



Figure Rules 2024 – 2025

Youth Events



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Rule AR YD.100 Basic Rules for Youth Events

AR YD.101 Determining Skating Age
Skating age for divisions competing at USARS-sanctioned events shall be determined by the skater's age on January 1 of the current skating season.

AR YD.102 Age Divisions
Except where otherwise stated*, events shall consist of the following divisions:

Domestic	Ages	International
Primary	8 and under	Tot
Juvenile	10 and under	Mini
Elementary	12 and under	Espoir
Freshman	14 and under	Cadet
Sophomore	15 and over	Youth
Freshman/Sophomore	13 and over	
Advanced	13 and over	

* Specific divisions offered will vary by discipline.

AR YD.103 International Events – Open to All Skaters/Teams

- Skaters/teams may compete in any International event for which they are eligible by age. (International disciplines: **Figures**, Free Skating, Pairs, Team Dance, Solo Dance). The term “International” disciplines within this rulebook refers to non-Elite World Skate divisions including Tot, Mini, Espoir, Cadet, and Youth.
- Skaters/teams may only compete in one (1) International event per discipline at the National Championships.
- Once a skater moves to a higher age division and places 1-2-3 at the National Championships in an event of six (6) or more contestants, they may not return to a lower age division, with the exception of a skater returning to his or her appropriate age division once a partnership terminates in Pairs or Team Dance.
- Skaters/Teams may challenge up to the Junior or Senior division in the same discipline at the same qualifying championship. (Participation in Junior or Senior divisions does NOT count toward the two (2) event limit in each discipline; see (e) below.) Placing 1-2-3 in the Junior or Senior division at a World Championship qualifying event will prevent participation in any International division in that discipline in subsequent skating seasons. (NOTE: Team Dance and Solo Dance are separate disciplines.)

- (e) **In Team Dance, Solo Dance, and Figures ONLY**, skaters/teams may skate ~~one (1) Level (B) OR~~ one (1) Level (A) event AND one (1) International event in that discipline at the same qualifying championship. (Limit two (2) events per discipline, exclusive of Junior and Senior events. Placement in the International divisions has no effect on future eligibility in Level (A) divisions, but placing 1-2-3 at the National Championships in an International division will prevent future participation in any Level (B) division in that discipline.
- (f) **Skaters may NOT participate in a Level (B) event and an International division of the same discipline at the same qualifying championship.** (NOTE: Team Dance and Solo Dance are separate disciplines.)
- (g) All International events shall follow the World Skate rules and requirements for their corresponding World Skate division for the current skating season. Any exceptions shall be enumerated in this book. (e.g., There shall be no maximum age limit for the International Youth age division at domestic USARS competitions.)
- (h) All International events will be skated as a final only.

AR YD.104

Level (A) Events – Open to All Skaters/Teams

- (a) Skaters/teams may compete in any Level (A) event for which they are eligible by age.
- (b) Skaters/teams may only compete in one (1) Level (A) event per discipline at the National Championships.
- (c) Once a skater moves to a higher age division and places 1-2-3 at the National Championships in an event of six (6) or more contestants, they may not return to a lower age division, with the exception of a skater returning to his or her appropriate age division once a partnership terminates in Pairs or Team Dance.
- (d) Skaters/Teams may challenge up to the Junior or Senior division in the same discipline at the same qualifying championship. (Participation in Junior or Senior divisions does NOT count toward the two (2) event limit in each discipline; see (e) below.) Placing 1-2-3 in the Junior or Senior division at a World Championship qualifying event will prevent participation in any Level (A) division in that discipline in subsequent skating seasons. (NOTE: Team Dance and Solo Dance are separate disciplines.)
- (e) **In Team Dance, Solo Dance, and Figures ONLY**, skaters/teams may skate one (1) Level (A) event AND one (1) International event in that discipline at the same qualifying championship. Placement in the International divisions has no effect on future eligibility in Level (A) divisions. (NOTE: Team Dance and Solo Dance are separate disciplines.)
- (f) **Freshman and Sophomore Move-Up.** Skaters who place 1-2-3 at the National Championships in a Freshman (A) division, upon reaching the age of 15, may not skate the Sophomore (A) division in that discipline. Skaters who place 1st at the National Championships in a Sophomore (A) division can

no longer skate the Sophomore (A) division in that discipline in subsequent skating seasons. Skaters who place 1st at the National Championships in a Freshman/Sophomore (A) division, upon reaching the age of 15, cannot skate the Freshman/Sophomore (A) division in that discipline. (This rule does NOT apply to Pairs or Team Dance events.)

AR YD.105

Level (B) Events – Limited Participation

Level (B) events are limited to skaters/teams based on the following criteria:

- (a) Skaters/teams who have never placed 1-2-3 at the National Championships in an event of six (6) or more contestants in any event are eligible to skate Level (B) divisions in that discipline for future competitions.
- (b) Skaters/teams who have placed 2nd or 3rd in a Level (B) event of five (5) or fewer contestants at the National Championships are eligible to skate Level (B) divisions in that discipline for future competitions. In Level (B) events of five (5) or fewer contestants, ONLY the skaters/teams who have placed 1st at the National Championships are not eligible to compete in Level (B) events in that discipline in subsequent skating seasons.
- (c) Skaters/teams who have never qualified for finals in a Level (A) event where there was an elimination round at the National Championships are eligible to skate Level (B) divisions in that discipline for future competitions.
- (d) Any skater who has ever participated in an Elite event at a qualifying championship is NOT eligible to skate any Level (B) event in the same discipline.
- (e) Any skater who is, or has ever been, an Elite, Advanced, Certified, or Registered coach is NOT eligible to skate ANY Level (B) event.
- (f) Skaters may NOT skate a Level (A) and a Level (B) event in the same discipline at the same National Championships, with the exception of (g) below.
- (g) At Regional and National Championships, dance teams MAY compete with DIFFERENT PARTNERS in Level (A) and Level (B) Team Dance events based on each partner's eligibility. In such instances, qualification is specific to that unique partnership. For example, qualification of the Level (B) team does not affect the eligibility of the Level (A) team or vice versa.
- (i) Placing 1-2-3 at the National Championships in an International division will prevent future participation in any Level (B) division in that discipline. (NOTE: Team Dance and Solo Dance are separate disciplines.)
- (j) Skaters may NOT skate a World Skate International event of any discipline and compete in Open B Creative Solo Show.
- (k) At a Regional Championship, crossover (A) and (B) skaters/teams may skate both division events to qualify for the National Championships.
 - 1. If A-level and B-level participants qualify to participate at the National Championships in both events AND the A-level event

- contains five (5) or more Regional contestants, the skater/team may register ONLY in the A-level event at the National Championships.
2. If A-level and B-level participants qualify to participate at the National Championships in both events AND the A-level event contains four (4) or fewer Regional contestants, the skater/team may choose the event in which to compete at the National Championships.
 3. In the event of a skater/team vacating their position due to these crossover rules (AR YD.105.i.1 or AR YD.105.i.2), the next eligible skater by placement shall qualify to the National Championships.
- (I) At a Regional Championship, crossover International and Domestic (Juvenile, Elementary, Fresh/Soph) teams may skate both division events to qualify for the National Championships in Pairs.
1. If International-level and Domestic-level participants qualify to participate at the National Championships in both events AND the International-level event contains five (5) or more Regional contestants, the team may register ONLY in the International-level event at the National Championships.
 2. If International-level and Domestic-level participants qualify to participate at the National Championships in both events AND the International-level event contains four (4) or fewer Regional contestants, the team may choose the event in which to compete at the National Championships.
 3. In the event of a team vacating their position due to these crossover rules (AR YD.105.j.1 or AR YD.105.j.2), the next eligible team by placement shall qualify to the National Championships.

AR YD.106 Level (C) Events – Limited Participation (Unofficial Non-Qualifying)
 Level (C) events are limited to skaters/teams based on the following criteria:

- (a) Skaters/teams who have never qualified to skate the National Championships in a Level (A) or Level (B) event at the Regional Championships in the discipline skated, are eligible to skate Level (C) divisions in that discipline.
- (b) Skaters/teams MAY NOT skate Level (C) and Level (A) division events in the same discipline at the same qualifying Regional Championship.
- (c) Skaters/teams MAY NOT skate Level (C) and International or Advanced division events at the same qualifying Regional Championship.
- (d) Level (C) division skaters may challenge a Level (B) division event of the same discipline during the same qualifying championships.
- (e) Any skater who has ever participated in an Elite event at a qualifying championship is NOT eligible to skate ANY Level (C) event.

- (f) Any skater who is, or has ever been, an Elite, Advanced, Certified, or Registered coach is NOT eligible to skate ANY Level (C) event.
- (g) All Level (C) events are Regional only events and do not qualify to the National Championships.

AR YD.107

Other Events

The following are challenge-up rules for all Youth events that do not have an International, Level (A), Level (B), or Level (C) designation:

(a) Advanced Figures, Advanced Loops, & Advanced Free Skating

Advanced Figure and Advanced Loop division skaters may NOT compete in the corresponding Freshman/Sophomore (B) Figure or Loop division, Freshman (A) Figure or Loop division, Sophomore (A) Figure or Loop division, **Cadet Figure division, Youth Figure division**, Junior Figure division or Senior Figure division at the same qualifying championship.

Advanced Free Skating division skaters may NOT compete in the corresponding Freshman/Sophomore (B) Free Skating division, Cadet Free Skating division, Youth Free Skating division, Junior Free Skating division or Senior Free Skating division at the same qualifying championship.

(b) Advanced Domestic Solo Dance

The Advanced Domestic Solo Dance division is open to all registered skaters who have qualified to skate the National Championship in the Freshman (A), Sophomore (A), Classic Gold, Junior, or Senior Solo Dance divisions.

Advanced Domestic Solo Dance division skaters may NOT compete in the corresponding Freshman/Sophomore (B) Solo Dance division, Freshman (A) Solo Dance division, or Sophomore (A) Solo Dance division at the same qualifying championship.

(c) Pairs

Pairs teams may (if eligible by age), during the same qualifying championships, participate in Junior or Senior Pairs division. Placement 1-2-3 in Junior or Senior Pairs division at a World Championships qualifying competition will prevent participation in Juvenile, Elementary, Fresh/Soph, Mini, Espoir, Cadet, or Youth Pairs divisions in subsequent skating seasons.

(d) Elementary Team Dance

Elementary Team Dance teams may (if eligible by age), during the same qualifying championships, participate in Junior or Senior Team Dance division. Placement 1-2-3 in Junior or Senior Team Dance division at the National Championships will prevent participation in the Elementary Team Dance division in subsequent skating seasons. (The team will have the

option to skate Junior, Senior, or Classic Gold Team Dance divisions depending on age eligibility.)

AR YD.108

National Championship Qualification

- (a) All skaters shall qualify for the National Championships through participation and qualification at their Regional Championships.
- (b) ALL Team Dance contestants will automatically qualify for the National Championship by virtue of participating at the Regional Championships.
- (c) ALL Pairs contestants will automatically qualify for the National Championship by virtue of participating at the Regional Championships.

For all events, excluding Pairs and Team Dance, the number of skaters qualifying for the National Championships shall be no more than six (6) from any region. The number shall be determined as follows:

Number of Skaters or Teams	Number to Qualify for Nationals
1 – 8	4 qualify
9 – 10	5 qualify
11 +	6 qualify

The sliding scale above is based on actual skaters in the elimination round, or if no elimination round then actual skaters in the final round. For the purposes of the above, an entry must actually skate the event to be counted. Program listing will be disregarded in favor of score sheet listing. **Where applicable, additional skaters may skate the final round, where deemed necessary by the sliding scale rule.**

AR YD.109

Waiver to Next Higher Championship

USARS Headquarters may grant permission for skaters to advance to the next higher championship when they were unable to skate a Regional Championship if the following conditions are met:

- (a) They must be eligible to skate in that classification of competition.
- (b) They must be entered into the preliminary championships through proper application and with all applicable fees paid.
- (c) To draw a “bye” in the contest in question, there must be no more than the maximum number of participant/team entries in the contest advancing to the next higher championship round including the participant/team requesting the “bye”.

- (d) The basic criterion in this waiver is full intention of the contestant to skate. This is why the individual must be registered in the contest, paying all the fees as a show of good faith that they actually intended to be in the contest.
- (e) Obtaining a waiver or “bye” from an official Regional Championship does not constitute placement and no medals shall be awarded.
- (f) The highest open placement available must be awarded at any official contest leading to and including the National Championships.
- (g) The granting of a waiver or “bye” to the next higher championship is at the sole discretion of the USA Roller Sports Executive Director. All completed requests must be submitted on the proper Waiver Request Form and received at the USARS National Headquarters within 24 hours of the conclusion of the appropriate Regional Championship competition. **Waiver Link: [Here](#)**

AR YD.110

Size of the Contest

The number of contestants entered in a particular event shall determine the type of judging procedure to be followed in the selection of the contest Champion, as follows: From the Regional Championship, the number of contestants to qualify for the National Championship in all events, with the exception of Team Dance and Pairs events, will be based on the sliding scale rule (AR YD.107). Medals will be awarded for 1-2-3 placements at the Regional and National Championships. All International events will be skated as a final only.

- (a) Compulsory Figures, Loops, Domestic Free Skating, and Creative Solo Show
In contests of twelve (12) or fewer competitors, a FINAL ONLY EVENT will be skated. For contests of thirteen (13) or more competitors, an elimination round shall be skated, followed by a final event. (Regional qualifiers may elect to skate semi-finals as deemed necessary.) The number of skaters actually skating (not counting scratches) shall determine the number advancing to the final event as follows:

Number of Participants	Number to Skate Finals
12 or fewer	final event
13 – 14	six (6) skate finals
15 – 18	seven (7) skate finals
19 – 22	eight (8) skate finals
23 – 26	nine (9) skate finals
27 – 30	ten (10) skate finals
31 – 34	eleven (11) skate finals
35 or more	twelve (12) skate finals

(b) Domestic Pairs

In contests of twelve (12) or fewer teams, a FINAL ONLY event shall be skated. In contests of thirteen (13) or more teams, an elimination round will be skated, followed by a final round of six (6) teams warmed up in two (2) groups of three (3).

(c) Domestic Team Dance

In contests of twelve (12) or fewer teams, a FINAL ONLY event shall be skated. In contests of thirteen (13) or more teams, an elimination round will be skated, followed by a final round of eight (8) teams skated in two (2) flights of four (4).

(d) Domestic Solo Dance

In contests of twelve (12) or fewer competitors, a FINAL ONLY EVENT will be skated. For contests of thirteen (13) or more competitors, an elimination round shall be skated, followed by a final event. (Regional qualifiers may elect to skate semi-finals as deemed necessary.) The number of skaters actually skating (not counting scratches) shall determine the number advancing to the final event as follows:

Number of Participants	Number to Skate Finals
12 or fewer	final event
13 – 14	six (6) skate finals
15 – 22	eight (8) skate finals
23 – 34	nine (9) skate finals
35 or more	twelve (12) skate finals

AR YD.111 Order of Skating Final Round

In all events, when there is an elimination round, finalists will skate in reverse order from their appearance in the elimination round.

AR YD.112 Separate Male and Female Competitions

All events in the following divisions shall schedule separate competitions for male and female contestants: Figures, Loops, Free Skating, and Inline Free Skating. All Solo Dance divisions are co-ed and will be jointly skated by both males and females.

All Team Dance and Pairs divisions shall skate in mixed couples.

General Costume Rules

(a) Logo Identification on Skater Costumes

Because of the elaborate nature of artistic skating costumes, the size of advertisements/logos must be limited to three (3) inches at the largest dimension. A singular club patch or USARS approved sponsorship logo may be thus worn on either shoulder, the chest, or on the skirt. This restriction applies to warm-up events prior to a competition, and the competition itself. However, for all award ceremonies, artistic skating competitors may wear something other than their competitive costumes (substitute costume, warm-up suits, jackets, etc.) without any restriction on the numbers or size of logos or advertising, limited to USARS approved sponsors.

(b) General Costume Requirements for Youth Events at USARS competitions

(The costume requirements for all events at International competitions will follow World Skate rules)

1. In all artistic competitive roller skating events, the costumes for both women and men should be in character with the music but should not be such to cause embarrassment to the skater, judges, or spectators. Training costumes are not required to be in character; however, all other costume rules apply in training.
2. Costumes which are very low cut at the neck, or which show bare midriffs are considered show costumes and are not suitable for Championships skating.
3. Any piece of the costume including beads, trimmings, feathers, etc. on the costumes must be very securely fixed so as not to cause obstruction to the following contestants.
4. The woman's costume must be constructed to completely cover the hips and posterior. French-cut leotards are strictly prohibited, i.e., leotards which are cut higher than the hip bone.
5. The man's costume must not be sleeveless. The neckline of the costume must not expose the chest more than three (3) inches or eight (8) centimeters below the collarbone. Material with the appearance of nudity is not permitted. The man's shirt must not become detached from the waist of the trousers during a performance, to show a bare midriff.
6. The appearance of nudity of a costume is considered a violation of the rules and will be penalized, (this means too much use of body-stocking material which gives the appearance of nudity).
7. Props of any nature are not permitted. This means the costume remains the same throughout a performance with no additions during the performance, i.e. no use of props of any kind from beginning to the end.
(This rule does not apply to Show events. See Show rules.)

8. The painting of any part of the body is considered a “show” and is not allowed. **(This rule does not apply to Show events. See Show rules.)**
9. Penalties resulting from violations of the costume rules will be 1.0 for all events under **World Skate Scoring System** and 5 points for all events under the **Integer System**.

AR YD.114 Interruption of Skating Rules
Mechanical Failure

Mechanical failure of a skate shall be construed to mean:

1. Major repairs required:
 - (a) Breaking a hanger.
 - (b) Breaking a plate (which makes it impossible to skate).
 - (c) Breaking a toe stop.
2. Minor repairs required:
 - (a) Breaking a truck.
 - (b) Breaking or bending an action screw (king bolt).
 - (c) Breaking, bending, or slipping a pivot bolt.
 - (d) Breaking an axle.
 - (e) Breaking a wheel.
 - (f) Boot coming apart (breaking away from the plate).
 - (g) Costume failure (making it impossible to skate).
 - (h) Losing a wheel.
 - (i) Losing a toe stop.
 - (j) Losing a truck (except when caused by a broken action screw).
 - (k) Untied or broken skate laces.

In the case of a mechanical failure, the affected skater will report immediately to the referee. (Referee will note the time upon inspection of the failure and will allow the skater prescribed time to make the correction.)

- a. **Figure and loop events:** The judges will judge the rest of the contestants on the figure or loop being skated at the time of the failure. When the correction has been made, the skater will return to the referee to re-skate the figure or loop in its entirety. The next figure or loop will not be started until the affected skater has completed the figure or loop during which the failure occurred. The affected skater will then assume his or her regular position in the skating order for subsequent figures or loops.
- b. **Freestyle, inline freestyle, free dance, and pairs events:** If the referee finds that the interruption is justified, he or she shall allow the skater/team to correct the difficulty, and then to re-skate his or her entire routine, with the judges scoring from the point of failure. In the re-skate, the referee and

judges shall observe the skater/team to see that the movements of the routine are performed. Judges will check their content list along with the referee to make sure the skater/team will not “step through” the movements up to the point of failure. If the referee and judges feel that the skater/team is unduly changing the routine or doing it so as to be rested for the remaining portion, the referee shall stop the skating and disqualify the offending entrant.

The skating order of the event may be changed only in the case of a mechanical failure requiring a major repair. If a minor repair cannot be accomplished within fifteen (15) minutes, the skater shall be disqualified. If a major repair is required, the skater/team shall be allowed to skate last, with an allowance of fifteen (15) minutes after the last skater/team completes their routine. In a case of a mechanical skate failure affecting the last three (3) skaters/teams, thirty (30) minutes will be allowed to make a major repair. The time for repair shall be measured from the time of the referee’s decision.

- c. **Solo dance and team dance events:** In the case of a mechanical failure, the affected skater/team will report immediately to the referee, who will stop the flight. When the repair has been made, the affected flight will return to the skating surface and skate until the judges have completed judging the interrupted dance. At no time will another dance be skated until all the skaters/teams have been judged on the dance being skated at the time of the failure. Order of skating may be adjusted to continue the event.

Interruption Due to Illness

In the event of an interruption of skating due to illness, the Chief Referee may, at his or her discretion, limit the skater to a fifteen (15) minute recuperation period. If the skater cannot continue to skate after the fifteen (15) minute period, he or she shall be disqualified.

Other Interruptions

During the skating of a solo or team dance flight, the skater/team beginning the dance (as specified by the announcer at the discretion of the event referee) shall have the right of way. Subsequent skaters/teams in that flight shall yield the right of way to skaters/teams already in motion. Interruptions of skating based on failure to comply will result in a penalty of five (5) points for the offending skater/team. Such penalty will be assessed by the judge.

In such instances, the involved skaters/teams shall loop around and pick up the skating of the dance as close as possible to the point of interruption without interfering with the other skaters again and complete their normal repetitions or duration of the dance being skated. The judges shall complete the judging of the interrupted skater/team without penalty.

The event referee will determine whether the correct number of repetitions, or three (3) minute flight time (see AR YD.707), have been completed by all the skaters/teams in the flight, and will instruct the judges of incomplete repetitions or flight time skated.

If, in the determination of the Chief Referee, the skater/team is in violation of these rules to gain competitive advantage, the Chief Referee will direct the tabulators to take a five (5) point deduction from each judge's score. The Chief Referee may consult the event referee and event judges in making this determination on each infraction.

AR YD.115

Music for Free Skating, Pairs, and Free Dance

All forms of music, including vocal music, are permitted in all Free Skating, Pairs, and Team and Solo Free Dance divisions. Selected music should be tasteful and appropriate for public performance.

Rule AR YD.200 Compulsory Figures

AR YD.201

Figure Divisions

Figure events shall consist of the following:

Level (A)	Level (B)	Level (C)	Other
Primary A	Juvenile B	Open C**	Advanced Figures*
Juvenile A	Elementary B		Cadet Figures*
Elementary A	Freshman/Sophomore B		Youth Figures*
Freshman/Sophomore A Men			
Freshman A Girls			
Sophomore A Women			

* This event shall be skated as a final event only.

**C events are Regional only events, each region can separate C events by age based on number of entries

AR YD.202

Figure Requirements

All Level (C) and Level (B) events shall skate two (2) figure requirements per round at qualifying competitions. All Level (A) events shall skate three (3) figure requirements per round at qualifying competitions. The Advanced Figure division shall be a final event only and skate three (3) figure requirements at qualifying competitions. **Cadet and Youth Figure skaters shall skate three (3) figure requirements and one (1) loop requirement at qualifying competitions.** The figures will vary for each age division and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

AR YD.203

Warm-Up Compulsory Figure Competitions

(a) General Warm-Up Qualifying Competitions

For the General Warm-Up for all Figure events at qualifying championships, whether it is an elimination or final, when there are ten (10) or more skaters, the total number of contestants shall be divided into two (2) groups according to their order of skating. Group 1 will begin their General Warm-Up on the designated competitive set of circles while Group 2 will begin their General Warm-Up on the practice set of circles. At the halfway point of the allotted time, Group 1 will change to the practice set and Group 2 will move to the competitive set for the remainder of the General Warm-Up period. The announcer or event referee shall time the General Warm-Up period. Minimum General Warm-Up time shall be ten (10) minutes.

At the conclusion of the General Warm-Up for all Figure divisions, the floor will be cleared. Only the contestants warming up and the coaches of those skaters will be permitted on the skating surface. Once a contestant has completed his or her figure, the contestant and their coach must clear the floor.

(b) Official Warm-Up

Once the general warm-up is completed, the first three (3) skaters in skating order will take the practice set of circles in one (1) minute intervals to begin their official warm-up. After three (3) minutes, the first skater is sent to the referee, and the fourth skater is sent to the practice set of circles. From that point on, timing is no longer required. As each succeeding contestant is being scored, the next contestant in the skating order will begin his or her official warm-up.

AR YD.204

Grouping Contestants

Once contestants are divided into groups after final check-in, the groups will not be changed should a contestant withdraw from a contest.

At qualifying competitions, the number of figures divides the number of contestants, with any remainder being divided equally from the first group down as needed. (e.g., if there are 29 contestants and 3 figures, the first group would be contestants #1 through #10, the second group would be contestants #11 through #20, and the third group would be contestants #21 through #29. Contestant #1 would skate the first figure first, then contestant #11 would skate the second figure first, with the first group moving to the end of the skating order. Contestant #21 would skate the third figure first with the second group moving to the end of the skating order.) In events with five (5) or fewer skaters, there **shall not** be a rotation of skaters. In events with six to eight (6-8) skaters, the rotation is obtained by simply starting each figure with the next contestant (thus, the first contestant would skate the first figure first, the second contestant would skate the second figure first, with the first contestant moving to the end of the skating order, etc.). When an event has a number of skaters that does not divide evenly by the number of figures, the first group should have the largest grouping of skaters and will compete first.

AR YD.205

Number of Repetitions

All Level (A), Level (B), and Level (C) Figure divisions shall skate two (2) repetitions of each figure. Advanced Figure divisions shall skate three (3) repetitions of all serpentine figures and two (2) repetitions of all paragraph figures. **Cadet and Youth will follow World Skate repetition rules.**

Rule AR YD.300 Loops

AR YD.301 Loop Divisions

Loop events shall consist of the following:

Level (A)	Level (B)	Level (C)	Other
Primary A	Juvenile B	Open C**	Advanced Loops*
Juvenile A	Elementary B		
Elementary A	Freshman/Sophomore B		
Freshman/Sophomore A Men			
Freshman A Girls			
Sophomore A Women			

* This event shall be skated as a final event only.

**C events are Regional only events, each region can separate C events by age based on number of entries

AR YD.302 Loop Requirements

All Level (C) events shall skate two (2) circle loop requirements per round at qualifying competitions. All Level (B) events, and the Primary (A) event, shall skate two requirements per round at qualifying competitions, one loop requirement and one circle loop requirement. All other level (A) events shall skate three (3) loop requirements at qualifying competitions. The Advanced Loop division shall be a final event only and skate three (3) loop requirements at qualifying competitions.

The loops will vary for each age division and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

AR YD.303 Warm-Up Loop Competitions

(a) General Warm-Up Qualifying Competitions

For all Loop and Circle Loop events, general warm-up is as follows at qualifying competitions: The first three (3) skaters in skating order will warm up all requirements on the practice set of loop circles for the first two (2) minutes. After two (2) minutes, those skaters will move to the judging set of loop circles and continue warming up for an additional two (2) minutes, and then leave the circles. After the first three (3) skaters have moved to the judging set of loop circles, the next three (3) skaters in skating order will begin their warm-up on the practice set for two (2) minutes, and then move

to the judging set. This procedure should be repeated until all contestants are warmed up.

At the conclusion of the General Warm-Up for all Loop events, the floor will be cleared. Only the contestants warming up will be permitted on the skating surface. Coaches must remain off the skating surface once the official warm-up begins. Once a contestant has completed his or her loop, the contestant must clear the floor.

(b) Official Warm-Up

Once the general warm-up is completed, the first three (3) skaters in skating order will take the practice set of circles in one (1) minute intervals to begin their official warm-up. After three (3) minutes, the first skater is sent to the referee, and the fourth skater is sent to the practice set of circles. From that point on, timing is no longer required. As each succeeding contestant is being scored, the next contestant in the skating order will begin his or her official warm-up.

The rotation of contestants in Loop finals may require that the first skater to begin the second loop be given a two (2) minute break (beginning with the completion of his or her first loop) before starting the official warm-up for the second loop. The same format shall be followed for the third loop.

AR YD.304

Grouping Contestants

Once contestants are divided into groups after final check-in, the groups will not be changed should a contestant withdraw from a contest.

The number of loops divides the number of contestants, with any remainder being divided equally from the first group down as needed. (e.g., if there are 29 contestants and 3 loops, the first group would be contestants #1 through #10, the second group would be contestants #11 through #20, and the third group would be contestants #21 through #29. Contestant #1 would skate the first loop first, then contestant #11 would skate the second loop first, with the first group moving to the end of the skating order. Contestant #21 would skate the third loop first with the second group moving to the end of the skating order.) In events with five (5) or fewer skaters, there **shall not** be a rotation of skaters. In events with six to eight (6-8) skaters, the rotation is obtained by simply starting each loop with the next contestant (thus, the first contestant would skate the first loop first, the second contestant would skate the second loop first, with the first contestant moving to the end of the skating order, etc.). When an event has a number of skaters that does not divide evenly by the number of loops, the first group should have the largest grouping of skaters and will compete first.

AR YD.305 Number of Repetitions & Circle Loop Judging Criteria

(a) All Loop divisions shall skate two (2) repetitions of each loop, except for the Advanced Loop division, which shall skate three (3) repetitions of each loop.

(b) In this event (regardless of a youth event or adult event) there are expectations that the skating of these circles will provide the necessary background and experience for the ultimate inclusion of the loop itself.

The Judges will be considering the following criteria when scoring the Circle Loops:

1. The free leg must be trailing the skating foot at the entrance shoulder up to the long axis and should pass AT or IMMEDIATELY following the long axis
2. Correct execution of take-offs
3. Tracing without sub-curves or hitching
4. Correct execution of the change of edge
5. Adherence to the proper body posture baseline

There is NO specified point deduction in the Circle Loops. The judge's score will reflect all the criteria of the Circle Loop and the overall flow and execution.

AR YD.306 Combined Figure & Loop Events

Skaters may compete in their age-eligible Level (A), Level (B), Level (C), or Advanced Figure event, or their equivalent age-eligible Level (A), Level (B), Level (C), or Advanced Loop event, or both age-eligible events. If the skater participates in both the Figure and equivalent age-eligible Loop division events, they may be included into the "Combined" event for their age category.

Those skaters who participate in both age-appropriate division events, Figures and Loops, and enter the corresponding Combined event, will be tabulated into the Combined Champion score sheet, through the final round of competition in both events.

Rule AR YD.400 Free Skating

AR YD.401

Youth Free Skating Divisions

Youth Free Skating events shall consist of the following:

International	Domestic
Tot	Juvenile B
Mini	Elementary B
Espoir	Freshman/Sophomore B
Cadet	Open C**
Youth	Advanced

** C events are Regional only events, each region can separate C events by age based on number of entries.

AR YD.402

Warm-Up Free Skating Competitions

Warm-up time may be based on the maximum skating time allotted for each division. A longer period may be given, however, if the schedule allows.

Generally, for International Free Skating divisions, two minutes more than the maximum skating time is given, and for Domestic Free Skating divisions, one minute more than the maximum skating time is given.

Skaters will be informed when one minute is left in their warm-up period. There will be a mandatory one-minute break after each official group warm-up. This will allow the first skater to use the maximum warm-up time.

AR YD.403

Grouping Contestants

Contestants will be divided into warm-up groups based on the total number of skaters in the event. The maximum number per Free Skating warm-up group for Cadet and Youth divisions shall be six (6), and for all other Free Skating divisions shall be eight (8), or determined at the discretion of the Meet Director. When an event has a number of skaters that does not divide evenly by the maximum group size, the first group should have the largest grouping of skaters and will compete first.

The number of contestants in a warm-up group should not require any skater in a group to wait more than thirty (30) minutes before competing.

AR YD.404

Content Infractions

Content infractions (any deviation to the free skating requirements per event) shall be penalized five (5) points per infraction, on the Technical Merit score ("A" Mark) by the judges.

AR YD.405 Free Skating Requirements – International Events

The requirements for all International Free Skating events may be found by consulting the World Skate rulebook for Free Skating, which may be found [here](#)

Division	Short Program Time Limit	Long Program Time Limit
Tot	--*	2:30 +/- 10 seconds
Mini	--*	2:45 +/- 10 seconds
Espoir	2:00 +/- 5 seconds	3:15 +/- 10 seconds
Cadet	2:30 +/- 5 seconds	3:30 +/- 10 seconds
Youth	2:30 +/- 5 seconds	4:00 +/- 10 seconds

* Tots and Minis will only compete a long program

NOTE: In Tot Free Skating, a skater attempting Axels or double jumps shall not be penalized, but shall receive no credit for these items. However, if a skater falls on any of these items, they shall receive the standard deduction for a fall.

AR YD.406 Free Skating Requirements – Domestic Events

Division	Age	Time Limit	Requirements & Limitations
Advanced	13 & over	max. 3:30	<p>Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, axel, double toe loop, and double salchow, double flip, double loop, and double lutz.</p> <ul style="list-style-type: none"> • Maximum two (2) jump combinations – maximum four (4) jumps each. • Axel and doubles cannot be performed more than twice. If performed twice, one must be in combination. The same 1 rotation jump cannot be performed more than three (3) times. • Maximum three (3) spins allowed. • One must be a combination spin (max 4 positions) and include a sit spin. • One must be a solo spin. • If a third spin is presented, it may be a solo spin or a combination spin (maximum three (3) positions). • Camel, upright, and sit positions are allowed.

			<p>One (1) footwork sequence to cover 3/4 of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 4 of: three turn, mohawk, traveling turn, spiral, bracket, rocker, counter, and Choctaw.</p>
Juvenile (B)	10 & under	2:15 +/- 10	<p>Maximum ten (10) jumps (including jumps used in combinations), consisting of 1 rotation jumps, waltz jump, and axle.</p> <ul style="list-style-type: none"> • Maximum two (2) jump combinations – One with a maximum of four (4) jumps and one with a maximum of two (2) jumps. • Must include a toe loop, either solo or in combination. • The same jump cannot be performed more than three (3) times. • Maximum two (2) spins allowed. • One must be a combination spin (max 3 positions) and include a sit spin. • One must be a solo spin. • Camel, upright, and sit positions are allowed (no heel, broken, or inverted). <p>One (1) footwork sequence to cover 3/4 of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 3 of: cross in front, inside three turn, outside three turn, open mohawk, traveling turn.</p>
Elementary (B)	12 & under	2:45 +/- 10	<p>Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, waltz jump, axel, double toe loop, and double salchow.</p> <ul style="list-style-type: none"> • Maximum two (2) jump combinations – maximum four (4) jumps each. • Must include an axel or waltz jump, either solo or in combination. • Must include a toe loop (single or double), either solo or in combination. • Axel and doubles cannot be performed more than twice. If performed twice, one must be in combination. The same 1 rotation jump cannot be performed more than three (3) times. • Maximum three (3) spins allowed. • One must be a combination spin (max 4 positions) and include a sit spin.

			<ul style="list-style-type: none"> • One must be a solo spin. • If a third spin is presented, it may be a solo spin or a combination spin (maximum three (3) positions). • Camel, upright, and sit positions are allowed (no heel, broken, or inverted). <p>One (1) footwork sequence to cover 3/4 of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 4 of: three turn, mohawk, traveling turn, spiral, bracket, rocker, counter, and Choctaw.</p>
Freshman/ Sophomore (B)	13 & over	3:00 +/- 10	<p>Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, axel, double toe loop, and double salchow.</p> <ul style="list-style-type: none"> • Maximum two (2) jump combinations – maximum four (4) jumps each. • Must include an axel, either solo or in combination. • Must include a toe loop (single or double), either solo or in combination. • Axel and doubles cannot be performed more than twice. If performed twice, one must be in combination. The same 1 rotation jump cannot be performed more than three (3) times. • Maximum three (3) spins allowed. • One must be a combination spin (max 4 positions) and include a sit spin. • One must be a solo spin. • If a third spin is presented, it may be a solo spin or a combination spin (maximum three (3) positions). • Camel, upright, and sit positions are allowed (no heel, broken, or inverted). <p>One (1) footwork sequence to cover 3/4 of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 4 of: three turn, mohawk, traveling turn, spiral, bracket, rocker, counter, and Choctaw.</p>

Open (C)	all	max. 2:00	<p>One sequence of footwork must be included. The required pattern will vary and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.</p> <p>Maximum of eight (8) jumps (including jumps used in combinations), each not to exceed one (1) rotation. Maximum of one (1) jump combination, containing a maximum of three (3) jumps (each of not more than a single rotation). Maximum of three (3) spins, in which one (1) may be a combination/change spin (no camel spins, may only use upright and sit positions). No repeated items (spins or jumps) unless used in the combination.</p>
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Rule AR YD.500

Inline Free Skating

AR YD.501

Open Youth Inline Free Skating

The Open Youth Inline Free Skating division is open to skaters age 17 and under.

AR YD.502

Warm-Up Open Inline Free Skating Competitions

Warm-up time may be based on the maximum skating time allotted for each division. A longer period may be given, however, if the schedule allows.

Generally, for Inline Free Skating, one minute more than the maximum skating time is given.

Skaters will be informed when one minute is left in their warm-up period. There will be a mandatory one-minute break after each official group warm-up. This will allow the first skater to use the maximum warm-up time.

AR YD.503

Grouping Contestants

Contestants will be divided into warm-up groups based on the total number of contestants. The maximum number per Inline Free Skating warm-up group shall be eight (8), or determined at the discretion of the Meet Director. When an event has an odd number of skaters, the first group should have the largest grouping of skaters and will compete first.

The number of contestants in a warm-up group should not require any skater in a group to wait more than thirty (30) minutes before competing.

AR YD.504

Content Infractions

Content infractions (any deviation to the free skating requirements per event) shall be penalized five (5) points per infraction, on the Technical Merit score ("A" Mark) by the judges.

AR YD.505

Inline Free Skating Requirements

Open Youth Inline Division

Time Limit: no minimum, maximum 3:00

Content Requirements:

Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, axel, double toe loop, and double salchow, double flip, double loop, and double lutz.

- Maximum two (2) jump combinations – maximum four (4) jumps each.

- No repeated jumps permitted unless used in combination.
- Maximum of three (3) spins, in which two (2) may be a combination/change spin (may use camel or sit positions).
- No repeated spins permitted unless used in combination.
- One sequence of footwork must be included. The chosen pattern for the year can be found by consulting the annual Roller Figure Skating Requirements.

Rule AR YD.600 Pairs

AR YD.601

Pairs Divisions

Pairs events shall consist of the following:

International	Domestic
Mini	Juvenile
Espoir	Elementary
Cadet	Fresh/Soph
Youth	

AR YD.602

Team Eligibility

In Pairs teams of any division, the two members of the team shall participate in the event determined by the age of the older partner.

A skater who moves to a higher division because of his or her partner's age or division will be allowed to return to a lower or their appropriate age division once that partnership terminates, provided the competitor is still qualified by age. **National Championship placements 1-2-3 in the higher division in which there are six (6) or more competitors preclude a skater from participating in the lower event.**

There may NOT be a substitution of partners in between the Regional and National Championships.

Split Club Affiliation: Split club affiliation for all Pairs teams is permitted, regardless of regional affiliation. Teams may choose either of the two Regions they individually represent in which to enter as a team; however, their individual events (Figures, Solo Dance, Free Skating) must be entered in the USARS Region in which that skater's club is domiciled.

AR YD.603

Warm-Up Pairs Competitions

Warm-up time may be based on the maximum skating time allotted for each division. A longer period may be given, however, if the schedule allows. For International Pairs divisions, two minutes more than the maximum skating time is given, and for Domestic Pairs divisions, one minute more than the maximum skating time is given.

Skaters will be informed when one minute is left in their warm-up period. There will be a mandatory one-minute break after each official group warm-up. This will allow the first skater to use the maximum warm-up time.

AR YD.604 Grouping Contestants

Teams will be divided into warm-up groups based on the total number of teams. The maximum number per Pairs warm-up group shall be five (5), or determined at the discretion of the Meet Director. When an event has an odd number of teams, the first group should have the largest grouping of teams and will compete first.

The number of contestants in a warm-up group should not require any team in a group to wait more than thirty (30) minutes before competing.

AR YD.605 Content Infractions

Content infractions (any deviation to the pairs requirements per event) shall be penalized five (5) points per infraction, on the Technical Merit score (“A” Mark) by the judges.

AR YD.606 Pairs Requirements – International Events

The requirements for all International Pairs events may be found by consulting the World Skate rulebook for Pairs, which may be found [here](#).

Division	Short Program Time Limit	Long Program Time Limit
Mini	--*	2:30 +/- 10 seconds
Espoir	2:15 +/- 5 seconds	3:00 +/- 10 seconds
Cadet	2:30 +/- 5 seconds	3:45 +/- 10 seconds
Youth	2:30 +/- 5 seconds	4:00 +/- 10 seconds

* Minis will only compete a long program

AR YD.607 Pairs Requirements – Domestic

Division	Age	Time Limit	Requirements
Juvenile	10 & under	max. 2:30	One section of footwork must be included. The required pattern will vary and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.
Elementary	12 & under	max. 3:00	
Fresh/Soph	13 & over	max. 3:30	

Rule AR YD.700 Team Dance – Domestic

AR YD.701

Domestic Team Dance Divisions

Domestic Team Dance events shall consist of the following:

Juvenile
Elementary
Freshman/Sophomore A
Freshman/Sophomore B
Open C**

**C events are Regional only events, each region can separate C events by age based on number of entries

AR YD.702

Team Eligibility

In Dance Teams of any division, the two members of the team shall participate in the event in which the most advanced member of a team must participate; i.e., determined by the age of the older partner or the higher qualified classification of competition.

A skater who moves to a higher division because of his or her partner's age or division will be allowed to return to a lower or their appropriate age division once that partnership terminates, provided the competitor is still qualified by age. **National Championship placements 1-2-3 in the higher division in which there are six (6) or more competitors preclude a skater from participating in the lower event.**

There may NOT be a substitution of partners in between the Regional and National Championships.

Split Club Affiliation: Split club affiliation for all Youth Dance teams is permitted, regardless of regional affiliation. Teams may choose either of the two Regions they individually represent in which to enter as a team; however, their individual events (Figures, Solo Dance, Free Skating) must be entered in the USARS Region in which that skater's club is domiciled.

AR YD.703

Team Dance Requirements

All Level (C), Level (B), Juvenile, and Elementary events shall skate two (2) dance requirements per round at qualifying competitions. Freshman/Sophomore A divisions shall skate three (3) dance requirements per round at qualifying competitions.

The dances will vary for each age division. Domestic Team Dance requirements may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

AR YD.704

Warm-Up Team Dance Competitions

For all Domestic Team Dance divisions, **when fewer than three (3) flights are to be skated**, all teams shall warm up for two (2) minutes, then clear the floor. Each dance will be skated with Flight 1 starting first.

When three (3) flights are to be skated, warm up will be as follows:

- First Dance: Warm up Flight 1 for two (2) minutes, clear the floor, warm up Flights 2 and 3 together for two (2) minutes, clear the floor, skate the first dance with Flight 1 starting first.
- Second Dance: Warm up Flight 2 for two (2) minutes, clear the floor, warm up Flights 3 and 1 together for two (2) minutes, clear the floor, skate the second dance with Flight 2 starting first.
- Third Dance (where applicable): Warm up Flight 3 for two (2) minutes, clear the floor, warm up Flights 2 and 1 together for two (2) minutes, clear the floor, skate the third dance with Flight 3 starting first.

When more than three (3) flights skate, warm up will be in equal groups with the flight to skate first in the next dance being in the first warm-up group.

In Domestic Team Dance competitions, each successive dance will individually be warmed up and then skated. For purposes of warm-up, flights will be combined into groups, using any currently acceptable method. The group that contains the flight that starts the next dance always warms up first. For example: In an event of nine flights and three dances, the teams are divided into three groups. Flight 4 (in group 2) will start the second dance; therefore, Group 2 will warm up first. Flight 7 (in group 3) starts the third dance so group 3 will warm up first. The largest number of the remaining flights will be in the last warm-up group. This will allow the flight that is to start the next dance the maximum time to prepare for that dance.

AR YD.705

Flighting Contestants

For all Domestic Team Dance divisions, competitions must be skated in flights of no fewer than two (2) and no more than four (4). When an event has an odd number of teams, the first flight should have the largest grouping of teams and will compete first. The dances will vary for each age division in Team Dance and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

Flights are to be divided according to the number of dances to be skated. **In events with fewer than five (5) flights**, Flight 1 will start the first dance, Flight 2 will start the second dance, and Flight 3 will start the third dance. **When there are five (5) or more flights**, the rotation will change as follows: Flight 1 will start

the first dance, Flight 3 will start the second dance, and Flight 5 will start the third dance.

In all Domestic Team Dance **final** events, at the National Championship, the starting of each dance will rotate by contestant number. In the drawn flights, the lowest number will begin the first dance, followed by the next lowest number team who will begin the second dance, while the third dance will begin with the third lowest number in the flight. (e.g., Team #101 starts Dance 1, Team #102 starts Dance 2, and Team #103 starts Dance 3)

AR YD.706

Number of Opening Beats

For all waltz dances, teams shall begin each dance from an opening of either twelve (12) or twenty-four (24) beats.

For the Rhythm Blues, teams shall begin the dance from an opening of either ten (10) or eighteen (18) beats.

For all other dance rhythms, teams shall begin each dance from an opening of either eight (8) or sixteen (16) beats.

AR YD.707

Judging Period

All Domestic Team Dance divisions shall be judged using the Integer scoring system.

When a team is announced and takes the floor, their entrance must not exceed fifteen (15) seconds.

In all Domestic Team Dance divisions, flights shall skate a judging period of a maximum of three (3) minutes for each dance, with the timing of the flights to begin with the start of the first team. The rest period shall be 30 seconds between skating periods. A flight may skate multiple skating periods until judging of the dance is complete for that flight. If rest periods are necessary, skaters are not allowed to leave the skating surface.

Rule AR YD.800 Team Dance – International

AR YD.801

International Team Dance Divisions

International Team Dance events shall consist of the following:

Mini	Compulsory Dance + Free Dance
Espoir	Compulsory Dance + Free Dance
Cadet	Style Dance + Free Dance
Youth	Style Dance + Free Dance

AR YD.802

Team Eligibility

In Dance Teams of any division, the two members of the team shall participate in the event in which the most advanced member of a team must participate; i.e., determined by the age of the older partner or the higher qualified classification of competition.

A skater who moves to a higher division because of his or her partner's age or division will be allowed to return to a lower or their appropriate age division once that partnership terminates, provided the competitor is still qualified by age. **National Championship placements 1-2-3 in the higher division in which there are six (6) or more competitors preclude a skater from participating in the lower event.**

There may NOT be a substitution of partners in between the Regional and National Championships.

Split Club Affiliation: Split club affiliation for all Youth Dance teams is permitted, regardless of regional affiliation. Teams may choose either of the two Regions they individually represent in which to enter as a team; however, their individual events (Figures, Solo Dance, Free Skating) must be entered in the USARS Region in which that skater's club is domiciled.

AR YD.803

Team Dance Requirements

Mini and Espoir Team Dance events shall skate two (2) Compulsory Dance requirements and one (1) Free Dance requirement at qualifying competitions. Cadet and Youth Team Dance events shall skate one (1) Style Dance requirement and one (1) Free Dance requirement at qualifying competitions.

International Team Dance requirements may be determined by consulting the World Skate rulebook for Team Dance, which may be found [here](#). All diagrams and descriptions for World Skate dances can be found in the Dance and Solo Dance Book, which may be found [here](#).

AR YD.804 Warm-Up Team Dance Competitions
Compulsory Dance

Teams will be divided into warm-up groups based on the total number of flights in the event. The maximum number per International Team Dance warm-up group shall be six (6) teams, or three (3) flights, or determined at the discretion of the Meet Director. When an event has a number of flights that does not divide evenly by the maximum group size, the first group should have the largest grouping of teams and will compete first.

The first group will warm up on the first dance to be skated, followed by all flights in the first group being judged on that dance. Then the second group will warm up the first dance, followed by all flights in the second group being judged on that dance, and so on. After the judging of the first dance, each group will warm up and subsequently be judged on the second dance, in the same manner as the first dance. The middle warm-up group will be the first group to warm up the second dance.

Each dance warm-up will be fifteen (15) seconds without music, and then one (1) piece of music for the dance will be played. (The piece of music must be at least two (2) minutes in length.)

If there is a team drawn to skate the first dance in the last group and the second dance in the first group, there will be a break of five (5) minutes between the first and second dance for a change of costume if the team desires.

Style Dance & Free Dance

Warm-up time may be based on the maximum skating time allotted for each division. A longer period may be given, however, if the schedule allows. Generally, for Style Dance divisions, four and a half minutes are given, and for Free Dance divisions, two (2) minutes more than the maximum skating time is given.

Skaters will be informed when one minute is left in their warm-up period. There will be a mandatory one-minute break after each official group warm-up. This will allow the first skater or team to use the maximum warm-up time.

Skaters or teams will be divided into warm-up groups based on the total number of skaters. The maximum number per Team Style Dance and Free Dance warm-up group shall be four (4), or determined at the discretion of the Meet Director. When an event has an odd number of teams, the first group should have the largest grouping of skaters or teams and will compete first.

The number of contestants in a warm-up group should not require any skater or team in a group to wait more than thirty (30) minutes before competing.

AR YD.805 Flighting Contestants & Order of Skating
Compulsory Dance Flighting

International Team Compulsory Dance competitions must be skated one (1) team at a time, or determined at the discretion of the Meet Director.

Teams are to be divided according to the number of dances to be skated. The first team will start the first dance, and the middle team will start the second dance.

If the Meet Director chooses to run the event in flights of two (2) teams, the starting of each dance will rotate by contestant number. In the drawn flights, the lowest number will begin the first dance, followed by the other team in the flight, who will begin the second dance. (e.g., Team #1 starts Dance 1, and Team #2 starts Dance 2.)

Free Dance Order of Skating

The order of skating the Free Dance shall be the reverse placement order from the Compulsory Dance round (for Mini and Espoir) or the Style Dance round (for Cadet and Youth).

AR YD.806 Compulsory Dance Number of Opening Beats

For all dances, teams shall begin each dance from an opening of no more than twenty-four (24) beats.

Teams shall begin each dance with step one (1) of the dance pattern placed to the left of the judges (or as decided at the discretion of the Meet Director), and finish with step one (1) of the dance after the required number of repetitions have been completed.

AR YD.807 Judging Period

All International Team Dance divisions shall be judged using the ~~RollArt~~ **World Skate Scoring System**.

When a team is announced and takes the floor, their entrance must not exceed fifteen (15) seconds.

Compulsory Dance

In International Team Dance divisions, each flight shall skate four (4) repetitions of a half circuit dance, or two (2) repetitions of a full circuit dance. If all flights in an event are skated one (1) team at a time, then each team will be judged on all repetitions of the dance. Otherwise, the following procedures apply: In flights of

two (2) teams, the first team to be judged shall be judged on their first two (2) repetitions of a half circuit dance or their first repetition of a full circuit dance, and the second team to be judged shall be judged on their last two (2) repetitions of a half circuit dance or their second repetition of a full circuit dance. In flights of one (1) team, on the first dance, the team shall be judged on their first two (2) repetitions of a half circuit dance or their first repetition of a full circuit dance; on the second dance, the team shall be judged on their last two (2) repetitions of a half circuit dance or their second repetition of a full circuit dance.

When a team completes their required number of repetitions, they may not end in a stationary position. Their ending steps must exit the rink so as not to disrupt the judging of the other team in the flight.

Style Dance & Free Dance

Division	Style Dance Time Limit	Free Dance Time Limit
Mini	--*	2:45 +/- 10 seconds
Espoir	--*	3:00 +/- 10 seconds
Cadet	3:00 +/- 10 seconds	3:30 +/- 10 seconds
Youth	3:00 +/- 10 seconds	3:30 +/- 10 seconds

* Mini and Espoir compete Compulsory Dance and Free Dance

Rule AR YD.900 Solo Dance – Domestic

AR YD.901

Domestic Solo Dance Divisions

Domestic Solo Dance events shall consist of the following:

Level (A)	Level (B)	Level (C)	Other Domestic
Primary A	Juvenile/Elementary B	Open C**	Advanced Domestic (qualification)*
Juvenile A	Freshman/Sophomore B		
Elementary A			
Freshman A			
Sophomore A			

* This event shall be skated as a final event only.

**C events are Regional only events, each region can separate C events by age based on number of entries

AR YD.902

Dance Steps

All contestants in Solo Dance divisions shall use the woman's dance steps when dance steps differ for the man and woman, except when noted to the contrary in the annual Roller Figure Skating Competitive Requirements.

AR YD.903

Solo Dance Requirements

Primary (A) and all Level (B) Solo Dance skaters shall skate two (2) compulsory dance requirements per round at qualifying competitions. All other Level (A), and Advanced Domestic Solo Dance skaters shall skate three (3) compulsory dance requirements per round at qualifying competitions.

The dances will vary for each age division. Domestic Solo Dance requirements may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

AR YD.904

Warm-Up Solo Dance Competitions

For all Level (A), Level (B), Level (C), and Advanced Domestic Solo Dance events, **when fewer than three (3) flights are to be skated**, all skaters shall warm up for two (2) minutes, then clear the floor. Each dance will be skated with Flight 1 starting first.

When three (3) flights are to be skated, warm up will be as follows:

- First Dance: Warm up Flight 1 for two (2) minutes, clear the floor, warm up Flights 2 and 3 together for two (2) minutes, clear the floor, skate the first dance with Flight 1 starting first.

- Second Dance: Warm up Flight 2 for two (2) minutes, clear the floor, warm up Flights 3 and 1 together for two (2) minutes, clear the floor, skate the second dance with Flight 2 starting first.
- Third Dance (where applicable): Warm up Flight 3 for two (2) minutes, clear the floor, warm up Flights 2 and 1 together for two (2) minutes, clear the floor, skate the third dance with Flight 3 starting first.

When more than three (3) flights skate, warm up will be in equal groups with the flight to skate first in the next dance being in the first warm-up group.

In Solo Dance competitions, each successive dance will individually be warmed up and then skated. For purposes of warm-up, flights will be combined into groups, using any currently acceptable method. The group that contains the flight that starts the next dance always warms up first. For example: In an event of nine flights and three dances, the skaters are divided into three groups. Flight 4 (in Group 2) will start the second dance; therefore, Group 2 will warm up first. Flight 7 (in Group 3) starts the third dance so Group 3 will warm up first. The largest number of the remaining flights will be in the last warm-up group. This will allow the flight that is to start the next dance the maximum time to prepare for that dance.

AR YD.905

Flighting Contestants

All Level (A), Level (B), Level (C), and Advanced Domestic Solo Dance competitions must be skated in flights of no fewer than two (2) and no more than four (4). When an event has an odd number of skaters, the first flight should have the largest grouping of skaters and will compete first. The dances will vary for each age division in Solo Dance and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

Flights are to be divided according to the number of dances to be skated. **In events with fewer than five (5) flights**, Flight 1 will start the first dance, Flight 2 will start the second dance, and Flight 3 will start the third dance. **When there are five (5) or more flights**, the rotation will change as follows: Flight 1 will start the first dance, Flight 3 will start the second dance, and Flight 5 will start the third dance.

In all Solo Dance **final** events, at the National Championship, the starting of each dance will rotate by contestant number. In the drawn flights, the lowest number will begin the first dance, followed by the next lowest number skater who will begin the second dance, while the third dance will begin with the third lowest number in the flight. (e.g., Skater #101 starts Dance 1, Skater #102 starts Dance 2, and Skater #103 starts Dance 3)

- AR YD.906 **Number of Opening Beats**
For all waltz dances, skaters shall begin each dance from an opening of either twelve (12) or twenty-four (24) beats.
- For the Rhythm Blues, skaters shall begin the dance from an opening of either ten (10) or eighteen (18) beats.
- For all other dance rhythms, skaters shall begin each dance from an opening of either eight (8) or sixteen (16) beats.
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- AR YD.907 **Judging Period**
All Domestic Solo Dance divisions shall be judged using the Integer scoring system.
- When a skater is announced and takes the floor, their entrance must not exceed fifteen (15) seconds.
- All Level (A), Level (B), Level (C), and Advanced Domestic Solo Dance flights shall skate a judging period of a maximum of three (3) minutes for each dance, with the timing of the flights to begin with the start of the first skater. The rest period shall be 30 seconds between skating periods. A flight may skate multiple skating periods until judging of the dance is complete for that flight. If rest periods are necessary, skaters are not allowed to leave the skating surface.
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- AR YD.908 **Junior & Senior Challenge Up**
Advanced Domestic Solo Dance skaters may (if eligible by age), during the same qualifying championships, participate in the Junior or Senior Solo Dance division. Placement in the Junior or Senior Solo Dance division at the National Championships does not affect eligibility in the Advanced Domestic Solo Dance divisions.
- NOTE: Past performance in Team Dance divisions has no effect on Solo Dance eligibility, and vice versa.

Rule AR YD.1000 Solo Dance – International

AR YD.1001 International Solo Dance Divisions

Skaters may only skate one (1) International Solo Dance event at qualifying competitions. International Solo Dance events shall consist of the following:

Juvenile/Elementary International*	Compulsory Dance only
Freshman/Sophomore International*	Compulsory Dance only
Tot	Compulsory Dance + Free Dance
Mini	Compulsory Dance + Free Dance
Espoir	Compulsory Dance + Free Dance
Cadet Men	Style Dance + Free Dance
Cadet Women	Style Dance + Free Dance
Youth Men	Style Dance + Free Dance
Youth Women	Style Dance + Free Dance

* These events shall be skated as a single-round final event only.

AR YD.1002 Dance Steps

All contestants in Solo Dance divisions shall use the woman's dance steps when dance steps differ for the man and woman, except when noted to the contrary in the annual Roller Figure Skating Competitive Requirements, or in the World Skate Artistic Requirements.

AR YD.1003 Solo Dance Requirements

Juvenile/Elementary and Freshman/Sophomore International Solo Dance divisions shall skate two (2) Compulsory Dance requirements at qualifying competitions.

Tot Solo Dance event shall skate one (1) Compulsory Dance requirement and one (1) Free Dance requirement at qualifying competitions. Mini and Espoir Solo Dance events shall skate two (2) Compulsory Dance requirements and one (1) Free Dance requirement at qualifying competitions. Cadet and Youth Solo Dance events shall skate one (1) Style Dance requirement and one (1) Free Dance requirement at qualifying competitions.

The dances and requirements will vary for each age division.

Juvenile/Elementary and Freshman/Sophomore Solo Dance requirements may be determined by consulting the annual Roller Figure Skating Competitive Requirements. Tot, Mini, Espoir, Cadet, and Youth Solo Dance requirements may be determined by consulting the World Skate rulebook for Solo Dance, which

may be found [here](#). All diagrams and descriptions for World Skate dances can be found in the Dance and Solo Dance Book, which may be found [here](#).

AR YD.1004 Warm-Up Solo Dance Competitions
Compulsory Dance

In all International Solo Dance events, skaters will be divided into warm-up groups based on the total number of flights in the event. The maximum number per International Solo Dance warm-up group shall be six (6) skaters, or three (3) flights, or determined at the discretion of the Meet Director. When an event has a number of flights that does not divide evenly by the maximum group size, the first group should have the largest grouping of skaters and will compete first.

The first group will warm up on the first dance to be skated, followed by all flights in the first group being judged on that dance. Then the second group will warm up the first dance, followed by all flights in the second group being judged on that dance, and so on. After the judging of the first dance, each group will warm up and subsequently be judged on the second dance, in the same manner as the first dance. The middle warm-up group will be the first group to warm up the second dance.

Each dance warm-up will be fifteen (15) seconds without music, and then one (1) piece of music for the dance will be played. (The piece of music must be at least two (2) minutes in length.)

If there is a skater drawn to skate the first dance in the last group and the second dance in the first group, there will be a break of five (5) minutes between the first and second dance for a change of costume if the skater desires.

Style Dance & Free Dance

Warm-up time may be based on the maximum skating time allotted for each division. A longer period may be given, however, if the schedule allows. Generally, for Style Dance divisions, four and a half minutes are given, and for Free Dance divisions, one (1) minute more than the maximum skating time is given.

Skaters will be informed when one minute is left in their warm-up period. There will be a mandatory one-minute break after each official group warm-up. This will allow the first skater or team to use the maximum warm-up time.

Skaters or teams will be divided into warm-up groups based on the total number of skaters. The maximum number per Solo Free Dance warm-up group shall be six (6), or determined at the discretion of the Meet Director. When an event has

an odd number of skaters or teams, the first group should have the largest grouping of skaters or teams and will compete first.

The number of contestants in a warm-up group should not require any skater or team in a group to wait more than thirty (30) minutes before competing.

AR YD.1005 **Flighting Contestants & Order of Skating**
Compulsory Dance Flighting

Juvenile/Elementary and Freshman/Sophomore International Solo Dance competitions shall be skated two (2) skaters at a time, or determined at the discretion of the Meet Director.

Tot, Mini, and Espoir Compulsory Dance competitions shall be skated one (1) skater at a time, or determined at the discretion of the Meet Director.

Skaters are to be divided according to the number of dances to be skated. The first skater will start the first dance, and the middle skater will start the second dance.

If the Meet Director chooses to run the event in flights of two (2) skaters, the starting of each dance will rotate by contestant number. In the drawn flights, the lowest number will begin the first dance, followed by the other skater in the flight, who will begin the second dance. (e.g., Skater #1 starts Dance 1, and Skater #2 starts Dance 2.)

Free Dance Order of Skating

The order of skating the Free Dance shall be the reverse placement order from the Compulsory Dance round (for Tot, Mini, and Espoir) or the Style Dance round (for Cadet and Youth).

AR YD.1006 **Compulsory Dance Number of Opening Beats**

For all dances, skaters shall begin each dance from an opening of no more than twenty-four (24) beats.

Skaters shall begin each dance with step one (1) of the dance pattern placed to the left of the judges (or as decided at the discretion of the Meet Director), and finish with step one (1) of the dance after the required number of repetitions have been completed.

AR YD.1007 Judging Period

Juvenile/Elementary and Freshman/Sophomore Solo Dance divisions shall be judged using the Integer scoring system.

Tot, Mini, Espoir, Cadet, and Youth Solo Dance divisions shall be judged using the **World Skate Scoring System**.

When a skater is announced and takes the floor, their entrance must not exceed fifteen (15) seconds.

Compulsory Dance

In International Solo Dance divisions, each flight shall skate four (4) repetitions of a half circuit dance, or two (2) repetitions of a full circuit dance. If all flights in an event are skated one (1) skater at a time, then each skater will be judged on all repetitions of the dance. Otherwise, the following procedures apply: In flights of two (2) skaters, the first skater to be judged shall be judged on their first two (2) repetitions of a half circuit dance or their first repetition of a full circuit dance, and the second skater to be judged shall be judged on their last two (2) repetitions of a half circuit dance or their second repetition of a full circuit dance. In flights of one (1) skater, on the first dance, the skater shall be judged on their first two (2) repetitions of a half circuit dance or their first repetition of a full circuit dance; on the second dance, the skater shall be judged on their last two (2) repetitions of a half circuit dance or their second repetition of a full circuit dance.

When a skater completes their required number of repetitions, they may not end in a stationary position. Their ending steps must exit the rink so as not to disrupt the judging of the other skater in the flight.

Style Dance & Free Dance

Division	Style Dance Time Limit	Free Dance Time Limit
Tot	--*	2:00 +/- 10 seconds
Mini	--*	2:30 +/- 10 seconds
Espoir	--*	2:30 +/- 10 seconds
Cadet	3:00 +/- 10 seconds	3:30 +/- 10 seconds
Youth	3:00 +/- 10 seconds	3:30 +/- 10 seconds

* Tot, Mini and Espoir compete Compulsory Dance and Free Dance

Rule AR YD.1100 Precision, Quartet, Creative Solo & Open Show

AR YD.1101 Domestic Youth Show Divisions

The following are the Domestic Youth Divisions for Precision, Quartet, and Creative Solo Show:

Precision	Quartet	Open Show Team	Creative Solo Show	Creative Duet Show*
Precision One (15 & under) 4:00 maximum	Elementary Quartet (all skaters must be 12 & under) 3:00 maximum	All ages 4:00 maximum	Juvenile A (10 & under) 2:15 maximum	Juvenile/Elementary (all skaters must be 12 & under) 2:30 maximum
			Elementary A (12 & under) 2:15 maximum	
Precision Two (12 & over) 4:00 maximum	Open Quartet (at least one skater must be 13 or over) 3:00 maximum		Open B (open age) 2:15 maximum	Open (at least one skater must be 13 or over) 2:30 maximum
			Open A (13 & over) 2:30 maximum	

AR YD.1102 Precision Rules

- (a) Precision One and Precision Two teams shall consist of a minimum of eight (8) skaters, but not more than sixteen (16). A team may register a maximum of two (2) alternate team members regardless of team size. These substitutes must be duly registered with fees paid for the competition and will be included with the team for any medal ceremony.
- (b) Team members cannot change by more than 51% between the Regional and National Championships.
- (c) Teams may consist of ladies and men in any proportion.
- (d) The team may be comprised of a single club, be from multiple clubs, or include unattached skaters providing all are USARS registered, with at least fifty (50) percent of the members being registered from the same region as the Qualifying Championship. Skaters from clubs outside the region must enter their individual events (Figures, Solo Dance, Free Skating) in the USARS Region in which that skater's club is domiciled. Skaters may skate Precision events as well as events in any other discipline.
- (e) In Precision Two, a maximum of one half (1/2) of the participants in a team may be Precision One competitors to enable clubs to have an adequate number of skaters to complete a team.
- (f) Once the team is ready for the music to commence a team member must raise their hand to advise the announcer.

- (g) Neither portable nor hand-held props shall be used.
- (h) The following limitations shall be enforced:
 1. No jumps exceeding one-half revolution.
 2. No spins exceeding one revolution.
 3. No lifts.
 4. No highlighting of individual skaters.
 5. For Precision One, stationary positions (stopping or standing) during the performance are not allowed.

AR YD.1103 Precision Requirements

(a) Required Elements

The following elements **MUST** be included in the program. Elements may be repeated without penalty.

1. CIRCLE MANEUVER – The circle maneuver must consist of only one (1) circle revolving in either clockwise or counterclockwise direction, or may be a combination of both directions. A minimum of two (2) revolutions is required.
2. ONE LINE MANEUVER – The single line **MUST** be along the short axis and move down the long axis.
3. WHEEL MANEUVER – This **MUST** consist of a pinwheel with three (3) or more spokes revolving in either a clockwise or counterclockwise direction. A minimum of two (2) revolutions is required.
4. INTERSECTING MANEUVER – Any type of intersection is permitted (slicing or pass through). In the maneuver each skater must pass through any intersecting point only once.
5. STRAIGHT LINE FOOTWORK (Precision One **only**) – The straight-line team footwork should be performed with a minimum of two (2) lines and a maximum of four (4) lines.

(b) General Rules for Set Elements

1. Set elements may be skated in any order.
2. A minimum of three (3) different handholds must be used.
3. All elements may incorporate forward or backward skating.
4. Footwork is permitted during any element.
5. Set elements may be repeated.
6. Additional elements may be used.
7. Compulsory Deductions:
 - a. Required elements not attempted: -0.5 by the referee from the “A” Mark.
 - b. Minor Falls (quick): -0.5 from the “B” Mark.
 - c. Major Falls (prolonged): -1.0 from the “B” Mark

(c) Costume Rules for Precision Skating

The clothing of the competitors must be modest, dignified and appropriate for athletic competition, not garish or theatrical in design. Costumes may, however, reflect the character of the music chosen. The clothing must not

give the effect of excessive nudity inappropriate for the discipline. Accessories, feathers, props and rhinestones adhered to the face are not permitted. Neither portable nor hand-held props shall be used. Changes of the costume during the program belong to show competitions only and therefore are not permitted. Clothing that does not adhere to these guidelines will be penalized by a deduction.

AR YD.1104 Quartet Rules

- (a) A Quartet must be composed of four (4) skaters. A Quartet shall not be made up of two couples, Pairs or Dance, but four skaters acting as a group. A team may register a maximum of one (1) alternate team member. This substitute must be duly registered with fees paid for the competition and will be included with the team for any medal ceremony.
- (b) **Team members cannot change by more than 51% between the Regional and National Championships.**
- (c) **Split Club Affiliation:** Split club affiliation for all Quartet teams is permitted, regardless of regional affiliation, provided that at least fifty (50) percent of the members are USARS registered from the same Region. Teams may choose any of the Regions they individually represent in which to enter as a team; however, their individual events (Figures, Solo Dance, Free Skating) must be entered in the USARS Region in which that skater's club is domiciled.
- (d) Free Skating and Pairs Skating elements are allowed. However, skating will be assessed depending on the performance of the whole group. All jumps with one rotation are allowed. Spins are allowed, with the exception of Class A spins.
- (e) Movements or steps performed in stationary positions are allowed. However, programs with constant movement and choreography will receive more credit than programs with excessive stationary movements. The referee will advise the judges if this happens. A deduction from the "A" mark and from the "B" mark will be made by the Referee. Choreography must commence within 15 seconds after the music has started.
- (f) A Quartet performance may not include more than **four (4) typical Precision elements** (circles and wheels)
Circle: a group of skaters standing or revolving about a common center, each equidistant from the center: the circle can rotate either clockwise or counterclockwise, forward or backward. There are open circles (the skaters do not have contact with one another) and the closed circles (the skaters hold on to each other in a variety of ways such as hand to hand, shoulder to shoulder or catch waist as in a train). Closed circles with more than one (1) rotation are recognized as a typical precision element.

Wheel: a straight line revolving about a common axis in the center of the line: usually there is an equal number of skaters on each side of the axis. The wheel can rotate clockwise or in a counterclockwise direction. The quantity of the spokes goes from two spokes to four; the variation in wheels are recognized in Parallel-Pinwheels, S-Pinwheels, Step-in-Wheels and Traveling-Wheels: Any of these mentioned wheels with more than one (1) rotation are recognized as a typical precision element.

Line maneuvers & Blocks in all forms have no limitations. Combination of elements will be counted like one element.

- (g) The main performance of a Quartet team must be "Show", not "Precision". Quartet teams give in their performance expression of show elements so audience and judges are aware of a theme matching the title of the performance.
- (h) Participants not on roller skates shall not be allowed. At the start of the program ALL Skaters MUST be on the floor. No skater is allowed to leave the floor during the performance.
- (i) There shall be no restrictions on the choice of music, but skating must be in tune with the music chosen.
- (j) Fog machines and personal spotlights are not allowed.
- (k) Theatrical Props: No set decorations are permitted. No frames, panels, carpets, scenery, independent theatrical wings, flats or structures of any size, kind or materials, will be permitted, even if carried by the skaters themselves.
- (l) Accessories and Objects: Accessories which can be carried by an individual skater are permitted. It is also permitted to position objects or props briefly, alongside of the rink, but only just before the start of the performance. In order to avoid disorder and confusion, once they are picked up, they must not be left, abandoned or thrown outside of the rink. It is important that the skaters should demonstrate their ability to use the accessories appropriately and skate well at the same time. It is permitted for skaters to pass objects from one to another and to place them on the skating surface, but only so long as the skater maintains physical contact with the object(s). Leaving any object or prop on the floor out of contact with any skater is allowed only once during the program for a maximum of 10 seconds. If an object falls on the floor, no penalty will be incurred, but it will be considered as a negative point in the general impression of the program.
- (m) Explanation: When sending the entries for all Quartet Competitions a short explanation of not more than 25 words must be attached to the entries describing the performance (In English). These descriptions will be given to the Judges and announced by the speaker once the group is in position and before starting the music.
- (n) Costume Rules for Show Competitions: There are no restrictions on costumes but the clothing must not give the effect of excessive nudity. Changes of costumes during the program are allowed, but with the same

rules as for accessories: nothing to be left on the floor or thrown outside the rink. If parts of the costume should accidentally touch the floor, no penalty will be applied so long as the flow of the program is not interrupted. Any piece of the costume must be very securely fixed so as not to cause obstruction to the following contestants.

- (o) Entry & Exit on the Floor: For Quartets, a maximum of Twenty (20) seconds are allowed for entry onto the rink and the positioning of the objects or props (as per the above rules). Only those skaters who are taking part in the performance are permitted to bring objects onto the rink, and then **only when their Group is called to the skating floor** (Example: NOT while the marks for the preceding group are being announced). **The Organizers must ensure that this rule is strictly applied.**
- (p) “First” Movement Before Music Begins: A maximum time of fifteen (15) seconds of music is allowed before the first movement of a single skater of a group. The deduction for exceeding the time will be 0.2 from the “B” mark.

THE REFEREES DEDUCTIONS should be shown on the electronic scoreboard as the marks are being put up. If no electronic scoreboard is available, the Referee will instruct the Announcer to state any penalties given before the marks are announced. A standard of announcing any deductions will always be used by the Referee.

AR YD.1105 Creative Solo Show Rules

- (a) Skaters who participate in any Creative Solo Show event may compete using either quad skates or inline skates.
- (b) Skaters/teams who participate in Junior or Senior Free Skating, Pairs, Solo Dance, or Team Dance divisions may **not** compete in any Creative Solo Show event in the same competitive season.
- (c) Skaters/teams who participate in any World Skate event may **not** compete in Open B Creative Solo Show in the same competitive season.
- (d) Warm-Up and Grouping
There will be **no more than eight (8) contestants** assigned to each warm-up group. One minute more than the maximum skating time shall be given for each group to warm up.
- (e) Requirements

Each season, THREE (3) elements from the below options will be chosen for each creative solo and duet category. Which elements are chosen can be determined by consulting the annual Roller Figure Skating Competitive Requirements.

Balance Maneuver:

- Skaters will choose two (2) or more positions to present one after the other.
- Both positions must be clearly different and on one (1) foot.

- Each position must be held three (3) or more seconds once desired position is attained.
- Maximum three (3) steps may be used in between each position.
- No minimum number of steps in between positions required.
- Skaters must change direction in some way (forward to backward and/or clockwise to anticlockwise direction of travel, or vice versa) from the first position to the second position.

Stationary Dancing Element:

- This element is performed in place (dancing within an approximate three-foot radius).
- Skaters should dance and move in place to the music for eight to twelve (8-12) seconds.
- Skaters may sit, kneel, or lie on the floor during this element.

Footwork Sequence:

- Skaters will skate any steps of their choice on the selected baseline for the season.
- Potential baselines include:
 - o Diagonal
 - o Long axis
 - o Serpentine
 - o V
- For duet: Can be in contact and/or not in contact but must be within twelve (12) feet of each other throughout.

Character Sequence:

- Element must start from a stop or stop-and-go position.
- Skaters must cover as much floor as possible while in character to the music/theme. Should take no longer than thirty (30) seconds to complete.
- Skaters must attempt four (4) or more of the skating elements listed below. The four (4) chosen skating elements must each come from a different subgroup a-k:
 - a. Leap (stag jump, split jump, butterfly, fly camel, etc.)
 - b. Spin (on toe stop or wheels) two (2) revolutions or more
 - c. Full revolution jump (does not have to be a standard freestyle jump)
 - d. Spread eagle OR spread eagle variation (Ina Bauer, hackenmond, etc.)
 - e. Spiral OR spiral variation (Biellman, ring, invert, charlotte, etc.)
 - f. Illusion
 - g. Forward to backward choctaw
 - h. Closed mohawk

- i. Change edge
- j. Cross front
- k. Cross chasse

- Skaters should use any linking steps, turns, etc. to connect the skating elements and to cover as much floor as possible in the suggested time frame.

Travel Turn Sequence:

- Four to eight (4-8) consecutive three-turns on one (1) foot followed by four to eight (4-8) consecutive three-turns on the other foot AND/OR in the other direction.
- Maximum three (3) steps may be used in between each set of traveling turns.
- No minimum number of steps in between sets required.

Optional Elements:

- Maximum one (1) jump of one rotation is allowed (including any jump used in the above elements). Any jumps of one-half revolution or less will not be considered as a jump element.
- Maximum one (1) single position spin is allowed (including any spin used in the above elements). Class A spins are NOT allowed.
- Cartwheels and other acrobatic moves where hands touch the floor are allowed, however do not have a technical value but rather should be used to characterize the music.

NOTE: Jumps and spins have no technical value, and they are solely to enhance the choreography if included.

(f) Costume Rules for Creative Solo

There are no restrictions on costumes but the clothing must not give the effect of excessive nudity. Changes of costumes during the program are allowed, but with the same rules as for accessories: nothing to be left on the floor or thrown outside the rink. If parts of the costume should accidentally touch the floor, no penalty will be applied so long as the flow of the program is not interrupted.

Any piece of the costume must be very securely fixed so as not to cause obstruction to the following contestants.

Props may be used providing they meet the following criteria:

1. Must be relevant to the theme of the program, and in good taste.
2. Contact must be maintained at all times.
3. Props may not be used for support during program, but be strictly used as an extra device for appearance or to support the theme. Props may be passed from hand to hand but should never lose contact with the body, the penalty for loss of contact (tossing in air, flipping from hand to

hand, or dropping the item) will result in a ten-point deduction from the “B” score.

AR YD.1106 Creative Duet Show Rules

- (a) Creative Duet teams shall consist of two (2) skaters of any combination of gender.
- (b) **There may NOT be a substitution of partners in between the Regional and National Championships.**
- (c) Skaters may only compete in one (1) Creative Duet event at a qualifying competition.
- (d) Skaters/teams who participate in Junior or Senior Free Skating, Pairs, Solo Dance, or Team Dance divisions may **not** compete in any Creative Duet Show event in the same competitive season.
- (e) Skaters who participate in Junior or Senior Figures MAY compete in any Creative Duet Show event in the same competitive season.
- (f) Warm-Up and Grouping
There will be **no more than four (4) teams** assigned to each warm-up group. One minute more than the maximum skating time shall be given for each group to warm up.
- (g) Requirements

Each season, **THREE (3) elements** from the below options will be chosen for each creative solo and duet category. Which elements are chosen can be determined by consulting the annual Roller Figure Skating Competitive Requirements.

Balance Maneuver:

- Skaters will choose two (2) or more positions to present one after the other.
- Both positions must be clearly different and on one (1) foot.
- Each position must be held three (3) or more seconds once desired position is attained.
- Maximum three (3) steps may be used in between each position.
- No minimum number of steps in between positions required.
- Skaters must change direction in some way (forward to backward and/or clockwise to anticlockwise direction of travel, or vice versa) from the first position to the second position.
- For duet: Must maintain some form of contact throughout and skaters may be in different positions.

Stationary Dancing Element:

- This element is performed in place (dancing within an approximate three-foot radius).

- Skaters should dance and move in place to the music for eight to twelve (8-12) seconds.
- Skaters may sit, kneel, or lie on the floor during this element.
- For duet: Can be in contact and/or not in contact throughout but must stay within the radius.

Footwork Sequence:

- Skaters will skate any steps of their choice on the selected baseline for the season.
- Potential baselines include:
 - o Diagonal
 - o Long axis
 - o Serpentine
 - o V
- For duet: Can be in contact and/or not in contact but must be within twelve (12) feet of each other throughout.

Character Sequence:

- Element must start from a stop or stop-and-go position.
- Skaters must cover as much floor as possible while in character to the music/theme. Should take no longer than thirty (30) seconds to complete.
- Skaters must attempt four (4) or more of the skating elements listed below. The four (4) chosen skating elements must each come from a different subgroup a-k:
 - a. Leap (stag jump, split jump, butterfly, fly camel, etc.)
 - b. Spin (on toe stop or wheels) two (2) revolutions or more
 - c. Full revolution jump (does not have to be a standard freestyle jump)
 - d. Spread eagle OR spread eagle variation (Ina Bauer, hackenmond, etc.)
 - e. Spiral OR spiral variation (Biellman, ring, invert, charlotte, etc.)
 - f. Illusion
 - g. Forward to backward choctaw
 - h. Closed mohawk
 - i. Change edge
 - j. Cross front
 - k. Cross chasse
- Skaters should use any linking steps, turns, etc. to connect the skating elements and to cover as much floor as possible in the suggested time frame.
- For duet: Can be in contact and/or not in contact but must be within twelve (12) feet of each other throughout.

Travel Turn Sequence:

- Four to eight (4-8) consecutive three-turns on one (1) foot followed by four to eight (4-8) consecutive three-turns on the other foot AND/OR in the other direction.
- Maximum three (3) steps may be used in between each set of traveling turns.
- No minimum number of steps in between sets required.
- For duet: Must be shadowing throughout and must be within twelve (12) feet of each other.

Limitations:

- Maximum ONE (1) full rotation jump allowed (including any jump used in the above elements).
- Maximum ONE (1) spin allowed (including any spin used in the above elements). In this context, a spin is defined as any attempt at a spotted spin (on toe stop or wheels) of two revolutions or more on one foot or two feet.
- Cartwheels and other acrobatic moves where hands touch the floor are allowed, however do not have a technical value but rather should be used to characterize the music.
- Duet: Maximum ONE (1) “non-overhead lift” of two (2) revolutions or less.

NOTE: The above **jumps, spins, and lifts** have no technical value, and they are solely to enhance the choreography if included.

(h) Costume Rules for Creative Duet

There are no restrictions on costumes but the clothing must not give the effect of excessive nudity. Changes of costumes during the program are allowed, but with the same rules as for accessories: nothing to be left on the floor or thrown outside the rink. If parts of the costume should accidentally touch the floor, no penalty will be applied so long as the flow of the program is not interrupted.

Any piece of the costume must be very securely fixed so as not to cause obstruction to the following contestants.

Props may be used providing they meet the following criteria:

1. Must be relevant to the theme of the program, and in good taste.
2. Contact must be maintained at all times.
3. Props may not be used for support during program, but be strictly used as an extra device for appearance or to support the theme. Props may be passed from hand to hand but should never lose contact with the body, the penalty for loss of contact (tossing in air, flipping from hand to hand, or dropping the item) will result in a ten-point deduction from the “B” score.

AR YD.1107 Open Show Team Rules

(a) Each team must contain a minimum of 6 skaters. A team may register a maximum of two (2) alternate team members regardless of team size. These substitutes must be duly registered with fees paid for the competition and will be included with the team for any medal ceremony.

(b) Team members cannot change by more than 51% between the Regional and National Championships.

(c) Handheld or small carry-on props are allowed, no backdrops are permitted.

(d) Individual skaters may be highlighted if pertinent to the theme of the show.

(e) Stopping, standing, laying/sitting on the floor as well as stationary positions and movements are allowed.

(f) Costume Rules for Open Show Team

There are no restrictions on costumes but the clothing must not give the effect of excessive nudity. Changes of costumes during the program are allowed, but with the same rules as for accessories: nothing to be left on the floor or thrown outside the rink. If parts of the costume should accidentally touch the floor, no penalty will be applied so long as the flow of the program is not interrupted.

Any piece of the costume must be very securely fixed so as not to cause obstruction to the following contestants.