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



Updated 10/24/2024

USA ROLLER SPORTS

Domestic Youth Events - Dance & Figures

| | FIGURES | | LO | OPS | SOLO | DANCE | TE | AM DANCE |
|---|---------|---------|---------|---------|------------------------------------|-------------------------------------|-------------------------|-----------------------------|
| EVENT NAMES | Group I | Group 2 | Group I | Group 2 | Group I | Group 2 | Group I | Group 2 |
| | - 1 | ΙB | 14 A/B | 14 A/B | Double Cross Waltz (138) | City Blues (88) | | |
| Primary A | 2 B | 2 | 130 A/B | 130 A/B | Skaters March (100 6/8) | Denver Shuffle (100) | | |
| , | 7 A | 7 B | | | | | | |
| | 3 | 5 A/B | I4 A/B | I4 A/B | | | | |
| Juvenile B | 7 A/B | 9 A/B | 130 A/B | 130 A/B | | | | |
| | 3 A/B | 3 A/B | 14 A/B | I4 A/B | Skaters March (100 6/8) | Denver Shuffle (100) | Academy Blues (88) | Swing Waltz (120) |
| uvenile A Figures/Loops/Solo uvenile Team | 7 A/B | 9 A/B | 30 A/B | 30 A/B | Swing Waltz (120) | Rhythm Blues (88) | Skaters March (100 6/8) | Denver Shuffle (100) |
| uveniie ream | II A/B | 27 A/B | | | Siesta Tango (100) | Chasse' Waltz (108) | | |
| Elementary B Figures/Loops | 5 A/B | 3 | 14 A/B | I4 A/B | Rhythm Blues (88) | Denver Shuffle (100) | | |
| luv/Elem B Solo | 9 A/B | II A/B | 30 A | 30 A | Siesta Tango (100) | Chasse' Waltz (108) | | |
| | 4 | 8 A/B | 14 A/B | I4 A/B | Bounce Boogie (100) | La Vista Cha Cha (100) | La Vista Cha Cha (100) | Bounce Boogie (100) |
| Elementary A Figures/Loops/Solo | 10 A/B | 19 A/B | 15 A/B | 15 A/B | Luna Blues (88) | Pilgrim Waltz (138) | Chase Waltz (108) | Fiesta Tango Modified (100) |
| Elementary Team | 22 A/B | 26 A/B | 30 A/B | 30 A/B | Fiesta Tango modified (100) | Marylee Foxtrot (92) | | |
| | II A/B | 8 A/B | 14 A/B | I4 A/B | Carey Foxtrot (92) | Bounce Boogie (100) | Mason March (100 6/8) | Bounce Boogie (100) |
| Freshman/Sophomore B | 26 A/B | 27 A/B | 30 A/B | 30 A/B | Fiesta Tango modified (100) | Southland Swing (88) | Chase Waltz (108) | Fiesta Tango Modified (100) |
| | 19 A/B | 13 | 14 A/B | 15 A/B | | | Delicado (100) | Border Blues (88) |
| Fresh/Soph A Men Figures/Loops | 21 A/B | 23 A/B | 16 A/B | 16 A/B | | | Mirror Waltz (108) | California Swing (138) |
| Fresh/Soph A Team | 28 A/B | 32 A/B | 30 A/B | 30 A/B | | | 14 Step (100 6/8) | Viva Cha Cha (100) |
| | 13 | 19 A/B | 14 A/B | 15 A/B | Border Blues (88) | Joann Foxtrot (92) | | |
| Freshman A Girls Figures/Loops Freshman A Solo | 18 A/B | 21 A/B | 16 A/B | 16 A/B | California Swing (138) | Association Waltz (120) | | |
| Fresilian A 3010 | 23 A/B | 28 A/B | 30 A/B | 30 A/B | Metropolitan Tango 32 beat (100) | Mandi Lynn Tango (100) | | |
| | 12 A/B | 13 | 14 A/B | 15 A/B | Fascination Foxtrot (92) | Border Blues (88) | | |
| Sophomore A Women Figures/Loops Sophomore A Solo | 20 A/B | 23 A/B | 16 A/B | 16 A/B | Flirtation Waltz (108) | Willow Waltz (138) | | |
| sopnomore A solo | 33 A/B | 32 A/B | 30 A/B | 30 A/B | Viva Cha Cha (100) | Princeton Polka Men's Steps (100) | | |
| | 29 A/B | 20 A/B | 16 A/B | 17 A/B | Dench Blues Border (88) | Fondu Foxtrot (104) | | |
| Advanced Figures/Loops Advanced Domestic Solo | 32 A/B | 33 A/B | 31 A/B | 31 A/B | Keats Foxtrot (92) | Continental Waltz Men's Steps (168) | | |
| Advanced Domestic 3010 | 44 A/B | 36 A/B | 38 A/B | 38 A/B | Harris Tango (100) | Kilian (100 2/4) | | |
| luv/Elem International Compulsory | | | | | La Vista Cha Cha WS version (108) | | | |
| Solo | | | | | Tudor Waltz original pattern (144) | | | |
| Fresh/Soph International Compulsory | | | | | Manhattan Blues (92) | | | |
| Solo | | | | | Kent Tango (100) | | | |
| | I | IB | 114 A/B | 115 A/B | City Blues (88) | Glide Waltz (108) | Glide Waltz (108) | City Blues (88) |
| ***Open C - REGIONAL ONLY*** | 2B | 112 B | 130 A/B | 130 A/B | Progressive Tango (100) | Balanciaga (100) | Balanciaga (100) | Progressive Tango (100) |

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

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



Updated 10/24/2024



Adult Events - Dance & Figures

| | FIGU | FIGURES | | OPS | SOLO DANCE | | TI | TEAM DANCE | |
|---------------------------------|---------------|---------|---------|---------|-------------------------------------|------------------------------|----------------------------------|-------------------------------|--|
| EVENT NAMES | Group I | Group 2 | Group I | Group 2 | Group I | Group 2 | Group I | Group 2 | |
| Bronze Division 1, 2, & 3 | I A/B | 2 A/B | 114 A/B | 115 A/B | Rhythm Blues (88) | Double Cross Waltz (138) | Double Cross Waltz (138) | Rhythm Blues (88) | |
| Bronze Loops | 112 A/B | III A/B | 130 A/B | 130 A/B | Swing Schottische (100) | Denver Shuffle (100) | Denver Shuffle (100) | Swing Schottische (100) | |
| Silver Division 1, 2, & 3 | 1 | IB | 114 A/B | 114 A/B | Tara Tango (100) | La Vista Cha Cha (100) | La Vista Cha Cha (100) | Tara Tango (100) | |
| Silver Loops | 2B | 2 | 115 A/B | 115 A/B | Joyce Lee Waltz (138) | Carey Foxtrot (92) | Carey Foxtrot (92) | Joyce Lee Waltz (138) | |
| | 5A | 5B | 130 A/B | 130 A/B | Honey Rumba (100) | Parade March (100) | Parade March (100) | Honey Rumba (100) | |
| Gold Divison I | 8 A/B | 3 A/B | 114 A/B | 115 A/B | Samba Caliente (100) | Mandi Lynn Tango (100) | Samba Caliente (100) | California Swing (138)) | |
| Gold Loops | II A/B | 9 A/B | 130 A/B | 130 A/B | Joann Foxtrot (92) | California Swing (138) | Southland Swing (88) | Joann Foxtrot (92) | |
| | 27 A/B | 26 A/B | 138 A/B | 138 A/B | Casino March (100 6/8) | Viva Cha Cha (100) | Viva Cha Cha (100) | Delicado (100) | |
| | 2 | I A/B | | | City Samba (100) | Milonga Tango (100) | Milonga Tango (100) | City Samba (100) | |
| Gold Div 2 & 3 | 5 A/B | 5 A/B | | | Century Blues (88) | Golden Skaters Waltz (138) | Golden Skaters Waltz (138) | Century Blues (88) | |
| | 105 A/B | 105 A/B | | | Quickstep Boogie (100) | Mason March (100 6/8) | Mason March (100 6/8) | Quickstep Boogie (100) | |
| | 13 A/B | 12 A/B | I4 A/B | I4 A/B | Metropolitan Tango (100) 32 Beat | Barsalona Bossa Nova (104) | Pacifica Foxtrot (100) | Dench Blues Dbl Pattern (88) | |
| Classic Gold | 18 A/B | 19 A/B | 15 A/B | 15 A/B | Dench Blues Dbl Pattern (88) | Demi Waltz (155) | Continental Waltz (168) | Iceland Tango Border (100) | |
| | 23 A/B | 21 A/B | 30 A/B | 30 A/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) | | |
| | | | | | Cruzin Blues (92) | | | | |
| Classic Gold International Solo | | | | | Vienesse Waltz Men's Steps (138) | | | | |
| Original Compulsory Dance | Waltz, Tango | Boogie | | | Classic (forward Dances only) | | Classic (forward Dances only) | Classic (forward Dances only) | |
| Classic/Classic Gold | Max time: 2:3 | 0 | | | Classic Gold (forward/backward Danc | es) | Classic Gold (forward/backward D | ances) | |

Youth and Elite WS Events - Dance & Figures

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

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



Updated 10/24/2024



| Freeskating/Pairs | | | | Show Events | | |
|-------------------------------------|-------------|-------------|-----------------------------------|---------------------------------|---------------------------------------|--|
| EVENT NAMES Time Notes | | | | EVENT NAMES | Time and Requirements | Notes |
| Juv B Boys/Girls | 2:15 +/- 10 | | | Juvenile A Creative Solo | (ages 10 & under) - Max 2:15 | |
| Elem B Boys/Girls | 2:45 +/- 10 | 1 | | Elementary A Creative Solo | (ages 12 & under) - Max 2:15 | |
| Fresh/Soph B Men/Women | 3:00 +/- 10 | 1 | | Open A Creative Solo | (ages 13 & up) - Max 2:30 | See pages 5 & 6 (below) for requirements |
| Advanced Men/Women | Max 3:30 | See pag | ges 7 & 8 (below) for | Open B Creative Solo | (open division) - Max 2:15 | |
| Open C | Max 2:00 | 1 ' | requirements | Classic Creative Solo | (ages 18 & up) - Max 2:30 | |
| Open Youth Inline (17-) Freeskating | Max 3:00 | 1 | | | • | |
| Classic Inline (18+) Freeskating | Max 3:00 | 1 | | Elementary Creative Duet | (ages 12 & under) - Max 2:30 | 5 5 8 4 (h-lau) fan ar artisar |
| Classic Men/Women | Max 3:00 | 1 | | Open Creative Duet | (ages I 3 & up) - Max 2:30 | See pages 5 & 6 (below) for requirements |
| | • | | | | • | |
| Juvenile Pairs | Max 2:30 | | | Elementary Quartet | (ages 12 & under) - Max 3:00 | |
| Elementary Pairs | Max 3:00 | Strai | ight line (long axis) footwork | Open Quartet | (ages I 3 & up) - Max 3:00 | |
| Fresh/Soph Pairs | Max 3:30 | 1 | IOOCWOIK | Junior Quartet | (ages 12-17) - 3:15 +/- 10 | |
| | • | | | Quartet (Senior) | (ages 12 & up) - 3:15 +/- 10 | |
| | Short | Long | | | - | |
| Tot Boys/Girls | | 2:30 +/- 10 | | Open Show | (open division) - Max 4:00 | |
| Mini Boys/Girls | | 2:45 +/- 10 | | Small Show | (12 & Up) - 4:30 - 5:00 +/- 10 | |
| Espoir Boys/Girls | 2:00 +/- 5 | 3:15 +/- 10 | | Large Show | (12 & Up) - 4:30 - 5:00 +/- 10 | |
| Cadet Boys/Girls | 2:30 +/- 5 | 3:30 +/- 10 | | | • | |
| Youth Men/Women | 2:30 +/- 5 | 4:00 +/- 10 | | Precision 15 & under | (ages 15 & under) - Max 4:00 | |
| Junior Men/Women | 2:45 +/- 5 | 4:00 +/- 10 | | Precision 12 & up | (ages 12 & up) - Max 4:00 | |
| Senior Men/Women | 2:45 +/- 5 | 4:00 +/- 10 | | Junior Precision | (12-17) 4:30 +/- 10 | |
| Junior/Senior Men Inline | 2:45 +/- 5 | 4:00 - 4:30 | | Senior Precision | (12 & Up) -4:30 +/- 10 | |
| Junior/Senior Women Inline | 2:45 +/- 5 | 4:00 +/- 10 | | | • | |
| | Short | Long | | | | |
| Mini Pairs | | 2:30 +/- 10 | | See Rulebooks (USA Roller Sport | s 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 1 st. 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 elimation 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 | |
| | <u> </u> |





| 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 | | | | | | |

2024-2025 Creative Solo & Creative Duet Show Requirements

Creative Solo & Duet Elements:

• Each season, THREE (3) elements from the below grid will be chosen for each creative solo and duet category.

| Element | | Description |
|-------------|---|--|
| Balance | • | Skaters will choose two (2) or more positions to present one after the other. |
| Maneuver | • | 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 | • | This element is performed in place (dancing within an approximate three-foot radius). |
| Dancing | • | Skaters should dance and move in place to the music for eight to twelve (8-12) seconds. |
| Element | • | 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 | • | Skaters will skate any steps of their choice on the selected baseline for the season. |
| sequence | • | Potential baselines include: |
| | | o Diagonal |
| | | o Long axis |
| | | o Serpentine |
| | | ○ V |
| | • | For duet: Can be in contact and/or not in contact but must be within twelve (12) feet of each other throughout. |
| Character | • | Element must start from a stop or stop-and-go position. |
| Sequence | • | 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 |
| | | 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 | • | Fourt to eight (4-8) consecutive three-turns on one (1) foot followed by four to eight (4-8) consecutive three-turns |
| Sequence | | 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. |
| 1 | | |

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.

2024-2025 Selected Creative Solo & Duet Requirements

| Juvenile A | | | | | | | | | |
|-------------------|---------------------|----------------------------------|----------------------|-----------------------|-------------------------|--|--|--|--|
| Program Length | Balance Maneuver | Stationary Dancing Element | Footwork Sequence | Character Sequence | Travel Turn Sequence | | | | |
| Max 2:15 | YES | YES | NO | YES | NO | | | | |

| Elementary A | | | | | | | | |
|-------------------|---------------------|----------------------------------|----------------------|-----------------------|-------------------------|--|--|--|
| Program Length | Balance Maneuver | Stationary Dancing Element | Footwork Sequence | Character Sequence | Travel Turn Sequence | | | |
| Max 2:15 | YES | YES | NO | YES | NO | | | |

| Open B | | | | | | | | |
|-------------------|---------------------|----------------------------------|----------------------|-----------------------|-------------------------|--|--|--|
| Program Length | Balance Maneuver | Stationary Dancing Element | Footwork Sequence | Character Sequence | Travel Turn Sequence | | | |
| Max 2:15 | YES | YES | NO | YES | NO | | | |

| Open A | | | | | |
|-------------------|---------------------|----------------------------------|----------------------|-----------------------|-------------------------|
| Program Length | Balance Maneuver | Stationary Dancing Element | Footwork Sequence | Character Sequence | Travel Turn Sequence |
| Max 2:30 | NO | NO | YES (Diagonal) | YES | YES |

| Classic | | | | | |
|-------------------|---------------------|----------------------------------|----------------------|-----------------------|-------------------------|
| Program Length | Balance Maneuver | Stationary Dancing Element | Footwork Sequence | Character Sequence | Travel Turn Sequence |
| Max 2:30 | YES | NO | YES (Diagonal) | YES | NO |

| Elementary Duet | | | | | |
|-------------------|---------------------|----------------------------------|----------------------|-----------------------|-------------------------|
| Program Length | Balance Maneuver | Stationary Dancing Element | Footwork Sequence | Character Sequence | Travel Turn Sequence |
| Max 2:30 | YES | YES | YES (Diagonal) | NO | NO |

| Open Duet | | | | | |
|-------------------|---------------------|----------------------------------|----------------------|-----------------------|-------------------------|
| Program Length | Balance Maneuver | Stationary Dancing Element | Footwork Sequence | Character Sequence | Travel Turn Sequence |
| Max 2:30 | YES | YES | YES (Diagonal) | NO | NO |

2024-2025 Domestic Free Skating Requirements

| Division | Jumps | Spins | Footwork |
|---|---|---|--|
| All Level C Max 2:00 | 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). No repeated jumps unless used in the combination. | Maximum of three (3) spins allowed. One (1) may be a combination/change spin (no camel spins, may only use upright and sit positions). No repeated spins unless used in the combination. | One sequence of footwork must be included. Required pattern for 2024-2025: Diagonal |
| Juvenile B 2:15 +/- 10 | Maximum ten (10) jumps (including jumps used in combinations), consisting of 1 rotation jumps, waltz jump, and axle. 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). | One (1) footwork sequence to cover ¾ 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. |
| Elementary B 2:45 +/- 10 | Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, waltz jump, axel, double toe loop, and double salchow. 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. 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). | One (1) footwork sequence to cover ¾ 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. |
| Freshman/ Sophomore B 3:00 +/- 10 | Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, axel, double toe loop, and double salchow. 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). | One (1) footwork sequence to cover ¾ 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. |

| Division | Jumps | Spins | Footwork |
|--|--|--|---|
| Advanced Max 3:30 | 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. 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. | One (1) footwork sequence to cover ¾ 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. |
| Open Youth Inline (17-) Max 3:00 | 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. Required pattern for 2024-2025: Diagonal |
| Classic Inline (18+) Max 3:00 | 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. Required pattern for 2024-2025: Diagonal |
| Classic Max 3:00 | 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. Required pattern for 2024-2025: Diagonal |