

भारतीय रोलर स्केटिंग महासंघ

भारत सरकार द्वारा मान्यता प्राप्त : RECOGNISED BY THE GOVERNMENT OF INDIA & IOA A 695, Shastri Nagar,New Delhi-110052. | www.indiaskate.com



















SPEED SKATING DISTANCES (in meters) - RACES and AGE GROUP - w.e.f 1st January 2025 (Reference 11 RR annexure - A)

AGE GROUP	QU	AD TRACK RA	CES	QUAD RO	AD RACES			II	ILINE TRAC	K RACES						INLINE RO	AD RACES		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	RINK I	RINK II	RINK III	ROAD I	ROAD II	RINK IV	RINK V	RINK VI	RINK VII DUEL TT*	POINTS **	ELEM **	RELAY	MIXED RELAY+	ROAD III	ROAD IV	ROAD V	POINTS	ELEM.	Marathon
Cadet																			
06 to 08	1 Lap +D	2 Laps+D	3 Laps			1 Lap +D	2 Laps+D	3 Laps											
08 to 10	1 Lap +D	500 + D	4 Laps	1 lap		1 Lap +D	500 + D	1000							1 lap				
10 to 12	1 Lap +D	500 + D	1000	1 lap		1 Lap +D	500 + D	1000							1 lap				
Sub Junior																			
12 to 15		500 + D	1000	1 lap	1500		500 +D	1000	200	5000		3000	4000	100	1 lap	3000			
Junior																			
15 to 18		500 + D	1000	1 lap	3000		500 +D	1000	200	5000	10000	3000	4000	100	1 lap		10000	15000	42K
Seniors																			42K
Above 18		500 + D	1000	1 lap	3000		500 +D	1000	200	5000	10000	3000	4000	100	1 lap		10000	15000	
Masters																			
Above 35*																			10K

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 6 8 years Boys & girls can take part in 2 out of 3 races, (Quad and Inline) skaters of the age group 08 10 and 10 12 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.

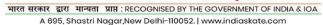
- 4. From each Unit's Team, a Quad skater of Age Group 12-15, 15-18 & Above 18 yers can take part in maximum 3 out of 4 races with not more than 2 skaters taking part in each race.
- 5. From each Unit, Inline skaters of the Age Group 12 15 (SUB JUNIORS), can take part in 3 out of 7 races and skaters of the Age Group 15 18 and Above 18 (JUNIORS & SENIORS) can take part in 4 out of 9 Inline races with not more than two (2) skaters taking part in each race.
- 6. (i) RELAY RACE: A Relay Team Consists of a minimum of three (3) and a maximum (4) skaters of the age groups 12 15 (SUB JUNIORS), 15 18 (JUNIORS) and Above 18 (SENIORS). All those Relay Team Skater are entitled to receive medal and certificated only if they have participated at some stage (Series, QF, SF or Final) in the relay race. Skaters who has not participated at any stage in the relay race are not entitled for the certificate and medal.
- 7. 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.
- 8. Participants of previous Speed National Championships are only allowed to take part in Master Age Group.
- 9. Inline skaters are not allowed to take part in Quads races similarly Quad skaters are not allowed to take part in Inline Races.
- 10. ** Track, Points (5 K) and Elimination(10 K) races may be conducted on Road wherever Bank Track is not available.
- 11.*** Road V 3000mts race on road for the age group 12-15 inline boys & girls is a road race (Not elimination)
- 12. In case of a bank Track, it should preferably be 6 meters wide and a lap should normally be of 200 meters.
- 13. Road Races and Relay Races are to be conducted subject to availability of proper infrastructure.
- 14. Relay races are to be conducted only on 175 to 200 meter Bank or Flat Track.
- 15. INDIA SKATE (RSFI) Speed Technical Committee General Regulations and Updated World Skate(FIRS) World Speed Skating rules Shall be followed for conducting all races.
- 16. 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.
- 17.* Club/District/State level competitions, where 200 meters track is not available, the 200 mts DUEL TT can be 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. For other details please refer to General Rules for Speed Skating 2025.

Note: The races will not be conducted if the total number of participants/teams in the particular age group are less than three (3) from three different States/UT's.





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AGE GROUP	FREE	FREE skating		DANCE		INLINE		TEAM		
	1	2	4	4	5	6	7	8	9	10
	FREE SKATING	FIGURE	PAIR	SOLO	COUPLE	In Line FREE	QUARTET	PRECISION	SHOW GROUP(junior and small)	Minimum points for Medal
Cadet									siliuli)	меааг
6 to 8 Cadet B & G	2	2	4	2	4		QUARTET			2
8 to 10 Cadet B & G	2	2	4	2	4	2	QUARTET			3
10 to 12 B & G Cadet	2	2	4	2	4	2	QUARTET	PRECISION 10	SHOW GROUP 6 to	4
		•						skaters	10 skaters	
12 to 15 B & G Sub-Jr	2	2	4	2	4	2	QUARTET			4
15 to 18 B & G Junior	2	2	4	2	4	2	QUARTET	PRECISION 8	SHOW GROUP 6 to	5
								skaters	8 skaters	
Above 18 M & W Senior	2	2	4	2	4	2	QUARTET	CROLOTO	o okatoro	5

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 plus one reserve. Before event the reserve player will be tested to check if it is a real entry and not a dummy entry. Any four skaters in the team should be fully prepared
- 4. From each Unit, for all Age groups skaters can take part in any 3 out of 5 events. Events are given below. However, Quad skater cannot participate inline and vice versa.

5a. Dance - Solo& Couple

5b. Free Skating - Quad or Inline

5c. Figures

5d. Pair Skating

5e. Quartet

- 6. From each Unit, Cadet, Subjunior, Junior and Senior Age groups skaters can additionaly take part in the Team Events (Precision and Show Group)
- 7. The minimum marks criteria will be applicable for awarding medals
- 8. For all events including team events there should be 3 and more participants or teams and 2 states participating. The minimum marks criteria will be
- 9. Maximum Two teams are allowed in each Age Group from each State/U.T. for all Team Events
- 10. For Cadet and Juniors Minimum marks required for qualifying for International events will be: Cadet 4.5 Marks, Junior 5.0 and Seniors 6.0
- 11. From 2025 Nationals a State Association that will enter a Male athelete in the Solo Dance Category whether he is a junior or Senior, will have to enter also a
- 12. From 2025 Nationals each State should compulsarily send a minimum of 1 pairs in total
- 13. For Pair Skating the Girl could be in the same age group or 1 lower age group as compared to the boy.
- 14. All efforts will be made to implement roll art for 2026 championships provided we have the resources for the same.
- 15. For quartet the skaters should have participated in atleast one indivudual event like Free or solo dance
- 16. For Show group and Precision at least 3 skaters should have participated in any of the solo events like Free, solo dance, couple dance, pairs skating.





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AGE GROUP	FREE skating		PAIR SKATING	DANCE		INLINE				
	1	2	4	4	5	6	7	8	9	10
	FREE SKATING	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	PRECISION	SHOW GROUP(junior and small)	Minimum Points for Medal
Cadet		•								
6 to 8 Cadet B & G	FREE	FIGURE	PAIR	SOLO	COUPLE		QUARTET	PRECISION	SHOW GROUP 6 to	1.5
8 to 10 Cadet B & G	FREE	FIGURE	PAIR	SOLO	COUPLE	Free	QUARTET	10 skaters	10 skaters	2
10 to 12 B & G Cadet	FREE	FIGURE	PAIR	SOLO	COUPLE	Free	QUARTET			2.5
		•						PRECISION 8	SHOW GROUP 10	
12 to 15 B & G Sub-Jr	FREE	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	skaters	skaters	3
15 to 18 B & G Junior	FREE	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	PRECISION 8	SHOW GROUP 8	3.5
								skaters	skaters	
Above 18 M & W Senior	FREE	FIGURE	PAIR	SOLO	COUPLE	FREE	QUARTET	- OKACOIS	okatoro	4

Important Notes:-

- 1. Maximum Skaters allowed in each Age Group from each State/U.T. each in both Boys and Girls individual events: No limit & can send as many as they want
- 2. Maximum entries allowed in all age groups from each state / UT for Pair Skating as well as Couple Dance are: No limit
- 3. Quartet team will be of 4 skaters plus one reserve. Before event the reserve player will be tested to check if it is a real entry and not a dummy entry
- 4. From each Unit, for all Age groups skaters can take part in any 3 out of 5 events. Events are given below. However, Quad skater cannot participate inline and vice versa.
- 4a. Dance Solo& Couple
- 4b. Free Skating Quad and Inline
- 4c. Figures
- 4d. Pair Skating

4e. Quartet

- 5. From each Unit, Cadet, Subjunior, Junior and Senior Age groups skaters can additionally take part in the Team Events
- 6. For all Team events, the event will be conducted only if there are 2 and more teams and 3 states participating. The minimum marks criteria will be applicable for awarding medals
- 7. For Cadet and Juniors Minimum marks required for qualifying for International Open events will be: Cadet 3.5 Marks, Junior 4.0 and Seniors 4.5
- 8. For Pair Skating the Girl could be in the same age group or I lower age group as compared to the boy.
- 9. All efforts will be made to introduce roll art for 2026 championships provided resources are avaibale





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ROLLER & INLINE HOCKEY AGE GROUPS - w.e.f 1st January 2025 (Reference 11 RR Annexure - C)

AGE GROUP		HOCEKY	
	1	2	3
	ROLLER HOCKEY Minimum 6 Players (4 players + 2 Goal Keepers) Max 10 Players (8 Players + 2 Goal Keepers)	INLINE HOCKEY Minimum 6 Players (4 players + 2 Goal Keepers Max 12 Players (10 Players + 2 Goal Keepers)	ROLLER HOCKEY MIXED TEAM Minimum 6 Players [4 players, (2 Female + 2 Male) + 2 Goal Keepers, (1 Female + 1 Male)] Max 10 Players (8 Players + 2 Goal Keepers)
Tiny Tots			
06 to 09	YES	YES	NO
Cadet			
09 to 12	YES	YES	YES
Sub Junior			
12 to 15	YES	YES	YES
Junior			
15 to 18	YES	YES	YES
Seniors			
Above 18	YES	YES	YES
Masters			
Above 35	YES	YES	NO



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Important Notes:-

- 1. Maximum Teams allowed from each State/UT in Roller Hockey per each age group 06-09, 09-12, 12-15, 15–18, Above 18, & Above 35 (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 06-09, 09-12, 12-15, 15-18, Above 18, & Above 35 (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. Mixed Roller Hockey Team consists of 10 payers (5 Boys/Men and 5 Girls/Women) with a minimum of two Goal Keepers (Goal Keepers shall be 1 Boy & 1 Girl and 1 Men & Women).
- 6. Team members of Roller Hockey Team (both Boys & Girls/Men & Women) are only allowed to participate in the Mixed Roller Hockey Team Event. If there is only girls/women team participating in the nationals then there cannot be mixed hockey team and vice versa.
- 7. 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 Teams in the particular age group are less than three (3).















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FREESTYLE AND OTHER EVENTS AGE GROUP - w.e.f 1st January 2025 "D" AND "E" (Reference 11 RR annexure - D & E)

		ANNEXURE - D)	ANNEXURE - E									
AGE GROUP		Inline Freesty	le	Roller Freestyle#	Skateboarding#	Down Hill	Inline Slalm (Alpine)	Roller Derby	Roller Scooter (Scooteri ng)#				
	1	2	3	4	5	6	7	8	9				
	Speed Classical Pair Slalom Slalom slalom					Min. 8 players, Max. 12							
Cadet													
06 to 08					YES								
08 to 10	YES*	YES*			YES								
10 to 12	YES	YES			YES								
Sub Junior													
12 to 15	YES	YES	YES	YES	YES	YES	YES						
Junior								YES					
15 to 18	YES	YES	YES	YES	YES	YES	YES		VEC				
Seniors		'	'		'				YES				
Above 18	YES	YES	YES	YES	YES	YES	YES	YES					
Masters			-		'								
Above 35					YES								

Important Notes:-

1. Inline Freestyle events for 08 – 10* years boys & girls are Speed Slalom* & Classic Slalom* only up to State/UT level. A Maximum of 2 skaters are allowed from each District unit in both Boys and Girls for each events. Therefore, maximum number of 8 skaters (i.e.4 Boys + 4 Girls) are allowed.



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- 2. For Nationals Inline Freestyle events for 10 12 years boys & girls are Speed Slalom & Classic Slalom. A Maximum of 2 skaters are allowed from each State/UT unit in both Boys and Girls for each events. Therefore, maximum number of 8 skaters (i.e.4 Boys + 4 Girls) are allowed.
- 3. Inline Freestyle events for age group 12 15, 15 18, Above 18 years boys & girls/Men & Women are Speed Slalom, Classic Slalom & Pair Slalom. A total of 02 male skaters and 02 female can participate in Speed Slalom, and 02 male and 02 female skaters can participate in Classic Slalom, from each State/UT unit. Out of these 08 skaters, one pair can be formed to participate in Pair Skating from each state/UT in each age group of 12-15, 15-18, and Above 18 in these age group with any of the given combinations, 2 Boys or 2 Girls or 1 Boy and 1 Girl.
- 4. A skater can participate in a maximum of two (2) out of three (3) Inline freestyle events.
- 5. Maximum skaters allowed in the age group 12 15, 15 18 and Above 18, boys and girls/Men and women of Roller Free style from each State/UT are two (2). Maximum skaters allowed from each unit in Roller Freestyle are 12 (6 boys + 6 girls)
- 6. Maximum skaters allowed for Skateboarding for all the age groups, boys & girls, men & women from each State/UT unit are 2. A total of 28 skaters (14 male + 14 female) are allowed.
- 7. Maximum Skaters allowed from each State/UT in of Down Hill & Inline Slalom (Alpine) in the Age Group 12 15, 15
 18 and Above 18 years boys and girls, men & women are two, Skaters taking part in Downhill are also allowed to take part in Alpine and vice versa. Maximum skaters allowed from each unit in both Down hill & Inline Slalom (Alpine) are 24 (12 boys + 12 girls)
- 8. Maximum of teams allowed from each age group for Roller Derby 12 18, Girls, and Above 18, Men/Women are one (1) from each State/UT.
- 9. Maximum skaters allowed for Scootering and Skate Cross* for the Age group Above 12 both male and female



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- 10. from each State/UT are 2. Dimensions of scooter are as per world skate regulations.
- 11. *Skate Cross is only a demo event.
- 12.# Competition for Roller Freestyle, Skateboarding & Roller Scooter competition are held for Street & Park.

 A rider can participate in both (street & park), however maximum skaters allowed for Roller Freestyle,
 Skateboarding & Roller Scooter for all the age groups, boys & girls, men & women
 from each State/UT unit 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) from three different states/UTs.





















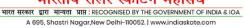
AGE GROUPS AND DISCIPLINE - CHART - 11 RR ANNEXURE - F w.e.f., 01.01,2025

AGE GROUPS							DISCI	PLIN	ES					
AGE GROUP FOR	1	2	3	4	5	6	7	8	9	10	11	12	13	14
THE YEAR 2025-2026	SPEED- QUAD	SPEED- INLIN E	ARTISTIC	ROLLER HOCKEY	INLINE HOCKEY	ROLLER HOCKEY MIXED	INLINE FREESTYLE	INLINE ALPINE	INLINE DOWNHILL	ROLLER FREESTYLE	ROLLER DERBY	SKATEBO ARDING	SCOOTE RING	SKATE* CROSS
6 to 8 Cadet B & G	YES	YES	YES	YES 6 to 9	YES 6 to 9	NO	NO	NO	NO	NO	NO	YES	NO	NO
8 to 10 Cadet B & G	YES	YES	YES	Cadet	Cadet	VEC	UPTO STATE	NO	NO	NO	NO	YES	NO	NO
10 to 12 B & G Cadet	YES	YES	YES	YES 9 to 12 Cadet	YES 9 to 12 Cadet	YES 9 to 12 Cadet	YES	NO	NO	NO	NO	YES	NO	NO
12 to 15 B & G Sub- Jr	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	12 – 18 JUNIOR	YES		
15 to 18 B & G Junior	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	GIRLS (ONLY)	YES	ABOVE 12	ABOVE 12
Above 18 M & W Senior	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES		
Above 35 - M & W Masters* (Only Eligible Candidates)	YES	YES	YES	YES	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO





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ENTRY FEE ANNEXURE - G

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. 2000/-	Rs. 2800/-	Rs. 3000/-
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

TEME HOURE			
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	/	/	/
Per Age Group per skater classic Slalom	Rs. 500/-	Rs. 700/-	Rs. 750/-
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/-













