

## RSA TRAINING GUIDE

### # 2 FREESTYLE COMMISSION

FS2 S-1

R 9-13 TO JUDGE 1 - 7 QUAD FREESTYLE TESTS  
1 - 7 INLINE FREESTYLE TESTS

#### A. REQUIREMENTS TO TAKE COMMISSION:

1. Candidate should be at least 16 years of age and hold a current # 1 Free Skating Commission.
2. Should have passed 5th. 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 knowledge of jumps and spin.

#### B. SUPPLIES NEEDED:

1. Current edition of USA-RS " Free Skating"
2. Current edition of RSA "Achievement Book" (revised 11-1-13)
3. Notebook -- 8 1/2" x 11" -- 3 ring

#### C. GENERAL INFORMATION ABOUT TRAINING SESSIONS:

1. In order to be eligible for the # 2 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. A \$ 10.00 fee may be required.
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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- D. 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.
- E. 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 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 reevaluate your measure of perfection but don't compromise your integrity.
  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.

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- F. Review 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
- G. Test judges must possess a thorough knowledge of the tests they will be judging.

**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		

**ASSIGNMENT FOR NEXT MEETING**

1. Review meaning of scores for Integer Scoring System.
2. Study the Freestyle Skating Terms.
3. Review in the Free Skating Book the elements in free skating. ( Pg 190 )
4. Review in the Free Skating Book the section on jumps. ( Pg 192 )

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

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1. For Freestyle Tests two scores are given. What are they for?
2. Who is responsible for preparing the candidate's content list for a test?
3. Who is responsible for checking the content list for a Freestyle Test?
4. In your own words define the following terms:
  - a) Jump
  - b) Spin
  - c) Footwork
  - d) Combination Jump
5. Should a judge pay any attention to the music the candidate uses for a test? Will this reflect in your score? Explain in detail
6. A judge requests to see a 5th. In-Line Freestyle Test re-skated because he questioned the order of the content. What action would you take as the referee for the test?
7. Is it necessary to time a Freestyle Test? YES / NO
8. If the skater skated over the allotted time for a # 5 Quad Freestyle Test, what would you do as a referee? As a Judge?

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**SESSION 2**

**TOPICS TO BE COVERED:**

- A. Review quiz from 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 a jump.
  5. Whether or not you land on a toe-stop (1 ½ jumps).
  6. Landing edges.
  7. Whether you land on same foot as you took off or other foot.
- C. Discuss full turn, 1 ½ turn, and double turns on the tests covered by this commission.
- |       |           |              |
|-------|-----------|--------------|
| Euler | 1 ½ Mapes | Double Mapes |
| Flip  | Axel      | 1 ½ Flip     |
| Lutz  | Boeckl    | 1 ½ Lutz     |
| Mapes | Loop      |              |
- D. Discuss the execution of combination jumps on the 5th, 6th, and 7th Quad and In-Line Freestyle Tests.
- |                            |                         |
|----------------------------|-------------------------|
| Waltz, Euler, Salchow      | Waltz, Euler, Flip      |
| Lutz, Euler, Flip          | Axel, Euler, Flip       |
| Waltz, Mapes or Mapes Loop | Toe Walley, Loop, Mapes |
| Salchow, Mapes, Mapes      |                         |
- E. Plan a demonstration of jumps and spins to work on identification. **ALL CANDIDATES MUST ATTEND.**
- F. Candidates should practice jumps with their shoes on to get the feeling of the take-off edge and positions, pretend the jumps, and do the landing rotating in the proper direction. study the jump diagrams in the book.
- G. Quiz

**ASSIGNMENT FOR NEXT MEEETING:**

1. Study your jumps and be sure you know entrance and exit edges and can draw the jumps.
2. Review the types of footwork. Read the portion of the book referring to footwork.
3. Study the requirements for all tests covered by this commission.
4. Review terms and scoring system.

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

FS2 Q-2

1. Define in your own words, the following freestyle terms:

- a) Euler
  
- b) Flip
  
- c) Lutz
  
- d) Axel
  
- e) Boecke
  
- f) Double Mapes

2. What would your Manner of Performance score in a Freestyle Test reflect?

3. How many judges would be needed to judge a # 7 Quad Freestyle Test?

4. If you have only 3 qualified judges for a test, how do you determine who s the referee?

5. A waltz, euler, flip would be classified as a \_\_\_\_\_ in a routine.
  
6. What are the three components you consider in judging a jump?
  
  
  
  
  
  
  
  
  
  
7. Are pulled take-offs or pulled landings acceptable on several jumps in the 7th Quad freestyle test?
  
  
  
  
  
  
  
  
  
  
8. Must the jumps on the tests, covered by this commission, be skated on the specified take-off and landing edges, or are flats acceptable as often seen in competition as long as the candidate has the correct number of revolutions and lands on one foot? Explain

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**SESSION 3**

**TOPICS TO BE COVERED:**

- A. Review quiz form last meeting.
- B. Oral term review with all candidates participating.
- C. Discuss types of footwork and what footwork should be used in:
  - 1. Freestyle test routine
    - a) Primary
    - b) Secondary
    - c) Advanced
  - 2. Review the type of footwork requirements for Quad Tests and In-Line Tests
- D. Discuss the components of a properly executed jump
  - 1. The three dimensions of a jump – momentum, height, and travel
  - 2. Take-off and landing edge
  - 3. Number of rotations in AIR
  - 4. Body position
  - 5. Sureness and control
- E. Have candidates view tape and identify jumps and discuss what common problems occur when judging jumps.
- F. Quiz

**ASSIGNMENT FOR NEXT MEETING**

- 1. Be able to diagram the jumps:
- 2. Study section on spins in the USA-RS Book on Free Skating .
- 3. Review Terms

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

FS2 Q-3

1. What are the three types of footwork? List three examples of each type that might be used in a test routine.

_____	_____	_____
a)	a)	a)
b)	b)	b)
c)	c)	c)

2. Draw each of the following jumps indicating the take-off edge, landing edge, and the direction of the rotation.

EULER	LUTZ	BOECKL

AXEL	1 ½ FLIP	DOUBLE MAPES

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**SESSION 4**

**TOPICS TO BE COVERED::**

- A. Review quiz from last meeting
  
- B. Review of jumps – take-off, rotations, and landing edges with all candidates participating.
  
- C. Discuss spins
  - 1. Execution – entrance, revolutions, and exit
  - 2. Discuss use of toe-stops in spins
  - 3. Discuss circle spins and pivot spins
  - 4. Discuss the type of spins on test covered by this commission:

Sit Spins	Camel Sit Combination Spins
Change Spins	Camel Change Camel Spins
Camel Position in Spins	Sit Jump Change Sit Spins
  
- D. Discuss the difference in spin requirements between the Quad and In-Line Freestyle Achievement Tests.
  
- E. Have tape available with spins and view it for identification.
  
- F. Quiz

**ASSIGNMENT FOR NEXT MEETING:**

1. Review material covered on spins and be sure you know all spins skated on test covered by this commission..
2. Review the RSA Achievement Test Book, the portion involving Freestyle Tests.
3. Learn all information about the 5th., 6th, and 7th Freestyle tests for Quad and In-line Tests.

Passing score

Minimum Score

Fee

Number and type of jumps, spins & footwork included on each test.

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

FS2 Q-4

1. When judging spins what three parts do you consider?
2. How many revolutions do you expect a candidate to complete in each position in a spin on a # 5 Quad Test? On a # 5 In-Line test?
3. What are the three basic types of a one-foot spin?

4. What are the edges a skater can spin on?
  
5. Explain the difference between a circle spin and a pivot spin.
  
6. How many wheels should be on the floor during a one-foot spin?
  
7. What is a combination spin? Name one.
  
  
  
  
  
  
  
  
  
  
8. What is a change foot spin? Name one.
  
  
  
  
  
  
  
  
  
  
9. What is a jump spin? Name one.
  
  
  
  
  
  
  
  
  
  
10. Name several common errors found when judging spins.

11. List 3 of each of the following types of spins:

**One foot Spins**

a)

b)

**Combination Spins**

a)

b)

c)

c)

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**SESSION 5**

**TOPICS TO BE COVERED:**

- A. Review quiz from last meeting
  
- B. Review rules governing Quad and In-Line Freestyle Achievement Tests.
  
- C. Discuss the content requirements for Quad and In-Line Tests covered by this commission (5th, 6th, and 7th.)
  - 1. Review number of scores to be assigned and what each score should reflect in relation to the candidate's performance.
  - 2. Passing scores and minimum scores
  - 3. Test Fees
  
- D. Quiz to be checked in class.

**ASSIGNMENT FOR NEXT MEETING:**

- 1. Review all material covered on this commission.
  
- 2. Be prepared to take the Panel Final Exam at the next session. This is a closed book exam.
  
- 3. Be able to identify all jumps and spins discussed in the training sessions.
  
- 4. Bring date you skated your Freestyle Tests, if under 21. If over 21 bring the dates you

passed any other Achievement tests and judges commissions.

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:

- a) Attendance
- b) Class participation and knowledge demonstrated in discussions
- c) Over all scores on quizzes and panel final exam.
- d) Mock judging results
- e) Personal conduct and attitude

If the candidate is prepared to judge, then a commission application will be given out for the RSA # 2 Commission Test. This test will be sent by the RSA National Office and is Supervised Closed Book test. When it arrives you will have 30 days to take the exam. When the test is completed it is returned to the RSA Office for grading. A fee may be charged to take the test.

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FS2 Q-5

1. What do each of the following scores stand for?

- |       |       |
|-------|-------|
| a) 36 | e) 44 |
| b) 57 | f) 85 |
| c) 62 | g) 77 |
| d) 90 | h) 29 |

2. If you, as a judge, gave a score below the minimum score for the test you are judging, what must the outcome of the test be?                      PASSED / FAILED

3. If one judge drops a candidate below the minimum score for the test and two judges pass the candidate, what will the result of the test be? PASSED / FAILED

3. Complete the following table of information about the test listed below.

	5th Quad Test	6th In-Line Test	7th Quad Test
Passing Score			
Minimum Score			
Max Skate Time			
# of Spins			
# of Jumps			
Amount & Type Of Footwork			

4. Define the following skating terms:

a) Jump change spin

b) Combination jump

c) Boeckl

d) Salchow

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**# 2 FREESTYLE COMMISSION PANEL FINAL EXAM**

FS2 PF

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

- 1, As a judge and the referee for a # 6 Quad Freestyle Test, what would you do if you had each of the following situations occur?
  - a) The contents list has a wrong jump listed.
  - b) The candidate failed this test two weeks ago at a test center you judged.
  - c) The candidate leaves out one spin.
  - d) The candidate pulls the take-off and landing on 2 jumps and does only two revolutions in all of the spins.
  - e) The candidate skates his routine out of order.
  - f) The candidate's routine of over the maximum time.
  - g) The candidate skates exceptionally well with the music.
  - h) One of the other judges asks to have the candidate repeat the routine because he was not sure if all of the content was complete.
  - i) The candidate adds in an extra jump and leaves out one spin?
  - j) Before the tests start you find out the Rink is no longer an RSA Member Rink.
  - k) The skater falls on the landing of a jump
  
2. How many judges, holding a # 2 Freestyle Commission are needed to judge the 5th, 6th, and 7th tests?

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3. What are the three parts of a jump?
4. What are your duties as a test referee?
  
5. Define what each of the following jump positions are?
  - a) Standard
  
  - b) Open
  
  - c) Split
  
  - d) Stag
  
6. How many revolutions should you expect to see a candidate do on a spin for a Quad or In-Line Test? Is it necessary to do these revolutions in each position in a spin?
  
7. Draw the following jumps and give the take off edges, landing edges number of rotations, and toe points, if necessary.

a) <b>SALCOW</b>	B) <b>AXEL</b>	C) <b>WALLEY</b>

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8. What do each of the following scores stand for:
- |       |       |       |
|-------|-------|-------|
| a) 67 | b) 52 | c) 80 |
| d) 74 | e) 35 | f) 43 |
9. The 6th. Quad Freestyle Test requires \_\_\_\_\_ spins. List them.
10. The 7th Quad Freestyle Test what are the footwork requirements?
11. The 5th. Freestyle Test requires \_\_\_\_\_ jumps. List them.
12. What is a combination jump? Give 2 examples
13. What is the difference between a combination spin and a change spin?
14. What is a jump spin?
15. To pass the 7th Quad Freestyle Test from an individual judge , a candidate must achieve a total score of \_\_\_\_\_ and can not have a score below the minimum score of \_\_\_\_\_ for either the \_\_\_\_\_ or \_\_\_\_\_ score.
16. When a judge fails a test they should \_\_\_\_\_ the score on the Master Test Form when they sign their name and panel number.
17. Should the skater use a toe-stop to execute the change of positions during a spin? Explain
18. What common errors are found in judging spins? (List at least 6)

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19. What is the difference between a jump spin and a jump combination spir?
20. What common errors are found in jumps? (At least 6)
21. What are the three dimensions of a jump?
22. It is possible to perform all umps by rotating in either a \_\_\_\_\_ or  
\_\_\_\_\_ direction.