

USA ROLLER SPORTS 2024-2025 COMPETITIVE FIGURE AND DANCE REQUIREMENTS FOR REGIONAL AND NATIONAL CHAMPIONSHIPS



Updated 4/1/2025



National Governing Body for Roller Sports

Domestic Youth Events - Dance & Figures

EVENT NAMES	FIGURES		LOOPS		SOLO DANCE		TEAM DANCE	
	Reg Elim Nat Final	Reg Final Nat Elim	Reg Elim Nat Final	Reg Final Nat Elim	Regional Eliminations National Finals	Regional Finals National Eliminations	Regional Eliminations National Finals	Regional Finals National Eliminations
Primary A	1 2 B 7 A	1 B 2 7 B	14 B 130 A	14 A 130 B	City Blues (88) Denver Shuffle (100)	Double Cross Waltz (138) Skaters March (100 6/8)		
Juvenile B	3 7 A	5 A 9 B	14 A 130 B	14 B 130 A				
Juvenile A Figures/Loops/Solo Juvenile Team	3 B 7 A 11 B	3 A 9 B 27 A	14 A 30 B	14 B 30 A	Skaters March (100 6/8) Swing Waltz (120) Siesta Tango (100)	Denver Shuffle (100) Rhythm Blues (88) Chasse' Waltz (108)	Academy Blues (88) Skaters March (100 6/8)	Swing Waltz (120) Denver Shuffle (100)
Elementary B Figures/Loops Juv/Elem B Solo	5 B 9 A	3 11 B	14 A 30 A	14 B 30 A	Denver Shuffle (100) Chasse' Waltz (108)	Rhythm Blues (88) Siesta Tango (100)		
Elementary A Figures/Loops/Solo Elementary Team	8 B 19 A 26 B	4 10 B 22 A	14 B 15 A 30 B	14 A 15 B 30 A	Bounce Boogie (100) Luna Blues (88) Fiesta Tango modified (100)	La Vista Cha Cha (100) Pilgrim Waltz (138) Marylee Foxtrot (92)	La Vista Cha Cha (100) Chase Waltz (108)	Bounce Boogie (100) Fiesta Tango Modified (100)
Freshman/Sophomore B	11 A 26 B	8 B 27 A	14 A 30 B	14 B 30 A	Carey Foxtrot (92) Fiesta Tango modified (100)	Bounce Boogie (100) Southland Swing (88)	Mason March (100 6/8) Chase Waltz (108)	Bounce Boogie (100) Fiesta Tango Modified (100)
Fresh/Soph A Men Figures/Loops Fresh/Soph A Team	13 23 B 32 A	19 B 21 A 28 B	15 A 16 B 30 A	14 B 16 A 30 B			Delicado (100) Mirror Waltz (108) 14 Step (100 6/8)	Border Blues (88) California Swing (138) Viva Cha Cha (100)
Freshman A Girls Figures/Loops Freshman A Solo	19 A 21 B 28 A	13 18 A 23 B	15 B 16 A 30 B	14 A 16 B 30 A	Border Blues (88) California Swing (138) Metropolitan Tango 32 beat (100)	Joann Foxtrot (92) Association Waltz (120) Mandi Lynn Tango (100)		
Sophomore A Women Figures/Loops Sophomore A Solo	12 B 20 A 33 B	13 23 B 32 A	15 B 16 A 30 B	14 A 16 B 30 A	Border Blues (88) Willow Waltz (138) Princeton Polka Men's Steps (100)	Fascination Foxtrot (92) Flirtation Waltz (108) Viva Cha Cha (100)		
Advanced Figures/Loops Advanced Domestic Solo	20 B 33 A 36 B	29 A 32 B 44 A	16 B 31 A 38 B	17 A 31 B 38 A	Dench Blues Border (88) Keats Foxtrot (92) Harris Tango (100)	Fondu Foxtrot (104) Continental Waltz Men's Steps (168) Kilian (100 2/4)		
Juv/Elem International Compulsory Solo					La Vista Cha Cha WS version (108) Tudor Waltz original pattern (144)			
Fresh/Soph International Compulsory Solo					Manhattan Blues (92) Kent Tango (100)			
Open C - REGIONAL ONLY	1 2B	1B 112 B	114 B 130 A	115 A 130 B	Glide Waltz (108) Balanciaga (100)	City Blues (88) Progressive Tango (100)	City Blues (88) Progressive Tango (100)	Glide Waltz (108) Balanciaga (100)

OPEN C REGIONAL ONLY EVENTS - EACH REGION CAN SEPARATE C EVENTS (ADULTS & YOUTH) BY AGE BASED ON NUMBER OF ENTRIES, USING SAME REQUIREMENTS

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Adult Events - Dance & Figures

EVENT NAMES	FIGURES		LOOPS		SOLO DANCE		TEAM DANCE	
	Reg Elim Nat Final	Reg Final Nat Elim	Reg Elim Nat Final	Reg Final Nat Elim	Regional Eliminations National Finals	Regional Finals National Eliminations	Regional Eliminations National Finals	Regional Finals National Eliminations
Bronze Division 1, 2, & 3	2 B	1 A	114 A	115 B	Rhythm Blues (88)	Double Cross Waltz (138)	Double Cross Waltz (138)	Rhythm Blues (88)
Bronze Loops	111 A	112 B	130 B	130 A	Swing Schottische (100)	Denver Shuffle (100)	Denver Shuffle (100)	Swing Schottische (100)
Silver Division 1, 2, & 3	1B	1	114 B	114 A	Tara Tango (100)	La Vista Cha Cha (100)	La Vista Cha Cha (100)	Tara Tango (100)
Silver Loops	2	2B	115 A	115 B	Joyce Lee Waltz (138)	Carey Foxtrot (92)	Carey Foxtrot (92)	Joyce Lee Waltz (138)
	5B	5A	130 B	130 A	Honey Rumba (100)	Parade March (100)	Parade March (100)	Honey Rumba (100)
Gold Divison 1	3 B	8 A	114 B	115 A	Samba Caliente (100)	Mandi Lynn Tango (100)	Samba Caliente (100)	California Swing (138))
Gold Loops	9 A	11 B	130 A	130 B	Joann Foxtrot (92)	California Swing (138)	Southland Swing (88)	Joann Foxtrot (92)
	26 B	27 A	138 B	138 A	Casino March (100 6/8)	Viva Cha Cha (100)	Viva Cha Cha (100)	Delicado (100)
Gold Div 2 & 3	1 A	2			City Samba (100)	Milonga Tango (100)	Milonga Tango (100)	City Samba (100)
	5 B	5 A			Century Blues (88)	Golden Skaters Waltz (138)	Golden Skaters Waltz (138)	Century Blues (88)
	105 A	105 B			Quickstep Boogie (100)	Mason March (100 6/8)	Mason March (100 6/8)	Quickstep Boogie (100)
Classic Gold	13 A	12 B	14 A	14 B	Metropolitan Tango (100) 32 Beat	Barsalona Bossa Nova (104)	Pacifica Foxtrot (100)	Dench Blues Dbl Pattern (88)
	18 B	19 A	15 B	15 A	Dench Blues Dbl Pattern (88)	Demi Waltz (155)	Continental Waltz (168)	Iceland Tango Border (100)
	23 A	21 B	30 A	30 B	Ten Fox (100)	Paso Doble Men's steps (100)	Paso Doble (100)	Carroll Swing (100)
Classic International Solo					Dynasty Blues (88)		Dynasty Blues (88)	
Classic International Team					Samba Royale (100)		Samba Royale (100)	
Classic Gold International Solo					Cruzin Blues (92)			
					Vienesse Waltz Men's Steps (138)			
Original Compulsory Dance	Waltz, Tango, Boogie				Classic (forward Dances only)		Classic (forward Dances only)	
Classic/Classic Gold	Max time: 2:30				Classic Gold (forward/backward Dances)		Classic Gold (forward/backward Dances)	

Youth and Elite WS Events - Dance & Figures

	Group 1	Group 2	Group 3	Group 4	SOLO DANCE	TEAM DANCE
Tot Solo					Compulsory Dance - And Foxtrot Free Dance - 2:00 +/- 10	
Mini Solo & Team					Compulsory Dances - Carlos Tango & G-Reggae Free Dance - 2:30 +/- 10	Compulsory Dances - Carlos Tango & G-Reggae Free Dance - 2:45 +/- 10
Espoir Solo & Team					Compulsory Dances - Little Waltz & Cumbia Free Dance - 2:30 +/- 10	Compulsory Dances - Little Waltz & Cumbia Free Dance - 3:00 +/- 10
Cadet (highlighted is Regional draw)	13 19 A/B 15 20 A/B	18 A/B 21 A/B 30 A/B 28 A/B	19 B 22 A 16 28 A	13 18 A/B 30 A/B 23 A/B	Style Dance - 3:00 +/- 10 Federation Foxtrot - Musical/Operetta Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - 14 Step - Modern Medley Free Dance - 3:30 +/- 10
	20 A 33 B 16 36 A	21 A/B 32 A/B 17 29 A/B	22 A/B 33 A/B 17 36 A/B	23 A/B 32 A/B 30 A/B 29 A/B	Style Dance - 3:00 +/- 10 - Imperial Tango - Spanish Medley Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Imperial Tango - Spanish Medley Free Dance - 3:30 +/- 10
	42 A/B 38 A/B 36 A/B	43 A/B 31 A/B 40 A/B	44 A/B 38 A/B 40 A/B	45 A 31 B 37 A	Style Dance - 3:00 +/- 10 - Dench Blues Double Pattern - Traditional Folk Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Golden Samba Steps 1-24 (Section 1) - Latin Medley Free Dance - 3:50 +/- 10
Junior (highlighted is Regional draw)	46 B 39 A 47 B	48 A/B 38 A/B 49 A/B	50 A/B 39 A/B 51 A/B	52 A/B 38 A/B 53 A/B	Style Dance - 3:00 +/- 10 - Midnight Blues Steps 14-39 (Section 2) - Rock Medley Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Italian Foxtrot Steps 5-31 (Section 2) - Swing Medley Free Dance - 3:50 +/- 10

USA ROLLER SPORTS 2024-2025 COMPETITIVE FIGURE AND DANCE REQUIREMENTS FOR REGIONAL AND NATIONAL CHAMPIONSHIPS



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Freeskating/Pairs			Show Events			
EVENT NAMES	Time	Notes	EVENT NAMES	Time and Requirements	Notes	
Juv B Boys/Girls	2:15 +/- 10	See pages 7 & 8 (below) for requirements	Juvenile A Creative Solo	(ages 10 & under) - Max 2:15	See pages 5 & 6 (below) for requirements	
Elem B Boys/Girls	2:45 +/- 10		Elementary A Creative Solo	(ages 12 & under) - Max 2:15		
Fresh/Soph B Men/Women	3:00 +/- 10		Open A Creative Solo	(ages 13 & up) - Max 2:30		
Advanced Men/Women	Max 3:30		Open B Creative Solo	(open division) - Max 2:15		
Open C	Max 2:00		Classic Creative Solo	(ages 18 & up) - Max 2:30		
Open Youth Inline (17-) Freeskating	Max 3:00					See pages 5 & 6 (below) for requirements
Classic Inline (18+) Freeskating	Max 3:00		Elementary Creative Duet	(ages 12 & under) - Max 2:30		
Classic Men/Women	Max 3:00			Open Creative Duet	(ages 13 & up) - Max 2:30	
Juvenile Pairs	Max 2:30	Straight line (long axis) footwork	Elementary Quartet	(ages 12 & under) - Max 3:00	See pages 5 & 6 (below) for requirements	
Elementary Pairs	Max 3:00		Open Quartet	(ages 13 & up) - Max 3:00		
Fresh/Soph Pairs	Max 3:30		Junior Quartet	(ages 12-17) - 3:15 +/- 10		
			Quartet (Senior)	(ages 12 & up) - 3:15 +/- 10		
	Short	Long	Open Show	(open division) - Max 4:00		
Tot Boys/Girls		2:30 +/- 10	Small Show	(12 & Up) - 4:30 - 5:00 +/- 10		
Mini Boys/Girls		2:45 +/- 10	Large Show	(12 & Up) - 4:30 - 5:00 +/- 10		
Espoir Boys/Girls	2:00 +/- 5	3:15 +/- 10				
Cadet Boys/Girls	2:30 +/- 5	3:30 +/- 10	Precision 15 & under	(ages 15 & under) - Max 4:00		
Youth Men/Women	2:30 +/- 5	4:00 +/- 10	Precision 12 & up	(ages 12 & up) - Max 4:00		
Junior Men/Women	2:45 +/- 5	4:00 +/- 10	Junior Precision	(12-17) 4:30 +/- 10		
Senior Men/Women	2:45 +/- 5	4:00 +/- 10	Senior Precision	(12 & Up) -4:30 +/- 10		
Junior/Senior Men Inline	2:45 +/- 5	4:00 - 4:30				
Junior/Senior Women Inline	2:45 +/- 5	4:00 +/- 10				
	Short	Long				
Mini Pairs		2:30 +/- 10	See Rulebooks (USA Roller Sports and World Skate) for complete rules and requirements.			
Espoir Pairs	2:15 +/- 5	3:00 +/- 10				
Cadet Pairs	2:30 +/- 5	3:45 +/- 10				
Youth Pairs	2:30 +/- 5	4:00 +/- 10				
Junior Pairs	3:00 +/- 5	4:30 +/- 10				
Senior Pairs	3:00 +/- 5	4:30 +/- 10				

Championship Draw – The championship draw for all figure, team and solo dance events will be posted to the USARS website on April 1st. Junior and Senior National figure draw will take place on the practice day at the National Championships. This can be adjusted by the ASC if needed. The requirements will be reversed from the Regional Championships to the National Championships.

(a) If an event holds an elimination round and a final round, the “elimination listings” will be skated for the elimination round and “final listings” for final round.

(b) If an event is skated as “final only” the “elimination listings” will be skated for the final round.

(c) Adult dance draw will be opposite groups for Solo and Team Dance and will not skate the same dances at Regionals or Nationals

NOTE: Solo Dances will be skated with women’s steps when applicable or if otherwise specified as men’s steps.

Updates will be posted on the USA Roller Sports website (www.usarollersports.org).

FIGURE/LOOP DESCRIPTIONS FOR 2024/2025

FIGURES

1	- ROF-LOF Circle Eight
1 A/B	- OIF-OIF Change Eight
2	- RIF-LIF Circle
2 A/B	- IOF-IOF Change Eight
3 A/B	- OB-OB Circle Eight
4	- IB-IB Circle Eight
5 A/B	- OIF-IOF Serpentine
7 A/B	- OF-OF Three
8 A/B	- OF-IB Three
9 A/B	- IF-OB Three
10 A/B	- OF-OF Double Three
11 A/B	- IF-IF Double Three
12 A/B	- OB-OB Double Three
13 A/B	- IB-IB Double Three
18 A/B	- OF-IB Bracket
19 A/B	- IF-OB Bracket
20 A/B	- OF-OB Rocker
21 A/B	- IF-IB Rocker
22 A/B	- OF-OB Counter
23 A/B	- IF-IB Counter
26 A/B	- OIF-OIB Serpentine Three
27 A/B	- IOF-IOB Serpentine Three
28 A/B	- OIF-IOF Serpentine Double Three
29 A/B	- OIB-IOB Serpentine Double Three
32 A/B	- OIF-OIB Serpentine Bracket
33 A/B	- IOF-IOB Serpentine Bracket
36 A/B	- OF-IF Paragraph Double Three
37 A/B	- OB-IB Paragraph Dbl Three
40 A/B	- OF-IF Paragraph Bracket
42 A/B	- OF Counter Bracket IF Counter
43 A/B	- OF Rocker O Double Three
44 A/B	- IF Rocker I Dbl Three
45 A/B	- OB Counter OF Brkt LBI Counter
46 A/B	- OF Dbl 3 O Rocker and OB Dbl 3
47 A/B	- OF Brkt – IB Ctr – IF Brkt Paragraph
48 A/B	- OB Dbl 3 – OB Rocker OF Dbl 3
49 A/B	- OB Br – IF Ctr – IB Brkt Paragraph
50 A/B	- OF Dbl 3 O Ctr OB Dbl 3
51 A/B	- OF Br – IB Rocker – IF Brkt Paragraph
52 A/B	- OB Dbl 3 – OB Ctr – OF Dbl 3
53 A/B	- OB Br – IF Rocker – IB Brkt Paragraph
105 A/B	- OIOF-IOIF Double Change Serp.
111 A/B	- OF-OF Serpentine Eight
112 A/B	- IF-IF Serpentine Eight

LOOPS

14 A/B	- OF-OF Loops
15 A/B	- IF-IF Loops
16 A/B	- OB-OB Loops
17 A/B	- IB-IB Loops
30 A/B	- OIF-IOF Serpentine
31 A/B	- OIB-IOB Serpentine
38 A/B	- OF-IF Paragraph Loop
39 A/B	- OB-IB Paragraph Loop
114 A/B	- OF-OF Circle Loops
115 A/B	- IF-IF Circle Loops
116 A/B	- OB-OB Circle Loops
130 A/B	- OIF-IOF Serpentine
131 A/B	- OIB-IOB Serpentine
138 A/B	- OF-IF Paragraph Circle



National Governing Body for Roller Sports



Youth Divisions - Figures, Solo/Team Dance, Freeskating, Pairs

Primary & Tot	ages 8 & under
Juvenile & Mini	ages 10 & under
Elementary & Espoir	ages 12 & under
Freshman & Cadet	ages 14 & under
Fresh/Soph	ages 13 & over
Sophomore & Youth	ages 15 & over *except Youth
Advanced	ages 13 & over
Juvenile/Elementary	ages 12 & under

** please do not use the World Skate Rule Book for age determinations, other than Jr./Sr. and Cadet/Youth Figures*

Adult Divisions - Figures, Solo/Team Dance, Freeskating

Bronze Division 1	ages 18 - 44
Bronze Division 2	ages 45 - 64
Bronze Division 3	ages 65 & over
Silver Division 1	ages 18 - 44
Silver Division 2	ages 45 - 64
Silver Division 3	ages 65 & over
Gold Division 1	ages 18 & over
Gold Division 2	ages 18 - 54
Gold Division 3	ages 55 & over
Classic & Classic Gold	ages 18 & over
Classic International	ages 18 & over

Adult Divisions - Loops

Bronze Division	ages 18 & over
Silver Division	ages 18 & over
Gold Division	ages 18 & over

(loop and figure events must be the same, to be considered for Combined Events)

Example: Bronze 1, 2, OR 3 Figures & Bronze Loops can enter Bronze Combined