



Artistic Rules 2025 – 2026

C Events



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Rule AR CD.100 Basic Rules for C Events

AR CD.101 Determining Skating Age

The skater's age shall determine skating age for divisions competing at USA Roller Sports-sanctioned events on January 1 of the current skating season.

AR CD.102 Disciplines

Level (C) events will be judged using the integer system and consist of events in the following disciplines:

- (a) Figures
- (b) Loops
- (c) Combined Figures/Loops
- (d) Solo Dance
- (e) Team Dance
- (f) Freeskating
- (g) Creative Solo Show

AR CD.103 Age Divisions

Events shall consist of the following divisions*:

Event	Ages
Primary C	8 and under
Juvenile C	10 and under
Elementary C	11-12
Freshman/Sophomore C	13-17
Adult C	18 and over

*When requirements permit, local meets and invitationals may consolidate events as needed to ensure the smooth and effective operation of contests.

AR CD.104 C Event Eligibility

- (a) Skaters/teams who have never participated at the National Championships in any event in the discipline skated are eligible to skate Level (C) divisions in that discipline.
- (b) Skaters/teams may skate Level (C), Level (B), Bronze Level, and Classic Free Skating in the same discipline at the same qualifying Regional Championship.
- (c) Skaters/teams who have participated in Espoir, Cadet, Youth, Junior, or Senior events at the Regional Championships are not eligible for Level (C) events of ANY discipline.

- (d) Any skater who is, or has ever been, a USA Roller Sports Elite, Advanced (AC3), Certified (AC2), or Registered (AC1) coach is not eligible to compete in Level (C) events of ANY discipline.
- (e) Skaters/teams participating in Level (A), Advanced, Silver, Gold, Classic, or Tot-Senior events are ineligible for Level (C) events in the same discipline at the Regional Championships.
- (f) Skaters/teams who have never placed 1-2-3 at the C Championships in an event of six (6) or more contestants in any event are eligible to skate Level (C) divisions in that discipline for future C Championships.
- (g) Skaters/teams who have placed 2nd or 3rd in a Level (C) event of five (5) or fewer contestants at the C Championships are eligible to skate Level (C) divisions in that discipline for future C Championships. In Level (C) events of five (5) or fewer contestants, ONLY the skaters/teams who have placed 1st at the C Championships are not eligible to compete in Level (C) events in that discipline in subsequent skating seasons.
- (h) At a Regional Championship, crossover (B), (C), Bronze-Level skaters/teams, and participants in Classic Free Skating may skate both division events to qualify for the C Championships or the USA Roller Sports National Championships.
 - a. If (B), (C), Bronze-level skaters/teams, or Classic Free Skaters qualify to participate at the C Championships or the National Championships in both events AND the (B), Bronze, or Classic Free Skating event contains five (5) or more Regional contestants, the skater/team may register ONLY in the (B), Bronze-level event, or Classic Free Skating event at the National Championships.
 - b. If a (B), (C), Bronze-Level skater/team, or Classic Free Skater qualify to participate at the C Championships, or the USA Roller Sports National Championships in both events AND the (B), Bronze, or Classic Free Skating event contains four (4) or fewer Regional contestants, the skater/team may choose the event in which to compete at the USA Roller Sports National Championships or C Championships.
 - c. In the event of a skater/team vacating their position due to these crossover rules, the next eligible skater by placement shall qualify for the next higher Championship.

AR CD.105 C Championship Qualification

- (a) All skaters and teams who participate in their respective Regional Championships are eligible to compete in the same disciplines at the C Championships, provided they fulfill the established eligibility criteria.

AR CD.106 Size of the Contest

From the Regional Championship, contestants qualify for the C Championship through participation at the Regional Championship. Medals will be awarded for 1-2-3 placements at the Regional and C Championships.

(a) Compulsory Figures, Loops, and Free Skating,

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 Championships 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) 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), or for the adult events (4) flights of (2).

(c) 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 CD.107 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 CD.108 Separate Male and Female Competitions

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

Dance Teams shall compete as mixed couples (one male and one female) in all divisions of the Team Dance discipline. Petitions based on gender identity can be submitted to the Artistic Sport Committee.

AR CD.109 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 USA Roller Sports approved sponsorship logo may be thus worn on either shoulder, the chest, or on the skirt. This restriction applies to warm-up events before a competition and the competition itself. However, for all award ceremonies, artistic skating competitors may wear something other than their competitive costumes (substitute costumes, warm-up suits, jackets, etc.) without any restriction on the numbers or size of logos or advertising, limited to USA Roller Sports approved sponsors.~~

Logo Identification on Skater Costume

The size of advertisements/logos must be limited to three (3) inches at the largest dimension worn on costumes for Regional and National competitions. However, for all award ceremonies and official training, artistic skating competitors may wear something other than their competitive costumes without any restriction on the numbers or size of logos or advertising limited to USA Roller Sports-approved sponsors.

(b) General Costume Requirements for C Events at USA Roller Sports Competitions

1. In all artistic competitive roller skating events, the costumes for both women and men should be in character with the music. Still, they should not be such as 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 that are very low cut at the neck, or which show bare midriffs, are considered show costumes and are not suitable for Championship skating.

3. Any piece of the costume, including beads, trimmings, and feathers, must be securely fixed so as not to affect the performance of the next contestant.
4. The woman's costume must be constructed to completely cover the hips and posterior. French-cut leotards are strictly prohibited, i.e., leotards that 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 in 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 except for Creative Solo Show events. 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.
8. The painting of any part of the body is considered a "show" and is not allowed.
9. Penalties resulting from violations of the costume rules will be 5 points for all events.

AR CD.110 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) The boot is 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. (The referee will note the time upon inspection of the failure and will allow the skater the prescribed time to correct.)

- 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. Freeskating 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. The 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 Adult C 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 a 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, has 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 violates these rules to gain a 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 CD.111 Music for Free Skating

All forms of music, including vocal music, are permitted in all Freeskating divisions. Selected music should be tasteful and appropriate for public performance.

Rule AR CD.200 Compulsory Figures

AR CD.201 Figure Divisions

Figure events shall consist of the following:

C Figures
Primary C
Juvenile C
Elementary C
Freshman/Sophomore C
Adult C

AR CD.202 Figure Requirements

All Level (C) events shall skate two (2) figure requirements per round at qualifying competitions. The figures may vary for each division and may be determined by consulting the annual USA Roller Sports Artistic Requirements.

AR CD.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. The skater who is to be scored first on the second figure shall be allowed at least 2 minutes before the scoring of their second figure.

AR CD.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, rotation procedures for figure events are based on the number of skaters participating.

Events with five (5) or fewer skaters

There will be no rotation of skaters. The first skater will start both figures.

Events with Six to Eight (6-8) Skaters:

The rotation is determined by starting each figure with the next contestant in order. For example, the first contestant will skate the first figure first, and the second contestant will skate the second figure first. The first contestant will then move to the end of the skating order.

Events with Nine (9) or More Skaters:

The event will be divided based on the number of figures skated (two). The first skater of the second group will start the second figure, while the skaters from the first group will be moved to the end of the second group.

When an event has a number of skaters that does not divide evenly by the number of requirements skated, the first group should have the larger grouping of skaters and will compete first.

AR CD.205 **Number of Repetitions**

All Level (C) Figure divisions shall skate two (2) repetitions of each figure.

Rule AR CD.300 Loops

AR CD.301 Loop Divisions

Loop events shall consist of the following:

C Circle Loops
Primary C
Juvenile C
Elementary C
Freshman/Sophomore C
Adult C

AR CD.302 Loop Requirements

All Level (C) events shall skate two (2) circle loop requirements per round at qualifying competitions. The loops will vary for each age division and may be determined by consulting the annual USA Roller Sports Artistic Requirements.

AR CD.303 Warm-Up Loop Competitions

(a) General Warm-Up Qualifying Competitions

For all Circle Loop events, the 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.

(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 their official warm-up.

The skater who is to be scored first on the second loop shall be allowed at least 2 minutes before the scoring of their second loop.

AR CD.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

At qualifying competitions, rotation procedures for loop events are based on the number of skaters participating.

Events with five (5) or fewer skaters

There will be no rotation of skaters. The first skater will start both loops.

Events with Six to Eight (6-8) Skaters:

The rotation is determined by starting each loop with the next contestant in order. For example, the first contestant will skate the first loop first, and the second contestant will skate the second loop first. The first contestant will then move to the end of the skating order.

Events with Nine (9) or More Skaters:

The event will be divided based on the number of loops skated (two). The first skater of the second group will start the second loop, while the skaters from the first group will be moved to the end of the second group.

When an event has a number of skaters that does not divide evenly by the number of requirements skated, the first group should have the larger grouping of skaters and will compete first.

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

- (a) All Loop divisions shall skate two (2) repetitions of each circle loop.
- (b) In Circle Loop events, 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 CD.306 Combined Figure & Loop Events

Skaters may compete in their age-eligible Level (C) Figure event, or their equivalent age-eligible Level (C), or both age-eligible events. If the skater participates in both the Figure and equivalent age-eligible Loop division events, they may be included in 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 CD.400 Freeskating

AR CD.401 Freeskating Divisions

Freeskating events shall consist of the following:

C Freeskating
Primary C
Juvenile C
Elementary C
Freshman/Sophomore C
Adult C

AR CD.402 Warm-Up Freeskating 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, 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 CD.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 Freeskating warm-up group 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 CD.404 Content Infractions

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

AR CD.405 Freeskating Requirements

The freeskating requirements may vary by age division and can be determined by consulting the annual USA Roller Sports Artistic Requirements.

Division	Time Limit	Requirements & Limitations
<p align="center">Primary C Free Skating</p>	<p align="center">Max 2:00</p>	<p>Maximum of eight (8) jumps (including those used in combinations).</p> <ul style="list-style-type: none"> ● Maximum of one (1) jump combination, containing a maximum of three (3) jumps. ● Each jump must not exceed one full rotation. ● The allowed jump elements include: one or two-foot ½ turn jumps, ½ toe loop, ½ flip, ½ lutz, waltz jump, single toe loop, and single salchow. ● A bunny hop, when used in combination with other jumps, will be counted as a jump. ● No single flip, lutz, loops, or euler (thoren) will be allowed ● The same jump must not be repeated more than three times. <p>Maximum of 2 spins allowed.</p> <ul style="list-style-type: none"> ● Only upright positions are allowed from the following edge options: two-foot spin, inner forward, or inner back. ● One may be a combination/change spin with a maximum of 2 spin edges. <p>One (1) straight-line footwork sequence must be included</p> <ul style="list-style-type: none"> ● Primary footwork (no turns), or secondary footwork (two-foot turns) only. ● Options: Swings, cross rolls, chasses, mohawk turns, choctaw turns, can be executed forward and/or backwards. ● Footwork should include body movements and balance maneuvers.
<p align="center">Juvenile C, Elementary C, Fresh/Soph C, & Adult C Free Skating</p>	<p align="center">Max 2:00</p>	<p>Maximum of eight (8) jumps (including jumps used in combinations), each not to exceed one (1) rotation.</p> <ul style="list-style-type: none"> ● Maximum of one (1) jump combination, containing a maximum of three (3) jumps (each of not more than a single rotation). <p>Maximum of three (3) spins allowed.</p> <ul style="list-style-type: none"> ● 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 combination. ● One sequence of straight-line footwork must be included. Please refer to the requirement grid for the current year's footwork pattern.

Rule AR CD.500 Team Dance

AR CD.501 Team Dance Divisions

Team Dance events shall consist of the following:

C Team Dance
Primary C
Juvenile C
Elementary C
Freshman/Sophomore C
Adult C

AR CD.502 Team Eligibility

In Dance Teams, the two members of the team shall participate in the event, in which the oldest member of the team must participate.

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 division or their appropriate age division once that partnership terminates, provided the competitor is still qualified by age.

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

Split Club Affiliation: Split club affiliation for all 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, Freeskating) must be entered in the USA Roller Sports Region in which that skater's club is domiciled.

AR CD.503 Team Dance Requirements

All Level (C) events shall skate two (2) dance requirements per round at qualifying competitions.

The dances may vary for each age division. Team Dance requirements may be determined by consulting the annual USA Roller Sports Artistic Requirements.

AR CD.504 Warm-Up Team Dance Competitions

For all 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.

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 Team Dance competitions, each successive dance will be individually 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. This will allow the flight that is to start the next dance the maximum time to prepare for that dance.

AR CD.505 **Flighting Contestants**

For the Youth Team Dance: Primary C, Juvenile C, Elementary C, & Fresh/Soph C 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 teams, the first flight should have the largest grouping of teams and will compete first. The Adult C Team dance division will skate in flights of (2) teams. 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 and Flight 2 will start the second dance. When there are five (5) or more flights, the event will be broken into two halves. The first flight of the second half will start the second dance, while the flights from the first half will be moved to the end of the second half.

When an event has a number of skaters that does not divide evenly by the number of requirements skated, the first half should have the larger grouping of skaters and will compete first.

In all C Team Dance and Adult C Team final events, at the C 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. (e.g., Team #101 starts Dance 1, Team #102 starts Dance 2)

AR CD.506 **Number of Opening Beats**

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

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

AR CD.507 Judging Period

Youth Team Dance: Primary C, Juvenile C, Elementary C, & Fresh/Soph C

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

All youth Level (C) Team 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 the judging of the dance is complete for that flight. If rest periods are necessary, teams are not allowed to leave the skating surface.

Adult Team Dance: Adult C

- When a team is announced and takes the floor, their entrance must not exceed fifteen (15) seconds.
- Except as otherwise provided in these rules, each team will perform four repetitions of each dance to be scored. Judges will score the starting team's first two repetitions and the second team's last two repetitions of each dance.
- If a flight contains only one team, they will perform four repetitions of the dance and be scored as follows:
 - Judges will score the first two repetitions of the first dance.
 - Judges will score the last two repetitions of the second dance.
- When the first team of a two-team flight completes the required number of repetitions, they must exit the floor without interfering with the second team, who is still completing their required repetitions.
- All adult dance events with designated repetitions shall skate four (4) repetitions of a half circuit dance, or two (2) repetitions of a full circuit dance. In flights of two (2) teams, the team that starts a dance shall be scored on their first two (2) repetitions of a half circuit dance, and the second team shall be scored on their last two (2) repetitions of a half circuit dance.

Rule AR CD.600 Solo Dance

AR CD.601 Solo Dance Divisions
Solo Dance events shall consist of the following:

C Solo Dance
Primary C
Juvenile C
Elementary C
Freshman/Sophomore C
Adult C

AR CD.602 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 USA Roller Sports Artistic Requirements.

AR CD.603 Solo Dance Requirements

All Level (C) Solo Dance skaters shall skate two (2) compulsory dance requirements per round at qualifying competitions.

The dances may vary for each age division. Solo Dance requirements may be determined by consulting the annual USA Roller Sports Artistic Requirements.

AR CD.604 Warm-Up Solo Dance Competitions

For all Level (C) 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.

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 be individually 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. This will allow the flight that is to start the next dance the maximum time to prepare for that dance.

AR CD.605 **Flighting Contestants**

For the Youth Solo Dance: Primary C, Juvenile C, Elementary C, & Fresh/Soph C 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 and will compete first. The Adult C Solo dance division will skate in flights of (2) teams.

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, and Flight 2 will start the second dance. When there are five (5) or more flights, the event will be broken into two halves. The first flight of the second half will start the second dance, while the flights from the first half will be moved to the end of the second half.

In all Solo Dance final events, at the C 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. (e.g., Skater #101 starts Dance 1, Skater #102 starts Dance 2)

AR CD.606 **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 all other dance rhythms, skaters shall begin each dance from an opening of either eight (8) or sixteen (16) beats.

AR CD.607 **Judging Period**

Youth C Solo Dance Events: Primary C, Juvenile C, Elementary C, & Fresh/Soph C
When a skater is announced and takes the floor, their entrance must not exceed fifteen (15) seconds.

All Level (C) 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 the judging of the dance is complete for that flight. If rest periods are necessary, skaters are not allowed to leave the skating surface.

Adult C Solo Dance Events: Adult C

- When a skater is announced and takes the floor, their entrance must not exceed fifteen (15) seconds.
- Except as otherwise provided in these rules, each skater will perform four repetitions of each dance to be scored. Judges will score the starting skater's first two repetitions and the second skater's last two repetitions of each dance.

- If a flight contains only one skater, they will perform four repetitions of the dance and be scored as follows:
 - Judges will score the first two repetitions of the first dance.
 - Judges will score the last two repetitions of the second dance.
- When the first skater of a two-person flight completes the required number of repetitions, they must exit the floor without interfering with the second skater, who is still completing their required repetitions.
- All adult dance events with designated repetitions shall skate four (4) repetitions of a half circuit dance, or two (2) repetitions of a full circuit dance. In flights of two (2) skaters, the person who starts a dance shall be scored on their first two (2) repetitions of a half circuit dance, and the second skater shall be scored on their last two (2) repetitions of a half 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.

Rule AR CD.700 Creative Solo Show

AR CD.701

Creative Solo Show Divisions

The following are the Creative Solo Show Divisions:

C Creative Solo Show	Age
Juv/Elem C Creative Solo Show	12 and under
Open C Creative Solo Show	13 and over

AR CD.702

Creative Solo Show Rules

(a) Skaters who participate in any Creative Solo Show event may compete using either quad skates or inline skates.

(b) Warm-Up and Grouping

Skaters will begin with a 1-minute roll around before the start of the official warm-up. 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.

(c) 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 the desired position is attained.
- Maximum of three (3) steps may be used in between each position.
- No minimum number of steps in between positions required.
- Skaters may change direction of travel- from forward to backward and/or clockwise to anticlockwise direction of travel in no particular order, or skaters may change foot 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:

- One (1) diagonal footwork sequence covering $\frac{3}{4}$ of the floor must be included
- Element must start from a stop or stop-and-go position.

Optional Elements:

- Maximum one (1) jump of one rotation is allowed. The jump can be performed solo or included in the above elements. Any jumps of one-half revolution or less will not be considered as a jump element.
- Maximum one (1) single upright position spin is allowed (including any spin used in the above elements).
- Cartwheels and other acrobatic movements where hands touch the floor are allowed; however, they 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.

Content infractions (any deviation from the creative solo show requirements) as determined by the referee shall be penalized five (5) points per infraction, on the Technical Merit score ("A" Mark).

(d) 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. All parts of the costume, including props or accessories, must remain in contact with the skater. Nothing is to be dropped 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 obstruct following contestants.

Props may be used provided 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 the program, but must 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 the air, flipping from hand to hand, or dropping the item) will result in a ten-point deduction from the "B" score.