

I. ROLL RUDIMENTS

1. Single Stroke Roll

R L R L R L R L R L R L R L R L

BRONZE				SILVER				GOLD			
50	60	70	80	90	100	110	120	130	140	150	160

2. Single Stroke Four

R L R L R L R L *

BRONZE				SILVER				GOLD			
65	70	75	80	85	90	95	100	105	110	115	120

3. Single Stroke Seven

R L R L R L R L R L R L R L

BRONZE				SILVER				GOLD			
65	70	75	80	85	90	95	100	105	110	115	120

4. Multiple Bounce Roll

BRONZE				SILVER				GOLD			
20	30	40	50	60	70	80	90	100	110	120	130

5. Triple Stroke Roll

R R R L L L R R R L L L

BRONZE				SILVER				GOLD			
50	55	60	65	70	75	80	85	90	95	100	105

6. Double Stroke Open Roll

R R L L R R L L etc.

BRONZE				SILVER				GOLD			
40	45	50	55	60	65	70	75	80	85	90	95

7. Five Stroke Roll

R R L L L R L R L L

BRONZE				SILVER				GOLD			
40	45	50	55	60	65	70	75	80	85	90	95

(Triplet Variation)

BRONZE				SILVER				GOLD			
70	75	80	85	90	95	100	105	110	115	120	125

8. Six Stroke Roll

R L R L R L *

BRONZE				SILVER				GOLD			
40	45	50	55	60	65	70	75	80	85	90	95

9. Seven Stroke Roll

R L R L R L *

BRONZE				SILVER				GOLD			
40	45	50	55	60	65	70	75	80	85	90	95

10. Nine Stroke Roll

R L R L R L

BRONZE				SILVER				GOLD			
40	45	50	55	60	65	70	75	80	85	90	95

11. Ten Stroke Roll

R L R L R L R L R L *

BRONZE				SILVER				GOLD			
70	75	80	85	90	95	100	105	110	115	120	125

12. Eleven Stroke Roll

R L R L R L R L R L *

BRONZE				SILVER				GOLD			
70	75	80	85	90	95	100	105	110	115	120	125

13. Thirteen Stroke Roll

R L R L R L

BRONZE				SILVER				GOLD			
40	45	50	55	60	65	70	75	80	85	90	95

14. Fifteen Stroke Roll

R L R L R L *

BRONZE				SILVER				GOLD			
40	45	50	55	60	65	70	75	80	85	90	95

15. Seventeen Stroke Roll

R L R L R L

BRONZE				SILVER				GOLD			
40	45	50	55	60	65	70	75	80	85	90	95