



Figure Rules 2018 – 2019

Youth Events



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Rule AR YD.100 Basic Rules for Youth Events

AR YD.101 Determining Skating Age

Skating age for Youth divisions shall be determined by the skater's age on January 1 of the current skating season.

AR YD.102 Age Divisions

Except where otherwise stated, Youth events shall consist of the following divisions:

Primary	ages 8 and under
Juvenile	ages 10 and under
Elementary	ages 12 and under
Juvenile/Elementary	ages 12 and under
Freshman	ages 14 and under
Sophomore	ages 15 and over
Freshman/Sophomore	ages 13 and over

AR YD.103 Level (A) Events – Open to All Skaters/Teams

- (a) Skaters/teams may compete in any Level (A) event for which they are eligible by age. (Youth disciplines: Compulsory Figures, Loops, Free Skating, Pairs, Team Dance, Solo Dance, Free Dance)
- (b) Skaters/teams may only compete in one (1) Level (A) event per discipline at the National Championships.
- (c) Once a skater moves to a higher age division and places 1-2-3 at the National Championships in an event of six (6) or more contestants, they may not return to a lower age division, with the exception of a skater returning to his or her appropriate age division once a partnership terminates in Pairs or Team Dance.
- (d) Skaters/Teams may challenge up to the World Skate Junior or World Skate Senior division in the same discipline at the same qualifying championship. (Participation in World Skate Junior or World Skate Senior divisions does NOT count toward the two (2) event limit in each discipline; see (e) below.) Placing 1-2-3 in the World Skate Junior or World Skate Senior division at a World Championship qualifying event will prevent future participation in any Youth division in that discipline.
- (e) Skaters/teams may skate one (1) Level (A) event AND one (1) International or Advanced event in the same discipline at the same qualifying championship. (Limit two (2) events per discipline, exclusive of World Skate Junior and World Skate Senior events.) Placement in the International divisions has no effect on future eligibility in Level (A) divisions. Placing 1-2-3 in the Advanced Figure or Advanced Loop division at the National Championships in an event of six (6) or more contestants prevents future

participation in the Level (A) Figure or Loop divisions, respectively. Placing 1-2-3 in the Junior Domestic Freeskating division at the National Championships in an event of six (6) or more contestants prevents future participation in the Level (A) Freeskating divisions.

- (f) **Freshman and Sophomore Move-Up.** Skaters who place 1-2-3 at the National Championships in a Freshman (A) division, upon reaching the age of 15, may not skate the Sophomore (A) division in that discipline. Skaters who place 1st at the National Championships in a Sophomore (A) division can no longer skate the Sophomore (A) division in that discipline in subsequent skating seasons. Skaters who place 1st at the National Championships in a Freshman/Sophomore (A) division, upon reaching the age of 15, can no longer skate the Freshman/Sophomore (A) division in that discipline. (This rule does NOT apply to any Pairs or Team Dance events.)

AR YD.104

Level (B) Events – Limited Participation

Level (B) events are limited to skaters/teams based on the following criteria:

- (a) Skaters/teams who have never placed 1-2-3 at the National Championships in an event of six (6) or more contestants in a Level (A) or Level (B) event are eligible to skate Level (B) divisions in that discipline for future competitions.
- (b) Skaters/teams who have placed 2nd or 3rd in a Level (B) event of five (5) or fewer contestants at the National Championships are eligible to skate Level (B) divisions in that discipline for future competitions.
- (c) Skaters/teams who have never made finals in a Level (A) event where there was an elimination round at the National Championships are eligible to skate Level (B) divisions in that discipline for future competitions.
- (d) Any skater who has ever participated in an Elite event at a qualifying championship is NOT eligible to skate any Level (B) event in the same discipline.
- (e) Any skater who is, or has ever been, an Elite, Advanced, Certified, or Registered coach is NOT eligible to skate ANY Level (B) event.
- (f) Skaters may NOT skate a Level (A) and a Level (B) event in the same discipline at the same National Championships, with the exception of (g) below.
- (g) At Regional and National Championships, dance teams and pairs teams MAY compete with DIFFERENT PARTNERS in Level (A) and Level (B) Team Dance and Pairs events based on each partner's eligibility. In such instances, qualification is specific to that unique partnership. For example, qualification of the Level (B) team does not affect the eligibility of the Level (A) team or vice versa.
- (h) At a Regional Championship, crossover (A) and (B) skaters/teams may skate both division events to qualify for the National Championships.
 - 1. If A-level and B-level participants qualify to participate at the National Championships in both events, in which both events

contain six (6) or more Regional contestants, the skater/team may register ONLY in the A-level event at the National Championships.

2. If skaters/teams qualify in only one event containing six (6) or more Regional contestants, the skater/team MUST register for that event at the National Championships.
3. If skaters/teams qualify in both events, in which both are uncontested (i.e. five (5) or fewer Regional contestants), the skater/team may choose the event in which to compete at the National Championships.

AR YD.105 Level (C) Events – Limited Participation (Unofficial Non-Qualifying)
Level (C) events are limited to skaters/teams based on the following criteria:

- (a) Skaters/teams who have never qualified to skate the National Championships in a Level (A) or Level (B) event at the Regional Championships in the discipline skated, are eligible to skate Level (C) divisions in that discipline.
- (b) Skaters/teams MAY NOT skate Level (C) and Level (A) division events at the same qualifying Regional Championship.
- (c) Skaters/teams MAY NOT skate Level (C) and International or Advanced division events at the same qualifying Regional Championship.
- (d) Level (C) division skaters may challenge a Level (B) division event of the same discipline during the same qualifying championships.
- (e) Any skater who has ever participated in an Elite event at a qualifying championship is NOT eligible to skate ANY Level (C) event.
- (f) Any skater who is, or has ever been, an Elite, Advanced, Certified, or Registered coach is NOT eligible to skate ANY Level (C) event.
- (g) All Level (C) events are Regional only events and do not qualify to the National Championships.

AR YD.106 Other Events
The following are challenge-up rules for all Youth events that do not have a Level (A), Level (B), or Level (C) designation:

- (a) Advanced Figures & Advanced Loops
Advanced Figure and Advanced Loop division skaters may NOT compete in the World Skate Junior or World Skate Senior Figure division at the same qualifying championship.
- (b) Pairs
Youth Pairs teams may (if eligible by age), during the same qualifying championships, participate in the World Skate Junior or the World Skate Senior Pairs division. Placement 1-2-3 in the World Skate Junior or the World Skate Senior Pairs division at the National Championships will prevent participation in any Youth Pairs divisions in subsequent skating seasons.

(c) Youth International, Juvenile, and Elementary Team Dance

Youth dance teams who participate in the Youth International Team Dance division, and/or the Elementary Team Dance division, may (if eligible by age), during the same qualifying championships, participate in the World Skate Junior or the World Skate Senior Team Dance division. Placement 1-2-3 in the World Skate Junior or the World Skate Senior Team Dance division at the National Championships will prevent participation in the Youth International and Elementary Team Dance divisions in subsequent skating seasons. (The team will have the option to skate the World Skate Junior, World Skate Senior, or Classic Gold Team Dance divisions depending on age eligibility.) NOTE: Juvenile Team Dance participants may NOT compete in World Skate Junior or World Skate Senior events in the same qualifying championships because a skater is not eligible by age to skate both divisions.

(d) Elementary International and Youth International Solo Dance

Youth Solo Dance skaters who participate in the Elementary International or the Youth International Solo Dance division may (if eligible by age), during the same qualifying championships, participate in the World Skate Junior or the World Skate Senior Solo Dance division. Placement 1-2-3 in the World Skate Junior or the World Skate Senior Solo Dance division at the National Championships will prevent participation in the Elementary International and Youth International Solo Dance divisions in subsequent skating seasons. (The skater will have the option to skate the World Skate Junior, World Skate Senior, Junior, Senior, or Classic Gold Solo Dance divisions depending on age eligibility.)

(e) Open Free Dance

Youth dance teams who participate in the Open Free Dance division may NOT participate in the World Skate Junior or the World Skate Senior Team Dance division during the same qualifying championships. Placement 1-2-3 in the World Skate Junior or World Skate Senior Team Dance division at the National Championships will prevent participation in the Open Free Dance division in subsequent skating seasons.

(f) Elementary International & International Solo Free Dance

Youth Solo Dance skaters who participate in the Elementary International or the International Solo Free Dance division may NOT participate in the World Skate Junior or the World Skate Senior Solo Dance or Team Dance division during the same qualifying championships. Placement 1-2-3 in the World Skate Junior or World Skate Senior Solo Dance division at the National Championships will prevent participation in the Elementary International or the International Solo Free Dance division in subsequent skating seasons.

NOTE: Past performance in Team Dance divisions has no effect on Solo Dance eligibility, and vice versa.

AR YD.107 National Championship Qualification

- (a) All Youth division skaters shall qualify for the National Championships through participation and qualification at their Regional Championships.
- (b) ALL Team Dance and Open Free Dance contestants will automatically qualify for the National Championship by virtue of participating at the Regional Championships.
- (c) ALL Pairs contestants will automatically qualify for the National Championship by virtue of participating at the Regional Championships.

For all Youth events, excluding Pairs, Team Dance, and Open Free Dance, the number of skaters qualifying for the National Championships shall be no more than six (6) from any region. The number shall be determined as follows:

Number of Skaters or Teams	Number to Qualify for Nationals
1 – 8	4 qualify
9 – 10	5 qualify
11 +	6 qualify

The sliding scale above is based on actual skaters in the elimination round, or if no elimination round then actual skaters in the final round. For the purposes of the above, an entry must actually skate the event to be counted. Program listing will be disregarded in favor of score sheet listing. **Where applicable, additional skaters may skate the final round where deemed necessary by the sliding scale rule.**

AR YD.108 Waiver to Next Higher Championship

USARS Headquarters may grant permission for skaters to advance to the next higher championship when they were unable to skate a Regional Championship if the following conditions are met:

- (a) They must be eligible to skate in that classification of competition.
- (b) They must be entered into the preliminary championships through proper application and with all applicable fees paid.
- (c) To draw a “bye” in the contest in question, there must be no more than the maximum number of participant/team entries in the contest advancing to the next higher championship round including the participant/team requesting the “bye”.
- (d) The basic criterion in this waiver is full intention of the contestant to skate. This is why the individual must be registered in the contest, paying all the fees as a show of good faith that they actually intended to be in the contest.
- (e) Obtaining a waiver or “bye” from an official regional championships does not constitute placement and no medals shall be awarded.

- (f) The highest open placement available must be awarded at any official contest leading to and including the National Championships.
- (g) The granting of a waiver or “bye” to the next higher championship is at the sole discretion of the USA Roller Sports Executive Director. All completed requests must be submitted on the proper Waiver Request Form and received at the USARS National Headquarters within 24 hours of the conclusion of the appropriate regional championship competition.

AR YD.109

Size of the Contest

The number of contestants entered in a particular event shall determine the type of judging procedure to be followed in the selection of the contest Champion, as follows: From the Regional Championship, the number of contestants to qualify for the National Championship in all events, with the exception of Team Dance and Pairs events, will be based on the sliding scale rule (AR YD.107). Medals will be awarded for 1-2-3 placements at the Regional and National 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 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 – 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

NOTE: The Advanced Figure and Advanced Loop divisions will be final only events at the National Championship.

(b) Pairs

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 six (6) teams warmed up in two (2) groups of three (3).

(c) Team Dance and Open Free 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) for Team Dance, or warmed up in two (2) groups of four (4) for Open Free Dance.

(d) 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 YD.110 Order of Skating Final Round

In all Youth events, when there is an elimination round, finalists will skate in reverse order from their appearance in the elimination round.

For all Youth Solo and Team Dance final events, contestants in a flight will be ordered from lowest contestant number to highest contestant number within the flight.

AR YD.111 Separate Male and Female Competitions

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

All Youth Team Dance and Pairs divisions shall skate in mixed couples.

AR YD.112 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 USARS approved sponsorship logo may be thus worn on either shoulder, the chest, or in the case of females, on the skirt. This restriction applies to warm-up events prior to a competition, and the competition itself. However, for all award ceremonies, artistic skating competitors may wear something other than their competitive costumes (substitute costume, warm-up suits, jackets, etc.) without any restriction on the numbers or size of logos or advertising, limited to USARS approved sponsors.

(b) Male Costume Requirements

At USARS Regional and National Championships, the costumes of male competitors must be modest, dignified, and appropriate for athletic competition.

1. Costumes must not be theatrical in nature or sleeveless. Ballet tights are prohibited.
2. The neckline of the attire must be moderate, and not expose the chest more than three (3) inches below the collarbone. The man's shirt must not become detached from the waist of the trousers during a performance, so as to show a bare midriff.
3. Decorations such as beads, sequins, rhinestones, etc. are permitted but must be securely fastened and not fall off while skating under normal competitive conditions. Excessive use of transparent material is not permitted.
4. Bat-wing sleeves affixed to the waist are not permitted.
5. **Compulsory Dance Events:** The costume cut may be a short, waist-length jacket, trousers, and a shirt or a one-piece jumpsuit with full-length tailored sleeves. Tails on the jacket are permitted. A tie is not required.
6. **Free Skating, Pairs, and Free Dance Events:** The same options as the Compulsory Dance requirements are permitted, or the use of sleeveless jumpsuits with a long or short sleeved shirt, or a turtleneck with long sleeves. A long or short sleeved tailored shirt with trousers is also permitted. A tie is not required.
7. **Compulsory Figures:** A sleeveless jumpsuit worn over a long or short sleeved shirt; or a long or short sleeved tailored shirt with trousers (a sweater may be worn over the shirt). A tie is not required.
8. **Decorations:** It will be optional to wear a cloth club insignia on the left front of the jacket or on the shoulder of the costume. (See AR YD.112(a).)
9. Painting on any part of the body is considered "show" and is not allowed in Figures, Free Skating, Pairs, or Dance. It is allowed in all Show events (Precision, Quartet, and Creative Solo; see AR YD.1003(c), AR YD.1004(m), and AR YD.1005(d) for Costume Rules for these events).

(c) Female Costume Requirements

1. Female costumes worn for competitive artistic skating events must reflect the high sport standards of USARS and cannot be theatrical in nature. Women's skating costumes, when worn outside the practice rink or competition site, must be covered with slacks, a street length skirt, a coat, or other normally accepted public attire.
2. Costumes shall be of one-piece construction (no bare midriff), designed to be both functional and discreet.
3. Any ornamentation attached to the costume must be firmly affixed and not fall off while skating under normal competitive skating conditions. Decorations such as beads, sequins, feathers, etc., are not to be excessive. Any ornamentation, article, or accessory, which may be removed during a skating competition, is to be considered a prop and is not permitted.
4. **Compulsory Dance and Compulsory Figure Events:** Costumes must include a **complete** skirt made of non-transparent material, which shall completely cover the tights, hips, and posterior. French tights are expressly prohibited, i.e. leotards which are cut higher than the hip bone.
5. **Free Skating, Pairs, Free Dance, and Show Events:** Costumes may include a complete skirt as described for Compulsory Dance and Compulsory Figure events, or a one-piece costume which covers the legs, hips, and posterior. Costumes should be tasteful and appropriate to the skating program.
6. Painting on any part of the body is considered "show" and is not allowed in Figures, Free Skating, Pairs, or Dance. It is allowed in all Show events (Precision, Quartet, and Creative Solo; see AR YD.1003(c), AR YD.1004(m), and AR YD.1005(d) for Costume Rules for these events).

AR YD.113 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) Boot 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. (Referee will note the time upon inspection of the failure and will allow the skater prescribed time to make the correction.)

- 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. **Freestyle, inline freestyle, free dance, and pairs 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. 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 a 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 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 (see AR YD.707), have 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 is in violation of these rules to gain 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 YD.114

Music for Free Skating, Pairs, and Free Dance

All forms of music, including vocal music, are permitted in all Youth Free Skating, Pairs, and Team and Solo Free Dance divisions. Selected music should be tasteful and appropriate for public performance.

Rule AR YD.200 Compulsory Figures

AR YD.201 Youth Figure Divisions

Youth Figure events shall consist of the following:

Level (A)	Level (B)	Level (C)	Other
Primary A	Juvenile B	Juvenile C	Advanced Figures (open age) *
Juvenile A	Elementary B	Elementary C	
Elementary A	Freshman/Sophomore B	Freshman/Sophomore C	
Freshman/Sophomore A Men			
Freshman A Girls			
Sophomore A Women			

* This event shall be skated as a final event only.

AR YD.202 Figure Requirements

All Youth Level (C) events shall skate two (2) figure requirements per round at qualifying competitions. All Youth Level (B) and Level (A) events shall skate three (3) figure requirements per round at qualifying competitions. The Advanced Figure division shall be a final event only and skate three (3) figure requirements at qualifying competitions. The figures will vary for each age division and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

AR YD.203 Warm-Up Compulsory Figure Competitions

(a) General Warm-Up Qualifying Competitions

For the General Warm-Up for all Youth 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 Youth 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

For the Official Warm-Up, the first three (3) contestants in skating order will take the floor in one (1) minute intervals warming up on the practice set of circles. After three (3) minutes, the first skater is sent to the referee and the fourth skater is sent to the warm-up 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.

AR YD.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, the number of figures divides the number of contestants, with any remainder being divided equally from the first group down as needed. (e.g. if there are 29 contestants and 3 figures, the first group would be contestants #1 through #10, the second group would be contestants #11 through #20, and the third group would be contestants #21 through #29. Contestant #1 would skate the first figure first, then contestant #11 would skate the second figure first, with the first group moving to the end of the skating order. Contestant #21 would skate the third figure first with the second group moving to the end of the skating order.) In events with five (5) or fewer skaters, there **shall not** be a rotation of skaters. In events with six to eight (6-8) skaters, the rotation is obtained by simply starting each figure with the next contestant (thus, the first contestant would skate the first figure first, the second contestant would skate the second figure first, with the first contestant moving to the end of the skating order, etc.). When an event has a number of skaters that does not divide evenly by the number of figures, the first group should have the largest grouping of skaters and will compete first.

AR YD.205 Number of Repetitions

All Youth Level (A), Level (B), and Level (C) Figure divisions shall skate two (2) repetitions of each figure. Advanced Figure divisions shall skate three (3) repetitions of all serpentine figures and two (2) repetitions of all paragraph figures.

Rule AR YD.300 Loops

AR YD.301 Youth Loop Divisions

Youth Loop events shall consist of the following:

Level (A)	Level (B)	Level (C)	Other
Primary A	Juvenile B	Juvenile C	Advanced (open age)*
Juvenile A	Elementary B	Elementary C	
Elementary A	Freshman/Sophomore B	Freshman/Sophomore C	
Freshman/Sophomore A Men			
Freshman A Girls			
Sophomore A Women			

* This event shall be skated as a final event only.

AR YD.302 Loop Requirements

All Youth Level (C) events shall skate two (2) circle loop requirements per round at qualifying competitions. All Youth Level (B) events, and the Primary (A) event, shall skate two requirements per round at qualifying competitions, one loop requirement and one circle loop requirement. All other level (A) events shall skate three (3) loop requirements at qualifying competitions. The Advanced Loop division shall be a final event only and skate three (3) loop requirements at qualifying competitions.

The loops will vary for each age division and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

AR YD.303 Warm-Up Loop Competitions

(a) General Warm-Up Qualifying Competitions

For all Youth Level (A), Level (B), and Level (C) Loop and Circle Loop events, 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.

At the conclusion of the General Warm-Up for all Loop events, the floor will be cleared. Only the contestants warming up will be permitted on the skating surface. Coaches must remain off the skating surface once the official warm-up begins. Once a contestant has completed his or her loop, the contestant 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 rotation of contestants in Loop finals may require that the first skater to begin the second loop be given a two (2) minute break (beginning with the completion of his or her first loop) before starting the official warm-up for the second loop. The same format shall be followed for the third loop.

(c) Warm-Up Advanced Loops Qualifying Competitions

For Advanced Loop division contests, the general warm up will be open with contestants having the option to warm up on the loop set of their choice. At the conclusion of the general warm-up, the first three (3) loop contestants in skating order will take the floor in one (1) minute intervals, warming up on the loop set of their choice. After four (4) minutes, the first skater is sent to the referee, and the fourth skater is sent to the warm-up loops. From that point on, timing is no longer required. As each succeeding contestant is being scored, the next contestant in skating order will begin his or her official warm-up.

AR YD.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.

The number of loops divides the number of contestants, with any remainder being divided equally from the first group down as needed. (e.g. if there are 29 contestants and 3 loops, the first group would be contestants #1 through #10, the second group would be contestants #11 through #20, and the third group would be contestants #21 through #29. Contestant #1 would skate the first loop first, then contestant #11 would skate the second loop first, with the first group moving to the end of the skating order. Contestant #21 would skate the third loop first with the second group moving to the end of the skating order.) In events with five (5) or fewer skaters, there **shall not** be a rotation of skaters. In events with six to eight (6-8) skaters, the rotation is obtained by simply starting each loop with the next contestant (thus, the first contestant would skate the first loop first, the second contestant would skate the second loop first, with the first contestant moving to the end of the skating order, etc.). When an event has a number of skaters that does not divide evenly by the number of loops, the first group should have the largest grouping of skaters and will compete first.

- AR YD.305 **Number of Repetitions**
All Youth Loop divisions shall skate two (2) repetitions of each loop, except for the Advanced Loop division, which shall skate three (3) repetitions of each loop.
- AR YD.306 **Combined Figure & Loop Events**
Youth skaters may compete in their age-eligible Level (A), Level (B), Level (C), or Advanced Figure event, or their equivalent age-eligible Level (A), Level (B), Level (C), or Advanced Loop event, or both age-eligible events. If the skater participates in both the Figure and equivalent age-eligible Loop division events, they may be included into 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 YD.400 Free Skating

AR YD.401 Youth Free Skating Divisions

Youth Free Skating events shall consist of the following:

Level (A)	Level (B)	Level (C)	Other
Primary A	Juvenile/Elementary B	Juvenile/Elementary C	Junior (ages 15 & over)
Juvenile A	Freshman/Sophomore B	Freshman/Sophomore C	
Elementary A			
Juvenile/Elementary A Short Program*			
Freshman/Sophomore A Men			
Freshman A Girls			
Sophomore A Women			
Freshman/Sophomore A Short Program*			

*This event shall be skated as a final event only.

AR YD.402 Warm-Up Free Skating 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, for Youth Free Skating divisions, 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 YD.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 Free Skating warm-up group shall be eight (8). 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 YD.404 Content Infractions

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

AR YD.405 Free Skating Requirements Level (A) and Junior

Division	Age	Time Limit	Requirements
Primary (A)	8 & under	max. 2:00	One sequence of primary, secondary, or advanced footwork must be included.
Juvenile (A)	10 & under	max. 2:30	One section of circular, diagonal, serpentine, or long axis footwork using primary, secondary or advanced movements, to be determined by World Skate for the respective year, must be included.
Elementary (A)	12 & under	max. 3:00	
Freshman (A) Girls	14 & under	max. 3:30	
Freshman/Sophomore (A) Men	13 & over	max. 3:30	
Sophomore (A) Women	15 & over	max. 3:30	
Junior	15 & over	3:40 +/- 0:20	

AR YD.406 Free Skating Requirements Level (A) Short Programs

Division	Requirements
Juvenile/Elementary (A) Short Program 12 & under 2:00 +/- 0:05	The following elements MUST be presented: <ul style="list-style-type: none"> • Axel jump (single) • Jump combination (2 to 4 jumps, singles and doubles allowed) • Solo jump (single or double, cannot be axel) • One position spin (camel and sit positions allowed) • Combination spin which MUST include a sit spin (max. 5 positions, camel and sit positions allowed) • One section of footwork as designated by World Skate for the respective year.
Freshman/Sophomore (A) Short Program 13 & over 2:30 +/- 0:05	The following elements MUST be presented: <ul style="list-style-type: none"> • Axel jump (single or double) • Jump combination (2 to 4 jumps, can include single, double, and triple jumps) • Solo jump (single, double, or triple, cannot be axel) • One position spin • Combination spin which MUST include a sit spin (max. five (5) positions) • One section of footwork as designated by World Skate for the respective year.

AR YD.407 Free Skating Requirements Level (B)

Division	Age	Time Limit	Requirements	Limitations
Juvenile/Elementary (B)	12 & under	max. 2:30	One sequence of primary, secondary, or advanced footwork must be included.	Maximum of five (5) jumps. Skaters have the option of including single jumps and/or double Mapes, double Toe Walley, and double Salchow. No one-and-a-half (1 ½) revolution jumps except for Axel, Boeckl, Colledge, or Boeckay. Maximum of two (2) jump combinations, each with a maximum of three (3) jumps (which may include singles or doubles). Maximum of three (3) different spins, in which two (2) may be a combination/change spin (may use upright, camel, and sit positions). No repeated items (spins or jumps) unless used in combination.
Freshman/Sophomore (B)	13 & over	max. 2:30		

AR YD.408 Free Skating Requirements Level (C)

Division	Age	Time Limit	Requirements	Limitations
Juvenile/Elementary (C)	12 & under	max. 2:00	One sequence of primary, secondary, or advanced footwork must be included.	Maximum of five (5) jumps, 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). Maximum of three (3) spins, in which 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 the combination.
Freshman/Sophomore (C)	13 & over	max. 2:00		

AR YD.409 Combined Short Program & Free Skating Events

Youth skaters may compete in their age-eligible Level (A) Free Skating event, or their equivalent age-eligible Short Program event, or both age-eligible events. If the skater participates in both the Free Skating and equivalent age-eligible Short Program division events, they may be included into the “Combined” event for their age category. (Example: A skater who competes in the Juvenile A Girls Free Skating event and the Juvenile/Elementary A Girls Short Program event may enter the Juvenile A Girls Free Skating Combined event.)

Those skaters who participate in both age-appropriate division events, Free Skating and Short Program, 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 YD.500

Inline Free Skating

AR YD.501

Open Inline Free Skating

The Open Inline Free Skating division is open to skaters of all ages.

AR YD.502

Warm-Up Open Inline Free Skating 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, for Open Inline Free Skating, 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 YD.503

Grouping Contestants

Contestants will be divided into warm-up groups based on the total number of contestants. The maximum number per Inline Free Skating warm-up group shall be eight (8). When an event has an odd number of skaters, 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 YD.504

Content Infractions

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

AR YD.505

Inline Free Skating Requirements

Open Inline Division (all ages)

Time Limit: no minimum, maximum 3:00

Content Requirements:

One section of circular, diagonal, serpentine, or long axis footwork using primary, secondary or advanced movements, to be determined by the World Skate rule for the respective year, must be included.

Rule AR YD.600 Pairs

AR YD.601 Youth Pairs Divisions

Youth Pairs events shall consist of the following:

Juvenile
Elementary
Freshman/Sophomore

AR YD.602 Team Eligibility

In Pairs teams of any Youth division, the two members of the team shall participate in the event determined by the age of the older partner.

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 or their appropriate age division once that partnership terminates, provided the competitor is still qualified by age. **National Championship placements 1-2-3 in the higher division in which there are six (6) or more competitors preclude a skater from participating in the lower event**

Split Club Affiliation: Split club affiliation for all Youth Pairs 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, Free Skating) must be entered in the USARS Region in which that skater's club is domiciled.

AR YD.603 Warm-Up Pairs 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, for Youth Pairs divisions, 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 team to use the maximum warm-up time.

AR YD.604 Grouping Contestants

Teams will be divided into warm-up groups based on the total number of teams. The maximum number per Pairs warm-up group shall be four (4). When an event has an odd number of teams, the first group should have the largest grouping of teams and will compete first.

The number of contestants in a warm-up group should not require any team in a group to wait more than thirty (30) minutes before competing.

- AR YD.605 **Footwork Requirements**
 All Youth Pairs divisions shall require one section of circular, diagonal, serpentine, or long axis footwork using primary, secondary, or advanced movements. The pattern for the required footwork sequence shall be based on the World Skate Pairs footwork pattern for the specified skating season.
- AR YD.606 **Content Infractions**
 Content infractions (any deviation to the pairs requirements per event) shall be penalized five (5) points per infraction, on the Technical Merit score (“A” Mark) by the judges.
- AR YD.607 **Pairs Requirements**

Division	Age	Time Limit	Requirements
Juvenile	10 & under	max. 2:30	One section of circular, diagonal, serpentine, or long axis footwork using primary, secondary or advanced movements, to be determined by the World Skate Artistic Technical Committee for the respective year, must be included.
Elementary	12 & under	max. 3:00	
Freshman/ Sophomore	13 & over	max. 3:30	

Rule AR YD.700 Team Dance

AR YD.701 Youth Team Dance Divisions

Youth Team Dance events shall consist of the following:

Level (A)	Level (B)	Level (C)	Other
Freshman/Sophomore A	Freshman/Sophomore B	Freshman/Sophomore C	Juvenile
		Juvenile/Elementary C	Elementary
			Youth International (17 & under)*

* This event shall be skated as a final event only.

AR YD.702 Team Eligibility

In Dance teams of any Youth division, the two members of the team shall participate in the event in which the most advanced member of a team must participate; i.e. determined by the age of the older partner or the higher qualified classification of competition.

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 or their appropriate age division once that partnership terminates, provided the competitor is still qualified by age. **National Championship placements 1-2-3 in the higher division in which there are six (6) or more competitors preclude a skater from participating in the lower event.**

Split Club Affiliation: Split club affiliation for all Youth 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, Free Skating) must be entered in the USARS Region in which that skater’s club is domiciled.

AR YD.703 Team Dance Requirements

All Youth Level (C) and Level (B) events shall skate two (2) dance requirements per round at qualifying competitions. Juvenile, Elementary, and Freshman/Sophomore A divisions shall skate three (3) dance requirements per round at qualifying competitions. Youth International Team Dance shall be a final event only and skate two (2) dance requirements at qualifying competitions.

The dances will vary for each age division and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

AR YD.704 Warm-Up Team Dance Competitions

Level (A), Level (B), Level (C), Juvenile, and Elementary Divisions

For all Youth Team Dance events EXCEPT Youth International Team Dance, **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.
- Third Dance (where applicable): Warm up Flight 3 for two (2) minutes, clear the floor, warm up Flights 2 and 1 together for two (2) minutes, clear the floor, skate the third dance with Flight 3 starting first.

When more than three (3) flights skate, warm up will be in equal groups with the flight to skate the next dance first in the first warm-up group.

In Youth Team Dance competitions, each successive dance will individually be 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. For example: In an event of nine flights and three dances, the teams are divided into three groups. Flight 4 (in group 2) will start the second dance; therefore, Group 2 will warm up first. Flight 7 (in group 3) starts the third dance so group 3 will warm up first. The largest number of the remaining flights will be in the last warm-up group. This will allow the flight that is to start the next dance the maximum time to prepare for that dance.

Youth International Team Dance

Teams will be divided into warm-up groups based on the total number of flights in the event. The maximum number per Youth International Team Dance warm-up group shall be six (6) teams, or three (3) flights. When an event has a number of flights that does not divide evenly by the maximum group size, the first group should have the largest grouping of teams and will compete first.

The first group will warm up on the first dance to be skated, followed by all flights in the first group being judged on that dance. Then the second group will warm up the first dance, followed by all flights in the second group being judged on that dance, and so on. After the judging of the first dance, each group will warm up and subsequently be judged on the second dance, in the same manner as the first dance. The middle warm-up group will be the first group to warm up the second dance.

Each dance warm-up will be fifteen (15) seconds without music, and then one (1) piece of music for the dance will be played. (The piece of music must be at least two (2) minutes in length.)

If there is a team drawn to skate the first dance in the last group and the second dance in the first group, there will be a break of five (5) minutes between the first and second dance for a change of costume if the team desires.

AR YD.705

Flighting Contestants

Level (A), Level (B), Level (C), Juvenile, and Elementary Divisions

For all Youth Team Dance events EXCEPT Youth International Team 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 dances will vary for each age division in Team Dance and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

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, Flight 2 will start the second dance, and Flight 3 will start the third dance. **When there are five (5) or more flights**, the rotation will change as follows: Flight 1 will start the first dance, Flight 3 will start the second dance, and Flight 5 will start the third dance.

In all Youth Team Dance **final** events, at the National 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, while the third dance will begin with the third lowest number in the flight. (e.g. Team #101 starts Dance 1, Team #102 starts Dance 2, and Team #103 starts Dance 3)

Youth International Team Dance

Youth International Team Dance competitions must be skated in flights of two (2) teams. When an event has an odd number of teams, the last flight shall have one (1) team.

Flights are to be divided according to the number of dances to be skated. Flight 1 will start the first dance, and the middle flight will start the second dance.

At the National 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 other team in the flight, who will begin the second dance. (e.g. Team #1 starts Dance 1, and Team #2 starts Dance 2.)

AR YD.706

Number of Opening Beats

American Dance Divisions

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

For the Rhythm Blues, teams shall begin the dance from an opening of either ten (10) or eighteen (18) beats.

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

International Dance Divisions

For all dances, teams shall begin each dance from an opening of no more than twenty-four (24) beats.

AR YD.707

Judging Period

Level (A), Level (B), Level (C), Juvenile, and Elementary Divisions

In all Youth Team Dance events, EXCEPT Youth International 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 team. The rest period shall be 30 seconds between skating periods. A flight may skate multiple skating periods until judging of the dance is complete for that flight. If rest periods are necessary, skaters are not allowed to leave the skating surface.

Youth International Team Dance

In Youth International Team Dance, each flight 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 first team to be judged shall be judged on their first two (2) repetitions of a half circuit dance or their first repetition of a full circuit dance, and the second team to be judged shall be judged on their last two (2) repetitions of a half circuit dance or their second repetition of a full circuit dance. In flights of one (1) team, on the first dance, the team shall be judged on their first two (2) repetitions of a half circuit dance or their first repetition of a full circuit dance; on the second dance, the team shall be judged on their last two (2) repetitions of a half circuit dance or their second repetition of a full circuit dance.

Rule AR YD.800 Solo Dance

AR YD.801 Youth Solo Dance Divisions

Youth Solo Dance events shall consist of the following:

Level (A)	Level (B)	Level (C)	Other
Primary A	Juvenile/Elementary B	Juvenile/Elementary C	Elementary International (12 & under)*
Juvenile A	Freshman/Sophomore B	Freshman/Sophomore C	Youth International (age 13 to 15)*
Elementary A			Junior (qualification)*
Freshman A			Senior (qualification)*
Sophomore A			

* This event shall be skated as a final event only.

AR YD.802 Junior & Senior Solo Dance Eligibility

The Junior Solo Dance division is open to all registered skaters who have qualified to skate the National Championship in the Freshman (A), Sophomore (A), or Classic Gold Solo Dance divisions. Placing first at the National Championships in the Junior Solo Dance Division shall disqualify future participation in the Junior Solo Dance division.

The Senior Solo Dance division is open to all registered skaters who have qualified to skate the National Championship in the Junior, World Skate Junior, or World Skate Senior Solo Dance divisions.

AR YD.803 Dance Steps

All contestants in Youth 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 Roller Figure Skating Competitive Requirements.

AR YD.804 Solo Dance Requirements

Primary (A) Solo Dance skaters shall skate two (2) compulsory dance requirements per round at qualifying competitions. All other Youth Level (A), Junior, and Senior Solo Dance skaters shall skate three (3) compulsory dance requirements per round at qualifying competitions.

Freshman/Sophomore (B) Solo Dance Skaters shall skate three (3) compulsory dance requirements per round at qualifying competitions. All other Youth Level (B) and all Youth Level (C) Solo Dance skaters shall skate two (2) compulsory dance requirements per round at qualifying competitions.

Elementary International and Youth International Solo Dance divisions shall be a final event only and skate two (2) compulsory dance requirements at qualifying competitions.

The dances will vary for each age division and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

AR YD.805 Warm-Up Solo Dance Competitions
American Dance Divisions

For all Youth Level (A), Level (B), Level (C), Junior, and Senior Solo Dance events, **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.
- Third Dance (where applicable): Warm up Flight 3 for two (2) minutes, clear the floor, warm up Flights 2 and 1 together for two (2) minutes, clear the floor, skate the third dance with Flight 3 starting first.

When more than three (3) flights skate, warm up will be in equal groups with the flight to skate the next dance first in the first warm-up group.

In Youth Solo Dance competitions, each successive dance will individually be 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. For example: In an event of nine flights and three dances, the skaters are divided into three groups. Flight 4 (in Group 2) will start the second dance; therefore, Group 2 will warm up first. Flight 7 (in Group 3) starts the third dance so Group 3 will warm up first. The largest number of the remaining flights will be in the last warm-up group. This will allow the flight that is to start the next dance the maximum time to prepare for that dance.

Elementary International and Youth International Divisions

Skaters will be divided into warm-up groups based on the total number of flights in the event. The maximum number per Elementary and Youth International Solo Dance warm-up group shall be six (6) skaters, or three (3) flights. When an event has a number of flights 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 first group will warm up on the first dance to be skated, followed by all flights in the first group being judged on that dance. Then the second group will warm up the first dance, followed by all flights in the second group being judged on that dance, and so on. After the judging of the first dance, each group will warm up and subsequently be judged on the second dance, in the same manner as the first dance. The middle warm-up group will be the first group to warm up the second dance.

Each dance warm-up will be fifteen (15) seconds without music, and then one (1) piece of music for the dance will be played. (The piece of music must be at least two (2) minutes in length.)

If there is a skater drawn to skate the first dance in the last group and the second dance in the first group, there will be a break of five (5) minutes between the first and second dance for a change of costume if the skater desires.

AR YD.806

Flighting Contestants
American Dance Divisions

All Youth Level (A), Level (B), Level (C), Junior, and Senior Solo 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 of skaters and will compete first. The dances will vary for each age division in Solo Dance and may be determined by consulting the annual Roller Figure Skating Competitive Requirements.

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, Flight 2 will start the second dance, and Flight 3 will start the third dance. **When there are five (5) or more flights**, the rotation will change as follows: Flight 1 will start the first dance, Flight 3 will start the second dance, and Flight 5 will start the third dance.

In all Youth Solo Dance **final** events, at the National 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, while the third dance will begin with the third lowest number in the flight. (e.g. Skater #101 starts Dance 1, Skater #102 starts Dance 2, and Skater #103 starts Dance 3)

Elementary International and Youth International Divisions

Elementary International and Youth International Solo Dance competitions must be skated in flights of two (2) skaters. When an event has an odd number of skaters, the last flight shall have one (1) skater.

Flights are to be divided according to the number of dances to be skated. Flight 1 will start the first dance, and the middle flight will start the second dance.

At the National 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 other skater in the flight, who will begin the second dance. (e.g. Skater #1 starts Dance 1, and Skater #2 starts Dance 2.)

AR YD.807

Number of Opening Beats
American Dance Divisions

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

For the Rhythm Blues, skaters shall begin the dance from an opening of either ten (10) or eighteen (18) beats.

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

International Dance Divisions

For all dances, skaters shall begin each dance from an opening of no more than twenty-four (24) beats.

AR YD.808

Judging Period

American Dance Divisions

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

Elementary International and Youth International Divisions

In Youth International Solo Dance, each flight 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 first skater to be judged shall be judged on their first two (2) repetitions of a half circuit dance or their first repetition of a full circuit dance, and the second skater to be judged shall be judged on their last two (2) repetitions of a half circuit dance or their second repetition of a full circuit dance. In flights of one (1) skater, on the first dance, the skater shall be judged on their first two (2) repetitions of a half circuit dance or their first repetition of a full circuit dance; on the second dance, the skater shall be judged on their last two (2) repetitions of a half circuit dance or their second repetition of a full circuit dance.

AR YD.809

World Skate Junior & World Skate Senior Challenge Up

Junior and Senior Solo Dance skaters may (if eligible by age), during the same qualifying championships, participate in the World Skate Junior or the World Skate Senior Solo Dance division. Placement in the World Skate Junior or the World Skate Senior Solo Dance division at the National Championships does not affect eligibility in the Junior and Senior Solo Dance divisions.

NOTE: Past performance in Team Dance divisions has no effect on Solo Dance eligibility, and vice versa.

Rule AR YD.900 Free Dance

AR YD.901 Free Dance Divisions

Youth Free Dance divisions are available for Team Dance and Solo Dance skaters and consist of the following:

Team Free Dance	Solo Free Dance
Open Free Dance (open age)*	Elementary International Solo Free Dance (ages 12 and under)*
	International Solo Free Dance (open age)*

* This event shall be skated as a final event only.

NOTE: Team eligibility for Open Free Dance shall follow the same rules as team eligibility for Team Dance events (YD.702).

AR YD.902 Warm Up and Grouping Free Dance Competitions

Open Free Dance

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, for the Open Free Dance division, 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 team to use the maximum warm-up time.

Teams will be divided into warm-up groups based on the total number of teams. The maximum number per Open Free Dance warm-up group shall be four (4). When an event has an odd number of teams, the first group should have the largest grouping of teams and will compete first.

The number of contestants in a warm-up group should not require any team in a group to wait more than thirty (30) minutes before competing.

Elementary International & International Solo Free Dance

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, for Elementary International and International Solo Free Dance divisions, 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.

Skaters will be divided into warm-up groups based on the total number of skaters. The maximum number per Elementary International and International Solo Free Dance warm-up group shall be six (6). When an event has an odd

number of skaters, 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 YD.903 Free Dance Requirements

Open Free Dance

Time Limit: 3:10 +/- 0:10

Set elements that MUST be included in the Open Free Dance program are:

- One (1) Dance Hold Footwork Sequence: pattern will be chosen by World Skate each year. Maximum level 4.
- One (1) No Hold Footwork Sequence: pattern will be chosen by World Skate each year. Maximum level 4.
- One (1) Traveling Sequence or No Hold Cluster Sequence will be chosen by World Skate each year. Maximum level 3.
- Two (2) Lifts: the types will be chosen by World Skate each year (Stationary, Rotational, or Combination). Maximum level 4.
- One (1) Choreographic Lift.

The following are limitations for the Open Free Dance programs:

- Dance lift: No additional lifts are permitted
- Dance spin: A maximum of one (1) dance spin, with a minimum of two (2) rotations (less than 2 rotations is not considered a spin). Lifted spins are not permitted
- Dance jumps: A maximum of two (2) jumps (each skater), of one (1) rotation (no more than one rotation in the air); all jumps shall not be considered as elements of technical value
- Stop: A stop is considered when at least one of the skaters is stopped for more than three (3) seconds up to a maximum of eight (8) seconds. A maximum of two (2) stops may be executed during the program with a maximum allowed distance of separation of four (4) meters (excluding the beginning and end).
- Stationary positions: Kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each (including the beginning and end). If both partners are on the floor at the same time, it shall be counted as once. Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown. Stationary positions shall not be considered as elements of technical value, but as artistic value.
- Beginning and end of program: the skaters may not exceed eight (8) seconds of being stopped
- Separations are only permitted:

- At the beginning and the end of the program for a maximum of eight (8) seconds
- During the stop when the separations is for a maximum of eight (8) seconds and with a maximum distance of four (4) meters between the partners
- A maximum of two (2) times during the program, while skating, (for characteristic steps/technical difficulties) for a maximum of eight (8) seconds and with a maximum distance of four (4) meters between the partners
- For quick changes of position/hold between the partners during the entire program

Please consult the Youth Couples Free Dance requirements in the World Skate Artistic Requirements for the current skating season. (World Skate Artistic Requirements 2019:

[http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2770:world-skate-artistic-requirements-2019\)](http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2770:world-skate-artistic-requirements-2019)

For descriptions of the set elements, and limitations of the Free Dance, please consult the World Skate Artistic Dance Manual for the current skating season. (World Skate Artistic Dance 2019:

[http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2772:official-regulation-artistic-dance-2019\)](http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2772:official-regulation-artistic-dance-2019)

Elementary International & International Solo Free Dance

Time Limit: 2:30 +/- 0:10

Set elements that MUST be included in the Elementary International and International Free Dance programs are:

- Two (2) Footwork Sequences: patterns will be chosen by World Skate. Maximum level 3 for Elementary International and 4 for International Solo Free Dance.
- One (1) Traveling Sequence. Maximum level 2 for Elementary International and 3 for International Solo Free Dance.
- One (1) Cluster Sequence. Maximum level 1 for Elementary International and 3 for International Solo Free Dance.
- One (1) Choreographic Sequence.

The following are limitations for the Elementary International and International Free Dance programs:

- Dance spin: A maximum of one (1) dance spin, with a minimum of two (2) rotations (less than 2 rotations is not considered a spin)
- Dance jumps: A maximum of two (2) jumps, of one (1) rotation (no more than one rotation in the air); all jumps shall not be considered as elements of technical value

- Stop: A maximum of two (2) stops executed during the entire program for a minimum of three (3) second to a maximum of eight (8) seconds each (excluding the beginning and end)
- Stationary positions: Kneeling/lying down on the floor is permitted only two (2) times during the entire program for a maximum of five (5) seconds each (including the beginning and end). Hands on the floor (i.e. a cartwheel) shall not be considered as a laydown. Stationary positions shall not be considered as elements of technical value, but as artistic value.
- Beginning and end of program: the skater may not exceed eight (8) seconds of being stopped

Please consult the Cadet Solo Free Dance (for Elementary International) and the Youth Solo Free Dance (for International Solo Free Dance) requirements in the World Skate Artistic Requirements for the current skating season. (World Skate Artistic Requirements 2019:

<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2770:world-skate-artistic-requirements-2019>)

For descriptions of the set elements, and limitations of the Solo Free Dance, please consult the World Skate Artistic Solo Dance Manual for the current skating season. (World Skate Artistic Dance 2019:

<http://www.worldskate.org/artistic/about/regulations/category/262-rule-books.html?download=2781:official-regulation-artistic-solo-dance-2019>)

AR YD.904 **Combined Compulsory & Free Dance Events**
Open Free Dance

If the team participates in both the Youth International Team Dance and Open Free Dance events, they may be included into the “Combined” Youth International Team Dance event.

Those teams who participate in both the Youth International Team Dance and Open Free Dance, and enter the corresponding Combined event, will be tabulated into the Combined Champion score sheet through competition in both events.

Elementary International Solo Free Dance

If the skater participates in both the Elementary International Solo Dance and Elementary International Solo Free Dance events, they may be included into the “Combined” Elementary International Solo Dance event.

Those skaters who participate in both the Elementary International Solo Dance and Elementary International Solo Free Dance, and enter the corresponding

Combined event, will be tabulated into the Combined Champion score sheet through competition in both events.

International Solo Free Dance

If the skater participates in both the Youth International Solo Dance and International Solo Free Dance events, they may be included into the “Combined” Youth International Solo Dance event.

Those skaters who participate in both the Youth International Solo Dance and International Solo Free Dance, and enter the corresponding Combined event, will be tabulated into the Combined Champion score sheet through competition in both events.

Rule AR YD.1000 Precision, Quartet & Creative Solo Show

AR YD.1001 Domestic Youth Show Divisions

The following are the Domestic Youth Divisions for Precision, Quartet, and Creative Solo Show:

Precision	Quartet	Creative Solo Show
Junior (15 & under) 4:00 +/- 0:10	Youth Quartet (all skaters must be 12 & under) 3:00 +/- 0:10	Juvenile A (10 & under) 2:15 +/- 0:05
		Elementary A (12 & under) 2:15 +/- 0:05
Novice (12 & over) 4:00 +/- 0:10	Open Quartet (at least one skater must be 13 or over) 3:00 +/- 0:10	Open B (open age) 2:15 +/- 0:05
		Open A (13 & over) 2:30 +/- 0:05
		Open Inline (open age) 2:15 +/- 0:05

AR YD.1002 Precision Rules

- (a) Junior and Novice Precision teams shall consist of a minimum of eight (8) skaters, but not more than sixteen (16). A team may register a maximum of two (2) alternate team members regardless of team size. These substitutes must be duly registered with fees paid for the competition and will be included with the team for any medal ceremony.
- (b) Teams may consist of ladies and men in any proportion.
- (c) The team may be comprised of a single club, be from multiple clubs, or include unattached skaters providing all are USARS registered, with at least fifty (50) percent of the members being registered from the same region as the Qualifying Championship. Skaters from clubs outside the region must enter their individual events (Figures, Solo Dance, Free Skating) in the USARS Region in which that skater's club is domiciled. Skaters may skate Precision events as well as events in any other discipline.
- (d) In **Novice Precision**, a maximum of one quarter (1/4) of the participants in a team may be Junior Precision competitors to enable clubs to have an adequate number of skaters to complete a team.
- (e) Once the team is ready for the music to commence a team member must raise their hand to advise the announcer.
- (f) Neither portable nor hand-held props shall be used.
- (g) The following limitations shall be enforced:
 1. No jumps exceeding one-half revolution.
 2. No spins exceeding one revolution.
 3. No lifts.

4. No highlighting of individual skaters.
5. For **Junior Precision**, stationary positions (stopping or standing) during the performance are not allowed.

AR YD.1003 Precision Requirements

(a) Required Elements

The following elements **MUST** be included in the program. Elements may be repeated without penalty.

1. CIRCLE MANEUVER – The circle maneuver must consist of only one (1) circle revolving in either clockwise or counterclockwise direction, or may be a combination of both directions. A minimum of two (2) revolutions is required.
2. ONE LINE MANEUVER – The single line **MUST** be along the short axis and move down the long axis.
3. WHEEL MANEUVER – This **MUST** consist of a pinwheel with three (3) or more spokes revolving in either a clockwise or counterclockwise direction. A minimum of two (2) revolutions is required.
4. INTERSECTING MANEUVER – Any type of intersection is permitted (slicing or pass through). In the maneuver each skater must pass through any intersecting point only once.
5. STRAIGHT LINE FOOTWORK (**Junior Precision only**) – The straight-line team footwork should be performed with a minimum of two (2) lines and a maximum of four (4) lines.

(b) General Rules for Set Elements

1. Set elements may be skated in any order.
2. A minimum of three (3) different handholds must be used.
3. All elements may incorporate forward or backward skating.
4. Footwork is permitted during any element.
5. Set elements may be repeated.
6. Additional elements may be used.
7. Compulsory Deductions:
 - a. Required elements not attempted: -0.5 by the referee from the "A" Mark.
 - b. Minor Falls (quick): -0.5 from the "B" Mark.
 - c. Major Falls (prolonged): -1.0 from the "B" Mark

(c) Costume Rules for Precision Skating

1. In all competitive precision roller skating events (including official training days), the costumes for both men and women should be in character with the music. The design of the costume should not cause embarrassment to the skaters, judges or spectators. Transparent material for either sex is not permitted.
2. Costumes which are very low-cut at the neck or which show bare midriffs are not suitable for precision teams.

3. Beads or stone trimmings are not recommended. Any trim used on costumes must be securely fastened so that they do not dislodge during competition and cause obstruction to the competing teams.
4. Women's costumes may consist of a leotard with skirt. This must be constructed so that it covers the tights, hips and posterior. French-cut leotards are strictly prohibited (i.e. leotards which are cut higher than the hip bone).
5. Both men and women are permitted to wear long trousers. Ballet tights are not permitted.
6. Men's costume must not be sleeveless. The neckline of the costume must not expose the chest more than three (3) inches below the collarbone.
7. Props of any nature are not permitted during precision events (hand props such as banners, canes or pom-poms).
8. Head pieces must be kept to a minimum and must not be removed during the performance. Any ornamentation attached to clothing or head must be firmly attached so as it does not fall off while skating under normal competitive conditions.
9. Deductions resulting from violations of the costume rules will range between 0.5 and 1.0, according to the degree of the violation. At the instruction of the Chief Referee, this deduction will be taken from the Artistic Impression Mark ("B" Mark) after the judges have assigned their scores.

AR YD.1004 Quartet Rules

- (a) A Quartet must be composed of four (4) skaters. A Quartet shall not be made up of two couples, Pairs or Dance, but four skaters acting as a group.
- (b) **Split Club Affiliation:** Split club affiliation for all Quartet teams is permitted, regardless of regional affiliation, provided that at least fifty (50) percent of the members are USARS registered from the same Region. Teams may choose any of the Regions they individually represent in which to enter as a team; however, their individual events (Figures, Solo Dance, Free Skating) must be entered in the USARS Region in which that skater's club is domiciled.
- (c) Free Skating and Pairs Skating elements are allowed. However, skating will be assessed depending on the performance of the whole group. All jumps with one rotation are allowed. Spins are allowed, with the exception of Class A spins.
- (d) Movements or steps performed in stationary positions are allowed. However, programs with constant movement and choreography will receive more credit than programs with excessive stationary movements. The referee will advise the judges if this happens. A deduction from the "A" mark and from the "B" mark will be made by the Referee. Choreography must commence within 15 seconds after the music has started.

- (e) A Quartet performance may not include more than **four (4) typical Precision elements** (circles and wheels)

Circle: a group of skaters standing or revolving about a common center, each equidistant from the center: the circle can rotate either clockwise or counter clockwise, forward or backward. There are open circles (the skaters do not have contact with one another) and the closed circles (the skaters hold on to each other in a variety of ways such as hand to hand, shoulder to shoulder or catch waist as in a train).

Closed circles with more than one (1) rotation are recognized as a typical precision element.

Wheel: a straight line revolving about a common axis in the center of the line: usually there is an equal number of skaters on each side of the axis. The wheel can rotate clockwise or in a counter clockwise direction. The quantity of the spokes goes from two spoke to four; the variation in wheels are recognized in Parallel-Pinwheels, S-Pinwheels, Step-in-Wheels and Traveling-Wheels: Any of these mentioned wheels with more than one (1) rotation are recognized as typical a precision element.

Line maneuvers & Blocks in all forms have no limitations. Combination of elements will be counted like one element.

- (f) The main performance of a Quartet team must be “Show”, not “Precision”. Quartet teams give in their performance expression of show elements so audience and judges are aware of a theme matching the title of the performance.
- (g) Participants not on roller skates shall not be allowed. At the start of the program ALL Skaters MUST be on the floor. No skater is allowed to leave the floor during the performance.
- (h) There shall be no restrictions on the choice of music, but skating must be in tune with the music chosen.
- (i) Fog machines and personal spotlights are not allowed.
- (j) Theatrical Props: No set decorations are permitted. No frames, panels, carpets, scenery, independent theatrical wings, flats or structures of any size, kind or materials, will be permitted, even if carried by the skaters themselves.
- (k) Accessories and Objects: Accessories which can be carried by an individual skater are permitted. It is also permitted to position objects or props briefly, alongside of the rink, but only just before the start of the performance. In order to avoid disorder and confusion, once they are picked up, they must not be left, abandoned or thrown outside of the rink. It is important that the skaters should demonstrate their ability to use the accessories appropriate and skate well at the same time. It is permitted for skaters to pass objects from one to another and to place them on the skating surface, but only so long as the skater maintains physical contact with the object(s). Leaving any object or prop on the floor out of contact with any skater is allowed only once during the program for a maximum of 10 seconds. If an object falls on

the floor, no penalty will be incurred, but it will be considered as a negative point in the general impression of the program.

- (l) Explanation: When sending the entries for all Quartet Competitions a short explanation of not more than 25 words must be attached to the entries describing the performance (In English). These descriptions will be given to the Judges and announced by the speaker once the group is in position and before starting the music.
- (m) Costume Rules for Show Competitions: There are no restrictions on costumes. Changes of costume during the program ARE allowed, but **with the same rules as for “Accessories”**: nothing to be left on the floor or thrown outside of 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. (Please refer to *Interruption of Skating*.)

Costume Rules for Quartet Competitions

1. In all show competitive roller skating events (including official training), the costumes for both women and men should be in character with the music, but should not be so as to cause embarrassment to the skaters, judges or spectators.
 2. Women costumes must be constructed so that they completely cover the tights (pants), hips and posterior. French-cut leotards are strictly prohibited, i.e., leotards which are cut higher than the hipbone.
- (n) Entry & Exit on the Floor: For Quartets, a maximum of Twenty (20) seconds are allowed for entry onto the rink and the positioning of the objects or props (as per the above rules). Only those skaters who are taking part in the performance are permitted to bring objects onto the rink, and then **only when their Group is called to the skating floor** (Example: NOT while the marks for the preceding group are being announced). **The Organizers must ensure that this rule is strictly applied.**
- (o) “First” Movement Before Music Begins: A maximum time of fifteen (15) seconds of music is allowed before the first movement of a single skater of a group. The deduction for exceeding the time will be 0.2 from the “B” mark.
- (p) Quartet Deductions (ALL DEDUCTIONS GIVEN BY THE REFEREE)
1. More than four (4) typical Precision elements: -1.0 in the “A” mark per element violation.
 2. When the main performance is not a Show, but Precision: -1.0 in the “B” Mark.
 3. If elements that are not allowed are included in the program: -0.5 in the “A” and “B” marks per element violation.
 4. Falls:
 - Major (more than one skater for a prolonged time): - 0.8 – 1.0 in the “B” Mark.
 - Medium (either one skater for prolonged time, or down and up for more than one skater): -0.4 – 0.6 in the “B” Mark.
 - Minor (down and right back up for one skater): -0.2 in the “B” Mark.

5. Duration longer than required time: the referee gives the signal by whistle to stop judging.
6. Duration shorter than required time: -0.2 in the "A" and "B" Mark for each 10 seconds under.
7. Costume deduction: -0.5 – 1.0 in the "B" Mark.
8. Prop used incorrectly: -0.5 from the "A" Mark by the Referee for each infraction.
9. Entry into the rink longer than the permitted time: -0.3 in the "A" Mark.

THE REFEREES DEDUCTIONS should be shown on the electronic scoreboard as the marks are being put up. If no electronic scoreboard is available, the Referee will instruct the Announcer to state any penalties given before the marks are announced. A standard of announcing any deductions will always be used by the Referee.

AR YD.1005 Creative Solo Show Rules

(a) Skaters/teams who participate in World Skate Junior or World Skate Senior Figures, Free Skating, Pairs, Solo Dance, or Team Dance divisions may **not** compete in any Creative Solo Show event in the same competitive season.

(b) Warm-Up and Grouping

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

The following set elements **MUST** be included in all Creative Solo programs:

- One (1) V-Pattern Element
Footwork sequence **beginning from a stop** in one corner, traveling across the long axis to the opposite wall center, and back across the long axis to end in the opposite corner, making a V shape.
- One (1) Balance Maneuver
Any positions demonstrating controlled flexibility, balance, and/or strength utilizing the low, medium, and high space around the body.
 - Must contain at least two (2) positions at different elevations (such as spiral, upright, sit).
 - Must balance each position for at least three (3) seconds.
 - Must include at least one (1) change of edge or direction.
 - Cannot be stationary.
 - Options include, but are not limited to: spread eagle, Ina Bauer, arabesque, scorpion, "Y" position, shoot the duck. Creativity is encouraged.
- One (1) Stationary Choreographic Element
Stationary element lasting 5 – 10 seconds, utilizing non-rolling (but can include dancing) body movements that characterize the musical theme.

Optional Elements:

- Maximum one (1) jump of one rotation is allowed. Any jumps of one-half revolution or less will not be considered as a jump element.
- Maximum one (1) single position spin is allowed. Class A spins are NOT allowed.

NOTE: Jumps and spins have no technical value, and they are solely to enhance the choreography if included.

(d) Costume Rules for Creative Solo

Costumes for both men and women may be in character with the music, but should not be such as to cause embarrassment to the judges, audience or the skaters themselves. Female contestants may wear trousers or one piece costumes. The use of decorations such as beads, rhinestones, etc., as well as the use of painting on any part of the body, is acceptable for both male and female contestants in the Creative Solo Show events.

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