



GBSA
ARTISTIC ROLLER SKATING
DANCE, QUARTET & SHOW REGULATIONS 2026
BY GBSA EXECUTIVE BOARD

1 VERSION HISTORY

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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