



## REQUIREMENTS FOR REGIONAL COMPETITION



EVENT NAMES	FIGURES		LOOPS		SOLO DANCE		TEAM DANCE	
	Group I		Group I		Group I		Group I	
Tiny Tots	111 B				Forward Stroking (100 Tango) Backward Stroking (88 Blues)			
Primary A Boys/Girls Primary A Solo (Co-ed)	1 2 B 7 A		14 A 130 B		Academy Blues (88) Balanciaga (100)			
Juv or Elem C Boys/Girls * Juv/Elem C Solo & Team *	1B 112 A		114 A 130 B		Glide Waltz (108) Progressive Tango (100)		Glide Waltz (108) Progressive Tango (100)	
Juvenile B Boys/Girls Juv/Elem B Solo	3 B 5 A 9 B		14 A 130 B	14 B 130 A	Rhythm Blues (88) Chasse Waltz (108)			
Juvenile A Boys/Girls Juvenile A Solo & Team	9 A 10 B 27 A		14 A 15 B 30 A		Rhythm Blues (88) Blue Danube Waltz (120) Siesta Tango (100)		Denver Shuffle (100) Double Cross Waltz (138) Academy Blues (88)	
Elementary B Boys/Girls	3 B 5 A 9 B		14 A 130 B					
Elementary A Boys/Girls Elementary A Solo & Team	4 10 A 22 B		15 B 30 A 116 B		Carey Foxtrot (92) Bounce Boogie (100) Bayou Polka (100)		Dutch Waltz (120) Bounce Boogie (100) Swing Dance (92)	
Fresh/Soph C Men & Women * Fresh/Soph C Team *	1B 112 A		114 A 130 B		Glide Waltz (108) Progressive Tango (100)		Glide Waltz (108) Progressive Tango (100)	
Fresh/Soph B Men & Women Fresh/Soph B Solo (Co-Ed) Fresh/Soph B Team	3 B 7 A 26 B		14 B 130 A		Rhythm Blues (88) Bounce Boogie (100) Siesta Tango (100)		Bounce Boogie (100) Chase Waltz (108)	
Fresh/Soph A Men Fresh/Soph A Team	13 19 B 21 A		15 A 16 B 30 A				Delicado (100) California Swing (138) Joann Foxtrot (92)	
Freshman A Girls Freshman A Solo (Co-ed)	18 A 21 B 29 A		15 A 16 B 30 A		Fascination Foxtrot (92) Delicado (100) California Swing (138)			
Sophomore A Women Sophomore A Solo (Co-Ed)	12 B 19 A 23 B		15 A 16 B 30 A		Carroll Swing (100) Viva Cha Cha (100) Continental Waltz (168) Men's steps			
Advanced Figures Junior Solo	20 A 33 B 36 A		16 A 31 B 38 A		Willow Waltz (138) Harris Tango Dbl Pattern (100) Men's Steps Dench Blues (88) (Border)			
Senior Solo					Silhouette Foxtrot (100) Westminster Waltz (138) Killian (100 2/4)			



EVENT NAMES	FIGURES		LOOPS		SOLO DANCE		TEAM DANCE	
	National Elimination		National Elimination		National Elimination		National Elimination	
Bronze Division 1, 2, & 3	2 A 111 B		114 A 130 B		City Blues (88) Swing Schottische (100)		Double Cross Waltz (138) Canasta Tango (96) (Side B)	
Silver Division 1, 2, & 3	1 2B 5A		114 A 115 B 130 A		Carey Foxtrot (92) Golden Skater Waltz (138) Criss Cross March (100 6/8)		Luna Blues (88) Tara Tango (100) Pilgrim Waltz (138)	
Gold Division 1 Gold Loops	3 A 7 B 27 A		115 B 130 A 138 B		Southland Swing (88) Chase Waltz (108) Viva Cha Cha (100)		Joann Foxtrot (92) California Swing (138) 14 Step (100 6/8)	
Gold Div 2 & 3	2 5 A 105 B				Syncopated Swing (96) Pilgrim Waltz (138) Milonga Tango (100)		Century Blues (88) Valse Adante (155) Zig Zag Polka (100)	
Classic Gold	19 A 22 B 28 A		14 A 15 B 30 A		Dench Blues Dbl Pattern (88) Continental Waltz (168) Men's steps Carroll Swing (100)		Keats Foxtrot (96) Harris Tango Dbl Pattern (100) Paso Doble (100)	
Classic International Solo Classic International Team					Kinder Waltz (120) Do' Blay (104)		Kinder Waltz (120) Do' Blay (104)	
Original Compulsory Dance Classic/Classic Gold	Tango, Paso, Samba, Rhumba				Classic (forward Dances only) Classic Gold (forward/backward Dances)		Classic (forward Dances only) Classic Gold (forward/backward Dances)	

		SOLO DANCE	TEAM DANCE
Mini Solo Dance Mini Team Dance		Compulsory Dances - Skaters March & Carlos Tango FREEDANCE - 2:00 +/- 10	Compulsory Dances - Skaters March & Carlos Tango FREEDANCE - 2:30 +/- 10
Espoir Solo Dance Espoir Team Dance		Compulsory Dances - Roller Samba & Little Waltz (solo) FREEDANCE - 2:30 +/- 10	Compulsory Dances - Roller Samba & Little Waltz FREEDANCE - 3:00 +/- 10
Cadet Solo Dance Cadet Team Dance		Compulsory Dances - Federation Foxtrot & Siesta Tango FREEDANCE - 3:00 +/- 10	Compulsory Dances - Swing Foxtrot & Siesta Tango FREEDANCE - 3:15 +/- 10
Youth Solo Dance Youth Team Dance		Compulsory Dances - Cha Cha Patin & Kent Tango FREEDANCE - 3:15 +/- 10	Compulsory Dances - Cha Cha Patin & Harris Tango (double) 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 - 2021 Compulsory Dance - Flirtation Waltz FREEDANCE - 3:30 +/- 10	STYLE - Rhythm - Latin Medley - 3:00 +/- 10 - 2021 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 - 2021 Compulsory Dance - Loran Rumba FREEDANCE - 3:30 +/- 10	STYLE - Rhythm - Modern Medley - 3:00 +/- 10 - 2021 Compulsory Dance - Iceland Tango (modified) FREEDANCE - 3:50 +/- 10



**USA ROLLER SPORTS 2020-2021 COMPETITIVE FIGURE AND DANCE REQUIREMENTS FOR REGIONAL AND NATIONAL CHAMPIONSHIPS**  
*LAST UPDATED 4/1/2021*



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 2020/2021 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 2020/2021 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 2020/2021 Youth Rule Book	
Fresh/Soph C Men/Women	Max 2:00	See Youth Rules		Open B Creative Solo	(open division) - Max 2:15	see 2020/2021 Youth Rule Book	
Advanced Men/Women	Max 3:30	See Youth Rules		Open Inline Creative Solo	(open division) - Max 2:15	see 2020/2021 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 2020/2021 Youth Rule Book	
Juvenile Pairs	Max 2:30	See Youth Rules		Open Quartet	(ages 13 & up) - Max 3:00	see 2020/2021 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 2020/2021 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	
	<b>Short</b>	<b>Long</b>	<b>Footwork</b>	WS Large Show	(12 & Up) - 4:30 - 5:00 +/- 10	see WS Rule Book	
Tot Boys/Girls	<del>2:30 +/- 10</del>	2:30 +/- 10	See WS Rules				
Mini Boys/Girls	<del>2:45 +/- 10</del>	2:45 +/- 10	See WS Rules	Junior Precision	(ages 15 & under) - Max 4:00	see 2020/2021 Youth Rule Book	
Espoir Boys/Girls	2:00 +/- 5	3:15 +/- 10	See WS Rules	Novice Precision	(ages 12 & up) - Max 4:00	see 2020/2021 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 2020-2021 Adult Rule book	
WS Inline Junior/Senior Men	2:40 +/- 5	4:00 - 4:30	See WS Rules				
WS Inline Junior/Senior Women	2:40 +/- 5	4:00 +/- 10	See WS Rules				
	<b>Short</b>	<b>Long</b>	<b>Footwork</b>	<b>Tiny Tot Singles</b>	<b>(ages 6 &amp; under) - Max 2:00</b>		
Mini Pairs	<del>2:30 +/- 10</del>	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	4:00 +/- 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](http://www.usarollersports.org)).

## FIGURE/LOOP DESCRIPTIONS FOR 2020/2021



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
<b>* please do not use the World Skate Rule Book for age determinations, other than WS Jr./Sr.</b>	
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
<i>(loop and figure events must be the same, to be considered for Combined Events)</i>	
<i>Example: Bronze 1, 2, OR 3 Figures &amp; Bronze Loops can enter Bronze Combined</i>	