



Cal-Neva League Coaches:

Paradise Roller Skating Academy will be hosting the Cal Bronze meet December 7, 2025. This meet is designed to bring new skaters into our competition community. We will be holding all C events and divisions as well as the following non-traditional events which are described on the requirements page.:

Primary (8 and under) C Solo Dance, C Freeskating, C Figures, C Circle Loops  
Stroking  
Circle Dance  
Straight Line Freeskating  
Circuit Freeskating  
Group Free

Skaters in traditional C events cannot skate the non-traditional events in the same discipline. (A skater in C Solo dance cannot enter stroking or circle dance.) Age divisions in the non-traditional events will correspond to those in the C division. Depending on entries, some age divisions might be combined. Non-traditional events may be judged by non-commissioned judges and will receive non-traditional awards.

We will also offer World Skate Dance and Freeskating. Dance skaters may choose to skate either their Style or Free Dance. Tot through Espoir dance skaters will skate their Free Dance. Freeskating skaters may choose to skate either their Short or Long Program. Both events will skate as ONE EVENT per division. (For example: all Cadet style and free dance will be contested together.)

Entry fees for all traditional USARS events - \$20 first event/\$10 each additional.

Entry fees for all non-traditional events - \$7 each event.

All skaters must hold valid USARS membership: \$95 Full/\$50 Limited/\$25 Single Day.

If purchasing a single-day membership, purchase from 12/2 - 12/6. Single-day memberships are only valid for 5 days and can only be purchased once per season. STAR/Developmental memberships can not be used for the Cal Bronze competition.

All entries are due November 14. After receiving confirmation from Fred, please make checks payable to Paradise Roller Skating Academy and mail to:

Paradise Skate  
ATTN: Robert Bruce  
1201 W 10th Street  
Antioch, CA 94509

If you would like to pay online, email Michelle at [prsacoach@gmail.com](mailto:prsacoach@gmail.com) and I can send an invoice through which you can pay by credit card.

Michelle Higby  
[prsacoach@gmail.com](mailto:prsacoach@gmail.com)  
925-639-7147



## Figures and Dance

| Division                          | Figures  | Circle Loops    | Dance                     | Circle Dance       | Stroking |
|-----------------------------------|----------|-----------------|---------------------------|--------------------|----------|
| Primary C<br>8 and under          | 111 A    | 114 A           | Glide Waltz               | Glide Waltz Corner | 88 Blues |
| Juvenile C<br>9-10                | 1 and 1B | 114 A and 115 B | Glide Waltz<br>City Blues | Glide Waltz Corner | 88 Blues |
| Elementary C<br>11-12             | 1 and 1B | 114 A and 115 B | Glide Waltz<br>City Blues | Glide Waltz Corner | 88 Blues |
| Freshman/Sophom<br>ore C<br>13-17 | 1 and 1B | 114 A and 115 B | Glide Waltz<br>City Blues | Glide Waltz Corner | 88 Blues |
| Adult C<br>18 and over            | 1 and 1B | 114 A and 115 B | Glide Waltz<br>City Blues | Glide Waltz Corner | 88 Blues |

## Freeskating - USARS Rules with no penalty for repeated items.

| Division                      | Freeskating                                     | Straight Line | Circuit   |
|-------------------------------|-------------------------------------------------|---------------|-----------|
| Primary C<br>8 and under      | See below                                       | See below     | See below |
| Juvenile C<br>9-10            | USARS Rules<br>(no penalty for repeated items)) | See below     | See below |
| Elementary C<br>11-12         | USARS Rules<br>(no penalty for repeated items)) | See below     | See below |
| Freshman/Sophomore C<br>13-17 | USARS Rules<br>(no penalty for repeated items)) | See below     | See below |
| Adult C<br>18 and over        | USARS Rules<br>(no penalty for repeated items)) | See below     | See below |

## Primary C Freeskating 2:00 minutes MAX

| Jumps                                                                                                    | Spins                                    | Footwork             |
|----------------------------------------------------------------------------------------------------------|------------------------------------------|----------------------|
| 8 single jumps                                                                                           | 2 spins                                  | PRIMARY or SECONDARY |
| No Lutz, Flip, Loop, Euler                                                                               | Upright, inner edges only                | Long Axis            |
| One max 3 jump combination may be included. Jumps in combination will be included in the 8 jump maximum. | 1 of the spins may be a combination spin | No one foot turns    |
| No penalty for repeated jumps.                                                                           | No penalty for repeated spins/edges.     |                      |



## NON TRADITIONAL EVENTS

### Primary C described above.

USARS rules except there will be no penalty for repeated jumps or spins.

### Stroking (Dance)

Music begins while skaters are rolling. Skaters perform 2 beat edges around the whole floor. Tempo will be 88 Blues.

### Circle Dance

Skaters begin from a stopped position. Opening steps are optional, however, 4 three beat pushes are recommended. Skaters will perform the corner steps of the glide waltz in a circle.

### Straight Line Freeskating

Skaters line up at the back of the rink and skate toward the judges in the front. Skaters perform 1. primary footwork (no turns), 2. a spiral, shoot the duck or both, 3. two foot no rotation hop, 4. t or toe stop stop and 5. two foot spin. (See diagram).

### Circuit Freeskating

Skaters enter the floor one at a time at the back of the rink. Skaters will skate toward the front and perform a spiral at the start of the corner, a spread eagle from the long axis to the end of the corner, bunny hop cross behind bunny hop (on the other foot), two foot  $\frac{1}{2}$  turn rotation jump front to back, two foot  $\frac{1}{2}$  turn rotation jump back to forward, cross pulls to the end of the corner, C turn/mohawk back scissors or stroking to the front exit where they leave the floor. (See diagram).

### Group Free

This is any creative, group, show or pairs event that isn't ready for traditional competition. Pairs, duets, creative, groups will skate together. Maximums vary depending on event, so use the USARS requirements as a guide. We will not be penalizing time in this non traditional event. For the entry system and tabulating concerns, each entry must have a program title or group name.

