



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 12/31/2025



Domestic Youth Events – Dance, Loops & Figures

| Event Name | 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) Carlos Tango Modified (96) | | |
| Juvenile B | 3 7 A/B | 5 A/B 9 A/B | 14 A/B 130 A/B | 14 A/B 115 A/B | Double Cross Waltz (138) And Foxtrot (104) | City Blues (88) Denver Shuffle (100) | | |
| Juvenile A Figures/Loops/Solo, Juvenile Team | 3 A/B 7 A/B 11 A/B | 3 A/B 9 A/B 27 A/B | 14 A/B 30 A/B | 14 A/B 30 A/B | Criss Cross March (100 6/8) Swing Waltz (120) Siesta Tango (100) | Denver Shuffle (100) Rhythm Blues (88) Chassé Waltz (108) | Academy Blues (88) Skaters March (100 6/8) | Swing Waltz (120) Denver Shuffle (100) |
| Elementary B | 3 11 A/B | 5 A/B 9 A/B | 14 A/B 30 A | 14 A/B 30 A | Rhythm Blues (88) Siesta Tango (100) | Swing Schottische (100) Chassé Waltz (108) | | |
| Elementary A Figures/Loops/Solo, Elementary Team | 4 10 A/B 22 A/B | 8 A/B 19 A/B 26 A/B | 14 A/B 15 A/B 30 A/B | 14 A/B 15 A/B 30 A/B | 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 B | 11 A/B 26 A/B | 8 A/B 27 A/B | 14 A/B 30 A/B | 14 A/B 30 A/B | Dutch Waltz (120) Fiesta Tango modified (100) | Bounce Boogie (100) Southland Swing (88) | | |
| Freshman A Girls Figures/Loops, Freshman A Solo | 13 18 A/B 23 A/B | 19 A/B 21 A/B 28 A/B | 14 A/B 16 A/B 30 A/B | 15 A/B 16 A/B 30 A/B | Border Blues (88) California Swing (138) Casino March (100 6/8) | Joann Foxtrot (92) Association Waltz (120) Mandi Lynn Tango (100) | | |
| Sophomore B, Fresh/Soph B Team | 10 A/B 26 A/B | 12 A/B 27 A/B | 14 A/B 30 A/B | 14 A/B 30 A/B | Carey Foxtrot (92) Fiesta Tango modified (100) | Quickstep Boogie (100) Southland Swing (88) | Mason March (100 6/8) Chase Waltz (108) | Bounce Boogie (100) Southland Swing (88) |
| Fresh/Soph A Men Figures/Loops, Fresh/Soph A Team | 19 A/B 21 A/B 28 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 | | | JoAnn Foxtrot (92) Mirror Waltz (108) Fourteen Step (100 6/8) | Border Blues (88) California Swing (138) Delicado (100) |
| 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 | Ten Fox (100) Flirtation Waltz (108) Viva Cha Cha (100) | Border Blues (88) Willow Waltz (138) Princeton Polka (100) Men's | | |
| 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) Keats Foxtrot (92) Paso Doble (100) | Fondu Foxtrot (104) Continental Waltz (168) Men's Carroll Swing (100) | | |
| Juv/Elem International Compulsory Solo | | | | | G-Reggae (84) Style B Waltz (108) | | | |
| Fresh/Soph International Compulsory Solo | | | | | Cumbia Argentina (92) Imperial Tango (104) | | | |

All C Events – Juvenile C, Elementary C, Fresh/Soph C, Adult C – Dance, Loops & Figures

| Event Name | Figures | | Loops | | Solo Dance | | Team Dance | |
|--|----------------|----------------|--------------------|--------------------|--|--|--|--|
| | Group 1 | Group 2 | Group 1 | Group 2 | Group 1 | Group 2 | Group 1 | Group 2 |
| Primary C | 111 A 112 B | 111 B 112 A | 114 A/B 115 A/B | 114 A/B 115 A/B | Glide Waltz (108) Progressive Tango (100) |
| Juvenile C, Elementary C, Fresh/Soph C, & Adult C | 1 2 B | 1 B 112 B | 114 A/B 130 A/B | 115 A/B 130 A/B | City Blues (88) Progressive Tango (100) | Glide Waltz (108) Balenciaga (100) | Glide Waltz (108) Balenciaga (100) | City Blues (88) Progressive Tango (100) |



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Adult Events – Dance, Loops & Figures

| Event Name | 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 Figures/Dance, Bronze Loops | 1 A/B 112 A/B | 2 A/B 111 A/B | 114 A/B 130 A/B | 115 A/B 130 A/B | Waltz for the Moon (120) Swing Schottische (100) | Carlos Tango Modified (96) Denver Shuffle (100) | Carlos Tango Modified (96) Denver Shuffle (100) | Waltz for the Moon (120) Swing Schottische (100) |
| Silver Division 1, 2, & 3 Figures/Dance, Silver Loops | 1 2 5A/B | 1B 2 5A/B | 114 A/B 115 A/B 130 A/B | 114 A/B 115 A/B 130 A/B | Luna Blues (88) Carey Foxtrot (92) Tara Tango (100) | La Vista Cha Cha (100) Golden Skaters' Waltz (138) Parade March (100 6/8) | La Vista Cha Cha (100) Golden Skaters' Waltz (138) Parade March (100 6/8) | Luna Blues (88) Carey Foxtrot (92) Tara Tango (100) |
| Gold Division 1 Figures/Dance, Gold Loops | 8 A/B 11 A/B 27 A/B | 3 A/B 9 A/B 26 A/B | 114 A/B 130 A/B 138 A/B | 115 A/B 130 A/B 138 A/B | Manhattan Blues (92) California Swing (138) Casino March (100 6/8) | Mandi Lynn Tango (100) Joann Foxtrot (92) Viva Cha Cha (100) | Samba Caliente (100) Joann Foxtrot (92) Matador Doble (100) | California Swing (138) Southland Swing (88) Delicado (100) |
| Gold Division 2 & 3 | 2 5 A/B 105 A/B | 1 5 A/B 105 A/B | | | City Samba (100) Century Blues (88) Quickstep Boogie (100) | Milonga Tango (100) Rock & Roll Waltz (155) Mason March (100 6/8) | Milonga Tango (100) Rock & Roll Waltz (155) Mason March (100 6/8) | City Samba (100) Century Blues (88) Quickstep Boogie (100) |
| Classic Gold | 13 A/B 18 A/B 22 A/B | 12 A/B 19 A/B 21 A/B | 14 A/B 15 A/B 30 A/B | 14 A/B 15 A/B 30 A/B | Dench Blues Dbl Pattern (88) Imperial Tango (104) Ten Fox (100) | Barsalona Bossa Nova (104) Continental Waltz (168) Men's Paso Doble (100) | Carroll Swing (100) Continental Waltz (168) Paso Doble (100) | Dench Blues Dbl Pattern (88) Imperial Tango (104) Ten Fox (100) |
| Classic International | | | | | DaPonte Do'Blay (100) Kinder Waltz (120) | | DaPonte Do'Blay (100) Kinder Waltz (120) | |
| Classic Gold International | | | | | Dench Blues WS version (88) Coalesce Waltz (132) | | | |
| Original Compulsory Dance – Classic/Classic Gold | Foxtrot, Blues, Quickstep Max time: 2:30 | | | | Classic (forward Dances only) Classic Gold (forward/backward Dances) | | Classic (forward Dances only) Classic Gold (forward/backward Dances) | |

Youth and Elite World Skate Events – Dance & Figures

| Event Name | Figures | | | | Solo Dance | | Team Dance | |
|------------|----------------------------------|--------------------------------------|----------------------------------|--------------------------------------|--|--|--|--|
| | Group 1 | Group 2 | Group 3 | Group 4 | | | | |
| Tot | | | | | Compulsory Dance - City Blues Free Dance - 2:00 +/- 10 | | | |
| Mini | | | | | Compulsory Dances - Skaters March & Olympic Foxtrot Free Dance - 2:30 +/- 10 | | Compulsory Dances - Skaters March & Olympic Foxtrot Free Dance - 2:45 +/- 10 | |
| Espoir | | | | | Compulsory Dances - Swing Foxtrot & Roller Samba Free Dance - 2:30 +/- 10 | | Compulsory Dances - Swing Foxtrot & Roller Samba Free Dance - 3:00 +/- 10 | |
| Cadet | 13 19 A/B 15 20 A/B | 18 A/B 21 A/B 30 A/B 28 A/B | 19 A/B 22 A/B 16 28 A/B | 13 18 A/B 30 A/B 23 A/B | Style Dance - 3:00 +/- 10 Terenzi Waltz (steps 1-19) Classic Medley Free Dance - 3:30 +/- 10 | | Style Dance - 3:00 +/- 10 - Easy Paso Spanish Medley Free Dance - 3:30 +/- 10 | |
| Youth | 20 A/B 33 A/B 16 36 A/B | 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 - Sweet Tango (steps 1-20) Rock Medley Free Dance - 3:30 +/- 10 | | Style Dance - 3:00 +/- 10 - Bachata (steps 1-17 [17a-17b]) Latin Medley Free Dance - 3:30 +/- 10 | |
| Junior | 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/B 31 A/B 37 A/B | Style Dance - 3:00 +/- 10 - Italian Foxtrot (steps 16-32) Musical Free Dance - 3:30 +/- 10 | | Style Dance - 3:00 +/- 10 - Quickstep Musical Free Dance - 3:50 +/- 10 | |
| Senior | 46 A/B 39 A/B 47 A/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 - Quickstep Swing Medley Free Dance - 3:30 +/- 10 | | Style Dance - 3:00 +/- 10 - Westminster Waltz (steps 1-14) Classic Medley Free Dance - 3:50 +/- 10 | |



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National Governing Body for Roller Sports

Free Skating Events

| Event Name | Time | Notes |
|--|-------------|-------------|
| Juvenile B | 2:15 +/- 10 | |
| Elementary B | 2:45 +/- 10 | |
| Freshman B | 3:00 +/- 10 | |
| Sophomore B | 3:00 +/- 10 | |
| Advanced | Max 3:30 | |
| All C – Primary, Juv, Elem, F/S, Adult | Max 2:00 | |
| Open Inline (17-) | Max 3:00 | |
| Classic Inline | Max 3:00 | |
| Classic | Max 3:00 | |
| Event Name | Short | Long |
| Tot | | 2:30 +/- 10 |
| Mini | | 2:45 +/- 10 |
| Espoir | 2:00 +/- 5 | 3:15 +/- 10 |
| Cadet | 2:30 +/- 5 | 3:30 +/- 10 |
| Youth | 2:30 +/- 5 | 4:00 +/- 10 |
| Junior | 2:45 +/- 5 | 4:00 +/- 10 |
| Senior | 2:45 +/- 5 | 4:00 +/- 10 |
| Junior Inline | 2:45 +/- 5 | 4:00 +/- 10 |
| Senior Inline | 2:45 +/- 5 | 4:00 +/- 10 |

Pairs Events

| Event Name | Time | Notes |
|------------|------------|-------------|
| Juvenile | Max 2:30 | |
| Elementary | Max 3:00 | |
| Fresh/Soph | Max 3:30 | |
| Event Name | Short | Long |
| Tot | | 2:00 +/- 10 |
| Mini | | 2:30 +/- 10 |
| Espoir | 2:15 +/- 5 | 3:00 +/- 10 |
| Cadet | 2:30 +/- 5 | 3:45 +/- 10 |
| Youth | 2:30 +/- 5 | 4:00 +/- 10 |
| Junior | 3:00 +/- 5 | 4:30 +/- 10 |
| Senior | 3:00 +/- 5 | 4:30 +/- 10 |

Show Events

Creative Solo & Duet

| Event Name | Time | Notes |
|---------------------------------|----------|-------|
| Juv/Elem C Creative Solo (12-) | Max 2:15 | |
| Open C Creative Solo (13+) | Max 2:15 | |
| Juvenile A Creative Solo | Max 2:15 | |
| Elementary A Creative Solo | Max 2:15 | |
| Open A Creative Solo (13+) | Max 2:15 | |
| Open B Creative Solo (all ages) | Max 2:15 | |
| Classic Creative Solo | Max 2:15 | |
| Elementary Creative Duet | Max 2:15 | |
| Open Creative Duet (13+) | Max 2:15 | |

Quartet

| Event Name | Time |
|------------|-------------|
| Elementary | Max 3:00 |
| Open (13+) | Max 3:00 |
| Junior | 3:15 +/- 10 |
| Senior | 3:15 +/- 10 |

Show Groups

| Event Name | Time |
|----------------------|--------------------|
| Open Show (all ages) | Max 4:00 |
| Small Show (12+) | 4:30 - 5:00 +/- 10 |
| Large Show (12+) | 4:30 - 5:00 +/- 10 |

Precision

| Event Name | Time |
|--------------------------|-------------|
| Precision 1 (15 & under) | Max 4:00 |
| Precision 2 (12 & up) | Max 4:00 |
| Junior Precision | 4:30 +/- 10 |
| Senior Precision | 4:45 +/- 10 |

See Rulebooks (USA Roller Sports & World Skate) for complete rules and requirements.



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| Figure Descriptions | |
|---------------------|---|
| 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 |

| Loop Descriptions | |
|-------------------|----------------------------------|
| 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 Circle Loop |
| 131 A/B | - OIB-IOB Serpentine Circle Loop |
| 138 A/B | - OF-IF Paragraph Circle Loop |

| 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 *except Youth Figures* |
| Advanced | ages 13 & over |
| Juvenile/Elementary | ages 12 & under |

* Use USARS Youth Rulebook for age determinations for all youth events except Cadet/Youth Figures (use World Skate Rulebook for age determination for Cadet/Youth figures)

| Adult Divisions – Figures, Solo, Team, Free Skating, Show | |
|---|----------------|
| 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 |

| Clarifications | |
|---|--|
| Championship Draw | |
| <ul style="list-style-type: none"> The championship draw for all figure, team and solo dance events will be posted to the USARS website on April 1st. World Skate 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. | |
| <ul style="list-style-type: none"> 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. | |
| <ul style="list-style-type: none"> If an event is skated as “final only” the “elimination listings” will be skated for the final round. | |
| <ul style="list-style-type: none"> Adult dance draw will be opposite groups for Solo and Team Dance and will not skate the same dances at Regionals or Nationals. | |
| Solo Dance Requirements | |
| <ul style="list-style-type: none"> Solo dances will be skated with women’s steps when applicable unless otherwise noted as “men’s steps.” | |



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2025-2026 Domestic Free Skating Requirements

| Division | Jumps | Spins | Footwork |
|---|--|---|---|
| Primary C | <ul style="list-style-type: none">Maximum of eight (8) jumps (including those used in combinations). | <ul style="list-style-type: none">Maximum of 2 spins allowed. | <ul style="list-style-type: none">One (1) straight-line footwork sequence must be included |
| Max 2:00 | <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 $\frac{1}{2}$ turn jumps, $\frac{1}{2}$ toe loop, $\frac{1}{2}$ flip, $\frac{1}{2}$ 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 allowedThe same jump must not be repeated more than three times. | <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. | <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. |
| Juvenile C Elementary C Fresh/Soph C | <ul style="list-style-type: none">Maximum of eight (8) jumps (including jumps used in combinations), each not to exceed one (1) rotation. | <ul style="list-style-type: none">Maximum of three (3) spins allowed. | <ul style="list-style-type: none">One sequence of footwork must be included. |
| Adult C | <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). | <ul style="list-style-type: none">One (1) may be a combination/change spin (no camel spins, may only use upright and sit positions). | <ul style="list-style-type: none">Required pattern for 2025-2026: long axis |
| Max 2:00 | <ul style="list-style-type: none">No repeated jumps unless used in the combination. | <ul style="list-style-type: none">No repeated spins unless used in the combination. | |
| Juvenile B 2:15 +/- 10 | <ul style="list-style-type: none">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. | <ul style="list-style-type: none">Maximum two (2) spins allowed.One must be a combination spin (max 3 positions) and include a sit spin.One must be a solo spin.Camel, upright, and sit positions are allowed (no heel, broken, or inverted). | <p>One (1) footwork sequence to cover $\frac{1}{4}$ of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 3 of: cross in front, inside three turn, outside three turn, open mohawk, traveling turn.</p> |
| Elementary B 2:45 +/- 10 | <ul style="list-style-type: none">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. | <ul style="list-style-type: none">Maximum three (3) spins allowed.One must be a combination spin (max 4 positions) and include a sit spin.One must be a solo spin.If a third spin is presented, it may be a solo spin or a combination spin (maximum three (3) positions).Camel, upright, and sit positions are allowed (no heel, broken, or inverted). | <p>One (1) footwork sequence to cover $\frac{1}{4}$ of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 4 of: three turn, mohawk, traveling turn, spiral, bracket, rocker, counter, and Choctaw.</p> |



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2025-2026 Domestic Free Skating Requirements

| Division | Jumps | Spins | Footwork |
|---|---|---|---|
| Freshman B Sophomore B 3:00 +/- 10 | <ul style="list-style-type: none">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 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. | <ul style="list-style-type: none">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 $\frac{1}{4}$ of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 4 of: three turn, mohawk, traveling turn, spiral, bracket, rocker, counter, and Choctaw. |
| Advanced Max 3:30 | <ul style="list-style-type: none">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. | <ul style="list-style-type: none">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 $\frac{1}{4}$ of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 4 of: three turn, mohawk, traveling turn, spiral, bracket, rocker, counter, and Choctaw. |
| Open Inline (17-) Max 3:00 | <ul style="list-style-type: none">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. | <ul style="list-style-type: none">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. | <ul style="list-style-type: none">One sequence of footwork must be included.Required pattern for 2025-2026: long axis |
| Classic Inline (18+) Max 3:00 | <ul style="list-style-type: none">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. | <ul style="list-style-type: none">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. | <ul style="list-style-type: none">One sequence of footwork must be included.Required pattern for 2025-2026: long axis |
| Classic Max 3:00 | <ul style="list-style-type: none">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. | <ul style="list-style-type: none">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. | <ul style="list-style-type: none">One sequence of footwork must be included.Required pattern for 2025-2026: long axis |



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 12/31/2025

2025-2026 Creative Solo & Creative Duet Show Requirements for A & B Divisions

| Element | Description |
|---|--|
| Each season, THREE (3) elements from the below grid will be chosen for each creative solo and duet category: | |
| Balance Maneuver | <ul style="list-style-type: none">Skaters will choose two (2) or more positions to present one after the other.Both positions must be clearly different and on one (1) foot.Each position must be held three (3) or more seconds once desired position is attained.Maximum three (3) steps may be used in between each position.No minimum number of steps in between positions required.Skaters must change direction in some way (forward to backward and/or clockwise to anticlockwise direction of travel, or vice versa) from the first position to the second position.For duet: Must maintain some form of contact throughout and skaters may be in different positions. |
| Stationary Dancing Element | <ul style="list-style-type: none">This element is performed in place (dancing within an approximate three-foot radius).Skaters should dance and move in place to the music for eight to twelve (8-12) seconds.Skaters may sit, kneel, or lie on the floor during this element.For duet: Can be in contact and/or not in contact throughout but must stay within the radius. |
| Footwork sequence | <ul style="list-style-type: none">Skaters will skate any steps of their choice on the selected baseline for the season.Potential baselines include:<ul style="list-style-type: none">DiagonalLong axisSerpentineVFor duet: Can be in contact and/or not in contact but must be within twelve (12) feet of each other throughout. |
| Character Sequence | <ul style="list-style-type: none">This element must start from a stop or stop-and-go position.Skaters must cover as much floor as possible while in character to the music/theme. Should take no longer than thirty (30) seconds to complete.Skaters must include four (4) of the six (6) elements selected for the season. Elements are chosen from the skating elements listed below.<ol style="list-style-type: none">Leap (stag jump, split jump, butterfly, fly camel, etc.)Spin (on toe stop or wheels) two (2) revolutions or moreFull revolution jump (does not have to be a standard freestyle jump)Spread eagle OR spread-eagle variation (Ina Bauer, hackenmond, etc.)Spiral OR spiral variation (Biellmann, ring, invert, charlotte, etc.)IllusionForward to backward choctaw (closed or open)Closed mohawkChange edgeCross frontCross chasseSkaters 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.Skaters can perform more than four (4) skating elements but must perform at least four (4) from those chosen for the season.For duet: Can be in contact and/or not in contact but must be within twelve (12) feet of each other throughout. |
| Travel Turn Sequence | <ul style="list-style-type: none">Four to eight (4-8) consecutive three-turns on one (1) foot followed by four to eight (4-8) consecutive three-turns on the other foot AND/OR in the other direction.Maximum three (3) steps may be used in between each set of traveling turns.No minimum number of steps in between sets required.For duet: Must be shadowing throughout and must be within twelve (12) feet of each other. |



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 12/31/2025

2025-2026 Creative Solo & Creative Duet Show Requirements for A & B Divisions

2025-2026 Character Sequence

Choose four (4) of the six (6) skating elements selected for the season:

- Leap (stag jump, split jump, butterfly, fly camel, etc.)
- Spin (on toe stop or wheels) two (2) revolutions or more
- Spread eagle OR spread-eagle variation (Ina Bauer, hakenmond, etc.)
- Spiral OR spiral variation (Biellmann, ring, invert, charlotte, etc.)
- Forward to backward choctaw (closed or open)
- Change edge

All skating elements must be clear and prominent in order to be identified and to receive credit.

Limitations

Skaters are limited to the following:

- 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.

Juvenile/Elementary C & Open C

| Program Length | See rule AR CD.700 in the C rulebook | | | | |
|----------------|--------------------------------------|--|--|--|--|
| Max 2:15 | | | | | |

Open B

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

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 | NO | NO | YES | YES |

Open A

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

Classic

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

Elementary Duet

| Program Length | Balance Maneuver | Stationary Dancing Element | Footwork Sequence | Character Sequence | Travel Turn Sequence |
|----------------|------------------|----------------------------|-------------------|--------------------|----------------------|
| Max 2:15 | YES | YES | YES (long axis) | NO | NO |

Open Duet

| Program Length | Balance Maneuver | Stationary Dancing Element | Footwork Sequence | Character Sequence | Travel Turn Sequence |
|----------------|------------------|----------------------------|-------------------|--------------------|----------------------|
| Max 2:15 | YES | YES | YES (long axis) | NO | NO |