



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 9/3/2025



Domestic Youth Events – Dance, Loops & Figures

Event Name	Figures		Loops		Solo Dance		Team Dance	
	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2
Primary A	1 2 B 7 A	1 B 2 7 B	14 A/B 130 A/B	14 A/B 130 A/B	Double Cross Waltz (138) Skaters March (100 6/8)	City Blues (88) Carlos Tango Modified (96)		
Juvenile B	3 7 A/B	5 A/B 9 A/B	14 A/B 130 A/B	14 A/B 115 A/B	Double Cross Waltz (138) And Foxtrot (104)	City Blues (88) Denver Shuffle (100)		
Juvenile A Figures/Loops/Solo, Juvenile Team	3 A/B 7 A/B 11 A/B	3 A/B 9 A/B 27 A/B	14 A/B 30 A/B	14 A/B 30 A/B	CrissCross March (100 6/8) Swing Waltz (120) Siesta Tango (100)	Denver Shuffle (100) Rhythm Blues (88) Chassé Waltz (108)	Academy Blues (88) Skaters March (100 6/8)	Swing Waltz (120) Denver Shuffle (100)
Elementary B	3 11 A/B	5 A/B 9 A/B	14 A/B 30 A	14 A/B 30 A	Rhythm Blues (88) Siesta Tango (100)	Swing Schottische (100) Chassé Waltz (108)		
Elementary A Figures/Loops/Solo, Elementary Team	4 10 A/B 22 A/B	8 A/B 19 A/B 26 A/B	14 A/B 15 A/B 30 A/B	14 A/B 15 A/B 30 A/B	Bounce Boogie (100) Luna Blues (88) Fiesta Tango modified (100)	La Vista Cha Cha (100) Pilgrim Waltz (138) Marylee Foxtrot (92)	La Vista Cha Cha (100) Chase Waltz (108)	Bounce Boogie (100) Fiesta Tango Modified (100)
Freshman B	11 A/B 26 A/B	8 A/B 27 A/B	14 A/B 30 A/B	14 A/B 30 A/B	Dutch Waltz (120) Fiesta Tango modified (100)	Bounce Boogie (100) Southland Swing (88)		
Freshman A Girls Figures/Loops, Freshman A Solo	13 18 A/B 23 A/B	19 A/B 21 A/B 28 A/B	14 A/B 16 A/B 30 A/B	15 A/B 16 A/B 30 A/B	Border Blues (88) California Swing (138) Casino March (100 6/8)	Joann Foxtrot (92) Association Waltz (120) Mandi Lynn Tango (100)		
Sophomore B, Fresh/Soph B Team	10 A/B 26 A/B	12 A/B 27 A/B	14 A/B 30 A/B	14 A/B 30 A/B	Carey Foxtrot (92) Fiesta Tango modified (100)	Quickstep Boogie (100) Southland Swing (88)	Mason March (100 6/8) Chase Waltz (108)	Bounce Boogie (100) Southland Swing (88)
Fresh/Soph A Men Figures/Loops, Fresh/Soph A Team	19 A/B 21 A/B 28 A/B	13 23 A/B 32 A/B	14 A/B 16 A/B 30 A/B	15 A/B 16 A/B 30 A/B			JoAnn Foxtrot (92) Mirror Waltz (108) Fourteen Step (100 6/8)	Border Blues (88) California Swing (138) Delicado (100)
Sophomore A Women Figures/Loops, Sophomore A Solo	12 A/B 20 A/B 33 A/B	13 23 A/B 32 A/B	14 A/B 16 A/B 30 A/B	15 A/B 16 A/B 30 A/B	Ten Fox (100) Flirtation Waltz (108) Viva Cha Cha (100)	Border Blues (88) Willow Waltz (138) Princeton Polka (100) <i>Men's</i>		
Advanced Figures/Loops, Advanced Domestic Solo	29 A/B 32 A/B 44 A/B	20 A/B 33 A/B 36 A/B	16 A/B 31 A/B 38 A/B	17 A/B 31 A/B 38 A/B	Dench Blues Border (88) Keats Foxtrot (92) Paso Doble (100)	Fondu Foxtrot (104) Continental Waltz (168) <i>Men's</i> Carroll Swing (100)		
Juv/Elem International Compulsory Solo					G-Reggae (84) Style B Waltz (108)			
Fresh/Soph International Compulsory Solo					Cumbia Argentina (92) Imperial Tango (104)			

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

Event Name	Figures		Loops		Solo Dance		Team Dance	
	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2
ALL C Events	1 2 B	1 B 112 B	114 A/B 130 A/B	115 A/B 130 A/B	City Blues (88) Progressive Tango (100)	Glide Waltz (108) Balanciaga (100)	Glide Waltz (108) Balanciaga (100)	City Blues (88) Progressive Tango (100)



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 9/3/2025



Adult Events – Dance, Loops & Figures

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

Youth and Elite World Skate Events – Dance & Figures

Event Name	Figures				Solo Dance	Team Dance
	Group 1	Group 2	Group 3	Group 4		
Tot					Compulsory Dance - City Blues Free Dance - 2:00 +/- 10	
Mini					Compulsory Dances - Skaters March & Olympic Foxtrot Free Dance - 2:30 +/- 10	Compulsory Dances - Skaters March & Olympic Foxtrot Free Dance - 2:45 +/- 10
Espoir					Compulsory Dances - Swing Foxtrot & Roller Samba Free Dance - 2:30 +/- 10	Compulsory Dances - Swing Foxtrot & Roller Samba Free Dance - 3:00 +/- 10
Cadet	13 19 A/B 15 20 A/B	18 A/B 21 A/B 30 A/B 28 A/B	19 A/B 22 A/B 16 28 A/B	13 18 A/B 30 A/B 23 A/B	Style Dance - 3:00 +/- 10 Terenzi Waltz (steps 1-19) Classic Medley Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Easy Paso Spanish Medley Free Dance - 3:30 +/- 10
Youth	20 A/B 33 A/B 16 36 A/B	21 A/B 32 A/B 17 29 A/B	22 A/B 33 A/B 17 36 A/B	23 A/B 32 A/B 30 A/B 29 A/B	Style Dance - 3:00 +/- 10 - Sweet Tango (steps 1-20) Rock Medley Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Bachata (steps 1-17 [17a-17b]) Latin Medley Free Dance - 3:30 +/- 10
Junior	42 A/B 38 A/B 36 A/B	43 A/B 31 A/B 40 A/B	44 A/B 38 A/B 40 A/B	45 A/B 31 A/B 37 A/B	Style Dance - 3:00 +/- 10 - Italian Foxtrot (steps 16-32) Musical Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Quickstep Musical Free Dance - 3:50 +/- 10
Senior	46 A/B 39 A/B 47 A/B	48 A/B 38 A/B 49 A/B	50 A/B 39 A/B 51 A/B	52 A/B 38 A/B 53 A/B	Style Dance - 3:00 +/- 10 - Quickstep Swing Medley Free Dance - 3:30 +/- 10	Style Dance - 3:00 +/- 10 - Westminster Waltz (steps 1-14) Classic Medley Free Dance - 3:50 +/- 10



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 9/3/2025



Free Skating Events

Event Name	Time	Notes
Juvenile B	2:15 +/- 10	See pages 5 & 6 (below) for requirements
Elementary B	2:45 +/- 10	
Freshman B	3:00 +/- 10	
Sophomore B	3:00 +/- 10	
Advanced	Max 3:30	
All C – Juv, Elem, F/S, Adult	Max 2:00	
Open Inline (17-)	Max 3:00	
Classic Inline	Max 3:00	
Classic	Max 3:00	
Event Name	Short	Long
Tot		2:30 +/- 10
Mini		2:45 +/- 10
Espoir	2:00 +/- 5	3:15 +/- 10
Cadet	2:30 +/- 5	3:30 +/- 10
Youth	2:30 +/- 5	4:00 +/- 10
Junior	2:45 +/- 5	4:00 +/- 10
Senior	2:45 +/- 5	4:00 +/- 10
Junior Inline	2:45 +/- 5	4:00 +/- 10
Senior Inline	2:45 +/- 5	4:00 +/- 10

Pairs Events

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

Show Events

Creative Solo & Duet

Event Name	Time	Notes
Juvenile A Creative Solo	Max 2:15	See pages 7 & 8 (below) for requirements
Elementary A Creative Solo	Max 2:15	
Open A Creative Solo (13+)	Max 2:15	
Open B Creative Solo (all ages)	Max 2:15	
Classic Creative Solo	Max 2:15	
Elementary Creative Duet	Max 2:15	
Open Creative Duet (13+)	Max 2:15	

Quartet

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

Show Groups

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

Precision

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

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



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 9/3/2025



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

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

Youth Divisions	
Primary & Tot	ages 8 & under
Juvenile & Mini	ages 10 & under
Elementary & Espoir	ages 12 & under
Freshman & Cadet	ages 14 & under
Fresh/Soph	ages 13 & over
Sophomore & Youth	ages 15 & over *except Youth Figures*
Advanced	ages 13 & over
Juvenile/Elementary	ages 12 & under
* Use USARS Youth Rulebook for age determinations for all youth events except Cadet/Youth Figures (use World Skate Rulebook for age determination for Cadet/Youth figures)	

Adult Divisions – Figures, Solo, Team, Free Skating, Show	
Bronze Division 1	ages 18-44
Bronze Division 2	ages 45-64
Bronze Division 3	ages 65 & over
Silver Division 1	ages 18-44
Silver Division 2	ages 45-64
Silver Division 3	ages 65 & over
Gold Division 1	ages 18 & over
Gold Division 2	ages 18-54
Gold Division 3	ages 55 & over
Classic & Classic Gold	ages 18 & over
Classic International	ages 18 & over
Adult Divisions – Loops	
Bronze Division	ages 18 & over
Silver Division	ages 18 & over
Gold Division	ages 18 & over

Clarifications
Championship Draw
- The championship draw for all figure, team and solo dance events will be posted to the USARS website on April 1st. World Skate National figure draw will take place on the practice day at the National Championships. This can be adjusted by the ASC if needed. The requirements will be reversed from the Regional Championships to the National Championships. - 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. - If an event is skated as “final only” the “elimination listings” will be skated for the final round. - Adult dance draw will be opposite groups for Solo and Team Dance and will not skate the same dances at Regionals or Nationals.
Solo Dance Requirements
Solo dances will be skated with women’s steps when applicable unless otherwise noted as “men’s steps.”



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 9/3/2025

2025-2026 Domestic Free Skating Requirements

Division	Jumps	Spins	Footwork
All Level C Max 2:00	- Maximum of eight (8) jumps (including jumps used in combinations), 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). - No repeated jumps unless used in the combination.	- Maximum of three (3) spins allowed. - One (1) may be a combination/change spin (no camel spins, may only use upright and sit positions). - No repeated spins unless used in the combination.	- One sequence of footwork must be included. - Required pattern for 2025-2026: long axis
Juvenile B 2:15 +/- 10	- Maximum ten (10) jumps (including jumps used in combinations), consisting of 1 rotation jumps, waltz jump, and axle. - Maximum two (2) jump combinations – One with a maximum of four (4) jumps and one with a maximum of two (2) jumps. - Must include a toe loop, either solo or in combination. - The same jump cannot be performed more than three (3) times.	- Maximum two (2) spins allowed. - One must be a combination spin (max 3 positions) and include a sit spin. - One must be a solo spin. - Camel, upright, and sit positions are allowed (no heel, broken, or inverted).	One (1) footwork sequence to cover $\frac{3}{4}$ of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 3 of: cross in front, inside three turn, outside three turn, open mohawk, traveling turn.
Elementary B 2:45 +/- 10	- Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, waltz jump, axel, double toe loop, and double salchow. - Maximum two (2) jump combinations – maximum four (4) jumps each. - Must include an axel or waltz jump, either solo or in combination. - Must include a toe loop (single or double), either solo or in combination. - Axel and doubles cannot be performed more than twice. If performed twice, one must be in combination. The same 1 rotation jump cannot be performed more than three (3) times.	- Maximum three (3) spins allowed. - One must be a combination spin (max 4 positions) and include a sit spin. - One must be a solo spin. - If a third spin is presented, it may be a solo spin or a combination spin (maximum three (3) positions). - Camel, upright, and sit positions are allowed (no heel, broken, or inverted).	One (1) footwork sequence to cover $\frac{3}{4}$ of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 4 of: three turn, mohawk, traveling turn, spiral, bracket, rocker, counter, and Choctaw.
Freshman B and Sophomore B 3:00 +/- 10	- Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, axel, double toe loop, and double salchow. - Maximum two (2) jump combinations – maximum four (4) jumps each. - Must include an axel or waltz jump, either solo or in combination. - Must include a toe loop (single or double), either solo or in combination. - Axel and doubles cannot be performed more than twice. If performed twice, one must be in combination. The same 1 rotation jump cannot be performed more than three (3) times.	- Maximum three (3) spins allowed. - One must be a combination spin (max 4 positions) and include a sit spin. - One must be a solo spin. - If a third spin is presented, it may be a solo spin or a combination spin (maximum three (3) positions). - Camel, upright, and sit positions are allowed (no heel, broken, or inverted).	One (1) footwork sequence to cover $\frac{3}{4}$ of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 4 of: three turn, mohawk, traveling turn, spiral, bracket, rocker, counter, and Choctaw.



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 9/3/2025

2025-2026 Domestic Free Skating Requirements

Division	Jumps	Spins	Footwork
Advanced Max 3:30	- Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, axel, double toe loop, and double salchow, double flip, double loop, and double lutz. - Maximum two (2) jump combinations – maximum four (4) jumps each. - Axel and doubles cannot be performed more than twice. If performed twice, one must be in combination. The same 1 rotation jump cannot be performed more than three (3) times.	- Maximum three (3) spins allowed. - One must be a combination spin (max 4 positions) and include a sit spin. - One must be a solo spin. - If a third spin is presented, it may be a solo spin or a combination spin (maximum three (3) positions). - Camel, upright, and sit positions are allowed.	One (1) footwork sequence to cover $\frac{3}{4}$ of the skating floor. Should take no longer than thirty (30) seconds to complete. Must start from a stop and include at least 4 of: three turn, mohawk, traveling turn, spiral, bracket, rocker, counter, and Choctaw.
Open Inline (17-) Max 3:00	- Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, axel, double toe loop, and double salchow, double flip, double loop, and double lutz. - Maximum two (2) jump combinations – maximum four (4) jumps each. - No repeated jumps permitted unless used in combination.	- Maximum of three (3) spins, in which two (2) may be a combination/change spin (may use camel or sit positions). - No repeated spins permitted unless used in combination.	- One sequence of footwork must be included. - Required pattern for 2025-2026: long axis
Classic Inline (18+) Max 3:00	- Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, axel, double toe loop, and double salchow, double flip, double loop, and double lutz. - Maximum two (2) jump combinations – maximum four (4) jumps each. - No repeated jumps permitted unless used in combination.	- Maximum of three (3) spins, in which two (2) may be a combination/change spin (may use camel or sit positions). - No repeated spins permitted unless used in combination.	- One sequence of footwork must be included. - Required pattern for 2025-2026: long axis
Classic Max 3:00	- Maximum twelve (12) jumps (including jumps used in combinations), consisting of 1 rotation jumps, axel, double toe loop, and double salchow, double flip, double loop, and double lutz. - Maximum two (2) jump combinations – maximum four (4) jumps each. - No repeated jumps permitted unless used in combination.	- Maximum of three (3) spins, in which two (2) may be a combination/change spin (may use camel or sit positions). - No repeated spins permitted unless used in combination.	- One sequence of footwork must be included. - Required pattern for 2025-2026: long axis



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 9/3/2025

2025-2026 Creative Solo & Creative Duet Show Requirements

Element	Description
Each season, THREE (3) elements from the below grid will be chosen for each creative solo and duet category:	
Balance Maneuver	• Skaters will choose two (2) or more positions to present one after the other. • Both positions must be clearly different and on one (1) foot. • Each position must be held three (3) or more seconds once desired position is attained. • Maximum three (3) steps may be used in between each position. • No minimum number of steps in between positions required. • Skaters must change direction in some way (forward to backward and/or clockwise to anticlockwise direction of travel, or vice versa) from the first position to the second position. • For duet: Must maintain some form of contact throughout and skaters may be in different positions.
Stationary Dancing Element	• This element is performed in place (dancing within an approximate three-foot radius). • Skaters should dance and move in place to the music for eight to twelve (8-12) seconds. • Skaters may sit, kneel, or lie on the floor during this element. • For duet: Can be in contact and/or not in contact throughout but must stay within the radius.
Footwork sequence	• Skaters will skate any steps of their choice on the selected baseline for the season. • Potential baselines include: ○ Diagonal ○ Long axis ○ Serpentine ○ V • For duet: Can be in contact and/or not in contact but must be within twelve (12) feet of each other throughout.
Character Sequence	• This element must start from a stop or stop-and-go position. • Skaters must cover as much floor as possible while in character to the music/theme. Should take no longer than thirty (30) seconds to complete. • Skaters must include four (4) of the six (6) elements selected for the season. Elements are chosen from the skating elements listed below. a. Leap (stag jump, split jump, butterfly, fly camel, etc.) b. Spin (on toe stop or wheels) two (2) revolutions or more c. Full revolution jump (does not have to be a standard freestyle jump) d. Spread eagle OR spread-eagle variation (Ina Bauer, hackenmond, etc.) e. Spiral OR spiral variation (Biellmann, ring, invert, charlotte, etc.) f. Illusion g. Forward to backward choctaw (closed or open) h. Closed mohawk i. Change edge j. Cross front k. Cross chasse • Skaters should use any linking steps, turns, etc. to connect the skating elements and to cover as much floor as possible in the suggested time frame. • Skaters can perform more than four (4) skating elements but must perform at least four (4) from those chosen for the season. • For duet: Can be in contact and/or not in contact but must be within twelve (12) feet of each other throughout.
Travel Turn Sequence	• Four to eight (4-8) consecutive three-turns on one (1) foot followed by four to eight (4-8) consecutive three-turns on the other foot AND/OR in the other direction. • Maximum three (3) steps may be used in between each set of traveling turns. • No minimum number of steps in between sets required. • For duet: Must be shadowing throughout and must be within twelve (12) feet of each other.



2025-2026 USA ROLLER SPORTS REQUIREMENTS

Updated 9/3/2025

2025-2026 Selected Creative Solo & Duet Requirements

2025-2026 Character Sequence					
Choose four (4) of the six (6) skating elements selected for the season:					
• Leap (stag jump, split jump, butterfly, fly camel, etc.) • Spin (on toe stop or wheels) two (2) revolutions or more • Spread eagle OR spread-eagle variation (Ina Bauer, hackenmond, etc.) • Spiral OR spiral variation (Biellmann, ring, invert, charlotte, etc.) • Forward to backward choctaw (closed or open) • Change edge					
<i>All skating elements must be clear and prominent in order to be identified and to receive credit.</i>					

Limitations					
Skaters are limited to the following:					
• Maximum ONE (1) full rotation jump allowed (including any jump used in the above elements). • Maximum ONE (1) spin allowed (including any spin used in the above elements). In this context, a spin is defined as any attempt at a spotted spin (on toe stop or wheels) of two revolutions or more on one foot or two feet. • Cartwheels and other acrobatic moves where hands touch the floor are allowed, however do not have a technical value but rather should be used to characterize the music. • Duet: Maximum ONE (1) "non-overhead lift" of two (2) revolutions or less.					

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

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

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

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

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

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

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