

ROLLER SKATE DANCING



**ROLLER SKATING
RINK OPERATORS
ASSOCIATION of
the United States**

A Member of the:

**Amateur Skating
Union**

of the UNITED STATES

**Bronze and
Silver Medal
• TESTS •**

**SECOND EDITION
April 1939**

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Roller Skating Dance Tests

OF THE

Roller Skating
Association OF THE



Rink Operators
United States

THE RECOGNIZED GOVERNING BODY OVER ROLLER SKATING
IN THE UNITED STATES

A MEMBER



OF THE

Amateur Skating Union of the United States

AND ASSOCIATED WITH THE

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Roller Skating Rink Operators Association of the United States



TO: All Roller Skaters.

In the interest of your advancement and protection, to develop amateur competition, and to develop and maintain the art of roller skating on the highest possible plane, the above named association was organized in 1937.

This marked the dawn of a new era for the roller skaters of the United States.

The growing demand by our skaters for the introduction of International Style skating will be met. In addition to the already organized Speed roller skating events, this association will foster and encourage competitions in Roller Skate Dancing and Roller Figure Skating.

For the overwhelming majority of roller skaters who do not choose to enter competitive events, the association is providing individual and voluntary TESTS in all branches of skating—Skate Dancing, Figure Skating, and Speed.

This booklet is a compilation of the FIRST and SECOND TESTS in Skate Dancing and the rules governing the judging of such tests.

The award for passing the First Tests is the Bronze R. S. R. O. A. Proficiency Test Medal engraved accordingly and bearing the numeral 1, suspended from the red ribbon. For the Second Test the award is the Silver R. S. R. O. A. Proficiency Test Medal likewise engraved and bearing the numeral 2. This medal is suspended from the blue ribbon. As the art of Skate Dancing progresses, the association will provide a third or Gold Medal Test.

It is to your advantage to become a member of the association thru one of its affiliated roller skating clubs. Such membership will confer all of the aforementioned advantages and it will hasten the realization of really advanced roller skating in this country. This is the ideal of the Rink Operator members of this association and they have spent many years of preparation toward this day.

For information regarding membership in any club, or regarding competitions and proficiency tests, write the R. S. R. O. A. Secretary-Treasurer.

The Affiliation of the Roller Skating Rink Operators Association of the U.S. With the Amateur Skating Union of the U. S. and What it Means to You

In the years of 1930 to 1936, amateur roller skating in the United States was given consideration again, after being in complete eclipse since 1914. After the passing of the old Western Skating Association little was done to encourage this field of roller skating and it went into rapid decline.

With no governing body, this field of the sport was over-run with imposters and false records. It is quite possible that no athletic sport has ever had so many "World's Champions" and "World's Records" as has had amateur skating.

With the arousing of new interest in amateur roller skating, it was found that in the intervening years control had passed to organizations that were predominantly Ice Skating Associations. After "Off and On" competitions for two seasons, the R. S. R. O. A. was organized in the spring of 1937 and for the succeeding year held many and various contests throughout the entire country under its own sanction. This, of course, was done to gain the strength that was needed for the eventual membership in the A. S. U.

During the spring of 1938, several questions of jurisdiction arose in roller skating affairs, with other organizations planning to enter the roller skating field. Then in the month of May, correspondence from the presiding officers of the A. S. U. invited delegates from the R. S. R. O. A. to conferences to consider membership in the parent body and to devise the plan to bring more than 35,000 amateur roller skaters into the international sports affiliations.

Since then the R. S. R. O. A. has been accepted as a member of the A. S. U., with consequential representation and affiliation with the various amateur bodies listed on the title page. This affiliation gives the amateur roller skater full recognition of his or her title in every field of sport and in every country which is likewise affiliated. It protects the status of the amateur and penalizes the infringer. It also defines the professional and gives him prestige.

Lastly, it assures the amateur roller skater of regular competitions and a high standard of competition.

To Take a Roller Skating Proficiency Test



The candidate must be a member in good standing of a roller skating club affiliated with the R. S. R. O. A.

An application may be procured from the club, manager, or rink office which must be filled out properly and mailed along with a Postal Money Order covering the correct Test Fee, payable to the Secretary-Treasurer of the R. S. R. O. A.

The application, when received at the National Office, will be acted upon promptly and the official Test Grading Sheets sent to the office of the rink where the test will be taken. The appointed judges will be notified from the rink and the test will be called for a certain hour of the desired day. The day must be arranged by the candidate and the manager of the rink **before** the application is filed and stated clearly thereon.

The foregoing will be in force unless the home Club has a Committee with an appointed Chairman who can accept applications and fees and arrange the test locally. In this case the application, fee, and judge's blanks must be sent to the National Office immediately following the test.

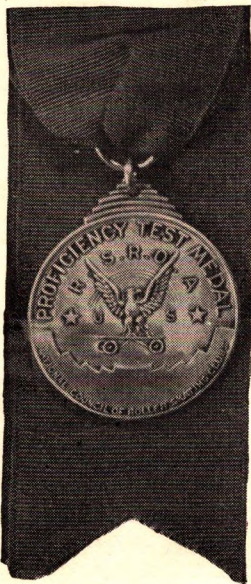
The test may be taken by an Amateur or a Professional skater and skated with either an Amateur or Professional partner without violation of the Rules of Amateur Status. (A test is not to be construed as an exhibition or a competition.)

Further, the choice of partner is to be made by the candidate alone and should he or she feel that the services of a professional roller skater may improve their skating, that professional may be hired for the express purpose of acting as a partner during the test. However, during a test where only one skater is being judged, **THE PARTNER IS MERELY A FACTOR AND THEIR SKATING WILL HAVE NO BEARING ON THE OUTCOME.**

Upon the conclusion of the test, the provided Test Grading Sheets must be returned to the National Office and should the grade be of or over the required mark, the proper award will be sent to the candidate.

WARNING: Under no circumstances must any skater who has not properly passed a test possess or display any R. S. R. O. A. award. Such violation will cause immediate suspension of the offender and proceedings will then be started to recover the property of the R. S. R. O. A.

NO DUPLICATES will be issued any skater to replace a lost Proficiency Award Medal.



Proficiency Test Medal of the R.S.R.O.A. This award is struck off in bronze, silver, and gold — the three grades of proficiency in roller skating.

For rules in reference to taking a Roller Skating test, see page 5.

Appreciation

Although there is a wide variation in skating nomenclature, the simplest description is usually the most satisfactory.

With the kind permission of the National Skating Association of Great Britain we are reprinting portions of their Roller Skating Glossary which is excellent in its simplicity.

We herewith extend thanks and appreciation for permission so freely given to reprint from their Roller Dance Booklet.

This kindness has been availed of in descriptions of Promenade Two-Step; Two-Step; The Tango Barn Dance (Morris); Portions of the Judging instructions and the Glossary extracts.

—THE COMMITTEE.

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The Test Fees

Fees covering the Three Roller Skate Dancing Proficiency Tests are listed in sequence below. Should a skater fail to pass a given test, he or she is required to pay a lesser fee on the following attempt. The subsequent fees are also listed.

	Original Fee	Award	Subsequent Fee
First Test	\$1.50 Fee	BRONZE MEDAL	\$1.00
Second Test	\$2.50 Fee	SILVER MEDAL	\$1.25
Third Test	\$5.00 Fee	GOLD MEDAL	\$2.50

These fees are levied to cover the costs of the medals, mailing, and other incidentals in this department. The medal will be sent to the skater without further cost should the test be passed.

Terms and Symbols Used

Edge—A skate is on an “edge” when it traces a curve. Curves are of two kinds—“OUTSIDE” (O) and “INSIDE” (I). A skate is on an outside edge when the center of the curve is to the RIGHT of the RIGHT foot, or to the LEFT of the LEFT foot.

A skate is on an inside edge when the center of the curve is to the LEFT of the RIGHT foot or to the RIGHT of the LEFT foot.

Mohawk (or Cut-Away) is a stroke from a forward edge to a SIMILAR backward edge (or vice versa).

Choctaw is a stroke from a FORWARD edge to an OPPOSITE backward edge (or vice versa).

Three is a turn on one foot from a forward edge to an opposite backward edge (or vice versa). The rotation and turn is made in the same direction as the edge.

Bracket is a one foot turn from a forward edge to an opposite backward edge (or vice versa) but the turn is made CONTRARY to the direction of the edge.

Spread Eagle consists of a forward edge on one foot simultaneously with a back edge on the other foot. Heels nearly together. Toes pointed in opposite direction.

Spread Eagle Turn is a spread eagle movement using only ONE FOOT at a time and followed by an OUTSIDE backward edge. For instance: **RIF LIB ROB.**

Change Edge is a change of edge from outside to inside (or vice versa) on one foot.

Splits consist of a forward edge on both feet with the toe wheels of the leading foot raised and the heel wheels of the rear foot raised, the feet being a short distance apart.

Cross Roll is a stroke from one edge to a SIMILAR edge on the other foot made by crossing one foot over and across the other.

SYMBOLS

R—Right Foot

L—Left Foot

F—Forward

B—Backward

O—Outside Edge

I—Inside Edge

3—Three Turn

X—Cross

First Class Roller Skating Dance Test

(Bronze Medal)

All the Dances in this Test shall be skated by Couples (lady and gentleman).

A candidate shall be entitled to choose his partner subject to the veto of the Judges. The Couple may be Amateur or Professional or Amateur AND Professional.

Two Judges must be present at the examination of a candidate. A candidate who has failed may compete again after the lapse of one week. With written permission of the Judges the one week waiting period may be waived. The Test must all be passed on the same day.

Judges will score each dance from 0 to 6. One-tenth marks in decimal points may be used as further intermediate values.

To pass this Test a candidate must obtain a minimum of 2 marks out of 6 in each dance, and a total of 22.50 marks from EACH Judge.

THE DANCES: Two-Step Promenade; Two-Step; The Collegiate; The Barn Dance; The Spread Eagle Waltz (Style "A" and Style "B"); and ONE OPTIONAL DANCE selected by the candidate.

The Spread Eagle Waltz is judged and marked as ONE dance.

Total number of dances.....	6
Total number of points.....	36

The Two-Step Promenade

Music—Two-Step or March.

Tempo—Optional.

Direction—Counter-clockwise around rink.

Distance—Twice around rink, or in small rinks until Judges blow whistle.

Hold—Partners hold right to right and left to left so that the right arm of the Gentleman is extended across the Lady's back meeting her hand at the side of the waist.

Opening

Candidates are allowed five steps forward before starting the dance. Begin these five steps on the RIGHT foot.

The Corner Steps

The Dance begins at the end or corner of the rink with a Two-Step shuffle step: the left foot leads on an outside forward edge. With the right foot on an inside edge the

right **KNEE** should be brought up **IMMEDIATELY BEHIND** the back of the left knee in a **DIRECT LINE** with the left foot, the **HEEL** of the **RIGHT** foot being **SLIGHTLY RAISED**.

WEIGHT is now **ALL** on the left foot. Both **KNEES** are bent and close together. The right foot is travelling along **WITH THE LEFT FOOT** and not trailing out behind. This is **STEP NUMBER 1**.

On **STEP NUMBER 2** the heel of the **RIF** is lowered. The weight transfers to **RIGHT** foot, 8 wheels now on floor. The right foot travels a bit out to the side (but not far **BEHIND**) in order to assist momentum by pushing on the right toe as it pigeon-toes inward to make a repeat of **STEP NUMBER 1**.

REPEAT this shuffle step (No. 1, No. 2, No. 1, No. 2) until straightaway is reached, remembering to keep transferring weight forward on left and back on right.

The Straightaway Steps

STEP NUMBER 3. This step is a repetition of Step Number 1, but the left foot is pushed out farther forward. **WEIGHT** is all on the left and is rapidly brought **WELL FORWARD** over the skate. The left **KNEE** is kept **DOWN** (this is important).

STEP NUMBER 4. The right foot is brought around from the back on an inside edge with all 4 wheels on the floor (or with **NO WHEELS ON THE FLOOR**, according to local custom) close by and **DIRECTLY IN FRONT OF** the left foot; the edge is then changed to **OUTSIDE** simultaneously with slight bending of the knee and raising of the **LEFT HEEL**.

You are now in position to make **STEP NUMBER 1** in the opposite direction—that is, to the **RIGHT**, and it is this alternation of the complete Two-Step movement from left to right and from right to left that covers the straightaway.

Corner Steps

- 1—**LOF**.
- 2—**RIF** (raise and lower heel).

REPEAT

Straightaway Steps

- | | | |
|-------------|---|--|
| To the left | { | 1— LOF |
| | | 2— RIF (raise and lower heel) |
| | | 3— LOF |
| | | 4— RIOF (brought around to front) |

- To the right {
- 1—The **OUTSIDE** edge of No. 4 (**ROF**)
 - 2—**LIF** (raise and lower heel)
 - 3—**ROF**
 - 4—**LIOF** (brought around to front)

The Two-Step

Music, Tempo, Direction, Distance and Hold are same as for Two-Step Promenade.

Opening

Same as for Two-Step Promenade.

The Corner Steps

Same as for Two-Step Promenade.

The Straightaway

On completion of the corner steps the left foot leads on a forward outside edge (see Step No. 3 in Two-Step Promenade) and is then smoothly **PUSHED FORWARD** as far as it will comfortably go. It is then brought back **ON ITS FRONT WHEELS** to a position close by and behind the right foot which has by now been turned onto an **OUTSIDE** edge. The heel is then lowered and the Two-Step steps repeated to the **RIGHT**.

Note that in this dance the leading foot is brought from the front to the rear on its toe wheels, whereas in the Two-Step Promenade, the trailing foot is brought from the rear to the front on **ALL FOUR** wheels (or on **NO WHEELS**, according to local custom).

Straightaway Steps

LOF

RIF (raise and lower heel)

LOF

CHANGE RIF to ROF (bring **L** to back of **R**)

ROF

LIF (raise and lower heel)

CHANGE LIF to LOF (bring **R** to back of **L**)

The Collegiate

Music—Slow Fox-Trot well accented on **FIRST** and **THIRD** beats, or 4/4 Quickstep well accented on **FIRST** beats only. Skaters step on the above mentioned beats.

Tempo—Approximately 88 to 96 Metronome.

Hold—Tango promenade position. Man on **LEFT**. Partners face forward with arms (Man's left, Lady's right) pointed down the rink.

This Dance is skated on OPPOSITE feet. When Man is on right foot, Lady is on left foot and vice versa.

Man skates INSIDE forward edges, Lady skates OUTSIDE forward CROSS ROLLS.

Straightaway

Man

LIF
RIF
LIF
RIF

Lady

ROF X ROLL
LOF X ROLL
ROF X ROLL
LOF X ROLL

Corner Steps

LOF
RIF
LOF
RIF
LIB
ROB
LIF

RIF
LIB
ROB
LOF
RIF
LOF

ROF X ROLL

The Corner Steps constitute a 6-Step Waltz turn (Style "B") the partners revolving around each other in a counter-clockwise direction, but in smaller rinks a 4-Step Corner Turn may be used as follows:

Man

LOF
RIF
LIB
ROB

Lady

RIF
LIB
ROB
LOF

The Barn Dance

Music—Tango or Schottische.

Tempo—Metronome 92 to 104.

Hold and Distance skated same as for Two-Steps.

Partners skate the same steps.

Corner Steps

Left foot leads on a Two-Step, **L R L**.

Right foot is crossed over in front of left on an INSIDE edge.

Repeat until straightaway is reached.

Opening

Same as for Two-Step Promenade.

Straightaway

Left foot leads on an OUTSIDE FORWARD Two-Step.

Right foot is lifted and brought forward with toe turned out, and lightly touches the floor with the outside toe wheel, DIRECTLY IN FRONT OF the left foot, slightly

bending the left knee. As the right foot is raised and drawn backward close to the left foot, and close to the floor, with the toe downward and the knee slightly outward, the **EDGE** of the left foot is **CHANGED FROM OUTSIDE TO INSIDE** and the toe of the right foot lightly touches the floor **BEHIND** and in a **DIRECT LINE** with the left foot.

The right foot is then raised and brought forward and the step repeated on the right side, beginning with a right outside forward Two-Step. The movement is alternated down the straightaway until the corner is reached.

LOF-RIF (raise and lower **R** heel)
LOIF—Point **R** forward, then backward
ROF-LIF (raise and lower **L** heel)
ROIF—Point **L** forward, then backward

REPEAT

The Spread Eagle Waltz

Style "A" (See Notes)

Music—Waltz.

Tempo—Optional, but should be held to 48 bars or under.

Hold—Face to face in Ballroom Dance Position.

Distance Skated—Same as for Two-Steps.

In the Spread Eagles, the legs should be nearly straight and the heels close together, and bodies erect.

All **ROB** and **LOB** edges should be true **OUTSIDE** edges except at rink corners. See "EXCEPTION" under "GENERAL REGULATIONS."

Opening

Partners start hand in hand. Five starting steps are allowed, during which the man spreads to a backward position. Partners then adopt the ordinary Waltzing hold.

The Dance

Man	Music Beats	Lady
ROF	3	LIF-RIB spread
LIF-RIB spread	3	LOB
LOB	3	ROF
	Reverse Step	
ROB	3	LOF
LOF	3	RIF-LIB spread
RIF-LIB spread	3	ROB
ROB	3	LOF
	Reverse Step	
LOB	3	ROF

REPEAT

The Spread Eagle Waltz

Style "B" (See Notes)

In this style the TWO FOOT Spread Eagle is not used. Each step is a clean cut ONE FOOT edge. Music, Hold and Distance as for Style "A."

The TEMPO may conveniently be a trifle faster than in Style "A," but this matter is optional with the candidate. A maximum tempo of 48 bars per minute should not be exceeded, however.

All **ROB** and **LOB** edges should be true **OUTSIDE** edges as noted under Style "A." The same exception applies.

Opening

The start is the same as for Style "A."

The Dance			
Man	Music Beats	Lady	
LOF	2	} 2 bars or 6 beats	RIF
RIF	1		LIB
LOF	3		ROB
RIF	2	} "	LOF
LIB	1		RIF
ROB	3		LOF
Reverse Step			
LOB	3	1 bar	ROF
ROF	2	} 2 bars or 6 beats	LIF
LIF	1		RIB
ROF	3		LOB
LIF	2	} "	ROF
RIB	1		LIF
LOB	3		ROF
Reverse Step			
ROB	3	1 bar	LOF

REPEAT

NOTES ON THE SPREAD EAGLE WALTZ

Out of the confused variations of Spread Eagle Waltz technique displayed in separated sections of the U. S. A. the Committee has selected the two basic modes of performance.

Style "A" in which the spread eagle is HELD with both feet on the floor; and Style "B" in which the spread eagle is NOT HELD with both feet on the floor. The latter style, instead, uses the spread eagle TURN. Partners step TO-

GETHER on **EACH** step and the skater at all times has but **ONE** foot on the floor.

In the interest of the Amateur Skaters themselves this compromise was made for both styles possess merit and individuality that should not be sacrificed to arbitrary standardization.

From a Test standpoint the solution is satisfactory for, henceforth, R. S. R. O. A. Medalists will be able to partner skaters who are used to either style.

Classification under basic Style letters gets away from the almost impossible task of selecting **NAMES** out of the dozen or more in use, and when all is said and done, these numerous Waltz routines all turn out to be nothing more than variations of the Spread Eagle Waltz.

Judges will score the two styles as **ONE** Dance. The maximum marking, therefore, will be 6.

NOTES ON OTHER DANCES

All **SCHOTTISCHE** type Dances are exemplified by the **BARN DANCE**.

The **COLLEGIATE** covers the sophisticated "Rhythm" type.

In the **SILVER MEDAL** Test is included all types of classical advanced dances. Particular attention is called to the ever increasing popularity of the **FOX-TROT**, Page 22.

It must be remembered always that these Test are **PROFICIENCY** Tests.

NOTES ON THE TWO-STEPS

The **TWO-STEPS** are very **IMPORTANT** from a skate dancing standpoint.

They develop better than all other dances three **VITAL** skating **FUNDAMENTALS**, namely: the **BENT KNEE**; the **CLOSE TAKE-OFF**; and skating **FROM THE HIP**.

These fundamentals are the foundation of good skate dancing technique.

Therefore, time spent in mastering the **TWO-STEPS** is well spent. Every skate dancer will appreciate it later on.

A word of encouragement to beginners. Although these dances usually are the **FIRST** dances taught to beginners, they are **NOT THE EASIEST**.

Many variations of the Two-Steps are in use, but, in the interest of the Amateur Skaters the Committee selected for the Test the two **BASIC** Dances.

Optional Dance

The Candidate may choose any dance not included among the R. S. R. O. A. Test Dances.

As there can be no standard set for the Judge's guidance on an optional Dance, excellence of performance will count for more than difficulty of routine.

Candidates should be governed accordingly in their selection.

For the BRONZE MEDAL Test especially, a simple Dance WELL SKATED should be the keynote.

The Roller Dance Booklet

The Dance Committee of the R. S. R. O. A. has compiled this booklet of Roller Dance Tests after an exhaustive study of American, English and Foreign Roller Dances.

The Dances selected for the Tests will appeal to all progressive skaters, and they have been arranged to provide an education in skate dancing as well as to produce all-round dancers.

Possible International competition later on has also had a strong bearing on your Committee's selections.

Figure Skating and Speed Proficiency Tests

Governed by the same rules as the Dance Tests in regards to application, applicants may take tests in Skate Dancing and Speed Skating.

In Figure Skating there are nine Tests in all which are identical to the United States Figure Skating Association requirements. One "Junior Bar" Test which is gratis, the award supplied by the home club thru the National office. Three Bronze Tests with fees of \$1.50 each, Four Silver Tests with fees of \$2.50 and One Gold Medal Test with a fee of \$5.00. The Figures required are International Style identical to those used in Ice Skating Competitions.

The Speed Skating Tests are three in number. The three being patterned similar to the Skate Dancing program. The requirements being certain set speeds for the One Mile distance over tracks of various size. Allowances are made for the Lady applicants. These Tests require a good deal of practice and good balance. No "pacing" is permitted—the skater being required to skate against time.

Authorized Judges must be in attendance at all such Tests and they must be held at certain agreed times at the rink as requested on applications.

Second Class Roller Skating Dance Test (Silver Medal)

No candidate shall be judged for this Test unless he has passed the First Class Test.

All the Dances in this Test shall be skated by Couples (lady and gentleman).

A candidate shall be entitled to choose his partner subject to the veto of the Judges.

The Couple may be Amateur or Professional or Amateur AND Professional.

Three Judges must be present at the examination of a candidate for the SILVER Test.

A candidate who has failed may compete again after the lapse of one week. With written permission of the three Judges the one week waiting period may be waived. The Test must all be passed on the same day, or, with the permission of the Judges, on two consecutive days.

Judges will score each Dance from 0 to 6 and multiply by the factor accorded to the Dance. One-tenth marks in decimal points may be used for intermediate values.

To pass this Test a candidate must obtain a minimum of 2 marks out of 6 in each Dances, and a total of 67.5 from EACH Judge.

THE DANCES

	Factor	Points
Ten-Step (Fourteen-Step)	2	12
Mohawk Waltz	2	12
Drop 3 Waltz	3	18
Flirtation Waltz	2	12
Fox-Trot	2	12
Tango	2	12
Tango Barn Dance	3	18
TWO Optional Dances	1 each	12
Total of Points		108

The Ten-Step (Fourteen-Step)

Music—March.

Tempo—92 to 104.

Distance and Direction same as in Bronze Test.

Hold—Waltz position.

SYMBOL **XF** means crossed in front.

The 10 steps of the TEN-STEP are used to cover the ends of the rink. Four added steps (numbered 11, 12, 13, 14) cover the straightaway. They are repeated as many

times as may be necessary. This is the **FOURTEEN-STEP** and functions to convert the **TEN-STEP** from a circular dance to a rink dance.

Particular attention should be paid to the execution of steps number 2 and 12 by both partners, and to Lady's step number 5. These steps should **NOT** be **TWO-STEPPED**. They are to be cleanly stepped—**NOT SHUFFLED**.

Steps number 3, 10 and 13 are **HELD** for 2 beats. All other steps are **ONE** beat steps, except the long roll, number 14. The number 14 step is **HELD** for 4 beats. It is a long edge gliding in the direction of the barrier. **SWING** the balance (or free) legs gracefully and in unison on this step. Man swings (**L**) backward, forward, and back to a position alongside the skating foot. Lady's swing is (**R**) forward, backward, and forward to a position alongside her skating foot.

On Man's number 7 (**LIB**) he steps **BACK OF** number 6, not alongside of it.

Man's number 9 is crossed in front.

Lady's number 7 is crossed in front.

Lady should skate well up toward partner's right shoulder on her number 4, 5 and 6 steps, so that their feet will be placed almost opposite on their number 7 step.

Lady's number 8, 9 turn is a **LOF-ROB** Mohawk turn. Man's 4, 5, 6 turn is a Spread Eagle turn.

The Ten-Step (Fourteen-Step)

Opening Steps

Partners start hand in hand, man on left.

Beats	Man	No.	Lady
4	ROF		ROF
1	LOF		LOF 3 TURN
1	RIF		LIB
2	LOF		ROB

Couple is now in Waltz position.

4	ROF		LOB
---	------------	--	------------

Straightaway Steps

1	LOF	11	ROB
1	RIF	12	LIB
2	LOF	13	ROB
4	ROF	14	LOB

Repeat until corner is reached.

The Ten-Step

1	LOF	1	ROB
1	RIF	2	LIB
2	LOF	3	ROB

1	RIF	4	LOF
1	LIB	5	RIF
1	ROB	6	LOF
1	LIB	7	RIF-XF
1	ROB	8	LOF
1	LIB-XF	9	ROB
2	RIF	10	LIB

Go into STRAIGHTAWAY steps.

The Cutaway or Mohawk Waltz

Music—Waltz.

Tempo—36 to 48 Bars per minute.

Distance and Direction—Same as for Two-Steps.

Hold—Waltz position.

This Waltz, it should be carefully noted, is skated wholly on OUTSIDE edges. Only to get around sharp rink corners are INSIDE edges permitted.

Every step is held for 3 beats (1 measure).

The Man does a routine consisting of 4 forward and 3 backward steps. The Lady's routine is 5 forward and 2 backward steps.

Therefore the mental count is 7, but note that the numbered steps do not coincide, so each one must keep track of their own count. Each 7th step reverses the direction of the revolutions.

A helpful suggestion to candidates: If you practice this Dance before you take up the TANGO BARN DANCE and practice it WELL, you will save memorizing 12 steps. Two of the turns in the latter dance (6 steps each) are MOHAWK WALTZ turns.

The MOHAWKS should be executed with the heels NOT TOO FAR apart.

Opening Steps

Start hand in hand, Man on left.

Partners are on OPPOSITE feet.

Lady takes 2 steps forward (**R L**) while Man Mohawks to a backward position (**LOF-ROB**).

Partners are now in Waltz position.

The Dance			
No.	Man	No.	Lady
7	LOB	4	ROF
Start			
1	ROF	5	LOF
2	LOF	6	ROB Mohawk
3	ROF	7	LOB

4	LOF		1	ROF
5	ROB	Mohawk	2	LOF
6	LOB		3	ROF
		Reverse Step		
7	ROB		4	LOF
1	LOF		5	ROF
2	ROF		6	LOB
3	LOF		7	ROB
4	ROF		1	LOF
5	LOB	Mohawk	2	ROF
6	ROB		3	LOF
		Reverse Step		
7	LOB		4	ROF

REPEAT Dance from "START"

The Drop 3 Waltz

The name "Drop 3" is a very old name but is not quite correct for present day technique. In olden days the outside back edge following each 3 was "dropped" immediately, hence the name.

Music—Waltz.

Tempo—66 Metronome (3 beats to the swing).

Distance and Direction same as for Two-Step.

Hold—Regular Waltzing position.

This is the standard 3 turn Waltz danced by skaters everywhere but is not yet much in vogue among American roller skaters.

Today the tail of the 3 is HELD for 2 beats, resulting in a more beautiful dance.

The STEPS are the simplest of all the advanced Dances, but smooth execution requires painstaking practice.

Two bars of Waltz music together are used in counting, thus: 1-2-3-4-5-6. All the 3's are turned on count number 4 and the tail of the 3 is held through counts 5 and 6. Note that on these two counts (5 and 6) both partners are going backward.

The swing of the free leg takes place from count 3 to 6.

The pattern of the Dance called "Continental Form" takes the dancers around the rink in the same manner as does the Spread Eagle Waltz.

The end of the rink is crossed on a plain edge—Man **ROF**, Lady **LOB**. The next 3 turn after the end of the rink has been crossed is always Man's **LOF** 3 at the BARRIER.

The 3's must be TURNED 3's—not whipped or kicked 3's.

On the Waltz swing, the free legs must swing in unison and swing naturally.

LOF—Swing free feet (**R**) backward, then forward, change edge.

RIF

LIB Spread Eagle Turn

ROB

LOF—Go into regular Closed Waltz position.

LOF 3 TURN

RIF

LOF

RIF—Crossed behind.

ROB

LIB—Crossed in front.

LOF

ROB

On this step release hands. Lady places her right hand in Man's right hand at the back of her waist.

ROF—Long edge.

LOB On these four short steps the Lady turns around. Man restores her right hand to his left hand.

LOF—Change hands again.

ROIF—Resume OPEN starting position.

ROB

LOB

RIF—Swing **L** forward immediately.

LOF

RIF

LIB Spread Eagle Turn

ROB

Same Steps.

REPEAT FROM BEGINNING

The Fox-Trot (Keats)

Music—Slow Fox-Trot.

Tempo—92 to 104 Metronome.

Distance and Direction same as for Two-Steps.

Hold—Tango Promenade (like Collegiate) at start, changing to Waltz position on 4th step.

(**B**) means step toward BARRIER.

(**C**) means step toward CENTER OF RINK.

Pay particular attention to (**B**) and (**C**), especially (**C**) on 4th step and (**B**) on 4th from last.

The Dance

Use last 2 steps of Dance to gain momentum.

Beats	Man		Lady
1	LOF	(B)	LOF
1	RIF		RIF (not two-stepped)
2	LOF		LOF

2	ROF 3 TURN	(C)	ROF —Lady bend knee on slight dip.
2	LOB		
2	ROB		LOF 3 TURN
1	LOF	(B)	ROB
1	RIF		LIB
2	LOF		ROB
2	ROF 3 TURN		LOB
2	LOB		ROF
1	ROB	(B)	LOF
1	LIB		
4	ROB		ROB —Mohawk
2	LIF		LIF
2	RIF		RIF

REPEAT

The Tango (Harris-Krechow)

Modified

Music—Tango.

Tempo—Optional and Moderate.

Distance and Direction same as for Two-Steps.

Hold—First half, Waltz position, but partners are side by side, Man going forward, Lady going backward. Second half, Tango Promenade position as in Collegiate.

XF means crossed in front; **XB** crossed in back.

The Tango should be executed slowly. Skate mostly from the hips. Partners stay close together. Carriage erect. Shoulders are together during the Chasse steps—right to right shoulder and left to left shoulder. Shoulders change position 5 times in the first half of the Dance.

In this Dance the Two-Step shuffle step is correct usage for the Chasse steps, but the rear foot is crossed well behind in Tango, whereas in the Two-Steps it should be directly in line, not crossed.

Opening Steps

Partners start hand in hand, man on left.

The COUNT is 4 beats to a measure, with a ½ or AND beat before each strong beat, thus: AND 1 AND 2 AND 3 AND 4.

Count	Man	Lady
1	ROF	ROF
2	LIF	LIF
3-4	ROF	ROF
1	LOF	LOF 3 TURN into Waltz position.
2	RIF	
3-4	LOF	ROB

Man slides over to left of Lady. Right shoulders are now together. Make next step toward CENTER of the rink.

The Dance

1	ROF	LOB
AND	LIF-XB	RIB-XF
2-3-4	ROF	LOB

Man slides over to right of Lady. Left shoulders are now together. Make next step toward barrier.

1	LOF	ROB
AND	RIF-XB	LIB-XF
2-3-4	LOF	ROB

Right shoulders together here.

1-2	ROF 3 TURN	LOB
3-4	LOB	ROF

Left shoulders together here.

1	ROB	LOF
AND	LIB-XF	RIF-XB
2-3-4	ROB	LOF
1-2	LOB	ROF 3 TURN
3-4	ROF	LOB

Now into Tango Promenade position (Collegiate).

1	LF	RF	} Both going forward
AND	RF	LF	
2	LF	RF	
3-4	RF—DIP	LF—DIP	

Swing free feet backward, then forward, and return to alongside skating feet.

1-2	LF—Flat	RF—Flat
3-4	RB—Mohawk	LB—Mohawk
1-2-3-4	LOF	RIF 3 TURN

Right shoulders are now together again ready to

REPEAT DANCE

The Tango Barn Dance (Morris)

Music—Tango.

Tempo—Optional and Moderate.

Distance and Direction same as for Two-Steps.

Hold—Tango Promenade position. Partners are on OPPOSITE feet. Arms are extended forward as in the Collegiate hold. Step with the music. It is almost impossible to miss the rhythm.

No. 1—SWING the free feet first BEHIND, then forward; finally lower them close behind the skating feet and open out into a HEEL and TOE SPLIT (not too deep).

No. 2—Close the SPLIT with a Two-Step Dip, knees together, not dipping too deep.

No. 3-4-5—Three small CROSS ROLLS. On the third cross roll turn a 3 and face each other.

No. 6—A courtesy dip going backwards (not too deep).

No. 7 to No. 12 constitutes a Mohawk Waltz turn. (See instructions for Mohawk Waltz.)

No. 13—Lady turns a ROF under Man's left arm. Her No. 14 is a LOB edge and she is on Man's right as they resume skating forward in Tango Promenade position.

No. 15—Swing free feet first backward, then forward, then place on the floor slightly crossed in front (16).

No. 17—A Barn Dance POINT is made with the free feet as in the Bronze Test Barn Dance, except that here the skaters are on OPPOSITE feet.

No. 19 to No. 24 is another Mohawk Waltz turn.

No. 25—Release Waltzing hold and clasp hand in hand. Swing free feet first forward, then backward as each partner Mohawk's into step No. 26. A simultaneous forward turn (Man OB 3, Lady IB bracket) brings partners in starting position, where they REPEAT from Step. No. 1.

Man	No.	Lady
LOF	1	ROF
SPLIT	2	SPLIT
ROF—Cross Roll	3	LOF—Cross Roll
LOF—Cross Roll	4	ROF—Cross Roll
ROF—Cross Roll-3	4	LOF—Cross Roll-3
LB—DIP	6	RB—DIP
LOF	7	ROF
ROB—Mohawk	8	LOF
LOB	9	ROF
ROF	10	LOF
LOF	11	ROB—Mohawk
ROF	12	LOB
The LAST 6 Steps are	one	Mohawk Waltz turn.
LOF	13	ROF-3
ROF	14	LOB
LOF	15	ROF
ROF—Crossed in front	16	LOF—Crossed in front
LOF	17	ROF
ROF—Crossed in front	18	LOF—Crossed in front
LOF	19	ROF
ROB—Mohawk	20	LOF
LOB	21	ROF
ROF	22	LOF
LOF	23	ROB—Mohawk
ROF	24	LOB
The LAST 6 Steps are	one	Mohawk Waltz turn.

LOF
ROB—Mohawk to 3
turn forward

25
26

RIF
LIB—Mohawk to
bracket turn
forward

REPEAT

Optional Dances (Two)

Candidates may choose any TWO Dances not included among the R. S. R. O. A. Test Dances.

The same remarks that applied to the Bronze Test Optional Dance apply here.

Simplicity and excellence of execution should be kept well in mind.

The judging factor remains at 1 for these Dances for the reason that the Judges will have to judge them wholly under the five items printed under "General Regulations for Roller Skate Dancing."

A Future Gold Medal Test

To answer inquiries relating to a GOLD MEDAL Test, the Association will provide one when sufficient demand for such a Test is made by our skaters.

Fortunately there is sufficient Dance material available.

A Gold Medal Test will, however, include 4 minutes of Pair Skating. As the art of Pair Skating in International Style on Rollers has not yet been developed in our country, and as our Professionals are not yet prepared to teach it, the time is not now propitious for the presentation of a Gold Medal Dance Test.

Our skaters and our Professionals should start now to make a study of this excellent branch of the skating art.

To be forehanded it may be suggested that the Test will probably consist of eight compulsory dances in addition to the Pair Skating, and no Optional Dances.

The percentage of total marks necessary to pass will be raised $7\frac{1}{2}$ per cent.

The eight compulsory dances will be chosen from the following list of 16 dances, to which will be added any new dances of GOLD MEDAL quality that develop in the meantime:

ADAMS
BEAR CHANGE EDGE
BEAR DOUBLE CUT
BLUES
CARROLL TANGO
EIGHT-STEP WALTZ
JOHNSON WAVE
KILLIAN

Q WALTZ
ROCKER FOX-TROT
RINKROMP
STAIRCASE WALTZ
SCHMIDT TANGO
TWO-STEP BARN DANCE
VIENNESE WALTZ
WALTZ TANGO

GENERAL REGULATIONS

FOR

Roller Skate Dancing

All Tests held under the auspices of the Association must conform to the following Regulations:

1. They should be skated in the International Style, of which the essentials are:
 - (a) Upright carriage, NOT BENT at the HIPS but without being stiff.
 - (b) Head held UPRIGHT with eyes downward as little as possible.
 - (c) All raising and lowering of the body being effected by bending the KNEE of the tracing leg.
 - (d) Tracing leg flexible with bent knee, the free leg swinging freely (but under control) from the HIP. Free toe turned downwards and outwards.
 - (e) All violent, angular or stiff movements to be avoided, the Dance seeming to be executed with ease.
2. Careful attention must be paid to the TIME and RHYTHM of the MUSIC.
3. Couples should skate CLOSE TOGETHER and execute all movements in unison.
4. The STEPS of the Dances must be accurately skated, neatness of footwork being essential.
5. All EDGES and TURNS should be smooth and clean in order to preserve the symmetry of the Dance.

Exception—Even though **OF** or **OB** EDGES are definitely called for, they sometimes are not practical on the corners.

Judges will make exceptions for changing edges from **OUTSIDE** to **INSIDE** when necessary to round the corners of the rink. The symmetry of the dance must be preserved.

Neither will judges penalize an extra reverse edge (Man **ROB**—Lady **LOF**) inserted when crossing ends of rink in Spread Eagle Waltzes.

Judges and Candidates

Candidates for Roller Dance Tests should secure a copy of this booklet well in advance of the Test date and study it thoroughly and frequently.

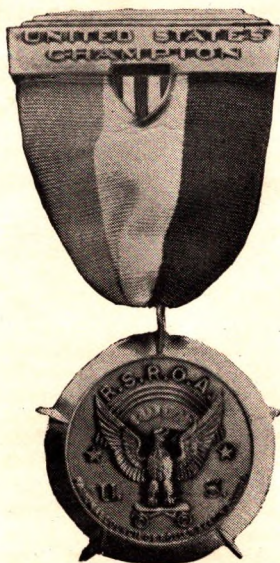
Professionals, especially, should know the rules perfectly. They should restrain pupils from rushing into Tests before they are fully prepared.

Judges give of their time and services free, and it is not fitting that ignorance of points adequately covered in this booklet should cause discussions to arise at Test events.

Judges may not coach a candidate during a Test but may designate faults in a Dance about to be REPEATED by a candidate.

Judges may instruct or coach a candidate AFTER a Test is completed and marked.

In the Judges discretion a candidate may be permitted to repeat ONE or TWO dances whenever, due to poor floor surface, unsuitable music, poor partnership or undue nervousness, a performance below his or her apparent capability has been rendered by the candidate.



At left is shown the official medal of the R.S.R.O.A. This award is only used in the case of National or International competitions and its use is strictly governed by the Association.

It is, however, the required award at such events as listed above and no other awards may be substituted without permission to do so from the Board of Control of the R. S.R.O.A.

Rules of Amateur Status

Roller Skating Rink Operators Association of the
United States

As Revised on July 30th, 1938

1. All persons eligible to competitions sanctioned by the R. S. R. O. A. of the U. S. must be Amateurs in good standing, and who can comply as an Amateur under the rules of the R. S. R. O. A. and the Amateur Skating Union of the United States.
2. No person who has ever been a Professional in any athletic sport may compete as an Amateur Roller Skater.
3. No person may compete as an Amateur Roller Skater if he or she has competed at any time for salary or compensation or has accepted a gift or reward or salary or compensation of any kind for coaching or instructing in roller skating or any other athletic sport, or if he or she has received salary, gift, or compensation for rendering services in an exhibition, or competition for any Roller Skating Corporation, Company or Concern, or for public endorsement and advertisement of any commodity, article or business firm.
4. No person may compete as an Amateur Roller Skater if he or she has ever competed under an assumed name or alias.
5. No person may compete as an Amateur Roller Skater if he or she has knowingly entered any competition which has been open to Professionals or has competed in a contest in which cash prizes or similar compensation has been offered.
6. No person may compete as an Amateur Roller Skater if he or she has issued, or has allowed to have issued in his or her name, any challenge, to compete in a roller skating contest or a contest in any athletic sport, against any professional, or for money, or if he or she has placed a wager or bet upon the outcome of any such contest.
7. No person may compete as an Amateur Roller Skater after he or she has pawned, bartered, or sold any prize, medal, or trophy won in a roller skating contest. Nor may any person who acquires any prize, medal or trophy won by another Amateur Roller Skater, through

- purchase or trade, ever participate again as an Amateur Sportsman.
8. Should an Amateur Roller Skater participate in a contest or exhibition against a Professional without previous knowledge of that fact, he or she may at once file written protest with the Secretary-Treasurer of the R. S. R. O. A. in the form of a signed and witnessed affidavit to that effect accompanied by a request for reinstatement as an Amateur; the same to be taken under advisement by the Board of Control of the R. S. R. O. A. Until written reinstatement is issued by the Board of Control, the skater in suspension may not enter other Amateur Contests.
 9. No Amateur Roller Skater may give an exhibition with a Professional partner without the written consent from the National Office of the R. S. R. O. A. However, an Amateur may give an exhibition with a partner who has ceased to act as a Professional skater, providing such exhibition is within the bounds of all Rules of Amateur Status. (When appearing with a retired Professional, it is recommended that the Amateur skater procure written permission from the National Office of the R. S. R. O. A. With such permission there can be no question regarding the appearance at a later date.)
 10. Amateur Roller Skaters are permitted to accept actual expenses incurred in any exhibition or while entered in competition, but such expenses covered by this rule shall be collected as follows: The skater claiming expenses shall submit an itemized account of such expenses to the Secretary-Treasurer of the R. S. R. O. A. at the same time he or she submits a like account to the office of the rink or club where such exhibition or contest is held. In such cases the expenses shall not exceed \$4.00 per day for lodging and \$4.00 additional per day for food unless written permission has been given by the National Office of the R. S. R. O. A.
 11. A skater, upon turning Professional, must accept that status for all time. This applies to all athletic sports as recognized by the International Olympic Committee. An Amateur Status may be returned to a Skater by the Board of Control of the R. S. R. O. A. if, after due consideration of any extenuating circumstances, they deem it advisable to do so. However, such an Amateur Status is "Honorary" only and the Skater may never again participate in either Amateur or Professional competitions.
 12. Any person receiving salary or compensation in any form for services performed as an attendant at a Roller

Skating Rink and in connection with such services coaches, instructs, exhibits, or in any manner performs such services while in attendance at the rink as would a Rink Operator, Manager, Assistant Manager, Floor Manager, Chief of Service, Instructor, Instructress, Floor Man, or Floor Lady is termed a Professional Roller Skater.

Other employees in whatever capacity in which they are employed are not necessarily rendered Professional by their occupation unless, however, their services include any service listed in the first paragraph.

While any person is employed at a Roller Skating Rink, he or she shall be rendered "non-competitive" in any contest which is open to Amateurs. A Skater failing to observe this rule shall be disqualified in any contest in which he or she may take part and be further ineligible to compete as an Amateur.

Should a person who has not violated the Rules of Amateur Status wish to re-establish his or her Amateur Status after abandonment of such employment, he or she must notify the National Office of the R. S. R. O. A. or the Secretary-Treasurer in writing of such intention and again notify the same party Ninety days thereafter. During such period of probation, he or she must refrain from entering any competition or exhibition until permission to do so is granted in writing.

Any person who is employed in designing, manufacture, or sale of skates, athletic goods, skate accessories, prizes or trophies, or any other commodities for use in connection with the sport or skating shall be rendered ineligible to compete as an Amateur during such period of employment and a period of Ninety days of probation shall be served before reinstatement may be issued in a manner similar to that which is granted to persons who have been employed in Roller Skating Rinks.

13. Amateur Skaters who are members of Roller Skating Clubs, affiliated with the R. S. R. O. A., may be suspended from further competition should they take part in competitions or exhibitions which are not sanctioned under rules of the R. S. R. O. A. Protests regarding such violations must be sent to the Secretary-Treasurer of the R. S. R. O. A. who shall submit them to the Board of Control.
14. Amateur Skaters who are skating as members of the competitive teams of their respective Roller Skating Clubs may not resign from such teams to skate for

another such Roller Skating Club without the express agreement between themselves and the presiding officer of such clubs. A Skater violating the foregoing may be suspended from further Amateur competition upon protests from such presiding officer to the National Office of the R. S. R. O. A. Such protests shall be acted upon by the Board of Control. Should a Skater conflict with members or the presiding officer of his home club he or she may give notice of withdrawal from further competition in the name and interests of such club and skate unattached for the period of six months, when he or she may transfer their membership to another club. In such case it is advised that the skater notify the National Office of the R. S. R. O. A. upon withdrawal from membership on the original team and again upon transfer of activities to the selected new club.



WARNING

If you are in doubt as to whether you might violate one of the Rules of Amateur Status upon entering a contest, performing an exhibition or committing some act which is not in accord with the rules . . . **DON'T GUESS OR TAKE A BYSTANDER'S WORD FOR IT. CONSULT YOUR CHIEF OFFICIAL OR WRITE OR WIRE THE NATIONAL OFFICE FOR AN OFFICIAL ANSWER.**

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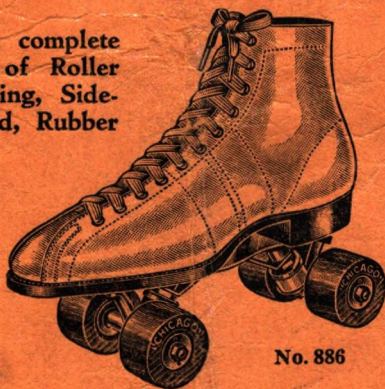
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