

**USA ROLLER SPORTS 2023-2024 COMPETITIVE FIGURE AND DANCE REQUIREMENTS FOR REGIONAL AND NATIONAL CHAMPIONSHIPS**



Updated 11/24/2023



National Governing Body for Roller Sports

**Domestic Youth Events - Dance & Figures**

EVENT NAMES	FIGURES		LOOPS		SOLO DANCE		TEAM DANCE	
	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2
Primary A	1 2 B 7 A	1 B 2 7 B	14 A/B 130 A/B	14 A/B 130 A/B	Double Cross Waltz (138) Skaters March (100 6/8)	City Blues (88) Denver Shuffle (100)		
Juvenile B	3 7 A/B	5 A/B 9 A/B	14 A/B 130 A/B	14 A/B 130 A/B	<del>Swing Waltz (120)</del> <del>Siesta Tango (100)</del>	<del>Rhythm Blues (88)</del> <del>Chasse' Waltz (108)</del>		
Juvenile A Figures/Loops/Solo Juvenile Team	5 A/B 7 A/B 11 A/B	3 A/B 7 A/B 9 A/B	14 A/B 30 A/B	14 A/B 30 A/B	Skaters March (100 6/8) Swing Waltz (120) Siesta Tango (100)	Denver Shuffle (100) Rhythm Blues (88) Chasse' Waltz (108)	Academy Blues (88) Sunshine Polka (100)	Swing Waltz (120) Denver Shuffle (100)
Elementary B Figures/Loops Juv/Elem B Solo	5 A/B 9 A/B	3 11 A/B	14 A/B 30 A	14 A/B 30 A	Swing Waltz (120) Siesta Tango (100)	Rhythm Blues (88) Chasse' Waltz (108)		
Elementary A Figures/Loops/Solo Elementary Team	4 10 A/B 26 A/B	8 A/B 11 A/B 22 A/B	14 A/B 15 A/B 30 A/B	14 A/B 15 A/B 30 A/B	Bounce Boogie (100) Century 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	3 8 A/B	4 11 A/B	14 A/B 30 A	14 A/B 30 A	Valse Adante (155) Fiesta Tango modified (100)	Bounce Boogie (100) Southland Swing (88)	Bounce Boogie (100) Chase Waltz (108)	Valse Adante (155) Fiesta Tango modified (100)
Fresh/Soph A Men Figures/Loops Fresh/Soph A Team	13 19 A/B 22 A/B	12 A/B 21 A/B 32 A/B	14 A/B 16 A/B 30 A/B	15 A/B 16 A/B 30 A/B			Donna Lee Tango (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	12 A/B 21 A/B 32 A/B	13 19 A/B 22 A/B	14 A/B 16 A/B 30 A/B	15 A/B 16 A/B 30 A/B	Ten Fox (100) California Swing (138) Mandi Lynn Tango (100)	Joann Foxtrot (92) Association Waltz (120) Metropolitan Tango (100) 32 beat		
Sophomore A Women Figures/Loops Sophomore A Solo	12 A/B 20 A/B 33 A/B	13 23 A/B 32 A/B	14 A/B 16 A/B 30 A/B	15 A/B 16 A/B 30 A/B	Viva Cha Cha (100) Flirtation Waltz (108) Karen Lee Tango (100)	Border Blues (88) Willow Waltz (138) Barsalona Bossa Nova (104)		
Advanced Figures/Loops Advanced Domestic Solo	29 A/B 32 A/B 44 A/B	20 A/B 33 A/B 36 A/B	16 A/B 31 A/B 38 A/B	17 A/B 31 A/B 38 A/B	Dench Blues Border (88) Continental Waltz (168) Lyons Polka (104)	Harris Tango (100) Keats Foxtrot (92) Killian (100 2/4)		
Juv/Elem International Compulsory Solo					Carlos Tango WS version (96) Collegiate (92)			
Fresh/Soph International Compulsory Solo					Imperial Tango (104) Little Waltz (132)			
***Open C - REGIONAL ONLY***	1B 112 A/B	2B 111 A/B	114 A/B 130 A/B	115 A/B 130 A/B	City Blues (88) Progressive Tango (100)	Glide Waltz (108) American March (100 6/8)	Glide Waltz (108) American March (100 6/8)	City Blues (88) 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 2023-2024 COMPETITIVE FIGURE AND DANCE REQUIREMENTS FOR REGIONAL AND NATIONAL CHAMPIONSHIPS



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## Adult Events - Dance & Figures

EVENT NAMES	FIGURES		LOOPS		SOLO DANCE		TEAM DANCE	
	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2
Bronze Division 1, 2, & 3	1 A/B	2 A/B	114 A/B	115 A/B	Rhythm Blues (88)	Swing Waltz (120)	Swing Waltz (120)	Rhythm Blues (88)
Bronze Loops	112 A/B	111 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	1B	114 A/B	114 A/B	Casino Tango (100)	Sunshine Polka (100)	Sunshine Polka (100)	Casino 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)	La Vista Cha Cha (100)	La Vista Cha Cha (100)	Honey Rumba (100)
Gold Division 1	5 A/B	3 A/B	114 A/B	115 A/B	California Swing (138)	Mandi Lynn Tango (100)	Donna Lee Tango (100)	California Swing (138)
Gold Loops	8 A/B	9 A/B	130 A/B	130 A/B	Joann Foxtrot (92)	Lyons Polka (104)	Southland Swing (88)	Joann Foxtrot (92)
	11 A/B	27 A/B	138 A/B	138 A/B	Casino March (100 6/8)	Viva Cha Cha (100)	Viva Cha Cha (100)	Delicado (100)
Gold Div 2 & 3	2	2 A/B			Quickstep Boogie (100)	Ruby Rumba (104)	Tara Tango (100)	Quickstep Boogie (100)
	5 A/B	5 A/B			Century Blues (88)	Valse Adante (155)	Valse Adante (155)	Century Blues (88)
	105 A/B	105 A/B			Milonga Tango (100)	Mason March (100 6/8)	Mason March (100 6/8)	Milonga Tango (100)
Classic Gold	13 A/B	12 A/B	14 A/B	14 A/B	Metropolitan Tango (100) 32 Beat	Carroll Swing (100)	Pacifica Foxtrot (100)	Dench Blues Dbl Pattern (88)
	18 A/B	19 A/B	15 A/B	15 A/B	Dench Blues Dbl Pattern (88)	Willow Waltz (138)	Continental Waltz (168)	Iceland Tango Border (100)
	22 A/B	20 A/B	30 A/B	30 A/B	Ten Fox (100)	Paso Doble (100) Men's steps	Paso Doble (100)	Carroll Swing (100)
Classic International Solo					Dutch Waltz International (138)		Dutch Waltz International (138)	
Classic International Team					Canasta Tango (100)		Canasta Tango (100)	
Classic Gold International Solo					Cha Cha Patin (112)			
					Westminster Waltz (138)			
Original Compulsory Dance	Latin - Samba, Paso, Cha Cha				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

	SOLO DANCE	TEAM DANCE
Tot Solo	Compulsory Dance - Glide Waltz Free Dance - 2:00 +/- 10	
Mini Solo & Team	Compulsory Dances - La Vista Cha Cha & Denver Shuffle Free Dance - 2:30 +/- 10	Compulsory Dances - La Vista Cha Cha & Denver Shuffle Free Dance - 2:45 +/- 10
Espoir Solo & Team	Compulsory Dances - Kinder Waltz & Manhattan Blues Free Dance - 2:30 +/- 10	Compulsory Dances - Kinder Waltz & Manhattan Blues Free Dance - 3:00 +/- 10
Cadet Solo & Team	Style Dance - 3:00 +/- 10 Rumba (Latin Medley) Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Association Waltz (Classic Medley) Free Dance - 3:30 +/- 10
Youth Solo & Team	Style Dance - 3:00 +/- 10 - Coalisce Waltz (Classic Medley) Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Killian (Classic Medley) Free Dance - 3:30 +/- 10

	Group 1	Group 2	Group 3	Group 4	SOLO DANCE	TEAM DANCE
Junior	42 A/B	43 A/B	44 A/B	45 A/B	Style Dance - 3:00 +/- 10 - Sweet Tango (Spanish Medley) Originated as the Tango Beattie Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Paso Doble (Spanish Medley) Free Dance - 3:50 +/- 10
Senior	46 A/B	48 A/B	50 A/B	52 A/B	Style Dance - 3:00 +/- 10 - Roman Mood (Folk - Ethnic) Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Argentine Tango (Spanish Medley) Free Dance - 3:50 +/- 10
	39 A/B	38 A/B	39 A/B	38 A/B		
	47 A/B	49 A/B	51 A/B	53 A/B		



# FIGURE/LOOP DESCRIPTIONS FOR 2023/2024



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 Loop
31 A/B	- OIB-IOB Serpentine Loop
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

Youth Divisions -	
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
Advanced	ages 13 & over
Juvenile/Elementary	ages 12 & under

*\* please do not use the World*

Adult Divisions -	
Bronze Division 1	ages 18 - 49
Bronze Division 2	ages 50 - 64
Bronze Division 3	ages 65 & over
Silver Division 1	ages 18 - 49
Silver Division 2	ages 50 - 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 Example: Bronze 1, 2, OR 3 Figures &*