

# RSA TRAINING GUIDE

## # 1 FREESTYLE COMMISSION

FS1 S-1

R 1-13 TO JUDGE 1 - 4 QUAD FREESTYLE TESTS  
1 - 4 INLINE FREESTYLE TESTS

### A. REQUIREMENTS TO TAKE COMMISSION:

1. Candidate should be at least 15 years of age.
2. Should have passed 2nd Freestyle Tests. or (be over 21 years old)
3. Must be willing to commit the time to attend all training sessions and to study the material assigned.
4. Should have a basic knowledge of jumps and spin.

### B. SUPPLIES NEEDED:

1. Current edition of USA-RS " Free Skating"
2. Current edition of RSA "Achievement Book" (revised 11-2-12)
3. Notebook -- 8 1/2" x 11" -- 3 ring

### C. GENERAL INFORMATION ABOUT TRAINING SESSIONS:

1. In order to be eligible for the # 1 Free Skating Commission a candidate Must be present for all sessions and complete the work satisfactorily. Each meeting will consist of discussions on dance skating and judging, reviewing Questions from previous meetings, and short quizzes. There will be "home work" Assignments and it will be necessary for each candidate to study between meetings. A Panel Trainer may need to charge a fee to cover the cost of the printed material given out during the training.
2. Upon completion of the training classes the candidate's performance in meetings, his basic knowledge, mock judging results, and quizzes will be reviewed and evaluated by the person training the section, the Panel Chairman, and/or the Panel Advisor. If the committee feels the candidate needs additional time to study and gain more experience it will be recommended that the candidate repeat the training sessions at a later date.
3. The RSA Commission Exam is a **CLOSED BOOK SUPERVISED** exam that will be graded by the RSA National Office. When the exam arrives it should be taken and returned in 30 days.
4. The candidate will need to learn the Integer Scoring System. This is the official system for grading the various elements of tests and competitive skating utilizing whole numbers from 1 to 100. You will need to know what each level means.
5. The candidate will need to know the following information about each of the tests covered by this commission.
  - a) The requirements for each test (Quad & In-Line)
  - b) Passing scores required for each test
  - c) Minimum Mark for each dance
  - d) Fee required
6. All candidates must be able to recognize the jumps and spins on the freestyle tests covered by this commission before they apply to take the RSA Commission Test.

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**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 DANCE CORRECTLY BUT EITHER DIDN'T COMPLETE OR DID WRONG DANCE	
0 - 9	NOT SKATED		

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### **SESSION 1**

#### **TOPICS TO BE COVERED: General Discussion**

- A. Determine the skating background and basic knowledge of freestyle skating each candidate has at this time. Note: If the candidate is over 21 and has not skated freestyle, it will be necessary to add special sessions in order for the candidates to identify basic jumps and spins. Some recommended methods to assist the candidate would be for him/her to talk to a coach at their rink who is teaching freestyle and ask if they could observe a skater's lessons and practice; use tapes of jumps and spins; or have a freestyle skater demonstrate the jumps and spins for them. It is also suggested the trainer have a tape of basic jumps and spins they could use during the training sessions. Candidates should try jumps with shoes to get a better idea of take-off positions, pretend to jump, and do landings rotating in the proper direction.
- B. Review terms relating to freestyle.
- C. Using a poster board or black board to demonstrate how to draw and read jump diagrams.
- D. Discuss music for Free Skating tests.
- E. Discuss the elements in a freestyle skating program – content of program and manner of performance.
- F. Plan where next meeting will be held. The second session is best if a skater and floor time is available for a live demonstration of jumps and spins
- G. Quiz

#### **ASSIGNMENT FOR NEXT MEETING**

1. Study the following sections of the USA-RS Figure Rule Book, Free Skating section -- for the elements in Free Skating.
2. Learn the Integer Scoring System and what each range of scores stand for in skating.
3. Learn the skating terms and be able to explain them in your own words. located in the USA-RS Figure Rule Book under Figure Skating Dictionary.

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1. What are the three basic movements in a free skating routine?
  
2. How is a skater's skill evaluated during the execution of jumps and spins?
  
  
  
  
  
  
  
  
  
  
3. Discuss how music can add or detract from a free skating performance.
  
  
  
  
  
  
  
  
  
  
4. Manner of performance refers to:
  - a) } Jumps, spins, and footwork
  - b) } The different branches of free skating – pairs and singles.
  - c) } The difficulty of the content
  - d) } None of the above
  
  
  
  
  
  
  
  
  
  
5. Interpretation in a free skating routine has to do with:
  - a) Showmanship
  - b) The balance or spacing of the content items.
  - c) The quality of the music selected
  - d) The ease with which the content items are preformed.
  
  
  
  
  
  
  
  
  
  
6. A good routine arrangement would include:
  - a) Jumps, spins, and footwork
  - b) Use of the entire skating surface

- c) The impression of program continuity
- d) All of the above

7. What does "form" refer to in a free skating routine?

8. Discuss the difference between imaginative connecting steps (footwork) and link steps that merely transport a skater from a jump to a spin.

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*THIS SESSION SHOULD BE HELD WITH A SKATER TO DEMONSTRATE  
THE BASIC JUMPS AND SPINS. IF THIS IS NOT POSSIBLE OTHER  
VISUAL MATERIAL SHOULD BE USED.*

SESSION 2

TOPICS TO BE COVERED:

- A. Review quiz form last meeting.
- B. The seven points you should know in order to describe a jump:
  - 1. Take-off edge
  - 2. Whether or not there is a toe point on take off
  - 3. Direction of rotation
  - 4. Number of rotations to complete jump
  - 5. Whether or not you land on a toe-stop (1 ½ jumps)
  - 6. Landing edge
  - 7. Whether you land on the same foot as you took off or other foot.
- C. Discuss ½ turn and full turn jumps needed to be recognized for this commission. Identify the jumps and discuss common problems found when judging these jumps.

½ Mapes	Mapes	Bunny Hop
Mohawk Jump	Toe Wally	Bunny Hop, Waltz, Mapes Combo
Waltz Jump	Loop Jump	Toe Wally, Mapes Combo
Loop	Salchow	2 foot half turn jump (in-line)
½ Flip	Flip	
½ Lutz	Lutz	
- D. Determine if any candidates will need a lot more experience in identification and plan how they will achieve this.
- E. No quiz this meeting

ASSIGNMENT FOR NEXT MEETING:

- 1. Study and be able to identify the jumps listed above that were demonstrated during Session 2.
- 2. Review the judging points for the jumps.
- 3. Review the different types of footwork in the USA-RS Free Skating Book. Study the footwork requirements for the Quad Free Skating tests and the skating moves for the In-Line Free Skating Tests covered by this commission.

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SESSION 3

TOPICS TO BE COVERED:

- A. Oral term review with all candidates participating.
- B. Discuss the Integer Scoring System and what the scores mean. Stressing the importance of knowing that the score you are giving reflects the actual performance of the candidate.
- C. Discuss the components of a properly executed jump:
  - 1. The 3 dimensions of a jump -- Momentum, height, and travel
  - 2. Take-off and landing edge
  - 3. Number of rotations in the AIR
  - 4. Body position
  - 5. Sureness and control
- D. Have candidates view tapes and identify jumps and discuss what common problems occur when judging jumps (can use tape made at Session 2)
- E. Discuss types of footwork and what foot work should be used in a freestyle routine for both Quad & In-line tests.
  - 1. Primary
  - 2. Secondary
  - 3. Advanced
  - 4. Circle Pattern
  - 5. Serpentine Pattern
  - 6. Diagonal Pattern
- F. Quiz

ASSIGNMENT FOR NEXT MEETING:

- 1. Study jumps and practice your identification -- be able to diagram the jumps.
- 2. Review the judging points for Spins in the USA-RS Free Skating Book.
- 3. Review the terms
- 4. Study the Integer Scoring System
- 5. Learn the requirements for the First and Second Quad & In-Line Achievement Tests.

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1. Should clockwise rotated jumps receive more credit than counter clockwise jumps? Explain
2. What is the difference between a jump and a leap?
3. Is a bunny hop a jump or a leap?
4. Describe the characteristics of a poorly executed jump with respect to entrance edges, rotation and exit.
5. Does the height of the jump relate to its quality? Explain
6. How important is body position and control to a properly executed jump?
7. In the Bronze Free Skating Tests, how many revolutions are required in a position for a skater to complete to receive credit for a spin item?
8. What are the three dimensions of a jump?
9. Define the following terms in your own words.
  - a) Manner of performance
  - b) Content
  - c) Footwork
  - d) Carriage
10. There are 3 types of footwork. Indicate how each of the following items would be classified in a freestyle routine.

a) Mohawk turn	e) Change of edge sequence
b) Swing counter	f) Three turns
c) Shoot the Duck	g) Figure type loop
d) Spread eagle	h) Backward swings



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SESSION 4

TOPICS TO BE COVERED:

- A. Review quiz from last meeting.
- B. Oral term review with all candidates participating
- C. Have oral review of jumps -- take-of, rotations, and landing edges.
- D. Discuss spins:
  - 1 Execution -- entrance, revolutions, and exit.
  - 2. Discuss the use of toe stops in spins.
  - 3. Discuss circle spins and pivot spins
  - 4. Two foot spins.
  - 5. One foot spins.
  - 6. Combination spins.
  - 7. Change spins.
- E. Have tape available with spins and view it for identification.
- F. Discuss the requirements for the 1st and 2nd Quad and In-line Achievement Tests.
- G. Quiz

ASSIGNMENT FOR NEXT MEETING:

- 1. Review material covered about spins.
- 2. Practice all content identification (watch freestyle skaters at practice and during lessons and/or watch singles events at competition.
- 3. Review the RSA Achievement Booklet, the pages involving freestyle tests.  
Pages 20, & 21. Check page 25 the judges notations for both the Quad and Inline Freestyle Tests.
- 4. Study the Integer Scoring System

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1. List a six step sequence of primary footwork.
  
2. Define in your own words the following terms:
  - a) Link steps
  
  - b) Toe point
  
  - c) Rotation
  
  - d) Interpretation
  
  - e) Combination spins
  
3. How may jumps and spins be used to “interpret” music?
  
4. The four edges that a spin may be executed on are:
  
5. How many revolutions should a skater do on a spin for the 2nd Quad Freestyle test \_\_\_\_\_

and on the 2nd In-line Freestyle test\_\_\_\_\_?

6. What are the three parts of a spin?
7. Spins are done on any edge but are classified into two categories. They are:
8. What are the three general spinning positions?
9. What is the difference between a combination spin and a change of foot pin ?
10. May toe-stops be used during spins? Explain.

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SESSION 5

TOPICS TO BE COVERED:

- A. Review quiz from last meeting.
- B. Oral term review with all candidates participating
- C. Discuss general regulations for tests and maintaining your judge's commission.
- D. Distribute samples of RSA forms used for test centers. Discuss how these forms should be used properly.
- E. Discuss how Achievement Tests are conducted. Stress the importance of the order of content for freestyle tests and that the referee **MUST CHECK** the content lists **BEFORE** the test is skated to be sure the correct items are listed for the test. Also discuss the importance of confidentiality of test results and comments. Review how freestyle tests are to be timed.
- F. Discuss proper conduct for test judges.
  1. Command respect; exercise care in speech, never using profane or argumentative language. When asked to comment on a candidates skating, phrase your comments 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 Leader should also discuss their panel dress code at this time.)
  3. Tactfulness:
    - a. Treat teachers and 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 prejudge 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 reevaluate your measure of perfection but don't compromise your integrity.

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5. Willingness:

- a. Show enthusiasm but be patient.
- b. Always be on time (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 and 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 your clip board so no one can read your scores.

G. Discuss the different RSA forms used for tests: Artistic Test Report Form  
RSA Standard Scoring Form  
Professional Test Report Form  
Summary of Achievement Test Reports  
Super Skater Test Form

F. Quiz

ASSIGNMENT FOR NEXT MEETING:

1. Review test center information.
2. Study 3rd Quad Freestyle and In-line Test Requirements.
3. Study 4th. Quad Freestyle and In-line Test Requirements.
4. Review Freestyle skating terms and the Integer Scoring System.

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NAME: \_\_\_\_\_

FS1 Q-5

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1. How many copies of the content listing is a test candidate required to submit?  
Who uses each copy?
  
2. Must the content be listed in the order of routine appearance? YES / NO
  
3. What would you do if the candidate does not skate the routine in the order on your list?
  
4. What are the duties of a referee during a Freestyle Test?
  
5. At what point should the referee sign the test form and certify if it is a passed or failed test?
  
6. May the judges consult with one another over a proper test score for a given candidate?
  
7. How many scores are given in a Freestyle Test?
  
8. Will a failing score from one judge require the candidate to re-skate the test at a later date?  
Explain:
  
9. Fill in the following table for the Integer System.

SCORE	MEANING	MERIT	FAULT
79			
29			
63			
47			
70			
85			
69			
55			

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SESSION 6

TOPICS TO BE COVERED:

- A. Review quiz from last meeting.
- B. Oral term review with all candidates participating.
- C. Review rules governing Free Skating Tests.
- D. Discuss the content requirements and the judging of the 3rd & 4th. Quad and In-line Tests.  
Review number of scores to be assigned, passing score, minimum score, and the test fees.
- E. Run tape and have identification practice. Note: If group needs additional practice for jump and spin identification plan for it at this time.
- F. Quiz

ASSIGNMENT FOR NEXT MEETING

- 1. Be sure you can recognize all the jumps and spins on the 1st – 4th Quad & In-line Tests.
- 2. Start to review all material covered for this commission.



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NAME: \_\_\_\_\_

FS1 Q-6  
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1. If a candidate for a # 1 Quad or In-line Freestyle Test had the following problems what would you do as a judge?
  - a) Leaves one jump out of the program but completes the rest of the content between an average and fair range?
  - b) Changes the order of two items on the test but completes both items.
  - c) Only does 2 revolutions on half of the spins on a Quad Test but completes the rest of the content between an average and fair range?
  - d) The skater adds an extra jump as a “set up item”.
2. How many judges are needed to judge a # 1 Quad or In-line Freestyle Test?
3. On the First Quad or In-line Freestyle Test, a candidate must have a passing score of \_\_\_\_\_ from how many judges. Explain.
4. How many scores must a judge give on a # 2 Quad Freestyle Test and what do the scores stand for?
5. As a referee, what would you do if a judge asked you to have a candidate re-skate his test because he missed a couple of the items and didn't check them off? Explain in detail how you would handle this situation.
6. Complete the following table about Freestyle Tests:

	# 3rd. QUAD FREESTYLE TEST	# 4th IN-LINE FREESTYLE TEST
Minimum Grade		
Passing Score		
Number of Jumps		
Number of Spins		
Type & Amount of Footwork		
Skating Time		

Fee		
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SESSION 7

TOPICS TO BE COVERED:

- A. Review quiz from last meeting.
- B. Oral review of terms, jump edges, and Integer System with all candidates participating.
- C. Review rules governing Quad and In-line Free Skating Tests.
- D. Discuss the content requirements and the judging of the 1st -- 4th Quad and In-line Tests.  
Review number of scores to be assigned, passing score, minimum score, and the test fees.
- E. General review of material covered by this commission,
- F. Set up one additional mock judging session. (If possible one with freestyle tests being taken)
- G. Quiz (check in class)
- H. Your next meeting will be a closed book Panel Final Exam.

ASSIGNMENT FOR NEXT MEETING

- 1. Review all material covered and be prepared to diagram any jump on this commission.
- 2. Know all test requirements for the 1st through the 4th Quad and In-line Freestyle Tests.
- 3. Be able to identify the jumps and spins on the tests.

Your progress in the training classes will be reviewed by the Panel Advisor and the Group Leader. They will evaluate your work in the following areas.

- 1. Attendance
- 2. Class participation and knowledge demonstrated in discussions.
- 3. Review of over all scores on quizzes and panel final exam.
- 4. Mock judging results.
- 5. Personal conduct and attitude.

If the candidate is prepared to judge, then a commission application will be given out for the RSA Commission Test after passing the Panel Final. This is a **supervised CLOSED BOOK TEST** sent from the RSA National Office. Bring a list of all achievement tests you have passed to the Panel Final. You will need to pay a \$ 10.00 fee to take the RSA National Commission Test.

You will have 30 days to take the test and return the test to the RSA National office for grading when it arrives.

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NAME: \_\_\_\_\_

1. In your own words tell what the following terms mean:
  - (a) Form
  
  - (b) Virtuosity
  
2. Spins may be done on any edge, but should be classified into two categories. They are \_\_\_\_\_ and \_\_\_\_\_.
  
3. What are the footwork requirements for the 4th. Quad Freestyle Test?
  
4. For each of the following jumps give the take-off edge, landing edge, and show the direction of rotation in your diagram.

WALTZ JUMP	MAPES	TOE WALLEY	FLIP
LUTZ	LOOP	EULER	SALCHOW



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NAME: \_\_\_\_\_

FS1 - PF

1. List the Skating Moves for the 4th. In-Line Freestyle Test.
  
2. What is a combination spin? Give 2 examples.
  
3. Diagram the following jumps showing the take-off edge, landing edge, toe point and show the direction of rotation in your diagram.

<b>EULER</b>	<b>LOOP</b>	<b>SALCHOW</b>
<b>MAPES</b>	<b>TOE WALLEY</b>	<b>FLIP</b>



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FS1 – PF

11. Name 3 items that could be skated for each of the following footwork requirements:
  - (a) Primary
  
  - (b) Secondary
  
  - (c) Advanced
  
12. What tests may a judge with a # 1 Freestyle Commission judge?
  
13. If a candidate fails a test, he would have to be failed by \_\_\_\_\_ judges.  
He must then wait \_\_\_\_\_ days before he may re-skate his test.
  
14. May a judge officiate at a test of a former partner? Explain
  
15. What should be done with the three parts of the Achievement Test Master Form?
  
16. Is there any specific order a Freestyle Achievement test be skated?
  
17. When and where may Achievements Tests be held?
  
18. What responsibilities do you have as a Commissioned RSA Achievement Test Judge?
  
19. What is considered good posture in skating?
  
20. As an RSA commissioned judge, what official manuals should you own?





g) Travel Spin

h) Virtuosity

i) Secondary Footwork

j) Spin