

## ROLLER SKATING FEDERATION OF INDIA

### SPEED SKATING DISTANCES (in meters) - RACES and AGE GROUP - w.e.f 1st APRIL 2023 (Reference 11 RR annexure - A)

AGE GROUP	QUAD TRACK RACES			QUAD ROAD RACES		INLINE TRACK RACES							INLINE ROAD RACES							
	1 RINK I	2 RINK II	3 RINK III	4 ROAD I	5 ROAD II	6 RINK IV	7 RINK V	8 RINK VI	9 RINK VII DUEL TT*	10 P.T.P. + ELI **	11 ELEM **	12 RELAY	13 MIXED RELAY+	14 ROAD III	15 ROAD IV	16 ROAD V ***	17 POINTS	18 ELEM.	19 Marathon	
<b>Cadet</b>																				
05 to 07	1 Lap +D	2 Laps+D	3 Laps	--	--	1 Lap +D	2 Laps+D	3 Laps	--	--	--	--	--	--	--	--	--	--	--	--
07 to 09	1 Lap +D	500 + D	4 Laps	1 lap	--	1 Lap +D	500 + D	1000	--	--	--	--	--	--	1 lap	--	--	--	--	--
09 to 11 <b>Sub Junior</b>	1 Lap +D	500 + D	1000	1 lap	--	1 Lap +D	500 + D	1000	--	--	--	--	--	--	1 lap	--	--	--	--	--
11 to 14 <b>Junior</b>	--	500 + D	1000	1 lap	1500	--	500 +D	1000	200	--	5000	3000	4000	100	1 lap	3000	--	--	--	42K
14 to 17 <b>Seniors</b>	--	500 + D	1000	1 lap	3000	--	500 +D	1000	200	10000	10000	3000	4000	100	1 lap	--	10000	15000		
Above 17	--	500 + D	1000	1 lap	3000	--	500 +D	1000	200	10000	10000	3000	4000	100	1 lap	--	10000	15000		
<b>Masters</b>																				
Above 35*	--	--	--		--	--	500 +D	1000	--	--	5000	--	--	--	--	3000	--	--	--	--

**Important Notes:-**

1. Maximum Skaters allowed in the Cadet for each Age Group from each State/U.T. in both Boys and Girls events are 3 each for Quads and Inline races ; therefore maximum number of 36 Skaters i.e. (Boys 18 + Girls 18) are allowed to take part from a team participating in all events in all age groups.
2. From each Unit, Cadet skaters (Quad and Inline) of the age group 5 - 7 years Boys & girls can take part in 2 out of 3 races, (Quad and Inline) skaters of the age group 07 - 09 and 09 - 11 years Boys & Girls, can take part in 3 out of 4 races, with not more than 2 skaters taking part in each race.
3. Maximum Skaters allowed for Sub Junior, Junior and Senior Age Groups from each State/U.T. in both Boys and Girls events are 3 each for Quads and 4 each for Inline races ; therefore maximum number of 42 Skaters i.e. (Boys 21 + Girls 21) are allowed to take part from a team participating in all events in all age groups.
4. From each Unit's Team, a Quad skater of Age Group 11-14, 14-17 & Above 17 yrs can take part in maximum 3 out of 4 races with not more than 2 skaters taking part in each race.



5. (i) From each Unit, Inline skaters of the Age Group 11 - 14 (SUB JUNIORS), can take part in 3 out of 7 races and skaters of the Age Group 14 - 17 and Above 17 (JUNIORS & SENIORS) can take part in 4 out of 9 Inline races with not more than two (2) skaters taking part in each race.
5. (ii) From each Unit, a maximum of one Relay Team of Boys/Men and one of Girls/Women are allowed.
5. (iii) A Relay Team Consists of a minimum of three (3) and a maximum (4) skaters of the age groups 11 - 14 (SUB JUNIORS), 14 - 17 (JUNIORS) and Above 17 (SENIORS).
5. (iv) From each unit, only one (1) Mixed Team per age group 11 - 14 (SUB JUNIORS), 14 - 17 (JUNIORS) and Above 17 (SENIORS) is allowed.
5. (v) Mixed Relay Team consist of 4 Skaters (Two (2) Male & Two (2) Female Skaters).
5. (vi) Skaters taking part in a regular race are only entitled to participate in Relay, Mixed Relay and Marathon Races; however, Juniors and seniors skaters will race together in a Marathon race for one gold, one silver and one bronze medal.
6. Maximum Skaters allowed in the Masters age group from each State/U.T. in both Men and Women events are 3, therefore maximum number of 6 Skaters i.e. (Men 3 +Women 3) are allowed. From each unit, Inline Skaters of Above 35 years (MASTERS) can take part in 2 out of Four races, with not more than 2 skaters taking part in each race.
7. Participants of previous National Championships are only allowed to take part in Master Age Group.
8. Inline skaters are not allowed to take part in Quads races similarly Quad skaters are not allowed to take part in Inline Races.
9. \*\* Track, Point to Point + Elimination (10 K) and Elimination(10 K) races may be conducted on Road wherever Bank Track is not available.
- 10.\*\*\* Road V 3000mts race on road for the age group 11-14 inline boys & girls is a road race (Not elimination)
11. In case of a bank Track, it should preferably be 6 meters wide and a lap should normally be of 200 meters.
12. Road Races and Relay Races are to be conducted subject to availability of proper infrastructure.
13. Relay races are to be conducted only on 200 meter Bank or Flat Track.
14. Speed Technical Committee General Regulations and Updated World Skate(FIRS) Speed Skating rules Shall be followed for conducting all races .
15. One Lap on the track: The Track should not be shorter that 50 meters and longer than 200 meters. It can be a flat or banked track. The start and finish should be at the same point, Start and Finish on the bend should be avoided.
- 16.\* Club/District/State level competitions, where 200 meters track is not available, the 200 mts DUEL TT can be conducted as a time trial event. Howere the participants selected, have to participate in the National level competitions as a duel TT event.
18. a) + **Mixed Relay**: Maxmium Team allowed per each age group from each State/UT is one (1). Skaters taking part in regular races are only allowed to participate in the Mixed Relay Race.
- b) Mixed Relay Team Consists of four (4) skaters, two (2) boys/men and two (2) girls/women. Skaters are to relay every lap. The last relay will be made prior to the start of last lap. All other rules of relay shall be applicable.
19. For other details please refer to General Rules for Speed Skating 2022.

**Note: The races will not be conducted if the total number of participants/teams in the particular age group are less than three (3). However to promote the sport, competition will be conducted and the participants will be awarded consolation prizes.**



**ARTISTIC SKATING - w.e.f 1<sup>st</sup> April 2023 (Reference 11 RR Annexure – B)**

AGE GROUP	FREE skating		PAIR SKATING	DANCE		INLINE	TEAM			
	1	2	4	4	5	6	7	8	9	10
	FREE SKATING	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	PRECISION	SHOW GROUP	Minimum Points For Medal
<b>Cadet</b>										
05 to 07	FREE	FIGURE	PAIR	SOLO	COUPLE	--	--			2.0
07 to 09	FREE	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	7 - 14 years	7 - 14 years	2.0
09 to 11	FREE	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	7 - 14 years	7 - 14 years	3.0
<b>Sub Junior</b>										
11 to 14	FREE	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	7 - 14 years	7 - 14 years	3.0
<b>Junior</b>										
14 to 17	FREE	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	Above 14 years	Above 14 years	3.0
<b>Seniors</b>										
Above 17	FREE	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	Above 14 years	Above 14 years	3.0
<b>Masters</b>										
Above 35	FREE			SOLO	COUPLE		QUARTET			2.0

**Important Notes:-**

1. Maximum Skaters allowed in each Age Group from each State/U.T. each in both Boys and Girls individual events are 2 per age group for all events
2. Maximum entries allowed in all age groups from each state / UT for Pair Skating as well as Couple Dance are 2 per age group
3. Quartet team will be of 4 skaters. A maximum of of Quartet team is allowed per each State/UT Unit is one (1).
4. Small Show Group Team 6 to 10 skaters for 7 to 14 years age group , Junior Show Group Team : 8 to 12 skaters for the age group above 14 years



5. Precision Team of 8 to 12 skaters in Above 14 and, 8 to 10 Skaters in 7 to 14 years age group.
6. From each Unit, for all Age groups skaters can take part in any 4 out of 6 events. **Quads Skaters cannot participate in Inline and Vice versa.**
7. From each Unit, Cadet, Sub Junior, Junior and Senior Age groups skaters can additionally take part in the Team Events
8. For all Team events, the event will be conducted only if there are 3 and more teams participating. The minimum marks criteria will be applicable for awarding medals.
9. **A Maximum One teams is allowed in each Age Group from each State/U.T. for all the Team Events.**
10. For Cadet and Juniors Minimum marks required for qualifying for International events will be: Cadet (Asians) 4.5 Marks, Junior 5.0 and Seniors 6.0
11. State Association that will enter a Male athlete in the Solo Dance Category whether he is a junior or Senior, will have to enter also a Dance Couple in the same category.
12. For Pair Skating the Girl could be in the same age group or 1 lower age group as compared to the boy
13. In rules circulated 11 to 14 Solo Dance the cluster should be a maximum level 3 and not level 1 as mentioned.
14. The Dance requirements will change every year based on World skate requirement.

**Note: The event will not be conducted if the total number of participants/teams/pairs in the particular age group are less than three (3). However to promote the sport, competition will be conducted and the participants will be awarded consolation prizes.**



**ROLLER & INLINE HOCKEY AGE GROUPS - w.e.f 1st April 2023 (Reference  
11 RR Annexure - C)**

AGE GROUP	HOCEKY		
	1	2	3
	ROLLER HOCKEY Max 10 Players (8 Players + 2 Goal Keepers)	INLINE HOCKEY Max 12 Players (10 Players + 2 Goal Keepers)	ROLLER HOCKEY MIXED TEAM Max 10 Players (8 Players + 2 Goal Keepers)
<b>Cadet</b>			
07 to 11	YES	YES	YES
<b>Sub Junior</b>			
11 to 14	YES	YES	YES
<b>Junior</b>			
14 to 17	YES	YES	YES
<b>Seniors</b>			
Above 17	YES	YES	YES
<b>Masters</b>			
Above 35	YES	YES	--

**Important Notes:-**

1. Maximum Teams allowed from each State/UT in Roller Hockey per each age group 07-11, 11-14, 14-17, Above 17, & Masters groups in both Boys & Girls, Men & Women is one.
2. In a Roller Hockey match, only two players can participate with Inline skates.
3. Maximum Teams allowed from each State/UT in Inline Hockey per each age group 07-11, 11-14, 14-17, Above 17, & Masters groups in both Boys & Girls,



Men & Women is one.

4. Roller Hockey Team skaters cannot take part in Inline Hockey Team and vice versa.
5. Maximum Teams allowed from each State/UT in Roller Hockey per each age group 07-11, 11-14, 14-17, Above 17 groups in both Boys & Girls, Men & Women is one.
6. Mixed Roller Hockey Team consists of 10 payers (5 Boys/Men and 5 Girls/Women) with a minimum of two Goal Keepers (Both Goal Keepers can be either Boy/Girl or Men/Women). Time of playing 3 girls in rink one half and rest match 2 girls .
7. Team members of Roller Hockey Team (both Boys & Girls/Men & Women) are only allowed to participate in the Mixed Roller Hockey Team Event.
8. A minimum of two Girls/Women (other than the Goal Keeper, If the goal keeper is a girl/women) shall always be part of the playing team in the rink during the entire course of the match.

**Note: The event will not be conducted if the total number of participants/teams/pairs in the particular age group are less than three (3). However to promote the sport, competition will be conducted and the participants will be awarded consolation prizes.**



**FREESTYLE AND OTHER EVENTS AGE GROUP - w.e.f 1st April 2023 "D" AND "E" (Reference 11 RR annexure - D & E)**

AGE GROUP	ANNEXURE – D			ANNEXURE - E				Roller Derby	Roller Scooter
	Inline Freestyle			Roller Freestyle	Skateboarding	Down Hill	Alpine		
	1 Speed Slalom	2 Classical slalom	3 Pair Slalom	4	5	6 Can participate in both	7		
<b>Cadet</b>									
05 to 07	---	---	---	---	YES	---	----		
07 to 09	---	---	---	---	YES	---	----	----	----
09 to 11	YES	YES	---	---	YES	---	----	----	----
<b>Sub Junior</b>									
11 to 14	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>Junior</b>									
14 to 17	YES	YES	YES	YES	YES	YES	YES		
<b>Seniors</b>									
Above 17	YES	YES	YES	YES	YES	YES	YES	YES	
<b>Masters</b>									
Above 30	--	--	---	---	YES	--	--	--	

**Important Notes:-**

Maximum Skaters allowed in the all the Age Group of Inline freestyle from each State/U.T. in both Boys and Girls, Men and Women events are 2.

Maximum Pairs allowed in the all the Age Group of pair slalom from each State/U.T. in both Boys and Girls, Men and Women are 2.

A skater can participate in a maximum of two (2) out of three (3) Inline Free Style events.

Maximum Skaters allowed in the Age Group 11 - 14, 14 - 17 and Above 17 years boys and girls of Roller Free Style from each State/U.T. are 2.

Maximum Skaters allowed in the all the Age Group of Down Hill, Alpine from each State/U.T. in both Boys and Girls events are 2 in both events. Skaters taking part in Downhill are also allowed to take part in Alpine.

Maximum teams allowed from each age group for Roller Derby Girls from each State/UT is one.

Maximum skaters allowed for Skateboarding for all the age groups from each State/UT unit are 2.

Maximum skaters allowed for from each State/Ut are 2.

**Note: The event will not be conducted if the total number of participants/teams/pairs in the particular age group are less than three (3). However to promote the sport, competition will be conducted and the participants will be awarded consolation prizes.**



**ENTRY FEE 2023-24**
**SPEED SKATING**

Description	Dt Level	State Level	National Level
Per Age Group per skater	Rs. 500/-	Rs. 700/-	Rs. 750/-
Relay per team per age group	Rs. 1500/-	Rs. 2100/-	Rs. 2250/-
Mixed Relay per age group	Rs. 2000/-	Rs. 2800/-	Rs. 3000/-
Marathon par skater	Rs. 500/-	Rs. 700/-	Rs. 750/-

**ARTISTIC SKATING**

Description	Amount	Amount	Amount
Per Age Group per skater Free/Figure/Solo	Rs. 500/-	Rs. 700/-	Rs. 750/-
Per Age Group per Skater Inline	Rs. 500/-	Rs. 700/-	Rs. 750/-
Pair Skating - per age group - per pair	Rs. 1000/-	Rs. 1400/-	Rs. 1500/-
Couple Dance - per age group - per couple	Rs. 1000/-	Rs. 1400/-	Rs. 1500/-
Quartet - per age group - per team	Rs. 2000/-	Rs. 2800/-	Rs. 3000/-
Precision Sub Junior - Per team	Rs. 5000/-	Rs. 7000/-	Rs. 7500/-
Precision Junior - Per team	Rs. 6000/-	Rs. 8400/-	Rs. 9000/-
Show Group Cadet & Sub Junior - per team	Rs. 5000/-	Rs. 7000/-	Rs. 7500/-
Show Group Junior per team	Rs. 6000/-	Rs. 8400/-	Rs. 9000/-





### ROLLER HOCKEY

Description	Amount	Amount	Amount
Per Age Group per team	Rs. 5000/-	Rs. 7000/-	Rs. 7500/-
Mixed Team per age group per team	Rs. 5000/-	Rs. 7000/-	Rs. 7500/-

### INLINE HOCKEY

Description	Amount	Amount	Amount
Per Age Group per team	Rs. 6000/-	Rs. 8400/-	Rs. 9000/-

### INLINE FREESTYLE SKATING

Description	Amount	Amount	Amount
Per Age Group per skater speed Slalom	Rs. 500/-	Rs. 700/-	Rs. 750/-
Per Age Group per skater classic Slalom			
Pair Slalom	Rs. 1000/-	Rs. 1400/-	Rs. 1500/-

### SKATEBOARDING

Description	Amount	Amount	Amount
Per Age Group per skater	Rs. 500/-	Rs. 700/-	Rs. 750/-

### ROLLER FREESTYLE, DOWN HILL, ALPINE

Description	Amount	Amount	Amount
Per Age Group per skater per event	Rs. 500/-	Rs. 700/-	Rs. 750/-

### ROLLER DERBY

Description	Amount	Amount	Amount
Per Team	Rs. 6000/-	Rs. 8400/-	Rs. 9000/-

