



GB SKATE
ARTISTIC

GBSA

ARTISTIC ROLLER SKATING

DANCE, QUARTET & SHOW REGULATIONS 2026

BY GBSA EXECUTIVE BOARD

1 VERSION HISTORY

| Date | Version | Author | Comment |
|----------|---------|------------|-------------------------------|
| 26/11/25 | V1.16 | Exec Board | Updated for the 2026 season |
| 29/11/25 | V1.17 | Exec Board | Updates to promotional events |

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3 BRITISH CHAMPIONSHIP EVENTS

3.1 General

All Championship events (or events that hold championship categories) run under the World Skate age categories and will be governed by World Skate regulations. The World Skate regulations (2026) can be found [here](#).

The events that are considered British championship stream events are – Dance Nationals and Dance British Championships, Quartet Nationals & Quartet British Championships and **Show British Championships**.

3.2 Categories

| Championships Solo & Couple Dance - World Skate Age Categories | |
|--|-----------------------|
| Category | Age |
| Tots | 8 and 9 years old |
| Mini | 10 and 11 years old |
| Espoir | 12 and 13 years old |
| Cadet | 14 and 15 years old |
| Youth | 16 years old |
| Junior | 17 and 18 years old |
| Senior | 19 years old and over |

| Quartet - World Skate Age Categories | |
|--------------------------------------|--|
| Category | |
| Senior Quartet | |
| Junior Quartet | |
| Cadet Quartet | |

| Show championship events | |
|--------------------------|--|
| Category | |
| Show Small Groups | |
| Show Junior Groups | |
| Show Large Groups | |

3.3 The minimum total score needed to be awarded the British Title

There is no minimum mark to achieve the British title. If an athlete wins the championship event, they are crowned British champion for that year.

3.4 Championship Entry Requirements

There's no entry requirement for the championship events. However, championship events run under World Skate age categories, and coaches are expected to consider whether an athlete is appropriate for that event.

3.5 Solo and Couples Dance Clarifications

- Events will be judged using the full Rollart system.
- Official practices will be provided.
- There will be an event warmup time before the start of the event group. Warm-up time for compulsory dance will be two minutes and 30 seconds. Warm-up time for style dance and free dance is based upon the program length plus two minutes.
- Championship categories will run events for Men, Ladies and Couples.
- Medals will be given to the winners listed in the final results for all championship and national events.

3.6 Quartet Clarifications

- Events will be judged using the full Rollart system.
- Official practices will be provided.
- There will be an event warmup time before the start of the event group. Warm-up time is based upon the program length plus two minutes.
- Quartet entry will be made via a form found on the GBSA website and should be submitted to the office.

3.7 Show Clarifications

- Events will be judged using the full Rollart system
- There will be an event warmup time before the start of the event group. Warm-up time is based upon the program length plus two minutes.
- Show entry will be made via a form found on the GBSA website and should be submitted to the office.

3.8 Skating Order for British Championships

The skating order for the Style Dance (Cadet and over) will follow a seeded approach based on the results of the Nationals event. The athlete who placed highest at Nationals will skate in the last group in the style dance, while the lower ranking placed athlete will skate in an earlier group.

For athletes who did not compete in the Nationals, their placement in the skating order will be determined randomly among others who also did not participate; these athletes will skate within the first group of skaters in the style dance program at the British championships.

4 PROMOTIONAL EVENTS

4.1 General

GBSA promotional events will be governed by the World Skate basic and intermediate promotional regulations. The World Skate regulations (2026) can be found [here](#).

The events that are considered promotional events are – Basic promotional cup & Basic promotional **Championship**, Intermediate promotional Cup & Intermediate promotional **Championship**.

4.2 Categories

| Promotional - World Skate Age Categories | |
|--|-----------------------|
| Category | Age |
| Tot (Basic Couples) | 8 and 9 years old |
| Mini (Intermediate & Basic) | 10 and 11 years old |
| Espoir (Intermediate & Basic) | 12 and 13 years old |
| Cadet (Intermediate & Basic) | 14 and 15 years old |
| Youth (Intermediate & Basic) | 16 years old |
| Junior (Intermediate & Basic) | 17 and 18 years old |
| Senior (Intermediate & Basic) | 19 years old and over |

4.3 Promotional entry requirements

There are no minimum entry requirements for promotional events. Coaches are to enter athletes in the appropriate events (basic or intermediate) aligned to their ability. Categories are restricted by age.

4.4 Promotional Solo and Couples Dance Clarifications

- Events will be judged using the full Rollart system.
- Official practice time will only be provided if the programme allows.
- There will be an event warmup time before the start of the event group. Warm-up time for compulsory dance will be two minutes and 30 seconds. Warm-up time for style dance and free dance is based upon the program length plus two minutes.
- Promotional categories will run events for Men, Ladies **combined** and Couples.
- **Men & Ladies warmups may be combined due to time restrictions.**
- **Opening ceremonies for the championship might not be provided due to time restrictions.**
- Medals will be given to the winners listed in the final results for all promotional cup events.

4.5 Skating order for Promotional **Championships**

The skating order for the first segment of the promotional championship event (Compulsory or Style Dance) will follow a seeded approach based on the results of the promotional cup event. The athlete who placed highest at the cup event will skate in the last group for the first segment, while the lower ranking placed athlete will skate in an earlier group.

For athletes who did not compete in the cup events, their placement in the skating order will be determined randomly among others who also did not participate; these athletes will skate within the first group of athletes in first segment at the championships.

5 CLASSIC & MASTERS

5.1 General

The Classic & Masters events are designed to provide opportunities for athletes who may have started skating later in life or who continue to skate at a later stage in their skating journey.

GBSA solo and couples dance Classic & Masters events are governed by the World Skate Basic and Intermediate Promotional Regulations. All World Skate rules will apply, except for age regulations or any rule changes explicitly stated in GBSA documentation. Please refer to the World Skate (2026) Promotional rules for full details.

The events that are considered Classic & Masters events are – Classic & Masters Championships.

5.2 Categories

| Classic & Masters Age Categories | |
|----------------------------------|-------------------|
| Category | Age |
| Classic | 21 and over |
| Masters A | 40 – 55 years |
| Masters B | 56 years and over |

5.3 Classic & Masters entry requirements

Classic & Master solo and couples dance events can be entered by anyone aged twenty one (21) and over and must not complete in the solo or couples dance Basic Promotional, Intermediate Promotional or Championship streams.

5.4 Classic & Masters solo and couples dance clarifications

- Three (3) sequences of each compulsory dance will be skated
- Events will be judged using the closed white system.
- Official Practice time will only be provided if the programme allows.
- There will be an event warmup time before the start of the event group. Warm-up time for compulsory dance will be two minutes and 30 seconds. Warm-up time for free dance is based upon the program length plus two minutes.
- Solo dance categories will run events for Men and Ladies together.

6 GBSA DANCE CHALLENGE

6.1 General

The GBSA Dance Challenge is a non-medallist event for athletes who have not completed a GBSA test. This event is aimed at the lower level athletes within the federation.

This competition is not a GBSA national event, it is a club competition governed by GBSA club competition rules.

The events that are considered challenge events are – Summer Challenge & Winter Challenge.

6.2 Categories

| GBSA Solo Dance Challenge Categories | |
|--------------------------------------|--|
| Level 1 | |
| Level 2 | |

| GBSA Couples Dance Challenge Categories | |
|---|--|
| Level 1 | |

6.3 Challenge entry requirements

Athletes, who enter Basic Promotional, Intermediate Promotional or Championship events cannot enter the GBSA Dance Challenge. Athletes must not hold any GBSA tests. Coaches may enter the athletes into the level that best fits their ability.

6.4 Novice Free Dance regulations (Level 1)

Free dance duration: 2.00m +/- 10s

The following elements are to be skated in order, i.e. Element one (1), Element two (2), etc. Element two (2) must also be skated in order as indicated below.

| ID | Element | Details |
|----|------------------|--|
| 1 | Spread/Ina Bauer | Any spread, using 8/6 wheels for 3-5 seconds |
| 2 | Step Sequence | Body Movement High, Any Change of Edge, Body Movement Low, Any cross in front - Body Movement Middle. In the above order lasting 25-30 seconds |
| 3 | Choreo sequence | From a stop, lasting 30 seconds |
| 4 | Spin | 1 or 2 foot spin on wheels or toes, as many rotations possible |
| 5 | Arabesque Spiral | 3 arabesques in a 'S' shape across more than $\frac{3}{4}$ of the rink. Each arabesque to be a different position - Forwards/backwards, held, creative with Inside/Outside edges |

6.5 Clarifications

- Each category will have one presentation for the overall winner of each category.
- Two (2) sequences will be performed for the compulsory dances.
- These events are classified as club competitions.
- Guest judges can be used.
- The events will be judged using the closed white system.
- Events might be split by age by the organising committee after the closing date.

7 TOTS – CADET DANCE NATIONALS

7.1 Tots – Cadet solo dance nationals events

| Tots – Cadet solo dance nationals events | |
|--|--|
| Category | Program |
| Tots | One (1) Compulsory Dance & Free Dance |
| Mini | Two (2) Compulsory Dances & Free Dance |
| Espoir | Two (2) Compulsory Dances & Free Dance |
| Cadet | Style Dance & Free Dance |

7.2 Tots – Cadet couple dance championship events

| Tots – Cadet couples dance national's events | |
|--|--|
| Category | Program |
| Tots | One (1) Compulsory Dance & Free Dance |
| Mini | Two (2) Compulsory Dances & Free Dance |
| Espoir | Two (2) Compulsory Dances & Free Dance |
| Cadet | Style Dance & Free Dance |

8 BASIC PROMOTIONAL CUP

8.1 Basic promotion solo dance cup events

| Basic promotional solo dance cup events | |
|---|---------------------------------------|
| Category | Program |
| Espoir | One (1) Compulsory Dance & Free Dance |
| Cadet | One (1) Compulsory Dance & Free Dance |
| Youth | One (1) Compulsory Dance & Free Dance |
| Junior | One (1) Compulsory Dance & Free Dance |
| Senior | One (1) Compulsory Dance & Free Dance |

8.2 Basic promotion couple dance cup events

| Basic promotional couples dance cup events | |
|--|---------------------------------------|
| Category | Program |
| Tots | Free Dance |
| Mini | One (1) Compulsory Dance & Free Dance |
| Espoir | One (1) Compulsory Dance & Free Dance |
| Cadet | One (1) Compulsory Dance & Free Dance |
| Youth | One (1) Compulsory Dance & Free Dance |
| Junior | One (1) Compulsory Dance & Free Dance |
| Senior | One (1) Compulsory Dance & Free Dance |

9 YOUTH – SENIOR DANCE NATIONALS

9.1 Youth – Senior solo dance nationals events

| Youth – Senior solo dance nationals events | |
|--|--------------------------|
| Category | Program |
| Youth | Style Dance & Free Dance |
| Junior | Style Dance & Free Dance |
| Senior | Style Dance & Free Dance |

9.2 Youth – Senior couple dance nationals events

| Youth – Senior couples dance nationals events | |
|---|--------------------------|
| Category | Program |
| Youth | Style Dance & Free Dance |
| Junior | Style Dance & Free Dance |
| Senior | Style Dance & Free Dance |

10 INTERMEDIATE PROMOTIONAL CUP & QUARTET BRITISH CHAMPIONSHIPS

10.1 Intermediate promotion solo dance cup events

| Intermediate promotional solos cup events | |
|---|---------------------------------------|
| Category | Program |
| Mini | One (1) Compulsory Dance & Free Dance |
| Espoir | One (1) Compulsory Dance & Free Dance |
| Cadet | One (1) Compulsory Dance & Free Dance |
| Youth | Style Dance & Free Dance |
| Junior | Style Dance & Free Dance |
| Senior | Style Dance & Free Dance |

10.2 Intermediate promotion couples cup events

| Intermediate promotional couples cup events | |
|---|---------------------------------------|
| Category | Program |
| Mini | One (1) Compulsory Dance & Free Dance |
| Espoir | One (1) Compulsory Dance & Free Dance |
| Cadet | One (1) Compulsory Dance & Free Dance |
| Youth | Style Dance & Free Dance |
| Junior | Style Dance & Free Dance |
| Senior | Style Dance & Free Dance |

10.3 Quartet British championships events

| Quartet British championships events | |
|--------------------------------------|-----------------|
| Category | Program |
| Senior Quartet | One (1) Program |
| Junior Quartet | One (1) Program |
| Cadet Quartet | One (1) Program |

11 TOTS – CADET DANCE BRITISH CHAMPIONSHIP

11.1 Tots – Cadet solo dance British championship events

| Tots – Cadet solo dance British championship events | |
|---|--|
| Category | Program |
| Tots | One (1) Compulsory Dance & Free Dance |
| Mini | Two (2) Compulsory Dances & Free Dance |
| Espoir | Two (2) Compulsory Dances & Free dance |
| Cadet | Style Dance & Free Dance |

11.2 Tots – Cadet couple dance British championship events

| Tots – Cadet couples dance British championship events | |
|--|--|
| Category | Program |
| Tots | One (1) Compulsory Dance & Free Dance |
| Mini | Two (2) Compulsory Dances & Free Dance |
| Espoir | Two (2) Compulsory Dances & Free Dance |
| Cadet | Style Dance & Free Dance |

12 YOUTH – SENIOR DANCE BRITISH CHAMPIONSHIP

12.1 Youth – Senior solo dance British championship events

| Youth – Senior solo dance British championship events | |
|---|--------------------------|
| Category | Program |
| Youth | Style Dance & Free Dance |
| Junior | Style Dance & Free Dance |
| Senior | Style Dance & Free Dance |

12.2 Youth – Senior couple dance British championship events

| Youth – Senior couples dance British championship events | |
|--|--------------------------|
| Category | Program |
| Youth | Style Dance & Free Dance |
| Junior | Style Dance & Free Dance |
| Senior | Style Dance & Free Dance |

13 BASIC PROMOTIONAL CHAMPIONSHIP

13.1 Basic promotion solo dance championship events

| Basic promotional solo dance championship events | |
|--|---------------------------------------|
| Category | Program |
| Espoir | One (1) Compulsory Dance & Free Dance |
| Cadet | One (1) Compulsory Dance & Free Dance |
| Youth | One (1) Compulsory Dance & Free Dance |
| Junior | One (1) Compulsory Dance & Free Dance |
| Senior | One (1) Compulsory Dance & Free Dance |

13.2 Basic promotion couple dance championship events

| Basic promotional couples dance championship events | |
|---|---------------------------------------|
| Category | Program |
| Tots | Free Dance |
| Mini | One (1) Compulsory Dance & Free Dance |
| Espoir | One (1) Compulsory Dance & Free Dance |
| Cadet | One (1) Compulsory Dance & Free Dance |
| Youth | One (1) Compulsory Dance & Free Dance |
| Junior | One (1) Compulsory Dance & Free Dance |
| Senior | One (1) Compulsory Dance & Free Dance |

14 INTERMEDIATE PROMOTIONAL CHAMPIONSHIP

14.1 Intermediate promotion solo dance championship events

| Intermediate promotional solos championship events | |
|--|---------------------------------------|
| Category | Program |
| Mini | One (1) Compulsory Dance & Free Dance |
| Espoir | One (1) Compulsory Dance & Free Dance |
| Cadet | One (1) Compulsory Dance & Free Dance |
| Youth | Style Dance & Free Dance |
| Junior | Style Dance & Free Dance |
| Senior | Style Dance & Free Dance |

14.2 Intermediate promotion couples dance championship events

| Intermediate promotional couples championship events | |
|--|---------------------------------------|
| Category | Program |
| Mini | One (1) Compulsory Dance & Free Dance |
| Espoir | One (1) Compulsory Dance & Free Dance |
| Cadet | One (1) Compulsory Dance & Free Dance |
| Youth | Style Dance & Free Dance |
| Junior | Style Dance & Free Dance |
| Senior | Style Dance & Free Dance |

15 CLASSIC & MASTERS CHAMPIONSHIP, QUARTET NATIONALS & SHOW CHAMPIONSHIPS

15.1 Classic & masters solo dance events

| Classic & Masters Championship Solo Dance Events | |
|--|---|
| Category | Segments |
| Classic Novice Solo Dance – Prelim & under | Compulsory Dance 1 – Carlos Tango Compulsory Dance 2 – Olympic Foxtrot |
| Classic Intermediate Solo Dance – Open Standard | Compulsory Dance 1 – Swing Foxtrot Compulsory Dance 2 – Little Waltz |
| Classic Advanced Solo Dance Free Dance – Open Standard | Compulsory Dance – Roller Samba Free Dance – Cadet Intermediate rules |
| Masters Solo A – Open Standard | Compulsory Dance 1 – And Foxtrot Compulsory Dance 2 – G Reggae |
| Masters Solo B – Open Standard | Compulsory Dance 1 – And Foxtrot Compulsory Dance 2 – G Reggae |

15.2 Classic & masters couples dance events

| Classic & Masters Championship Couple Dance Events | |
|--|---|
| Category | Segments |
| Classic Couples | Compulsory Dance 1 – Glide Waltz Compulsory Dance 2 – City Blues |
| Masters Couples | Compulsory Dance 1 – Glide Waltz Compulsory Dance 2 – City Blues |

15.3 Quartet nationals events

| Quartet nationals events | |
|--------------------------|-----------------|
| Category | Program |
| Senior Quartet | One (1) Program |
| Junior Quartet | One (1) Program |
| Cadet Quartet | One (1) Program |

15.4 Show Championship

| Show championship events | |
|--------------------------|-----------------|
| Category | Program |
| Show Small Groups | One (1) Program |
| Show Junior Groups | One (1) Program |
| Show Large Groups | One (1) Program |

16 SUMMER CHALLENGE

16.1 Summer challenge events

| Summer challenge Solo Dance Events | |
|------------------------------------|--|
| Category | Segments |
| Level 1 | Compulsory Dance 1 – Glide Waltz Free Dance – Novice Free Dance Rules |
| Level 2 | Compulsory Dance 1 - City Blues Free Dance – Mini Intermediate rules |

| Summer challenge Couples Dance Events | |
|---------------------------------------|--|
| Category | Segments |
| Level 1 | Compulsory Dance 1 - Glide Waltz Compulsory Dance 2 - And Foxtrot |

17 WINTER CHALLENGE

17.1 Winter challenge events

| Winter Challenge Solo Dance Events | |
|------------------------------------|--|
| Category | Segments |
| Level 1 | Compulsory Dance 1 – And Foxtrot Free Dance – Novice Free Dance Rules |
| Level 2 | Compulsory Dance 1 - Skaters March Free Dance – Mini Intermediate rules |

| Winter Challenge Couples Dance Events | |
|---------------------------------------|---|
| Category | Segments |
| Level 1 | Compulsory Dance 1 – City Blues Compulsory Dance 2 – Olympic Foxtrot |

18 DANCE, QUARTETS & SHOW INTERNATIONAL SELECTION POLICY

This section will be populated at a later date