

# **USLRA Speed Roll Rules**

## **Divisions**

### **Gender**

When using this division, all rollers compete against all others of the same gender. This division excludes the use of the other divisions.

### **Juniors**

This division of competitors compete in the same age bracket all year long based on his/her age as of January 1<sup>st</sup> of the current year.

- U7 (7 and under, Coed)
- U10 (ages 8-10) Boys and Girls
- U13 (ages 11-13) Boys and Girls
- U17 (ages 14-17) Boys and Girls

### **Semi-Pro (ages 14 and up)**

This is the stepping stone to Elite. These are serious rollers who want to improve and compete at major tournaments. Will roll in spikes when such equipment is available.

### **Adult Sport (ages 16 and older)**

For the recreational and/or new adult roller. All matches are on traction logs.

### **Elite (ages 16 and up)**

This is the top level of log rolling competition. If under 16, the roller must have won two consecutive ILRA World Championships in the Semi-Pro division.

### **Masters (ages 45 and up)**

Rollers of all abilities. Rollers are typically, though not limited to, former Elite rollers.

## **Procedure**

### **Timed event**

Speed Rolling will take place on a number 1 or number 2 log. The sizes of the logs will be the same as those defined in the USLRA Log Rolling Rules document. All speed rollers will use the same log. A 6 inch white line or distinctive mark will be painted or affixed on the end of the log. One contestant will go at a time. Speed rollers will pole out to the end of the pole. The timer will count "3,2,1 GO." On "GO" the rollers must let go of the pole and spin the log for thirty (30) seconds in a forward direction. If the roller falls into the water he/she may get back up. The roller with the most forward revolutions wins. The white marking must be clear enough so that the judges can count the number of spins that the contestant has completed and get an accurate timing of the event.

### **Rotation event**

Same rules as timed event except time stops after 25 complete revolutions have been made.

## **Obstructions, Impediments, Waves**

Judges are required to call "time out" when a competitor rolls within three (3) feet of any barrier in a parallel position and one (1) foot in a perpendicular position. This barrier may include any obstruction, including a dock, boom run, or shallow water. They are also required to stop a competition when waves of any size gather near the log.