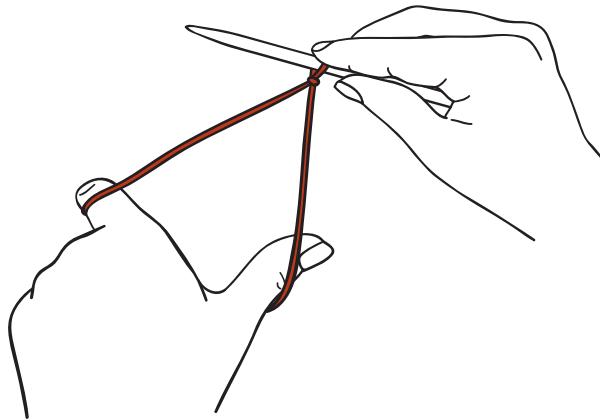
To make this cast on, you need to measure off a long tail of yarn to work with.

1. Make a slip knot in the yarn, leaving an appropriate length tail, and put it on the right-hand needle. Insert the thumb and forefinger of your left hand between the strands of yarn, with the working end around your forefinger and the tail end around your thumb. Lay your hand flat, so the yarn is almost flush with the palm of your hand.

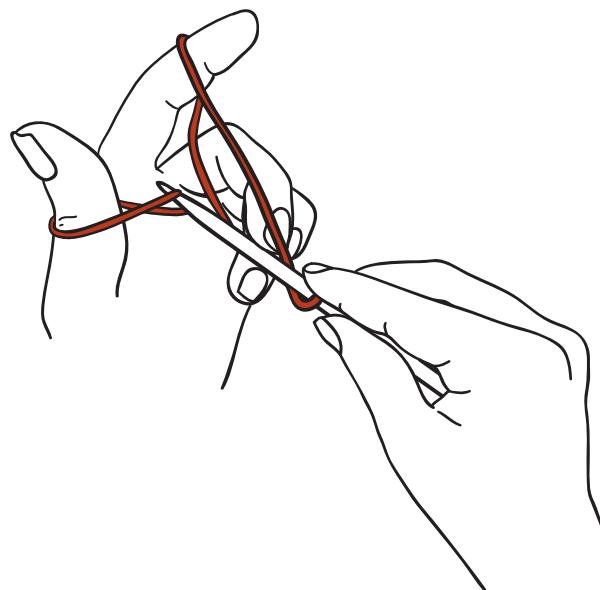


An easy way to measure off a long tail of yarn is, if you're casting on 24 sts, wrap the yarn 24 times around your needle. This is typically how much yarn you'll need to cast on.

- 2.** Insert the tip of the right-hand needle into the loop on your thumb, roll the tip up and pull down through the loop on your forefinger, and then draw up a loop with the needle. Remove your thumb and pull the working yarn to tighten the st slightly on your needle.
- 3.** Repeat above instructions until you have the desired number of sts on your right-hand needle.



Long-tail cast on, step 1

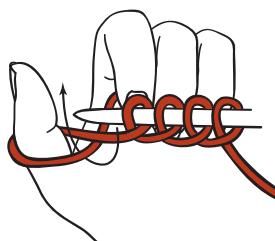


Long-tail cast on, step 2

Backward-Loop Cast On

This cast on is used when you need to add sts in the middle of your work, such as when making a buttonhole.

- 1.** Wrap the working yarn counterclockwise around your left thumb.
- 2.** Insert the tip of the right-hand needle into the loop on your thumb. Remove your thumb and pull on the yarn to tighten the st on your needle.
- 3.** Repeat above instructions until you have cast on the desired number of sts.



Backward-loop cast on, steps 1 and 2

Decreasing

ssk (Slip, Slip, Knit) Decrease

- 1.** Slip 2 sts kwise, one at a time, from left-hand needle to right-hand needle.
- 2.** Insert left needle into the fronts of both slipped sts and knit them together.

ssp (Slip, Slip, Purl) Decrease

- 1.** Slip 2 sts kwise, one at a time, from left-hand needle to right-hand needle.
- 2.** Slip both sts back to left hand needle in their turned position.
- 3.** Purl both sts together through the back loop.

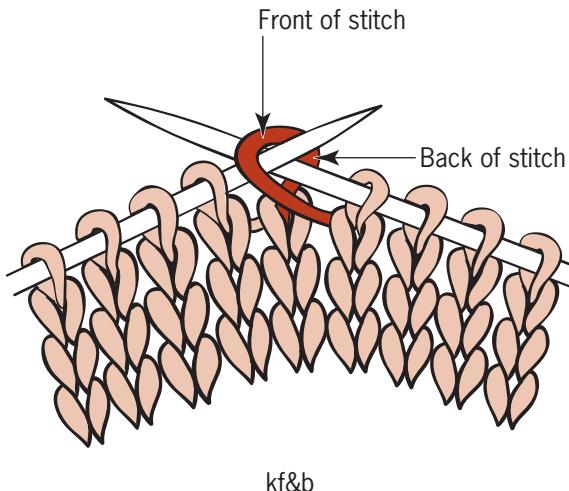
pss0 (Pass Slipped Stitch Over)

Pass slipped st on right-hand needle over the next st, as if to bind off.

Increasing

kf&b (Knit into the Front and Back of Stitch)

- 1.** Knit into the front of the st in the normal manner, then, before removing the st from the needle, knit again into the back loop of the st.
- 2.** Slip st off left needle.



pf&b (Purl into the Front and Back of Stitch)

- 1.** Purl into the front of the st in the normal manner, then, before removing the st from the needle, purl again into the back loop of the st.
- 2.** Slip st off left needle.

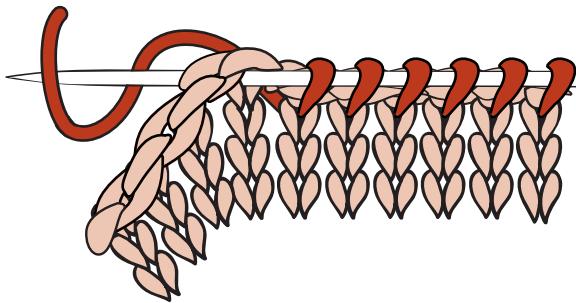
m1 (Make 1)

- 1.** Insert the tip of the right needle under the horizontal bar that runs between the two sts on your needles.
- 2.** Slip the bar onto the left needle and knit it through the back loop, creating a new stitch!

Picking Up Stitches

On a horizontal edge, such as the top of a shoulder seam:

- 1.** With the RS of the work facing you, insert the tip of the right needle from front to back into the center of the first full st below the bound-off edge.
- 2.** Wrap the yarn around the needle and pull the loop through to create a new st on the needle.
- 3.** Repeat steps 1–2 for each st.



Picking up stitches, horizontal edge

On a vertical edge:

1. With the RS of the work facing you, insert the tip of the right needle from front to back into the space between the first two sts of the row.
2. Wrap the yarn around the needle and pull the loop through to create a new st on the needle.
3. Repeat steps 1–2 for each st.

yo (Yarn Over)

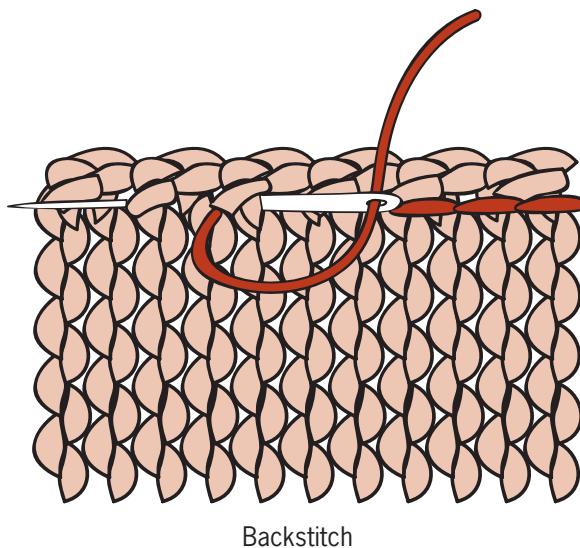
Bring yarn to the front and then back over the right-hand needle. Work as a st on the next row.

Seaming

Backstitch

1. Thread tapestry needle with yarn.
2. With RS of work facing each other, pin corners together, matching the pieces as closely as you can.
3. With threaded needle, secure seam by taking the needle twice around the outer edges of fabric, front to back.
4. Take the yarn around the outside edge once more, this time inserting the needle through the work from back to front, a little ahead of where the yarn last came out.

5. Insert the needle from front to back where the last st began, then bring the needle back through the front, maintaining the same distance between sts.
6. Repeat Step 5 along the entire seam. Secure end with two overlapping sts.



Chain (ch) Stitch (with Crochet Hook)

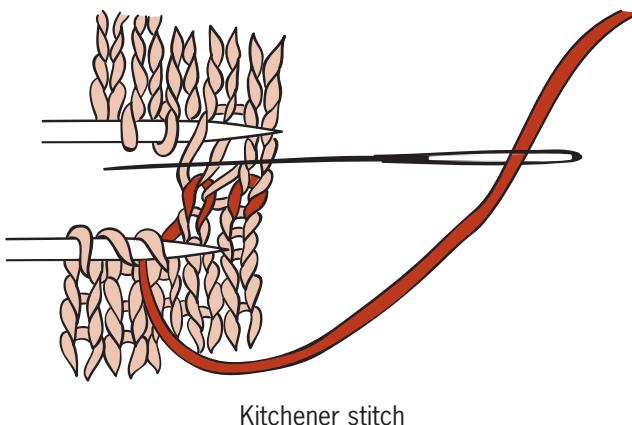
1. Make a slip knot.
2. Yarn over hook, draw yarn over through loop on hook. Repeat for desired length or number of sts.

Kitchener Stitch

Thread tapestry needle. Divide sts evenly onto two needles held parallel to each other with WS of work together. Working from right to left:

1. Insert yarn needle in first st on front needle as if to knit, pull yarn through, remove st from needle.
2. Insert yarn needle into next st on front needle as if to purl, pull yarn through, leave st on needle.
3. Insert yarn needle into first st on back needle as if to purl, pull yarn through, remove st from needle.
4. Insert yarn needle into next st on back needle as if to knit, pull yarn through, leave st on needle.

5. Repeat sts 1–4 until 1 st remains on each needle. Cut yarn and pull through remaining 2 sts to fasten off.



Mattress Stitch

The Mattress Stitch is great for creating invisible seams of side-to-side stockinette st.

1. With threaded tapestry needle, and RS of pieces to be joined facing up and laid parallel to each other, insert the needle into the first st on the right-hand side. Scoop the bar in between the “v” of your st. Repeat this on the left-hand side of your work.
2. Continue in this manner along entire seam, working rather loosely, pulling taut about every 6 sts.

Slip Stitch (with Crochet Hook)

Insert crochet hook into st indicated in pattern, yarn over hook and pull through st, and loop on back.

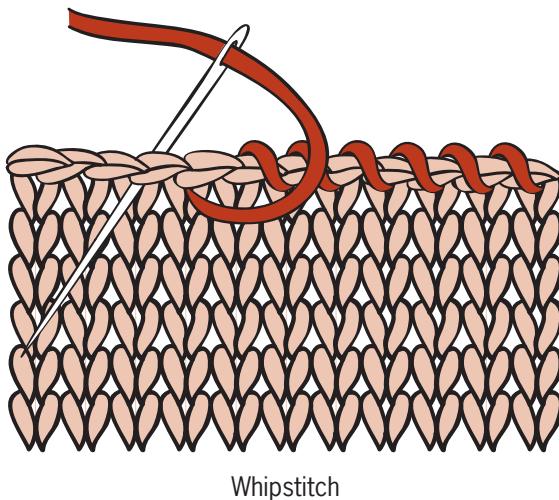
Whipstitch

1. With threaded tapestry needle and pieces to be seamed held together with edges lined up, insert needle into edge of work from back to front and pull through.



note: Also known by my grandmother as the “cheater stitch,” this is the easiest seaming technique, but not always the prettiest. So it’s best not to use it on a highly visible section of your garment, unless it’s incorporated into the design.

2. Repeat at $\frac{1}{4}$ " intervals along the entire seam.



Blocking

Blocking is important to the final appearance of your project. It smooths out any irregularities, softens some yarns, and gives you the chance to refine the item's shape. Always check the yarn-ball band for recommended washing and blocking instructions.

Wet Blocking

1. Soak your knitting in a sink full of lukewarm water for twenty minutes.
2. Squeeze and press out as much water as possible, without twisting or wringing the fabric. Wrap the knitting in a bath towel and let it sit to absorb more water.
3. Lay the knitting out on a dry towel. Shape as needed. Allow to dry completely. If you are blocking a whole sweater or other heavy item, flip it over halfway through the drying process.

Steam Blocking

1. Lay your knitting out on a pressing surface, preferably with the WS up. Pin into shape as needed.
2. Steam by hovering a steam iron above the surface of the fabric. Do not let the iron touch the knitting. Work in sections, saturating the fabric with steam before moving on.
3. Let dry completely.



note: Don't steam-block synthetic yarns or anything that might not be colorfast. When in doubt, test it on your swatch first!

Decorative Techniques

Felting Instructions

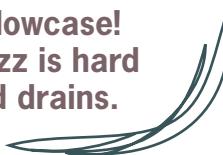
Felting a knit item simply means that you have agitated (usually through a quick cycle in your washing machine though it can be done by hand) a finished knit item to shrink it down. It results in a sturdier knit item, which is always great for bags. Felting only works with yarns made from animal fibers (wool), so if you're substituting yarn, make sure you use a similar fiber blend!

Washing Machine Instructions

1. Throw your knit item in the washing machine and wash on hot, with a small amount of detergent. Check on your item frequently, to make sure it's not shrinking too much!
2. As soon as your knit item reaches the desired size, squeeze or spin out the water. Shape as needed and set out to dry.



Your washing machine will thank you if you put the item to be felted in a zippered pillowcase! Loose wool fuzz is hard on motors and drains.



Hand Wash Instructions

1. Run your item under hot water with a small amount of dish soap.
2. Agitate by hand (a clean plunger is good for this) and, same as the washing-machine instructions, once your item has shrunk to the desired size, squeeze out the water. Shape and set out to dry.



Alternating between hot and cold water will help speed up the felting process.



Needle Felting

Needle felting is a fun way to add texture to your knit item!

1. Lay the item you wish to felt on a flat surface, with a piece of foam or a thick sponge underneath the area to be felted.
2. Lay out wool roving on the area to be felted, and, with a steady up-and-down motion, begin stabbing your needle through the roving and the fabric. Each time you do this, you are locking the loose fibers into your knit piece.



Make sure to always move the needle straight up and down! Twisting the needle or putting it in at an angle can cause the tip to break!



I-Cord Instructions

Originally called the “idiot” cord, by its creator, Elizabeth Zimmerman, this simple knitting technique shows what happens when a knitting mistake can turn into something awesome! I-cords make a wonderful decorative edge and are sturdy enough to be used as purse straps.

1. To make an Icord, CO the appropriate number of sts onto one double-pointed needle.
2. Knit those sts, then, instead of turning your work, slide the sts to the other end of your needle.
3. Place the needle in your left hand, again without turning, and knit. It will feel a little strange at first, since the yarn you are knitting from is coming from the far side of the needle instead of the near side. Repeat until your Icord is the desired length.

Working with Colors

When working intarsia or Fair Isle, there is typically a chart that tells you when to pick up and use the background color and when to use the pattern color. The chart is read from bottom to top, right to left on RS rows, and left to right on WS rows.

Fair Isle

Fair Isle is the technique of using two colors in a row to knit repeating patterns. Both yarns are carried at the same time in Fair Isle.

- You can hold one yarn in each hand, if you know how to knit both English and Continental styles, or you can drop the yarn not in use and pick it up again when needed.
- It's important to carry the yarns *loosely* across the WS of the work, or else your knitting will be bumpy and uneven.

Intarsia

Also called *picture knitting*, intarsia uses a separate strand of yarn for each separate block of color.

- The new yarn is always joined by bringing the new yarn *under* the yarn currently being worked.
- Small bobbins or balls of yarn are used to hold the color on the back of the work, unlike Fair Isle where the color is stranded across the back of the work.



note: When working intarsia, the chart can be difficult to follow so it's important to pay close attention. Try not to get too discouraged. I know that hung me up the first time I tried intarsia. I ended up doing the letters backwards!

RESOURCES FOR DERBY GIRLS

- **Blood and Thunder Magazine.** The *only* derby magazine out there! Tons of great articles, ads, and info on your favorite derby leagues around the world!
www.bloodandthundermag.com
- **DerbyDiscount.com.** It's so hard to find great derby products. Want to show your displeasure at the WFTDA 2.0 rules? Then grab a shirt stating, "Rules? They're more like . . . guidelines." Or, jammers can proudly proclaim that "Jammers score every 2 minutes!"
www.derbydiscount.com
- **Derby Names Roster.** Here's where you can find out if the name you want is already being used by a girl in another league.
www.twoevils.org/rollergirls/
- **Derby News Network.** A great resource for nearly up-to-the-minute scores, bout recaps, and info on upcoming bouts.
www.derbynewsnetwork.com

And the pack is off.



Each girl skates out to a tagline, chosen by themselves, the announcers, or her teammates. Mizz Understood skates out to, "she's not bad, she's just misunderstood."



- **Hard Hitting Knitters.** For those on Ravelry, this is the on-line group for roller derby knitters.
www.ravelry.com
- **Have Derby, Will Travel.** Chris "Hurt Reynolds" hit the road in 2006 and blogged about derby, derby, and more derby! His adventures are a must-read for any derby girl or fan. He also keeps up-to-date scores on derby bouts all over the country.
www.havederbywilltravel.com
- **Leadjammer.com.** Your one-stop Web site for info on all the latest derby happenings like RollerCon, Heartland Havoc, or just the latest and greatest about derby girls in the news.
www.leadjammer.com
- **Sin City Skates.** This skate shop is derby owned and operated, so of course they know the skates and gear that derby girls want and need. Trish and Ivanna will answer all of your questions, no matter how many you have.
www.sincityskates.com
- **Via Derby!** Not only is this Web site chock full of products and info, they also have a crafters section, too! Don't leave the site without checking out the wall of pain. Tons of pictures of bruises, wounds, and tattoos are featured here.
www.viaderby.com

ROLLER-DERBY LEAGUES

Roller derby is everywhere! Chances are you can find derby teams near you if you want to skate or if you just want to watch. Don't see one in your area? Then start one! Almost all derby leagues are owned by the skaters themselves.

WFTDA (Women's Flat Track Derby Association)

Alabama

Dixie Derby Girls—Huntsville, AL

Arizona

Arizona Roller Derby—Phoenix, AZ
Tucson Roller Derby—Tucson, AZ

Arkansas

Northwest Arkansas Roller Girls—
Fayetteville, AR

California

Angel City Derby Girls—Los Angeles, CA
B.Ay A.rea D.erby Girls—San Francisco, CA
Sacred City Derby Girls—Sacramento, CA

Colorado

Denver Roller Dolls—Denver, CO
Pikes Peak Derby Dames—Colorado Springs, CO
Rocky Mountain Roller Girls—Denver, CO

Connecticut

Connecticut Roller Girls—Stamford, CT

Florida

Tampa Bay Derby Darlins—Tampa Bay, FL

Georgia

Atlanta Roller Girls—Atlanta, GA

Illinois

Windy City Rollers—Chicago, IL

Indiana

Fort Wayne Derby Girls—Fort Wayne, IN
Naptown Roller Girls—Indianapolis, IN

Louisiana

Big Easy Roller Girls—New Orleans, LA

Maine

Maine Roller Derby—Portland, ME

Maryland

Charm City Roller Girls—Baltimore, MD

Massachusetts

Boston Derby Dames—Boston, MA



Even roller girls smile during war! Joan of Dark and Slamy Faye enjoy their teammates' successful jam.



Lilly Whip leads the team through their warm up drill.

Oklahoma

Green Country Roller Girls—Tulsa, OK

Oregon

Rose City Rollers—Portland, OR

Pennsylvania

Philly Roller Girls—Philadelphia, PA

Steel City Derby Demons—Pittsburgh, PA

Rhode Island

Providence Roller Derby—Providence, RI

Texas

Alamo City Roller Girls—San Antonio, TX

Assassination City Derby—Dallas, TX

Dallas Derby Devils—Dallas, TX

East Texas Bombers—Tyler, TX

Houston Roller Derby—Houston, TX

Texas Roller Girls—Austin, TX

Virginia

Dominion Derby Girls—Norfolk, VA

Washington

Rat City Roller Girls—Seattle, WA

Wisconsin

Brewcity Bruisers—Milwaukee, WI

Mad Rollin' Dolls—Madison, WI

OSDA (Old School Derby Association)

Michigan

Kalamazoo Kamikazes—Kalamazoo, MI

New Jersey

South Jersey Derby Girls—Bridgeton, NJ

Oklahoma

Red Dirt Rebellion Roller Girls—Oklahoma City, OK

T-Town Derby Girls—Tulsa, OK

Pennsylvania

Penn Jersey She Devils (Co-Ed Flat Track)—

Bucks County, PA

W.A.R.D Roller Derby (Co-Ed Flat Track)—

Wilkes-Barre, PA

South Carolina

Grand Strand Roller Girls (Co-Ed Banked Track)—Myrtle Beach, SC

Texas

Corpus Christi Rolling Thunder (Co-Ed Banked Track)—Corpus Christi, TX

Utah

Davis Derby Dames—Layton, UT

Virginia

Richmond Derby Demons (Co-Ed Flat Track)—Richmond, VA

Other Flat Track Derby Leagues

Alaska

AK Roller Derby—Anchorage, AK
Rage City Roller Girls—Anchorage, AK

Alabama

Tragic City Rollers—Birmingham, AL
Mobile Roller Derby—Mobile, AL

Arizona

Arizona Derby Dames—Tempe, AZ

Arkansas

Central Arkansas Roller Derby—Central Arkansas
NWA Roller Girls—Fayetteville, AR
River Valley Roller Girls—Fort Smith, AR
Little Rock Derby Girls—Little Rock, AR

California

Bakersfield Roller Girls—Bakersfield, CA
NorCal Roller Girls—Chico, CA
Prison City Derby Dames—Chino, CA
Smog City Roller Girls—Fresno, CA
Inland Empire Derby Divas—Inland Empire, CA
Orange County Roller Girls—Orange County, CA
Orange County Demolition Divas—Orange County, CA
Sac City Rollers—Sacramento, CA
Central Coast Roller Derby—San Luis Obispo, CA
Port City Roller Girls—Stockton, CA

San Joaquin Valley Vixens—Stockton, CA
Ventura County Derby Darlins—Ventura, CA

Colorado

FOCO Girls Roller Derby—Fort Collins, CO

Connecticut

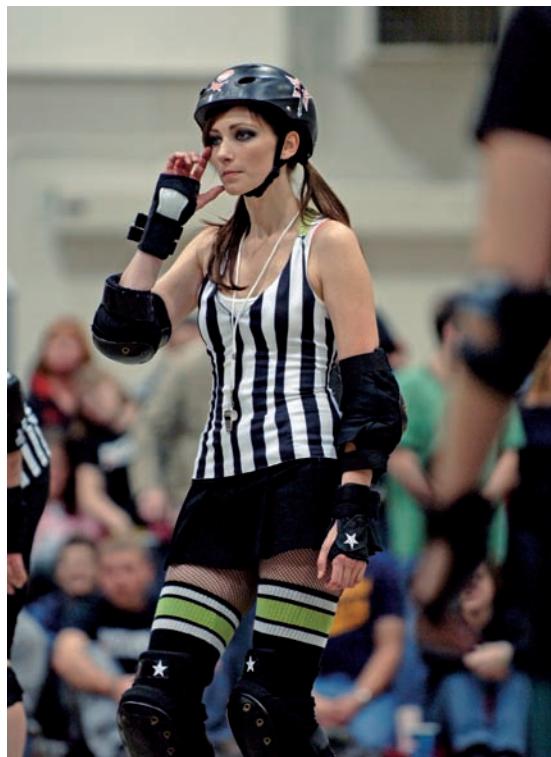
CT Roller Girls—Waterbury, CT

Delaware

Wilmington City Ruff Rollers—Wilmington, DE

Florida

Bradentucky Bombers—Bradenton, FL
Brevard County Derby Girls—Brevard County, FL
Broward County Derby Grrls—Broward County, FL
Florida Roller Girls—Central Florida
Fort Meyers Derby Girls—Fort Myers, FL
First Coast Fatales—Jacksonville, FL
Panama City Roller Derby—Panama City, FL
Gulf Regional Roller League—Pensacola, FL
Molly Roger Roller Girls—Rockledge, FL
Tallahassee Roller Girls—Tallahassee, FL
West Palm Beaches—West Palm Beach, FL



Smackie Onassis makes it hard to hate the refs.

Georgia

Savannah Derby Devils—Savannah, GA

Idaho

Treasure Valley Roller Girls—Boise, ID

Illinois

Rockford Rage Roller Derby—Rockford, IL

Indiana

Bleeding Heartland Roller Girls—Bloomington, IN

Demolition City Roller Derby—Evansville, IN

Roller Girls of Southern IN—Evansville, IN

Iowa

Rolling Thunder Derby Dames—Council Bluffs, IA

Kansas

Wichita/ICT Roller Girls—Wichita, KS

Kentucky

Black-n-Bluegrass Roller Girls—Covington, KY

Roller Girls of Central KY—Lexington, KY

Derby City Roller Girls—Louisville, KY

Riverside Roller Girls—Newport, KY

Melt-Down Town Derby Dames—Paducah, KY

Louisiana

Red River Roller Girls—Alexandria, LA

Minnesota

North Star Roller Girls—Minneapolis-St. Paul, MN

Mississippi

Mississippi Roller Girls—Biloxi, MS

Missouri

SEMO Roller Girls—Cape

Girardeau, MO

Destruction Junction Derby

Dames—Columbia, MO

Mo-Kan Roller Girlz—Joplin, MO

Springfield Roller Girls—

Springfield, MO

Nebraska

Omaha Roller Girls—Omaha, NE

New England

New England Roller Derby—

New England

**4 Leaf Cleaver sets up for
the next play.**

New Jersey

Garden State Roller Girls—New Jersey

Shore Points Roller Derby—Central/South, NJ

The Sisters of Mayhem—Hackettstown, NJ

Morristown Madams Roller Derby—Morristown, NJ

New Jersey Dirty Dames Roller Derby—New

Brunswick, NJ

Jersey Shore Roller Derby—Toms River, NJ

Nevada

Battle Born Derby Demons—Reno, NV

New York

Albany All Stars—Albany, NY

Queen City Roller Girls—Buffalo, NY

Hudson Valley Horrors—Kingston, NY

Assault City Roller Derby—Syracuse, NY

North Carolina

Capital City Roller Girls—Charlotte, NC

Ring City Rollers—Greenville, NC

Cape Fear Killers—Wilmington, NC

Cape Fear Roller Girls—Wilmington, NC

Ohio

NEO Rock 'n' Roller Girls—Akron/Canton, OH

Burning River Roller Girls—Cleveland, OH

Oklahoma

Oklahoma Victory Dolls—Oklahoma City, OK

Tornado Alley Roller Girls—Oklahoma City, OK

Red Dirt Rebellion Roller Girls—Oklahoma City, OK



Sweet C has a blocker in her sights . . . watch out!

T-Town Derby Grrls—Tulsa, OK
Green Country Roller Girls—Tulsa, OK

Oregon

Lava City Roller Dolls—Bend, OR
Coos County Roller Girls—Coos Bay, OR
Emerald City Roller Girls—Eugene, OR

Pennsylvania

Lehigh Valley Roller Girls—Allentown, PA
Pocono Highrollers—Blakeslee, PA
Harrisburg Area Roller Derby—Harrisburg, PA
Dutchland Derby Rollers—Lancaster, PA
Coal City Rollers—Wilkes-Barre, PA

South Carolina

Columbia QuadSquad—Columbia, SC
Palmetto State Roller Girls—Myrtle Beach, SC

South Dakota

Sioux Falls Roller Dollz—Sioux Falls, SD

Tennessee

Hard Knox Roller Girls—Knoxville, TN
Memphis Roller Derby—Memphis, TN
Nashville Roller Girls—Nashville, TN

Texas

Hurricane Alley Roller Derby—Corpus Christi, TX
Derby Rotten Scoundrels—Dallas, TX
Battleground Roller Derby—Deer Park, TX
South Texas Roller Girls—Harlingen, TX
Houston Roller Derby—Houston, TX
Nacogdoches Roller Girls—Nacogdoches, TX
South Side Roller Derby—Pearland, TX
Blazin' Banditas Roller Derby—San Antonio, TX

Utah

Salt City Derby Girls—Salt Lake City, UT

Virginia

River City Roller Girls—Richmond, VA

Washington

Bellingham Roller Betties—Bellingham, WA
Jet City Roller Girls—Everett, WA
Slaughter County Roller Vixens—Kitsap County, WA



Oly Rollers—Olympia, WA
Lilac City Roller Girls—Spokane, WA
Dockyard Derby Dames—Tacoma, WA

Washington, D.C.

DC Roller Girls—Washington, D.C.

Wisconsin

Stateline Roller Derby Divas—Northern IL & Southern WI

Canadian Flat Track Teams

Alberta

Calgary Roller Derby Association—Calgary, Alberta
E-Ville Roller Derby—Edmonton, Alberta
Oil City Derby Girls—Edmonton, Alberta

British Columbia

Columbia Valley Roller Girls—Castlegar, British Columbia
Terminal City Roller Girls—Vancouver, British Columbia
Dead City Roller Girls—Victoria, British Columbia

Lilly Whip clears the way for Fin Addict to score some points.

Nova Scotia

Halifax Hellcats Roller Girls—
Halifax, Nova Scotia

Ontario

Hammer City Roller Girls—
Hamilton, Ontario
Forest City Derby Girls—
London, Ontario
Toronto Roller Derby—
Toronto, Ontario

Quebec

Montreal Roller Derby—
Montreal, Quebec



The Rest of the World!

Australia

Australian Roller Derby—Australia
Adelaide Roller Derby—Adelaide, Australia
Sun State Roller Girls—Brisbane, Australia

England

Bedford Bandits—Bedford, England
Birmingham Blitz Derby Dames—Birmingham,
England
Central City Roller Girls—Birmingham, England
Lincolnshire Bombers—Lincoln, England
London Rockin Rollers—London, England
London Roller Girls—London, England

Germany

Stuttgart Valley Roller Girlz—Stuttgart,
Germany

Mexico

Las Misteriosas—Tijuana, Mexico

New Zealand

Pirate City Rollers—Auckland, New Zealand

Sweden

Stockholm Roller Derby—Stockholm, Sweden

Other Banked Track Leagues

California

L.A. Derby Dolls—Los Angeles, CA
So. Cal. Rollers—Riverside/Ontario/SGV, CA
San Diego Derby Dolls—San Diego, CA

Nevada

Reno Roller Girls—Reno, NV

Texas

TXRD Lonestar Roller Girls—Austin, TX

Renegade Roller Derby (Rules-Free Roller Derby)

Arizona

Renegade Rollergirls—Phoenix, AZ

California

Renegade Rollergirls of Orange County—
Orange County, CA

Oregon

Renegade Roller Girls of Oregon—Bend, OR



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