

## **SPEED TEST REQUIREMENTS**

All tests must be taken upon 100, 90, 80, 66.6 meter tracks that have been laid out in accordance with the dimensions contained in the RSA Achievement Test booklet.

All distances in these tests are run counter-clockwise around the track. A gun or whistle will be used to start and a whistle or flag will be used to indicate completion of the distance. A running start prior to the finish line, as used in competition, shall be used to begin timing the skater(s).

A skater must complete skating of all required distances within one hour to qualify as passing.

The speed test minimum times are categorized according to the age and/or sex of the skater. The age category will be determined by the age of the skater at the time the test is taken. Age can be verified by birth certificate, parent validation or driver's license. If a person is unwilling or unable to verify their age, he or she must be tested as a Class Five skater.

All speed test candidates must wear approved cycling or roller derby helmets during testing as a safety measure. There is no requirement as to roller skate used as times specify quad or in-line.

Up to 4 skaters may be tested on the track at one time for speed tests #1- #4. A starting line may be placed on opposite sides of the track and no more than two skaters will begin the distance from any one starting line.

To run a speed test the officials required are a referee, a starter and the necessary timers. In all cases, the **referee** must have an RSA speed commission. For speed tests #7 and #8, **all the officials** must have RSA speed commissions.

Gold Medal speed tests will be governed by the rules and procedures already outlined in the Gold Medal portion of this handbook.

## SPEED TEST REQUIREMENTS (continued)

### Speed Timer Requirements

Test Levels	Timer Commission Requirements	# of Timers per two Skaters
1 - 4	None	One
5 - 6	None	Two
7 - 8	RSA Speed Commission No.1 or No.2	Three

If three timers are used to measure a skater, a majority of those timers must record passing times for the skater to pass the requirements of that distance.

Timers must use stop watches calibrated to 1/10 of a second. Chronograph watches are not acceptable as official time pieces for speed test.

### Judge Commission Requirements - Speed Referee

Speed (Quad and Inline)		
Test Levels	Commission Required	# of Referees
1-4	RSA Speed No.1	One or Three
5 - 8	RSA Speed No.2	Three

### Duties and Responsibilities of a Speed Test Timer

Each timer will record elapsed time on the test sheet provided by the RSA.

Timers can be seated in the center of the floor or may stand as close as is practical to the finish/timing line.

Timers will stop their watches at the end of the test when the skater's employed foot crosses the finish/timing line with the front wheel on the ground.

In the event a stop watch malfunctions, the timer will inform the referee and the skater will be directed to reskate the test. Also, if the distance is at length, it will be at the discretion of the referee to let the skater choose to reskate provided the skater finishes the test in the one hour time limit.

Should two of the three stop watches show the same time and the third watch disagrees, the time of the two watches will be official. If all three watches disagree, the intermediate time will be official.

Upon completion of each distance, the timer will report the time of their stop watch to the referee.

If three timers are used to measure a skater, a majority of those timers must record passing times for the skater to pass the requirements of that distance.

Timers must use stop watches calibrated to 1/10 of a second. Chronograph watches are not acceptable as official time pieces for speed tests.

## **SPEED TEST REQUIREMENTS (continued)**

### **Duties and Responsibilities of a Speed Test Referee**

The referee is responsible for checking the skating surface to be sure it is in proper and safe condition and is properly marked for the test to be skated.

The referee will be responsible for maintaining correct placement of the pylons.

The referee will organize the other officials (judges, timers, starters, etc.) for the test and distribute the judges scoring forms.

The referee will ensure there is no interference with the test skater while he or she is skating the test.

The referee will decide any questions or disputes that may arise during or in connection with the test. The referee may call the judges together to assist or concur in a ruling if the referee deems such action necessary. The referee may ask the test center director to make the final decision.

The referee will submit a written report to the RSA National Office for any act of misconduct by a skater or official.

The referee will ensure that each skater is announced or identified to the judges before skating begins.

The referee will instruct the judges not to discuss a skater's faults or merits until all the skaters' grades have been recorded.

The referee will ensure that the judges sign the test application and write their scores (circling those that are failing totals). The referee will then complete the application by marking it as being passed or failed and signing it in the proper position. In large test centers, the referee may delegate this responsibility to a test center tabulator. However, the referee is responsible for the accuracy of all the work done by the tabulator.

The referee should be on skates and follow the contestants as closely as possible on the inside of the track during the test. It is the duty of the referee to ensure that each test be skated fairly and that all rules and regulations are enforced.

If the referee observes a skater committing a foul, the referee must disqualify that skater.

The referee must hold a valid RSA Speed Commission to officiate at a test center.

It will be the responsibility of the referee to start and finish the candidates' tests.

It will be the referee who verifies the age of a test candidate prior to test being conducted.

## Metric Speed Track Dimensions

Track in Meters per lap	0.1707	0.1613	0.069	0.0604	Width 0.1898	Length 0.3909
	A	B	C	D	E	F
400	68.16m	64.52m	27.80m	24.16m	75.92m	156.36m
	223'-8"	211'-8"	90'-7"	79'-3"	249'-1"	513'-0"
250	42.60m	40.32m	17.25m	15.10m	47.45m	97.72m
	139'-9"	132'-3"	56'-7"	49'-7"	155'-8"	320'-7"
200	34.08m	32.26m	13.80m	12.08m	37.96m	78.18m
	111'-10"	105'-10"	45'-3"	39'-8"	124'-7"	256'-6"
150	25.56m	24.19m	10.35m	9.06m	28.47m	58.63m
	83'-10"	79'-4"	33'-11"	29'-9"	93'-5"	192'-4"
125	21.30m	20.16m	8.62m	7.55m	23.72m	48.86m
	69'-11"	66'-2"	28'-3"	24'-9"	77'-10"	160'-4"
100	17.07m	16.50m	6.90m	6.04m	18.98m	39.09m
	56'-0"	53'-0"	22'-8"	19'-10"	62'-3"	128'-3"
90	15.33m	14.51m	6.21m	5.43m	17.08m	35.18m
	50'-4"	47'-7"	20'-4"	17'-10"	56'-0"	115'-5"
80	13.63m	12.90m	5.52m	4.83m	15.18m	31.27m
	44'-9"	42'-4"	18'-1"	15'-10"	49'-10"	102'-7"
75	12.78m	12.09m	5.17m	4.53m	14.23m	29.32m
	41'-11"	39'-8"	16'-11"	14'-10"	46'-8"	96'-2"
66.6	11.36m	10.75m	4.60m	4.03m	12.65m	26.06m
	37'-3"	35'-3"	15'-1"	13'-3"	41'-6"	85'-6"
60	10.22m	9.68m	4.14m	3.62m	11.39m	23.45m
	33'-6"	31'-9"	13'-7"	11'-10"	37'-5"	76'-11"
50	8.52m	8.06m	3.45m	3.02m	9.49m	19.54m
	27'-11"	26'-5"	11'-4"	9'-11"	31'-2"	64'-1"

## Changing your Track to Metric Distances

Laps per Mile	Laps Equivalent in Meters	Converted to Metric
4	402	400
6	268	250
8	201	200
10	160	150
12	134	125
16	100.5	100
18	89	90
20	80.4	80
22	73	75
24	67	66.6
26	61	60
32	50.3	50

## SPEED TESTS

### Beginner Speed Test Times

Suitable for any size track.

Suitable for any skate including Quad, Inline and Rental.

#### SKATERS AGES 7 and under

#### SKATERS AGES 8 and over

Speed Test #1 - cost \$8.00				
Skaters age 7 and under			Skaters age 8 and over	
1 Lap	0.30		1 Lap	0.21
2 Lap	0.50		2 Lap	0.42
Speed Test #2 - cost \$8.00				
Skaters age 7 and under			Skaters age 8 and over	
2 Lap	0.42		2 Lap	0.38
3 Lap	1.03		3 Lap	0.57
Speed Test #3 - cost \$9.00				
Skaters age 7 and under			Skaters age 8 and over	
3 Lap	1.00		3 Lap	0.54
4 Lap	1.20		4 Lap	1.12

Upon successful completion of the above Beginner Speed Tests #1-3, skaters will continue their Achievement Test Program with Test #4.

Tests #4 - #8 are listed for 100 meter tracks. To convert times to a different size track, please do the following conversion.

(TIME divided by 100 = X)

(X times track size in meters = New Time)

Example: Test #4 Quad Mens Quad (100 meter time 1.08)

$1.08 / 100 = 0.01$

$0.01 \times 80 \text{ meter track} = 0.80$

## SPEED TESTS (continued)

100 Meter Track					
Speed Test #4 - cost \$11.00					
4 Lap	Male	QUAD	1.08	INLINE	1.00
4 Lap	Female	QUAD	1.12	INLINE	1.04
5 Lap	Male	QUAD	1.25	INLINE	1.15
5 Lap	Female	QUAD	1.30	INLINE	1.20
Speed Test #5 - cost \$13.00					
5 Lap	Male	QUAD	1.20	INLINE	1.10
5 Lap	Female	QUAD	1.25	INLINE	1.15
7 Lap	Male	QUAD	1.52	INLINE	1.38
7 Lap	Female	QUAD	1.59	INLINE	1.45
Speed Test #6 - cost \$13.00					
5 Lap	Male	QUAD	1.15	INLINE	1.05
5 Lap	Female	QUAD	1.20	INLINE	1.10
10 Lap	Male	QUAD	2.30	INLINE	2.10
10 Lap	Female	QUAD	2.40	INLINE	2.20
Speed Test #7 - cost \$18.00					
5 Lap	Male	QUAD	1.10	INLINE	1.00
5 Lap	Female	QUAD	1.15	INLINE	1.05
10 Lap	Male	QUAD	2.20	INLINE	2.00
10 Lap	Female	QUAD	2.30	INLINE	2.10
15 Lap	Male	QUAD	3.30	INLINE	3.00
15 Lap	Female	QUAD	3.45	INLINE	3.15
GOLD MEDAL TEST					
Speed Test #8 - cost \$27.00					
5 Lap	Male	QUAD	1.05	INLINE	0.55
5 Lap	Female	QUAD	1.10	INLINE	1.00
10 Lap	Male	QUAD		INLINE	
10 Lap	Female	QUAD	2.20	INLINE	2.00
15 Lap	Male	QUAD	3.15	INLINE	2.45
15 Lap	Female	QUAD		INLINE	
20 Lap	Male	QUAD		INLINE	
20 Lap	Female	QUAD	4.40	INLINE	4.00
30 Lap	Male	QUAD	6.30	INLINE	5.30
30 Lap	Female	QUAD		INLINE	