

RSA TRAINING GUIDE

4 AMERICAN SOLO & TEAM COMMISSION

To Judge the # 15 Gold Medal Solo and American Tests

AM4D

R 4-18

A. REQUIREMENTS TO TAKE COMMISSION:

1. Candidate must hold a # 3 American Solo & Team Dance Commission.
2. Candidates for the # 4 Commission earn their eligibility on the basis of their demonstrated performance at the # 3 Commission level.
3. Must have shown their ability as a judge and have excellent knowledge of American Dance Skating.

B. SUPPLIES NEEDED:

1. Current edition of “American Roller Dance Descriptions & Diagrams” from USA-RS.
2. Current edition of “RSA Roller Skating Achievement Book” available on line from the RSA wet site.
3. Notebook 8 1/2 “ X 11” 3 ring for study material.
4. Lobe guide available from USA-RS

C. GENERAL INFORMATION ABOUT PREPARING FOR A # 4 DANCE COMMISSION:

1. The candidate should read the information in the RSA Roller Skating Achievement Book about tests in general and the Gold Medal Tests.
2. Study the requirements for the Gold Medal.
3. Review skating terms and the Integer Scoring System.
4. Understand the judging points for the Gold Medal Test.
5. Use the enclosed study outline to review for the test. If someone else is also working on their # 4 Commission, getting together is an excellent idea.
6. Try to attend a Gold Medal Test Center to mock judge.
7. The candidate will need to know the dances to be skated on the test and the order they are to be skated. The judges are expected to know the rules pertaining to running a Gold Medal Test center.

D. APPLYING FOR THE COMMISSION:

When the Panel Advisor and Panel Chairman feel the candidate is qualified and ready to take the **CLOSED BOOK SUPERVISED** # 4 American Solo & Team Commission Test, they will give the candidate the RSA judges application which must be returned to the RSA office to be graded within 30 days. A \$10.00 fee may be required.

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GOLD MEDAL TEST CENTERS

A. Location and Time

1. Each RSA Section may hold 2 artistic, 2 speed, and 2 hockey Gold Medal Test Centers per fiscal year (June 1 through May 31). See the "RSA Roller Skating Achievement Test Book for the RSA sections. Please note the sections are different from the USA-RS Regions.
2. Gold Medal Tests may be skated between 7:00 AM and 10:00 PM.
3. No lower tests or competitive skating events may be run during the Gold Medal Test Center.
4. Minimum floor size for Gold Medal Tests is 70 feet X 170 feet with no pole obstructions.

B. Planning a Gold Medal Test Center and necessary approvals

1. The RSA Sectional Chapter President, where the test center is to take place, must recommend and approve a Gold Medal Test Center in their section. Sections may combine to hold joint Gold Medal test centers. A written letter should be sent to the Section President for approval with the following information for the test center. After the Section President's approval the letters with the information and approval are sent to the RSA National Office for their approval. The approval process should be started approximately 90 days before the test center date and **BEFORE** any notices published.
 - a) Site of Test Center
 - b) Date of Test Center
 - c) Floor size and description
 - d) Fees to be charged
 - e) Director of Test Center (Usually an experienced person holding a # 4 Commission.
 - f) Type of tests (Artistic, Speed, or Hockey)
 - g) Section (s) to be included
2. The Test Director must receive written approval from the RSA National Office **before** publishing any information about the test center.
3. The Test Center Director is responsible for sending written notices, with all test center information, to ALL RSA member rinks in the Section (s) of the Test Center **60 days BEFORE** the tests

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C. Duties of the Test Center Director

1. Get all approvals in writing as needed in the proper time frames.
2. Invite the necessary # 4 Commissioned Judges for the Test Center and submit the list of judges to the RSA National Office at least 30 days before the test center. The RSA National Office will check the judge's credentials and give approval for the judges to judge. Five judges are needed for each test. Two judges **must be** from a panel outside the section in which the Gold Medal Test Center is being conducted. If other sections are included in the test center, then two of the five judges must be from outside the candidates section.
3. If a test candidate is from outside the host Section, or from a section outside a joint test center, they must request a waiver from the RSA National Office and explain why they wish to take their test at this site. This request must be **received** by the RSA National Office **no less than 30 days prior** to the test center date. The RSA National Office will notify the Test Center Director and the candidate in writing if approval is granted
4. It is the responsibility of the Test Center Director to coordinate the judges' transportation and other expenses with the host rink owner/operator. In addition to the \$20.00 Test fee, a fee of up to \$ 22.00 may be assessed to assist with the expense of the test center. A spectator fee may also be charged. The amount of these fees must be approved by the Section Chapter and the RSA National Office and should be included in the Test Center Notice.
5. The Test Center Director must publish a time schedule allowing ample floor practice time and send the schedule to all candidates at least one week before the test center. In order to have all paper work completed by the deadlines, it is wise to set a deadline for applicants requesting to take a Gold Medal Test far enough ahead of the test center to complete the set up work.
6. Candidates should submit a signed completed test form and their test fees before the deadline. For Figure and Dance tests 5 copies of the judges sheets are needed. For Freestyle Tests 6 copies of the content are needed. Candidates should also send their Rink ID number, their home mailing address, their professional's name, and the professional RSA coach's number.
7. The Test Center Director is responsible for seeing the following items are taken care of at the test center.
 - a) All forms are ready – Freestyle content should be checked – Dances and Figures listed in correct order
 - b) All money is taken care of and test center bills are paid
 - c) Check the skating surface and see proper warm-up is given for all tests
 - d) All necessary equipment is ready – Official Books, clip boards, pencils, report forms, music for dance tests, stopwatch, and first aid supplies.
 - e) Make all judges assignments and see that the tests are run properly – Freestyle tests and Dance judging periods must be timed.
 - f) Collect judges forms and record scores on the master form. Judges must sign their judges sheets for a Gold Medal Test Center for they are sent in with the test forms. Judges DO NOT have to SIGN the master form. All scores are confidential.
 - g) The referee should verify the test is passed or failed and mark the forms.

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C. Duties of the Test Center Director con't.

- h) After the test center, the Director must see that a separate Summary of Achievement Test Report form and a Coach's form is completed for each rink having a candidate. The candidates address must also be sent into the RSA National Office on the Summary form.
- i) All test money and forms must be sent to the RSA National office within 48 hours.
- j) The Test Center Director must see all rules for a Gold Medal Test Center are followed.

D. Responsibilities of a Judge

1. RSA test judges must possess thorough knowledge of the tests they will be judging and conduct themselves professionally at all times. Judges will evaluate each test candidate objectively based upon the requirements of each test.
2. RSA test judges may discuss the skater's performance **ONLY** after the test is completed and marked. It is strongly suggested that this be done only if the skater and/or the skater's professional coach requests it. No test official may discuss or release the scores or grade of any skater to anyone. Test officials will not discuss or release the comparative standings or scores of test skaters. Achievement Tests are neither competitive nor comparative. It is most advisable that if a judge discusses a skater's test (with only the skater and/or their coach) they should only reveal if the test was either of passing standard or not up to passing standards and state the reasons you felt it was not of passing standards.

E. Proper conduct for test judges

1. Command respect, exercise care in speech, never use profane or argumentative language. When asked to comment on a candidate's skating phrase you comment in a diplomatic manner.
2. Dress properly for the occasion. Your neat, professional appearance will put you in the right frame of mind and convey to the test candidates and spectators that these tests are an important achievement for the skater and a serious responsibility for the judge. (Panel Leaders should also discuss their panel dress code at this time)
3. Tactfulness:
 - a) Treat all coaches with respect.
 - b) Never make any comments about a skater's ability or lack of it.
 - c) Never damage the reputation of another judge. Such criticism lowers the esteem of judging in general.
4. Objectivity:
 - a) Never show favoritism, collusion, or prejudice the skater.
 - b) Don't be swayed by the skater's reputation, equipment, instructor, or home rink.
 - c) Don't exaggerate the importance of your "pet peeve" faults.
 - d) You may have to re-evaluate your measure of perfection

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E. Proper conduct for test judges con't

5. Willingness:
 - a) Show enthusiasm but be patient.
 - b) Always be on time (arrive at least 30 minutes before tests are scheduled). Notify the rink immediately if you are going to be late or absent.
 - c) Devote sufficient time to the exercise of judging continue your education throughout your judging career.
 - d) Be available if you want to judge and continue to be asked to judge.
6. Scoring
 - a) Upon completion of judging, go directly to the referee to check accuracy of addition. Be sure to sign your sheet.
 - b) Turn in sheets before talking to anyone, especially to another judge.
 - c) When judging be sure to hold you clip board so no one can read your scores.

INTEGER SCORING SYSTEM AND MEANING

<u>INTEGER</u>	<u>MEANING</u>	<u>MERIT</u>	<u>FAULT</u>
100	PERFECT	PERFECT	NONE
90-99	EXCELLENT	SUPERIOR	RARE
80-89	VERY GOOD	EXCEPTIONAL	OCCASIONAL
70-79	GOOD	PROFICIENT	FEW
60-69	FAIR	ADEQUATE	SEVERAL
50-59	AVERAGE	SUFFICIENT	MANY
40-49	MINIMUM	RECOGNIZABLE	ABUNDANT
30-39	POOR	CONCEPTUALLY UNAWARE	
20-29	BADLY SKATED	CANNOT SKATE AT ALL	
10-19	INCOMPLETE	STARTED CORRECTLY BUT DIDN'T COMPLETE DANCE/FIGURE/FREESTYLE	
0-9	NOT SKATED		

TOPICS TO REVIEW FOR THE GOLD MEDAL EXAM

- A. Review American Dance skating terms.
- B. Review all American Dance skating positions.
- C. Review in the American Dance Book all notes on dances and diagrams for this commission.
- D. Review in the RSA Achievement Test Booklet for all information about tests and test centers.

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- E. Judging Gold Medal Dances – The following expectations should be met, by the candidate, to achieve a score of 75 or higher on each dance.
1. Correct timing on all steps.
 2. Strong edge quality throughout the dance.
 3. Good upright body position.
 4. Proper layout of dances.
 5. Good American dance progressives (runs) both forward and backward with no crossing of the to be employed foot as it takes the floor.
 6. Forward to back Mohawks should be done heel to heel.
 7. Proper dance positions should be used as specified for the dances.
 8. In test judging – team unison and extended stretch is not a requirement but the candidate must be in the proper position to achieve proper rotation and execution of each of the steps.
 9. Candidate should show some expression of the different tempos used for the dances.
 10. Above average execution of the steps with neat, clean footwork such as --- crossed steps should be crossed, one foot turns should be on correct edges and especially the second edge of the turn, raised chasse steps, progressive runs, etc. must be technically correct.
- F. Study the dances on the Gold Medal Solo and Team Tests and know the following information about each dance.
- | | |
|--------------------|----------------|
| Westminster Waltz | Viennese Waltz |
| Silhouette Foxtrot | Carroll Tango |
| Argentine Tango | Quickstep |
| Kilian | |
1. Order of dances on the test.
 2. Music, tempo, and all dance positions used.
 3. Test fee, minimum score on a dance, and total passing score.
 4. Know all steps in the dance for both the man and lady. (Note: If you have not skated through these dances you may need to take lessons either on skates or off skates with a professional coach who is experienced in the area of Gold American Dance Skating).
 5. Be able to DIAGRAM all dances or section of the dances on this commission with a lobe guide.
 6. Know all technical judging points and the difficult parts of each dance.
- G. Know and understand how a Gold Medal Test Center should be run.
- H. Use the enclosed American Dance Study Guides to assist you in preparing for the #4 American Solo & Team Dance Commission.

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WESTMINSTER WALTZ

R 2-13

AM39

1. This dance is skated to a _____ waltz at _____ beats per minute.
2. Five dance positions are used during this dance. They are:
3. How many beats of music may be used for the opening of this dance?
4. Are there any swings in this dance? Explain:
5. How many steps are the same in this dance for the man and lady? Give steps and step #
6. May partners have a break in hand contact during this dance?
7. How should the take-off be executed for step # 18?
8. When are the three turns turned during this dance?
9. What types of turns are skated in this dance by the man? (List steps and step numbers along with the type of turn)
10. What types of turns are skated in this dance by the lady? (List steps and step numbers along with the type of turn)
11. Explain the execution of steps # 11 through step # 15 of this dance.
12. Explain the execution of step # 22 in this dance.
13. What do you consider to be the prime judging points for this dance?
14. Practice diagram this dance showing both parts, the step numbers, steps, and musical beats.

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SILHOUETTE FOX TROT

R 2-13

AM 36

1. How many opening beats may be used and where does the dance start?
2. What type of music and tempo is used for this dance?
What dance positions are used in this dance?
3. What types of turns does the man skate? The Lady?
MAN LADY
4. Which steps are swing steps?
5. Where are steps # 4 and # 5 located in relation to the lobe?
6. How should the take-off be skated for the man's step # 6A and the Lady's Step # 6?
7. The man's three turn on step # 3 is turned on the musical count of _____ which is the _____ count of the step.
8. What dance position should the candidate be in for steps # 5 and 6A?
9. Where should step # 11 take the floor?
10. Where should the lady execute step # 13 ROF-XF-3? Should hand contact be maintained during this step?
11. What position should the partner assume on step # 14B ?
12. As a judge what do you feel are the difficult parts of this dance?
13. Explain the execution of steps # 13 and # 14 for the man and lady.
14. Practice drawing this dance showing the step numbers, edges for both partners, and the musical beats.

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ARGENTINE TANGO

R 2-13

AM 37

1. The music for this dance is _____. The Tempo is _____ and the pattern is _____.
2. What steps are the same for the man and lady? (Give step # and dance position)
3. Step # 10 is a _____ turn for the man. This turn is executed on the _____ count of the step. The step starts _____. The turn is executed at the _____ and the step ends at the _____. The team should be in _____ position after the turn.
4. Which steps in this dance may be skated in optional positions? What are the positions?
5. Explain the execution of step # 25 for the lady and steps 25A and # 25B for the man.
6. Is modified "A" position acceptable for step # 12? Explain
7. Explain the execution of steps # 28 through # 35 in detail.
8. What do you consider to be the most difficult parts of the dance for the man? The Lady?
9. Diagram this dance showing both the man and lady's steps, step numbers, & musical beats.

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VIENNESE WALTZ

R 2-13

AM 35

1. This dance uses only one dance position, it is _____. The music should be _____ skated to _____ tempo. A skater may use _____ or _____ beats of music to start the dance.
2. What is unusual about the timing pattern of this dance?
3. When should the skaters track on the first 5 steps of the dance?
4. All three turns are _____ threes in this dance turned on the _____ count of the step.
5. What type turns will the skaters skate on steps # 9, #10, and # 11?
6. Explain the execution of steps # 7 through # 13 of this dance.
7. Should the man track the lady when he steps from back to forward on step # 24?
8. What portions of this dance give the skaters the most difficulty and why?
9. Diagram this dance showing the baseline, the man and lady's steps, step numbers, and musical beats.

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CARROLL TANGO

R 2-13

AM 40

1. The Carroll Tango is skated to _____ music at _____ tempo. The pattern is _____.
The opening steps should use _____ beats.
2. Explain the positions the partners use for steps # 1 through # 7 of this dance.
3. What counts are the lady's step # 20 and # 21 executed on?
4. Should the man track the lady on step # 19 of this dance? What problems will occur if the man's not in the proper position?
5. Explain the execution of the following sections of this dance and what the proper dance positions should be for the skaters.
 - (a) Steps # 1 through # 5
 - (b) Steps # 6 and # 7
 - (c) Steps # 8 and # 9
 - (d) Steps # 10 through # 18
 - (e) Steps # 20 and # 21
 - (f) Step # 22
6. Diagram this dance showing both the Man and Lady's parts, give steps, step numbers, and musical beats

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QUICKSTEP

R 2-13

AM 41

1. A skater may use _____ or _____ beats to start this dance. The dance starts on step # _____ which is located where in relationship to the rink? _____
2. What dance position is used and what is the music and tempo for this dance?
3. How should the take offs be executed for steps # 1 through # 5 in this dance?
4. How should step # 5 be executed by the lady?
5. Explain the execution of step # 6.
6. Explain the execution of steps # 7 through # 10.
7. Step # 10 and # 11 constitute what type of turn?
8. Where should step # 11 start from?
9. What type of take offs should be used for step # 12 and steps # 13 through # 15?
10. What is the proper technique that should be used to execute steps # 15 through # 18?
11. What do you as a judge feel the main points are to look for when judging a Gold Medal Dance test?
12. Practice diagramming this dance showing the steps, step numbers, and musical beats.