



**INDIA
SKATE**
RSFI ESTD. 1955



KRSA
SINCE 1976

64th

NATIONAL ROLLER SKATING CHAMPIONSHIPS 2026

BENGALURU KARNATAKA

5th TO 15th DECEMBER

WWW.INDIA SKATE.COM

**RSFI SECRETARIAT
A695 SHASTRI NAGAR
NEW DELHI 110052**

COMPETITION SCHEDULE

ARTISTIC SKATING

CADET/ SUB JUNIOR / JUNIOR / SENIOR

Reporting | 6 December 2026

Events | 7-12 December 2026

MONDAY - 7 TH DECEMBER 2026					1 ST DAY	
Start Timing	End Timing	Event		Training/Competition	Duration	
06:00	06:10	06 - 08 MEN & WOMEN FIGURE SKATING		TRAINING	10MIN	
06:10	06:20	08 - 10 MEN & WOMEN FIGURE SKATING		TRAINING	10MIN	
06:20	06:30	10 - 12 MEN & WOMEN FIGURE SKATING		TRAINING	10MIN	
06:30	06:40	06 - 08 MEN & WOMEN SOLO COMPULSORY		TRAINING	10MIN	
06:40	06:50	08 - 10 MEN & WOMEN SOLO COMPULSORY		TRAINING	10MIN	
06:50	07:00	10 - 12 MEN & WOMEN SOLO COMPULSORY		TRAINING	10MIN	
FIGURE SKATING						
07:00	08:00	06 - 08 MEN	FIGURE SKATING	COMPETITION	60MIN	
08:00	09:00	06 - 08 WOMEN	FIGURE SKATING	COMPETITION	60MIN	
09:00	10:00	08 - 10 MEN	FIGURE SKATING	COMPETITION	60MIN	
10:00	11:00	08 - 10 WOMEN	FIGURE SKATING	COMPETITION	60MIN	
11:00	12:00	10 - 12 MEN	FIGURE SKATING	COMPETITION	60MIN	
12:00	13:00	10 - 12 WOMEN	FIGURE SKATING	COMPETITION	60MIN	
13:00	13:10	10 - 12	COUPLE COMPULSORY	TRAINING	10MIN	
13:10	13:20	08 - 10	COUPLE COMPULSORY	TRAINING	10MIN	
13:20	13:30	06 - 08	COUPLE COMPULSORY	TRAINING	10MIN	
13:30	13:40	10 - 12 MEN	QUAD FREE - SHORT	TRAINING	10MIN	
13:40	13:50	10 - 12 WOMEN	QUAD FREE - SHORT	TRAINING	10MIN	
13:50	14:00	10 - 12 MEN & WOMEN QUAD FREE LONG		TRAINING	10MIN	
14:00	14:10	08 - 10 MEN & WOMEN QUAD FREE LONG		TRAINING	10MIN	
14:10	14:20	06 - 08 MEN & WOMEN QUAD FREE LONG		TRAINING	10MIN	
SOLO – COMPULSORY						
15:00	15:40	10 - 12 MEN SOLO COMPULSORY		COMPETITION	40MIN	
15:40	16:20	10 - 12 WOMEN SOLO COMPULSORY		COMPETITION	40MIN	
16:20	16:50	08 - 10 MEN SOLO COMPULSORY		COMPETITION	30MIN	
16:50	17:20	08 - 10 WOMEN SOLO COMPULSORY		COMPETITION	30MIN	
17:20	17:50	06 - 08 MEN SOLO COMPULSORY		COMPETITION	30MIN	
17:50	18:20	06 - 08 WOMEN SOLO COMPULSORY		COMPETITION	30MIN	
COUPLE – COMPULSORY						
18:20	18:50	10 - 12	COUPLE COMPULSORY	COMPETITION	30MIN	
18:50	19:20	08 - 10	COUPLE COMPULSORY	COMPETITION	30MIN	
19:20	20:00	06 - 08	COUPLE COMPULSORY	COMPETITION	40MIN	
QUAD FREE SKATING – SHORT						
20:00	20:30	10 - 12 MEN QUAD FREE - SHORT		COMPETITION	30min	
20:30	21:00	10 - 12 WOMEN QUAD FREE - SHORT		COMPETITION	30min	

TUESDAY - 8 TH DECEMBER 2026					2 ND DAY	
Start Timing	End Timing	Event		Training/Competition		
06:00	06:10	10 - 12 PAIR SKATING SHORT		TRAINING	10MIN	
06:10	06:20	06 - 08 MEN & WOMEN SOLO FREE DANCE		TRAINING	10MIN	
06:20	06:30	08 - 10 MEN & WOMEN SOLO FREE DANCE		TRAINING	10MIN	
06:30	06:40	10 - 12 MEN & WOMEN SOLO FREE DANCE		TRAINING	10MIN	
06:40	06:50	10 - 12 MEN & WOMEN INLINE FREE LONG		TRAINING	10MIN	
06:50	07:00	08 - 10 MEN & WOMEN INLINE FREE LONG		TRAINING	10MIN	
07:00	07:10	10 - 12 COUPLE FREE DANCE		TRAINING	10MIN	
07:10	07:20	08 - 10 COUPLE FREE DANCE		TRAINING	10MIN	
07:20	07:30	06 - 08 COUPLE FREE DANCE		TRAINING	10MIN	
07:30	07:40	10 - 12 PAIR LONG		TRAINING	10MIN	
07:40	07:50	08 - 10 PAIR LONG		TRAINING	10MIN	
07:50	08:00	06 - 08 PAIR LONG		TRAINING	10MIN	
PAIR SKATING - SHORT						
08:00	08:25	10 - 12 PAIR SKATING SHORT		COMPETITION	25MIN	
SOLO – FREE DANCE						
08:25	09:05	06 - 08 MEN SOLO – FREE DANCE		COMPETITION	40min	
09:05	09:45	06 - 08 WOMEN SOLO – FREE DANCE		COMPETITION	40min	
09:45	10:25	08 - 10 MEN SOLO – FREE DANCE		COMPETITION	40min	
10:25	11:05	08 - 10 WOMEN SOLO – FREE DANCE		COMPETITION	40min	
11:05	11:55	10 - 12 MEN SOLO – FREE DANCE		COMPETITION	50min	
11:55	12:50	10 - 12 WOMEN SOLO – FREE DANCE		COMPETITION	50min	
13:00	13:10	+18 MEN & WOMEN QUAD FREE SHORT		TRAINING	10MIN	
13:10	13:20	15 - 18 MEN & WOMEN QUAD FREE SHORT		TRAINING	10MIN	
13:20	13:30	12 - 15 MEN & WOMEN QUAD FREE SHORT		TRAINING	10MIN	
13:30	13:40	+18 MEN & WOMEN INLINE FREE SHORT		TRAINING	10MIN	
13:40	13:50	15 -18 MEN &WOMEN INLINE FREE SHORT		TRAINING	10MIN	
13:50	14:00	12 -15 MEN &WOMEN INLINE FREE SHORT		TRAINING	10MIN	
QUAD FREE SKATING – LONG						
14:00	14:40	10 - 12 MEN QUAD FREE LONG		COMPETITION	40MIN	
14:40	15:15	10 - 12 WOMEN QUAD FREE LONG		COMPETITION	35MIN	
15:15	15:50	08 - 10 MEN QUAD FREE LONG		COMPETITION	35MIN	
15:50	16:25	08 - 10 WOMEN QUAD FREE LONG		COMPETITION	35MIN	
16:25	17:00	06 - 08 MEN QUAD FREE LONG		COMPETITION	35MIN	
17:00	17:30	06 - 08 WOMEN QUAD FREE LONG		COMPETITION	35MIN	
INLINE FREE SKATING – LONG						
17:30	18:00	10 - 12 MEN INLINE FREE LONG		COMPETITION	30MIN	
18:00	18:40	10 - 12 WOMEN INLINE FREE LONG		COMPETITION	40MIN	
18:40	19:20	08 - 10 MEN INLINE FREE LONG		COMPETITION	40MIN	
19:20	20:00	08 - 10 WOMEN INLINE FREE LONG		COMPETITION	40MIN	

WEDNESDAY - 9 TH DECEMBER 2026					3 RD DAY
Start Timing	End Timing	Event		Training/Competition	Duration
06:00	06:20	10 - 12	QUARTET	TRAINING	20MIN
06:20	06:40	08 - 10	QUARTET	TRAINING	20MIN
06:40	07:00	06 - 08	QUARTET	TRAINING	20MIN
COUPLE – FREE DANCE					
07:00	07:40	10 - 12	COUPLE FREE DANCE	COMPETITION	40MIN
07:40	08:20	08 - 10	COUPLE FREE DANCE	COMPETITION	40MIN
08:20	09:00	06 - 08	COUPLE FREE DANCE	COMPETITION	45MIN
PAIR SKATING - LONG					
09:00	09:30	10 - 12	PAIR LONG	COMPETITION	30MIN
09:30	10:00	08 - 10	PAIR LONG	COMPETITION	30MIN
10:00	10:30	06 - 08	PAIR LONG	COMPETITION	35MIN
QUARTET					
10:30	10:55	10 - 12	QUARTET	COMPETITION	25MIN
10:55	12:20	08 - 10	QUARTET	COMPETITION	25MIN
12:20	12:45	06 - 08	QUARTET	COMPETITION	25MIN
12:45	13:00	+ 18 MEN & WOMEN FIGURE SKATING		TRAINING	15MIN
13:00	13:15	15 - 18 MEN & WOMEN FIGURE SKATING		TRAINING	15MIN
13:15	13:30	12 - 15 MEN & WOMEN FIGURE SKATING		TRAINING	15MIN
13:30	13:45	+ 18 MEN & WOMEN SOLO STYLE DANCE		TRAINING	15MIN
13:45	14:00	15 - 18 MEN & WOMEN SOLO STYLE DANCE		TRAINING	15MIN
14:00	14:15	12 - 15 MEN & WOMEN SOLO STYLE DANCE		TRAINING	15MIN
14:15	14:25	ABOVE 18	COUPLE – STYLE	TRAINING	10MIN
14:25	14:35	15 - 18	COUPLE – STYLE	TRAINING	10MIN
14:35	14:45	12 - 15	COUPLE – STYLE	TRAINING	10MIN
INLINE FREE SKATING - SHORT					
15:00	15:30	ABOVE 18 MEN INLINE FREE - SHORT		COMPETITION	30min
15:30	16:00	ABOVE 18 WOMEN INLINE FREE SHORT		COMPETITION	30min
16:00	16:30	15 - 18 MEN INLINE FREE – SHORT		COMPETITION	30min
16:30	17:00	15 - 18 WOMEN INLINE FREE – SHORT		COMPETITION	30min
17:00	17:30	12 - 15 MEN INLINE FREE – SHORT		COMPETITION	30min
17:30	18:00	12 - 15 WOMEN INLINE FREE -SHORT		COMPETITION	30min
QUAD FREE SKATING - SHORT					
18:00	18:30	ABOVE 18 MEN QUAD FREE - SHORT		COMPETITION	30min
18:30	19:00	ABOVE18 WOMEN QUAD FREE-SHORT		COMPETITION	30min
19:00	19:30	15 - 18 MEN QUAD FREE - SHORT		COMPETITION	30min
19:30	20:00	15 - 18 WOMEN QUAD FREE - SHORT		COMPETITION	30min
20:00	20:30	12 - 15 MEN QUAD FREE - SHORT		COMPETITION	30min
20:30	21:00	12 - 15 WOMEN QUAD FREE - SHORT		COMPETITION	30min

THURSDAY - 10TH DECEMBER 2026
**4TH
DAY**

Start Timing	End Timing	Event	Training/Competition	Duration
06:00	07:00	ABOVE 18 MEN FIGURE SKATING	COMPETITION	60MIN
07:00	08:00	ABOVE 18 WOMEN FIGURE SKATING	COMPETITION	60MIN
08:00	09:00	15 - 18 MEN FIGURE SKATING	COMPETITION	60MIN
09:00	10:00	15 - 18 WOMEN FIGURE SKATING	COMPETITION	60MIN
10:00	11:00	12 - 15 MEN FIGURE SKATING	COMPETITION	60MIN
11:00	12:00	12 - 15 WOMEN FIGURE SKATING	COMPETITION	60MIN
12:00	12:10	12 - 15 MEN QUAD FREE – LONG	TRAINING	10MIN
12:10	12:20	12 - 15 WOMEN QUAD FREE – LONG	TRAINING	10MIN
12:20	12:30	15 - 18 MEN QUAD FREE – LONG	TRAINING	10MIN
12:30	12:40	15 - 18 WOMEN QUAD FREE – LONG	TRAINING	10MIN
12:40	12:50	ABOVE 18 MEN QUAD FREE – LONG	TRAINING	10MIN
12:50	13:00	ABOVE 18 WOMEN QUAD FREE – LONG	TRAINING	10MIN
13:00	13:10	ABOVE 18 PAIR - SHORT	TRAINING	10MIN
13:10	13:20	15 - 18 PAIR - SHORT	TRAINING	10MIN
13:20	13:30	12 - 15 PAIR - SHORT	TRAINING	10MIN
13:30	13:40	ABOVE 18 MEN SOLO – FREE DANCE	TRAINING	10MIN
13:40	13:50	ABOVE 18 WOMEN SOLO – FREE DANCE	TRAINING	10MIN
13:50	14:00	15 - 18 MEN SOLO – FREE DANCE	TRAINING	10MIN
14:00	14:10	15 - 18 WOMEN SOLO – FREE DANCE	TRAINING	10MIN
14:10	14:20	12 - 15 MEN SOLO – FREE DANCE	TRAINING	10MIN
14:20	14:30	12 - 15 WOMEN SOLO – FREE DANCE	TRAINING	10MIN
14:30	14:40	ABOVE 18 QUARTET	TRAINING	10MIN
14:40	14:50	15 - 18 QUARTET	TRAINING	10MIN
14:50	15:00	12 - 15 QUARTET	TRAINING	10MIN
SOLO – STYLE DANCE				
15:00	15:40	ABOVE 18 MEN SOLO – STYLE	COMPETITION	40min
15:40	16:30	ABOVE 18 WOMEN SOLO – STYLE	COMPETITION	50min
16:30	17:10	15 - 18 MEN SOLO – STYLE	COMPETITION	40min
17:10	17:50	15 - 18 WOMEN SOLO – STYLE	COMPETITION	40min
17:50	18:30	12 - 15 MEN SOLO – STYLE	COMPETITION	40min
18:30	19:10	12 - 15 WOMEN SOLO – STYLE	COMPETITION	40min
COUPLE – STYLE DANCE				
19:10	19:40	ABOVE 18 COUPLE – STYLE	COMPETITION	30min
19:40	20:20	15 - 18 COUPLE – STYLE	COMPETITION	30min
20:20	20:50	12 - 15 COUPLE – STYLE	COMPETITION	30min

FRIDAY - 11TH DECEMBER 2026
**5TH
DAY**

Start Timing	End Timing	Event	Training/Competition	Duration
06:00	06:10	ABOVE 18 COUPLE – FREE DANCE	TRAINING	10MIN
06:10	06:20	15 - 18 COUPLE – FREE DANCE	TRAINING	10MIN
06:20	06:30	12 - 15 COUPLE – FREE DANCE	TRAINING	10MIN
06:30	06:40	ABOVE 18 PAIR LONG	TRAINING	10MIN
06:40	06:50	15 - 18 PAIR LONG	TRAINING	10MIN
06:50	07:00	12 - 15 PAIR LONG	TRAINING	10MIN
QUAD FREE SKATING - LONG				
07:00	07:40	12 - 15 MEN QUAD FREE – LONG	COMPETITION	40min
07:40	08:20	12 - 15 WOMEN QUAD FREE – LONG	COMPETITION	40min
08:20	09:00	15 - 18 MEN QUAD FREE – LONG	COMPETITION	40min
09:00	09:40	15 - 18 WOMEN QUAD FREE – LONG	COMPETITION	40min
09:40	10:20	ABOVE 18 MEN QUAD FREE – LONG	COMPETITION	40min
10:20	11:00	ABOVE 18 WOMEN QUAD FREE –LONG	COMPETITION	40min
PAIR SKATING - SHORT				
11:00	11:25	ABOVE 18 PAIR - SHORT	COMPETITION	25min
11:25	11:50	15 - 18 PAIR - SHORT	COMPETITION	25min
11:50	12:15	12 - 15 PAIR - SHORT	COMPETITION	25min
SOLO – FREE DANCE				
14:00	14:45	ABOVE 18 MEN SOLO – FREE DANCE	COMPETITION	45min
14:45	15:35	ABOVE 18 WOMEN SOLO – FREE DANCE	COMPETITION	50min
15:35	16:20	15 - 18 MEN SOLO – FREE DANCE	COMPETITION	45min
16:20	17:15	15 - 18 WOMEN SOLO – FREE DANCE	COMPETITION	45min
17:15	18:00	12 - 15 MEN SOLO – FREE DANCE	COMPETITION	45min
18:00	18:45	12 - 15 WOMEN SOLO – FREE DANCE	COMPETITION	45min
QUARTET				
18:45	19:15	ABOVE 18 QUARTET	COMPETITION	30min
19:15	19:45	15 - 18 QUARTET	COMPETITION	30min
19:45	20:15	12 - 15 QUARTET	COMPETITION	30min

SATURDAY - 12 TH DECEMBER 2026					6 TH DAY
Start Timing	End Timing	Age Group & Event		Training/Competition	Duration
06:00	06:10	07 TO 15	PRECISION	TRAINING	10MIN
06:10	06:20	15 AND ABOVE 18	PRECISION	TRAINING	10MIN
06:20	06:30	ABOVE 18 MEN	INLINE FREE – LONG	TRAINING	10MIN
06:30	06:40	ABOVE 18 WOMEN	INLINE FREE – LONG	TRAINING	10MIN
06:40	06:50	15 - 18 MEN	INLINE FREE – LONG	TRAINING	10MIN
06:50	07:00	15 - 18 WOMEN	INLINE FREE – LONG	TRAINING	10MIN
07:00	07:10	12 - 15 MEN	INLINE FREE – LONG	TRAINING	10MIN
07:10	07:20	12 - 15 WOMEN	INLINE FREE – LONG	TRAINING	10MIN
INLINE FREE SKATING - LONG					
08:00	08:35	ABOVE 18 MEN	INLINE FREE – LONG	COMPETITION	35min
08:35	09:00	ABOVE 18 WOMEN	INLINE FREE- LONG	COMPETITION	25min
09:00	09:25	15 - 18 MEN	INLINE FREE – LONG	COMPETITION	25min
09:25	09:55	15 - 18 WOMEN	INLINE FREE – LONG	COMPETITION	30min
09:55	10:25	12 - 15 MEN	INLINE FREE – LONG	COMPETITION	30min
10:25	11:00	12 - 15 WOMEN	INLINE FREE – LONG	COMPETITION	30min
PRECISION					
11:15	11:45	07 TO 15	PRECISION	COMPETITION	30min
11:45	12:15	15 AND ABOVE 18	PRECISION	COMPETITION	25min
COUPLE – FREE DANCE					
12:30	13:00	ABOVE 18	COUPLE – FREE DANCE	COMPETITION	30min
13:00	13:30	15 - 18	COUPLE – FREE DANCE	COMPETITION	30min
13:30	14:00	12 - 15	COUPLE – FREE DANCE	COMPETITION	30min
14:00	14:20	15 AND ABOVE 18	SHOW GROUP	TRAINING	10MIN
14:20	14:40	07 TO 15	SHOW GROUP	TRAINING	10MIN
PAIR SKATING - LONG					
15:00	15:25	ABOVE 18	PAIR LONG	COMPETITION	25MIN
15:25	15:50	15 - 18	PAIR LONG	COMPETITION	25MIN
15:50	16:15	12 - 15	PAIR LONG	COMPETITION	25MIN
SHOW GROUP					
16:15	17:00	15 AND ABOVE 18	SHOW GROUP	COMPETITION	45min
17:00	17:45	07 TO 15	SHOW GROUP	COMPETITION	45min

CHAIRMAN
ARTISTIC TECHNICAL COMMITTEE (ATC)
ROLLER SKATING FEDERATION OF INDIA (RSFI)

Note:

- The Schedule is subject to changes
- All events will follow after the completion of the previous
- All participants are requested to report 40 minutes before their respective events