

A young boy with light brown hair, wearing a white t-shirt and dark leggings, is captured in a dynamic, low-angle shot. He is in a skating pose, with one leg extended back and arms outstretched. His mouth is open as if he is shouting or cheering. The background is a blurred indoor skating rink with warm lighting.

GBSA
ARTISTIC ROLLER SKATING
BASIC SKILLS REGULATIONS 2026
BY GBSA EXECUTIVE BOARD

1 VERSION HISTORY

Date	Version	Author	Comment
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3 BASIC SKILLS (ALL DISCIPLINES)

3.1 General

The Basic Skills levels are designed to support grassroot athletes within GBSA. They consist of three (3) levels that provide a structured introduction to artistic skating.

These levels will not be included in any GBSA organised national events during this season. Instead, they are intended to offer regional and club competitions a standardised baseline category to follow, helping organising committees align with widely adopted rules.

The theory is that if all regional and club competitions use the standardised rules, it allows for basic skills athletes to work on one routine each season and allows them to go to any regional or club competition and continue to follow the same rules that allow for them to progress.

These categories aim to equip athletes with the essential skills needed to set them on a successful pathway for their future skating careers.

3.2 Merit Alignment

The basic skills levels have been aligned with the merit system. Although not every element from the basic skills programme appears within the merits - ensuring a wider variety of elements - many have been matched to the appropriate merit levels. As the basic skills level increases, so does the expected difficulty.

This structure allows athletes to compete using the merits they have learned during training sessions at regional events. It reinforces their understanding of each element and gives them the opportunity to apply their skills in a competitive environment, supporting their overall development.

3.3 Basic Skills Level One (1) – Program

Program Time: 1 minute +/-5s

Level One (1) – Program			
Item	Element	Details	Merit
1	Forwards progressive run	Clockwise or anti clockwise	Merit 5
2	A position from group A	-	Merit 3 - 6
3	Two foot jump	Moving or stationary	Merit 2
4	A second position from group A	-	Merit 3 - 6
5	Cross roll or mohawk	(2 cross rolls)	Merit 8

3.4 Basic Skills Level Two (2) – Program

Program Time: 1 minute +/-5s

Level Two (2) – Program			
Item	Element	Details	Merit
1	Forwards progressive run or continuous backwards pulls	Clockwise or anti clockwise	Merit 5 - 8
2	Three turn or cross infront	Any foot or direction	Merit 8
3	A position from group B	-	Merit 4 - 6
4	Change of edge or swing	With correct inclination	Merit 6
5	Half rotation jump	Moving	Merit 3

3.5 Basic Skills Level Three (3) – Program

Program Time: 1 minute +/-5s

Level Three (3) – Program			
Item	Element	Details	Merits
1	Rocker or counter	Clockwise or anti clockwise	Beyond
2	Waltz Jump	Any foot or direction	Merit 7
3	Travel (2 rotations) or a bracket	Any foot or edge	Beyond
4	A position from group C	-	Merit 6 - 8
5	One foot Spin	One rotation or more	Merit 7 - 8

3.6 Basic Skills Clarifications

- The basic skills will be judged using the white system (guest judges can be used) – (“*Basic Skills system, coming soon*”).
- The program elements can be performed in any order.
- The program pattern is free.
- Organising committees can accept program music or use standard background music for these events.
- Organising committees can split the events by age where appropriate.
- Organising committees have the choice to use these levels at their club / regional competitions – it is not mandatory but advised.

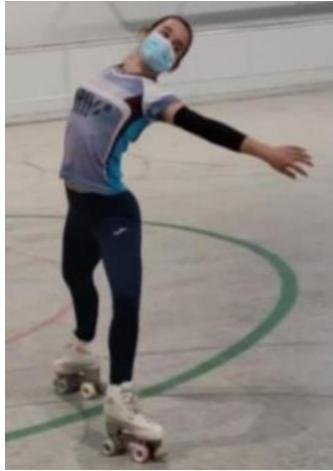
4 BASIC SKILLS POSITION GROUPS

4.1 Group A

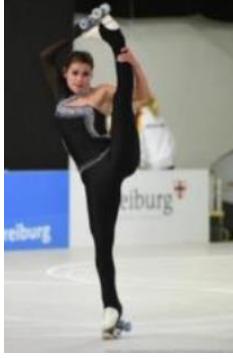
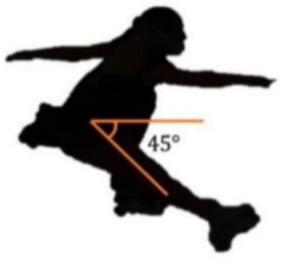
Basic Upright	Camel	Sit 2 Feet
Figure on one foot where the leg on the ground is stretched out and the body in an upright position. The free leg and arms can be in a choreographic position	Figure on one foot where the leg on the floor is straight and the body leans forward. The free leg lifts (stretched) at a minimum angle of 90° with the leg on the ground.	With both legs on the ground, the athlete bends down until the hips are at least at knee height.

4.2 Group B

Camel Forward	Sit Behind	Spread Eagle
A position where the skater holds the skate from the free leg with one hand. Your back should be arched above your hip line. The knee and foot of the free leg should also be above the hips.	Like the little man position, but with the free leg bent behind the leg on the floor.	In an upright position, the two skates are placed with the heels facing inwards. The inner and outer sides of both feet are on the same line. It can be done inwards, outwards, or with one foot on heel and can be accompanied by choreographic movements.

Basic Sit	Charlotee / Illusion	Camel Layover
The skater should be crouched on one leg, which should be bent so that the hip is at or below as high as the knee. The free leg should be straight forward.	Split position, but with the body is leaning forward and the head down as close as possible to the leg that is skating.	A position where the skater twists the body so that the shoulders are perpendicular to the ground.
		
Dip	Ina Bauer	
Little man position, but with the free leg passing stretched out behind the load-bearing skate. The body should lean parallel to the ground.	Spread position where the feet are clearly in two different lines. It can be done with 6 or 8 wheels	
		

4.3 Group C

Upright Biellman	Upright Torso Sideways	Upright Layback
The skater's free leg is caught from behind to a position higher than the top of the head, near the skater's axis. The degrees between the back and hamstrings of the free leg have to be less than 90°.	The skater must be in a Split position, with the body fully tilted to the side.	In an upright position, the head and shoulders should be pulled back, arching the back. The free leg position is optional.
		
Split	Camel Sideways	Sit Sideways
The body should be in a split position, and the free leg should be opened to the side, forming an angle of between 150° and 180° with the leg on the ground.	Camel position with the free leg held, as if it were a "donut". The foot and knee of the free leg should be at the same height as the head and shoulders should be rotated until they are perpendicular to the ground.	Little man position with the free leg at the side, the free leg must be stretched (minimum to 45°) of the skating leg.
		

4.4 Position clarifications

- The position should be held for 5 seconds to be confirmed.
- All positions should be performed moving.
- All technical aspects of the position must be met for the position to be confirmed.

BASIC SKILLS SYSTEM

5 BASIC SKILLS COMPONENTS

During the basic skills programmes, judges will also consider the component elements to ensure that athletes understand the importance of these components. This approach helps athletes' transition smoothly into the RollArt system, as it follows similar principles.

For Basic Skills Levels One (1) to Three (3), the components assessed will be Skating Skills and Performance.

5.1 Skating Skills: general ability to skate well.

- Skating Quality: Mastery of the skate; secure and accurate use of edges; precision in footwork; controlled curves; clear, deep edges; and fluid, clean execution of steps.
- Skaters should demonstrate appropriate speed and movement that reflects the character and rhythm of the music - making the simple appear effortless.
- Posture: Correct body position before and during the execution of elements and choreographic movements. This includes appropriate flexion for pushes and proper use of lean and inclines.
- Difficulty: Use of a variety of turns and steps, performed with fluidity, confidence, and control.
- Directions: Athletes should demonstrate the ability to change direction effectively and use directional changes consistently throughout the programme.

5.2 Performance: ability to transmit and interpret through the whole body.

- Personality and Theatrical Skills: The ability to captivate the audience and convey emotion across a range of moods. This includes demonstrating personal commitment to the choreography.
- Movement Skills: Quality of movement that highlights the three-dimensional and sculptural use of the body. Skaters should demonstrate effective use of the full range of motion.
- Emotional Intention: The aesthetics and energy of the performance should reflect the character and rhythm of the music. Skaters should show expressiveness and genuine personal involvement in the programme.
- Projection: Confident control of space, time, and energy to engage the audience and maintain a strong connection throughout the entire programme. Movements should appear effortless, with clear commitment to the choreography.

5.3 Components table

Score	Skating Skills	Performance
0.25	No correct positions. Use of the toe stop to push. No speed. No quality of steps if you do them at all.	No attempt at theatricality. No power. No involvement in music. No off-axis body movements.

0.5	Very incorrect position. Use of the toe stop to push. Poor speed. Poor quality of steps if you do them at all.	No attempt at theatricality. No power. No involvement in music. No off-axis body movements.
1	Not entirely correct position. Little bending inclination. Low speed. Incorrect or flat steps and turns.	Little theatricality, involvement and energy. Few off-axis body movements.
1.5	Posture not always correct or forced, speed not always correct, flexion not always correct or forced and correct inclination. Some correct steps or turns.	Some attempt at theatricality. Adequate involvement with music. Correct energy at times. Few off-axis body movements.
2	Proper posture, correct speed, good attempts at bending and bending at many moments of the program. Most steps and turns with proper edges.	A good attempt at theatricality and expressiveness. Good involvement with music. Correct energy at many points in the program. Some off-axis body movements.
2.5	Good posture, good speed, sustained bending and bending. Correct skating in all directions. Mostly correct steps and turns.	Good theatricality and expressiveness. Good involvement with music. Good energy throughout the program. Off-axis body movements throughout the program.

Components will start from 0.25 and progress to 2.50 for basic skills skating. The components can be given in increments of 0.25. The factor of a basic skills program will be 0.8.

6 BASIC SKILLS QOE

As in RollArt, the judges will apply a QOE to each element in the Basic Skill program. For each element the positive and negative characteristics of the element will be considered.

6.1 Positive QOE:

A 0 QOE will be given when the skater achieves the basic characteristics of the element.

+1 if the skater achieves 1 - 2 features.

+2 if the skater achieves 3 - 4 features.

+3 if the skater achieves 5 - 6 features.

Jump
Good height and length.
Very good extension during landing and/or original and creative departure.
Difficult and/or unexpected take-off.
Clear, recognizable steps and skating moves executed before take-off.
Difficult and artistic position in the air and/or start rotating late, in suspension.
Very good fluidity and horizontal speed in take-off and landing.

Make it seem like the jump is effortless.

Playing the element with music.

Spin

Good ability to centre the spin quickly.

Good control of the spin during its execution (entry, rotation, exit, change of foot/position).

Good speed and acceleration during execution.

Difficult entry (e.g. Fly Camel, Butterfly).

Difficult position variations.

Number of rotations much higher than the minimum required.

Displaying the element with music connections.

Difficult traveling.

Turns / Swing / Footwork

Clear and good inclination.

Smooth execution of the element.

Good speed.

Good extension of body lines.

Good acceleration.

Good connection with the music.

Musicality.

Figures / Positions

Difficult or unexpected entry.

Clear and recognizable steps and skating movements at the beginning or end.

Good fluidity and speed.

Cleanliness and precision.

Good command of flexibility.

Whole-body involvement.

Creativity and originality.

Good energy.

In case a change of edge is requested, demonstrate good control.

Musicality.

6.2 Negative QOE

The table below outlines the Negative QOE criteria. The left column lists the errors that require the judge to apply a specific Negative QOE. The right column lists additional errors that should lead the judge to reduce the QOE accordingly.

Errors in which the QOE must be the one in the list	Values	Errors in which QOE can vary	Values
Jumps			
Fall	-3	No speed, no height or incorrect position in the air	-1 or -2
Falling on two feet or with the other foot	-3	Technically incorrect take-off	-1 or -2
Stepping out	-2 or -3	Bad landing (bad position, wrong edge, over the toe stop)	-1 or -2
Resting two hands on the floor on the landing	-3	Long preparation	-1
Direct and prolonged toe stop	-3	Hand or small support of the free leg.	-1
Spins			
Support of both hands to prevent falling	-3	Incorrect position, slowness	-1 to -3
Fall	-3	Offset/poorly centred	-2 or -3
		One hand or foot free on the ground to prevent falling	-2 or -3
		Poor control (input, rotation, output, position)	-2
Turns / Swing / Skills			
Use of the toe stop	-3	Poor body position	-1 to -3
Fall	-3	Bad inclination	-1 to -3
		Lack of speed	-1 to -3
		Lack of rhythm	-1 to -3
Figures / Positions			
Imbalances or inaccuracies in most of the element	-2	Poor fluidity	-1 or -2
Hand or foot to the ground to prevent falling	-2	Lack of speed	-1 or -2
Fall	-3	Bad position	-1 to -3
Poorly executed edge	-3	Stumbling	-1 to -3

7 PENALTIES

Violation	Deduction
Costume violation	1.0 point
Music with inappropriate or offensive lyrics, in any language	1.0 point
Falls	1.0 point

8 BASIC SKILLS ELEMENTS

Basic Skills Elements	
Basic Upright (EaU)	Camel Sideways (EbCS)
Camel (EaC)	Forwards Progressive Run (Sfpr)
Camel Forward (EaCF)	Two foot jump (J2Fj)
Camel Layover (EbCL)	Cross Roll (SXr)
Upright Torso Sideways (EbUTS)	Mohawk (SMw)
Upright Split (EbS)	Rocker (TRk)
Charlotte/Illusion (EbCh)	Counter (TCt)
Upright Layback (EbUL)	Waltz Jump (JW)
Upright Biellman (EbUB)	Travel (TTr)
2 foot Sit (FaS2p)	One Foot Spin (S1u)
Sit Behind (FaSB)	Continuous Backwards Pulls (Sbpr)
1 Foot Basic Sit (FaS1p)	Three Turn (T3t)
Sit Sideways (FbSS)	Cross Infront (SXi)
Dip (FbMC)	Change of Edge (SChE)
Ina Bauer (FbIB)	Swing (SSw)
Spread (Fba)	Half Turn Jump (JHt)
Bracket (TBr)	

9 OFFICIALS AND EQUIPMENT

This system requires three officials working together in proximity:

- One (1) Data Operator,
- One (1) Technical Specialist
- One (1) Judge.

The Data Operator should be positioned in the middle, with the Technical Specialist on the left and the Judge on the right.

The system requires one laptop or tablet, operated solely by the Data Operator. No additional equipment is needed.

10 OFFICIALS PROTOCOL

The judging protocol is as follows:

The Technical Specialist will call the element performed (for example, progressive run). The Judge will state the QOE and the Data Operator will then enter this into the system. The process continues in this sequence: the athlete performs the next element, the Technical Specialist calls the element, the Judge states the QOE, and the Data Operator records the information.

At the end of the programme, no reviews are permitted when using this system. The next skater should be called to the floor immediately. No marks will be read aloud; instead, a HTML file of the results will be available at the end of the event, allowing skaters to review their scores along with the Judge's and Technical Specialist's calls.



11 BASIC SKILLS ELEMENT VALUES

	Element	Base Value	-3	-2	-1	0	+1	+2	+3
Positions	EbCL	1,00	-0,8	-0,5	-0,3	0,0	0,2	0,3	0,5
	EbUTS	1,30	-1,0	-0,7	-0,3	0,0	0,2	0,4	0,6
	EbS	1,20	-0,9	-0,6	-0,3	0,0	0,2	0,4	0,5
	EbCh	1,40	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6
	EbCS	1,20	-0,9	-0,6	-0,3	0,0	0,2	0,4	0,5
	EbUB	1,40	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6
	EbUL	1,00	-0,8	-0,5	-0,3	0,0	0,2	0,3	0,5
	EaU	0,40	-0,3	-0,2	-0,1	0,0	0,1	0,1	0,2
	EaC	0,80	-0,6	-0,4	-0,2	0,0	0,1	0,2	0,4
	EaCF	1,00	-0,8	-0,5	-0,3	0,0	0,2	0,3	0,5
	FbSS	1,20	-0,9	-0,6	-0,3	0,0	0,2	0,4	0,5
	FbMC	1,20	-0,9	-0,6	-0,3	0,0	0,2	0,4	0,5
	FbIB	1,40	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6
	Fba	1,00	-0,8	-0,5	-0,3	0,0	0,2	0,3	0,5
	FaSB	0,50	-0,4	-0,3	-0,1	0,0	0,1	0,2	0,2
Swing / Footwork Elements	FaS2p	0,50	-0,3	-0,2	-0,1	0,0	0,1	0,1	0,2
	FaS1p	1,00	-0,8	-0,5	-0,3	0,0	0,2	0,3	0,5
	Sfpr	1,50	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6
	SXr	1,60	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6
	SMw	1,80	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6

	Sbpr	1,70	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6
	SXi	1,20	-1,0	-0,7	-0,4	0,0	0,2	0,4	0,6
	SChE	1,30	-1,0	-0,7	-0,4	0,0	0,2	0,4	0,6
	SSw	1,30	-1,0	-0,7	-0,4	0,0	0,2	0,4	0,6
Turns	TRk	2,00	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6
	TCt	2,00	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6
	T3t	1,20	-1,0	-0,7	-0,4	0,0	0,2	0,4	0,6
	TTTr	1,50	-1,0	-0,7	-0,4	0,0	0,2	0,4	0,6
	TBr	1,70	-1,0	-0,7	-0,4	0,0	0,2	0,4	0,6
Jumps	JW	2,00	-1,1	-0,7	-0,4	0,0	0,2	0,4	0,6
	J2Fj	1,70	-1,0	-0,7	-0,4	0,0	0,2	0,4	0,6
	JHt	1,50	-1,0	-0,7	-0,4	0,0	0,2	0,4	0,6
Spins	S1u	2,10	-1,0	-0,7	-0,4	0,0	0,2	0,4	0,6

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