



USA ROLLER SPORTS 2019-2020 COMPETITIVE FIGURE AND DANCE REQUIREMENTS FOR REGIONAL AND NATIONAL CHAMPIONSHIPS

LAST UPDATED 11/8/19



EVENT NAMES	FIGURES		LOOPS		SOLO DANCE		TEAM DANCE	
	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2
Primary A Boys/Girls Primary A Solo (Co-ed)	1 2 B 7 A	1 B 2 7 B	14 A/B 130 A/B	14 A/B 130 A/B	Academy Blues (88) Balanciaga (100)	Double Cross Waltz (138) American March (100 6/8)		
Juv or Elem C Boys/Girls * Juv/Elem C Solo & Team *	1B 112 A/B	2B 111 A/B	114 A/B 130 A/B	115 A/B 130 A/B	Academy Blues (88) Progressive Tango (100)	Glide Waltz (108) Skaters March (100 6/8)	Glide Waltz (108) Skaters March (100 6/8)	Academy Blues (88) Progressive Tango (100)
Juvenile B Boys/Girls Juv/Elem B Solo	3 A/B 5 A/B 7 A/B	3 A/B 5 A/B 9 A/B	14 A/B 130 A/B	14 A/B 130 A/B	Dutch Waltz (120) Siesta Tango (100)	Rhythm Blues (88) Chasse Waltz (108)		
Juvenile A Boys/Girls Juvenile A Solo & Team	3 A/B 8 A/B 11 A/B	9 A/B 10 A/B 27 A/B	14 A/B 15 A/B 30 A/B	14 A/B 15 A/B 30 A/B	Denver Shuffle (100) Dutch Waltz (120) Marylee Foxtrot (92)	Rhythm Blues (88) Blue Danube Waltz (120) Siesta Tango (100)	Denver Shuffle (100) Double Cross Waltz (138) Collegiate (92)	Swing Waltz (120) Skaters March (100 6/8) Collegiate (92)
Elementary B Boys/Girls	5 A/B 7 A/B 11 A/B	3 A/B 5 A/B 9 A/B	14 A/B 130 A/B	14 A/B 130 A/B				
Elementary A Boys/Girls Elementary A Solo & Team	4 10 A/B 22 A/B	8 A/B 19 A/B 28 A/B	14 A/B 30 A/B 131 A/B	15 A/B 30 A/B 116 A/B	Carey Foxtrot (92) Bounce Boogie (100) Bayou Polka (100)	Pilgrim Waltz (138) La Vista Cha Cha (100) Swing Dance (92) Men steps	Casino Tango (100) Rhythm Blues (88) Chase Waltz (108)	Valse Adante (155) Bounce Boogie (100) Swing Dance (92)
Fresh/Soph C Men & Women * Fresh/Soph C Team *	1B 112 A/B	2B 111 A/B	114 A/B 130 A/B	115 A/B 130 A/B	Swing Waltz (120) Denver Shuffle (100)	City Blues (88) Balanciaga (100)	City Blues (88) Balanciaga (100)	Swing Waltz (120) Denver Shuffle (100)
Fresh/Soph B Men & Women Fresh/Soph B Solo (Co-Ed) Fresh/Soph B Team	4 8 A/B 11 A/B	3 A/B 7 A/B 26 A/B	14 A/B 130 A/B	14 A/B 130 A/B	Dore Foxtrot (92) La Vista Cha Cha (100) Southland Swing (88)	Rhythm Blues (88) Bounce Boogie (100) Siesta Tango (100)	Bounce Boogie (100) Chase Waltz (108)	Blue Danube Waltz (120) Siesta Tango (100)
Fresh/Soph A Men Fresh/Soph A Team	13 19 A/B 21 A/B	12 A/B 22 A/B 32 A/B	14 A/B 16 A/B 30 A/B	15 A/B 16 A/B 30 A/B			Border Blues (88) Mirror Waltz (108) 14 Step (100 6/8)	Delicado (100) California Swing (138) Princeton Polka (100)
Freshman A Girls Freshman A Solo (Co-ed)	18 A/B 21 A/B 29 A/B	13 23 A/B 32 A/B	14 A/B 16 A/B 30 A/B	15 A/B 16 A/B 30 A/B	Fascination Foxtrot (92) Delicado (100) California Swing (138)	Border Blues (88) Association Waltz (120) Casino March (100 6/8)		
Sophomore A Women Sophomore A Solo (Co-Ed)	12 A/B 19 A/B 23 A/B	13 20 A/B 33 A/B	14 A/B 16 A/B 30 A/B	15 A/B 16 A/B 30 A/B	Carroll Swing (100) Viva Cha Cha (100) Continental Waltz (168) Men's steps	Princeton Polka (100) Men's steps Keats Foxtrot (96) Karen Lee Tango (100)		
Advanced Figures Junior Solo	20 A/B 33 A/B 36 A/B	21 A/B 29 A/B 40 A/B	16 A/B 31 A/B 38 A/B	17 A/B 31 A/B 38 A/B	Willow Waltz (138) Iceland Tango (100) Men's Steps Dench Blues (88) (Border)	Rocker Foxtrot (92) Continental Waltz (168) women's steps Paso Doble (100) Men's steps		
Senior Solo					Silhouette Foxtrot (100) Westminster Waltz (138) Killian (100 2/4)	Argentine Tango (96) Viennese Waltz (138) Quickstep (100 6/8)		



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	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 3	Group 4
Bronze Division 1, 2, & 3	1 A/B 112 A/B	2 A/B 111 A/B	114 A/B 130 A/B	115 A/B 130 A/B	City Blues (88) <i>Swing Schottische (100)</i>	Double Cross Waltz (138) <i>Carlos Tango Modified (96)</i>	Double Cross Waltz (138) <i>Carlos Tango Modified (96)</i>	City Blues (88) <i>Swing Schottische (100)</i>
Silver Division 1, 2, & 3	1 2B 5A	1B 2 5B	114 A/B 115 A/B 130 A/B	114 A/B 115 A/B 130 A/B	Luna Blues (88) Tara Tango (100) <i>Rock and Roll Waltz (155)</i>	<i>Carey Foxtrot (92)</i> Golden Skater Waltz (138) Criss Cross March (100 6/8)	<i>Carey Foxtrot (92)</i> Golden Skater Waltz (138) Criss Cross March (100 6/8)	Luna Blues (88) Tara Tango <i>Rock and Roll Waltz (155)</i>
Gold Division 1	5 A/B 7 A/B 9 A/B	3 A/B 7 A/B 27 A/B	114 A/B 130 A/B 138 A/B	115 A/B 130 A/B 138 A/B	Joann Foxtrot (92) California Swing (138) <i>14 Step (100 6/8) Men's Steps</i>	<i>Bayou Polka (100)</i> Chase Waltz (108) <i>Viva Cha Cha (100)</i>	<i>Bayou Polka (100)</i> Chase Waltz (108) <i>Viva Cha Cha (100)</i>	Joann Foxtrot (92) California Swing (138) <i>14 Step (100 6/8)</i>
Gold Div 2 & 3	2 5 A/B 105 A/B	2 A/B 5 A/B 105 A/B			<i>Syncopated Swing (96)</i> Pilgrim Waltz (138) Do' Blay (100)	Century Blues (88) Valse Adante (155) <i>Zig Zag Polka (100)</i>	Century Blues (88) Valse Adante (155) <i>Zig Zag Polka (100)</i>	<i>Syncopated Swing (96) side B</i> Pilgrim Waltz (138) Do' Blay (100)
Classic Gold	19 A/B 22 A/B 27 A/B	12 A/B 23 A/B 32 A/B	14 A/B 15 A/B 30 A/B	14 A/B 15 A/B 30 A/B	Dench Blues Dbl Pattern (88) <i>Continental Waltz (168) Men's steps</i> <i>Carroll Swing (100)</i>	Keats Foxtrot (96) Harris Tango Dbl Pattern (100) Men's steps Paso Doble (100) Men's steps	Keats Foxtrot (96) Harris Tango Dbl Pattern (100) Paso Doble (100)	Dench Blues Dbl Pattern (88) <i>Continental Waltz (168)</i> <i>Carroll Swing (100)</i>
Classic International Solo					<i>Kinder Waltz (120)</i>		<i>Kinder Waltz (120)</i>	
Classic International Team					<i>Do' Blay (104)</i>		<i>Do' Blay (104)</i>	
Original Compulsory Dance	<i>Tango, Paso, Samba, Rhumba</i>				Classic (forward Dances only)		Classic (forward Dances only)	
Classic/Classic Gold					Classic Gold (forward/backward Dances)		Classic Gold (forward/backward Dances)	
					SOLO DANCE		TEAM DANCE	
Mini Solo Dance					Compulsory Dances - Skaters March & Carlos Tango		Compulsory Dances - Skaters March & Carlos Tango	
Mini Team Dance					FREEDANCE - 2:00 +/- 10		FREEDANCE - 2:30 +/- 10	
Espoir Solo Dance					Compulsory Dances - Roller Samba & Little Waltz (solo)		Compulsory Dances - Roller Samba & Little Waltz	
Espoir Team Dance					FREEDANCE - 2:30 +/- 10		FREEDANCE - 3:00 +/- 10	
Cadet Solo Dance					Compulsory Dances - Federation Foxtrot & Siesta Tango		Compulsory Dances - Swing Foxtrot & Siesta Tango	
Cadet Team Dance					FREEDANCE - 3:00 +/- 10		FREEDANCE - 3:15 +/- 10	
Youth Solo Dance					Compulsory Dances - Cha Cha Patin & Kent Tango		Compulsory Dances - Cha Cha Patin & Harris Tango (double)	
Youth Team Dance					FREEDANCE - 3:15 +/- 10		FREEDANCE - 3:30 +/- 10	

	Group 1	Group 2	Group 3	Group 4	SOLO DANCE	TEAM DANCE
World Skate JUNIOR	42 A/B 38 A/B 36 A/B	43 A/B 31 A/B 40 A/B	44 A/B 38 A/B 40 A/B	45 A/B 31 A/B 37 A/B	STYLE - Rhythm - Classic Medley - 2:50 +/- 10 - 2020 Compulsory Dance - Flirtation Waltz FREEDANCE - 3:30 +/- 10	STYLE - Rhythm - Latin Medley - 3:00 +/- 10 - 2020 Compulsory Dance - Golden Samba FREEDANCE - 3:50 +/- 10
World Skate SENIOR	46 A/B 39 A/B 47 A/B	48 A/B 38 A/B 49 A/B	50 A/B 39 A/B 51 A/B	52 A/B 38 A/B 53 A/B	STYLE - Rhythm - Latin Medley - 2:50 +/- 10 - 2020 Compulsory Dance - Loran Rumba FREEDANCE - 3:30 +/- 10	STYLE - Rhythm - Modern Medley - 3:00 +/- 10 - 2020 Compulsory Dance - Iceland Tango (modified) FREEDANCE - 3:50 +/- 10



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Freeskating/Pairs				Show Events - Large/Small Shows, Quartets, & Creative Solo Events, Precision			
EVENT NAMES	Time	Footwork		EVENT NAMES	Time and Requirements		
Juv/Elem B Boys/Girls	Max 2:30	See Youth Rules		Juvenile A Creative Solo	(ages 10 & under) - Max 2:15	see 2019/2020 Youth Rule Book	
Juv/Elem C Boys/Girls	Max 2:00	See Youth Rules		Elementary A Creative Solo	(ages 12 & under) - Max 2:15	see 2019/2020 Youth Rule Book	
Fresh/Soph B Men/Women	Max 3:00	See Youth Rules		Open A Creative Solo	(ages 13 & up) - Max 2:30	see 2019/2020 Youth Rule Book	
Fresh/Soph C Men/Women	Max 2:00	See Youth Rules		Open B Creative Solo	(open division) - Max 2:15	see 2019/2020 Youth Rule Book	
Advanced Men/Women	Max 3:30	See Youth Rules		Open Inline Creative Solo	(open division) - Max 2:15	see 2019/2020 Youth Rule Book	
Open Inline Freeskating (open division)	Max 3:00	See Youth Rules					
Classic Men/Women	Max 2:30	See Adult Rules		Youth Quartet	(ages 12 & under) - Max 3:00	see 2019/2020 Youth Rule Book	
Juvenile Pairs	Max 2:30	See Youth Rules		Open Quartet	(ages 13 & up) - Max 3:00	see 2019/2020 Youth Rule Book	
Elementary Pairs	Max 3:00	See Youth Rules		WS Senior Quartet	(ages 12 & up) - 3:00 +/- 10	see WS Rule Book	
Fresh/Soph Pairs	Max 3:30	See Youth Rules					
Juv/Elem Boys/Girls Short Program	Max 2:00	See Youth Rules		Open Show	(open division) - Max 4:00	see 2019/2020 Youth Rule Book	
Fresh/Soph Men/Women Short Program	Max 2:00	See Youth Rules		WS Small Show	(12 & Up) - 4:30 - 5:00 +/- 10	see WS Rule Book	
	Short	Long	Footwork	WS Large Show	(12 & Up) - 4:30 - 5:00 +/- 10	see WS Rule Book	
Tot Boys/Girls	2:00 +/- 5	2:30 +/- 10	See WS Rules				
Mini Boys/Girls	2:00 +/- 5	2:45 +/- 10	See WS Rules	Junior Precision	(ages 15 & under) - Max 4:00	see 2019/2020 Youth Rule Book	
Espoir Boys/Girls	2:00 +/- 5	3:15 +/- 10	See WS Rules	Novice Precision	(ages 12 & up) - Max 4:00	see 2019/2020 Youth Rule Book	
Cadet Boys/Girls	2:30 +/- 5	3:30 +/- 10	See WS Rules	WS Senior Precision	(12 & Up) - 4:30 +/- 10	see WS Rule Book	
Youth Men/Women	2:30 +/- 5	4:00 +/- 10	See WS Rules				
WS Junior/Senior Men	2:45 +/- 5	4:30 +/- 10	See WS Rules				
WS Junior/Senior Women	2:45 +/- 5	4:15 - 4:30	See WS Rules	Original Compulsory Dance	(ages 18 & up - Adult) - 2:15	see 2019-2020 Adult Rule book	
WS Inline Men	2:40 +/- 5	4:00 - 4:30	See WS Rules				
WS Inline Women	2:40 +/- 5	4:00 +/- 10	See WS Rules				
	Short	Long	Footwork				
Mini Pairs	2:00 +/- 5	2:30 +/- 10	See WS Rules				
Espoir Pairs	2:00 +/- 5	3:00 +/- 10	See WS Rules				
Cadet Pairs	2:30 +/- 5	3:30 +/- 10	See WS Rules				
Youth Pairs	2:30 +/- 5	3:30 +/- 10	See WS Rules				
WS Junior Pairs	2:45 +/- 5	4:30 +/- 10	See WS Rules				
WS Senior Pairs	2:45 +/- 5	4:30 +/- 10	See WS Rules				

Championship Draw – The championship draw for all figure, team and solo dance events will be posted to the USARS website on May 1st. WS Junior and WS Senior National figure draw will take place on the practice day at the National Championships. The requirements will be reversed from the Regional Championships to the National Championships.

- (a) If an event holds an elimination round and a final round, the “elimination listings” will be skated for the elimination round and “final listings” for final round.
- (b) If an event is skated as “final only” the “elimination listings” will be skated for the final round.
- (c) Adult dance draw will be opposite groups for Solo and Team Dance and will not skate the same dances at Regionals or Nationals

*** REGIONAL ONLY EVENTS - EACH REGION CAN COMBINE OR SEPARATE JUVENILE C AND ELEMENTARY C, BASED ON ENTRIES, USING SAME REQUIREMENTS**

NOTE: Solo Dances will be skated with women's steps when applicable or if otherwise specified as men's steps.

Updates will be posted on the USA Roller Sports website (www.usarollersports.org).

FIGURE/LOOP DESCRIPTIONS FOR 2019/2020



FIGURES

1	- ROF-LOF Circle Eight
1 A/B	- OIF-OIF Change Eight
2	- RIF-LIF Circle
2 A/B	- IOF-IOF Change Eight
3 A/B	- OB-OB Circle Eight
4	- IB-IB Circle Eight
5 A/B	- OIF-IOF Serpentine
7 A/B	- OF-OF Three
8 A/B	- OF-IB Three
9 A/B	- IF-OB Three
10 A/B	- OF-OF Double Three
11 A/B	- IF-IF Double Three
12 A/B	- OB-OB Double Three
13 A/B	- IB-IB Double Three
18 A/B	- OF-IB Bracket
19 A/B	- IF-OB Bracket
20 A/B	- OF-OB Rocker
21 A/B	- IF-IB Rocker
22 A/B	- OF-OB Counter
23 A/B	- IF-IB Counter
26 A/B	- OIF-OIB Serpentine Three
27 A/B	- IOF-IOB Serpentine Three
28 A/B	- OIF-IOF Serpentine Double Three
29 A/B	- OIB-IOB Serpentine Double Three
32 A/B	- OIF-OIB Serpentine Bracket
33 A/B	- IOF-IOB Serpentine Bracket
36 A/B	- OF-IF Paragraph Double Three
37 A/B	- OB-IB Paragraph Dbl Three
40 A/B	- OF-IF Paragraph Bracket
42 A/B	- OF Counter Bracket IF Counter
43 A/B	- OF Rocker O Double Three
44 A/B	- IF Rocker I Dbl Three
45 A/B	- OB Counter OF Brkt LBI Counter
46 A/B	- OF Dbl 3 O Rocker and OB Dbl 3
47 A/B	- OF Brkt – IB Ctr – IF Brkt Paragraph
48 A/B	- OB Dbl 3 – OB Rocker OF Dbl 3
49 A/B	- OB Br – IF Ctr – IB Brkt Paragraph
50 A/B	- OF Dbl 3 O Ctr OB Dbl 3
51 A/B	- OF Br – IB Rocker – IF Brkt Paragraph
52 A/B	- OB Dbl 3 – OB Ctr – OF Dbl 3
53 A/B	- OB Br – IF Rocker – IB Brkt Paragraph
105 A/B	- OIOF-IOIF Double Change Serp.
111 A/B	- OF-OF Serpentine Eight
112 A/B	- IF-IF Serpentine Eight

LOOPS

14 A/B	- OF-OF Loops
15 A/B	- IF-IF Loops
16 A/B	- OB-OB Loops
17 A/B	- IB-IB Loops
30 A/B	- OIF-IOF Serpentine Loop
31 A/B	- OIB-IOB Serpentine Loop
38 A/B	- OF-IF Paragraph Loop
39 A/B	- OB-IB Paragraph Loop
114 A/B	- OF-OF Circle Loops
115 A/B	- IF-IF Circle Loops
116 A/B	- OB-OB Circle Loops
130 A/B	- OIF-IOF Serpentine Circle Loop
131 A/B	- OIB-IOB Serpentine Circle Loop
138 A/B	- OF-IF Paragraph Circle Loop

Youth Divisions - Figures, Solo/Team Dance, Freeskating, Pairs

Primary A & Tot	ages 8 & under
Juvenile A & Mini	ages 10 & under
Elementary A & Espoir	ages 12 & under
Freshman A & Cadet	ages 14 & under
Fresh/Soph A	ages 13 & over
Sophomore A & Youth	ages 15 & over
Junior & Advanced	ages 15 & over
Juvenile/Elementary B & C	ages 12 & under
Freshman/Sophomore B & C	ages 13 & over

** please do not use the World Skate Rule Book for age determinations, other than WS Jr./Sr.*

Adult Divisions - Figures, Solo/Team Dance, Freeskating

Bronze Division 1	ages 18 - 49
Bronze Division 2	ages 50 - 64
Bronze Division 3	ages 65 & over
Silver Division 1	ages 18 - 49
Silver Division 2	ages 50 - 64
Silver Division 3	ages 65 & over
Gold Division 1	ages 18 & over
Gold Division 2	ages 18 - 54
Gold Division 3	ages 55 & over
Classic & Classic Gold	ages 18 & over
Classic International	ages 18 & over

Adult Divisions - Loops

Bronze Division	ages 18 & over
Silver Division	ages 18 & over
Gold Division	ages 18 & over

(loop and figure events must be the same, to be considered for Combined Events)

Example: Bronze 1, 2, OR 3 Figures & Bronze Loops can enter Bronze Combined