

# RSA TRAINING GUIDE

## # 4 FREESTYLE COMMISSION

FS4  
R 9-13

TO JUDGE THE 10TH GOLD MEDAL QUAD AND IN-LINE FREESTYLE TEST

### A: REQUIREMENTS TO TAKE COMMISSION:

1. Candidate must hold a # 3 Quad and In-Line Freestyle 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 an excellent knowledge of Freestyle skating.

### B: SUPPLIES NEEDED:

1. Current edition of "USA-RS Freestyle Book
2. Current edition of "RSA Achievement Book".
3. Notebook – 8 ½ X 11 inches.

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

1. The candidate should read the information in the "RSA Achievement Book" about tests in general and the special requirements for Gold Medal Tests.
2. Study the requirements for the Gold Medal tests.
3. Review skating terms and the Integer Scoring System.
4. Understand the judging points for the Gold Medal Quad and In-Line Freestyle Tests .
5. Use the enclosed study outline to review for the test. If some one else is also working on their commission getting together to review is an excellent idea. Ask a # 4 Commissioned Judge to help you review.
6. Try to attend a Gold Medal Test Center to mock judge. Check with USA-RS to see if they for any freestyle visuals if you need to brush up on you content identification.

### D. APPLYING FOR THE COMMISSION

1. When the Panel Advisor and Panel Chairman feel you are qualified and ready to take the # 4 Commission Exam Complete the RSA Application. A fee may need to be paid.
2. You will take a **CLOSED BOOK EXAM WITH TWO SUPERVISORS PRESENT.** After you test arrives you will have 30 days to take the test and return it to the RSA National Office to be graded.

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**GOLD MEDAL TEST CENTER**

**A. Location and Time**

1. Each RSA Section may hold 2 artistic and 2 speed test centers per year. See the “Roller Skating Achievement Book” for the RSA Sections. Please note these sections are different from the USA-RS Regions for competition.
2. Gold Medal Tests may be skated between the hours of 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’ X 170’ with no pole obstructions.

**B. Planning a Gold Medal Test Center and necessary approvals.**

1. The RSA Section Chapter must recommend and approve a Gold Medal Test Center in their section. A letter of approval must be sent with the following information to the RSA Office. (This should be started approx. 90 days before the test center date and BEFORE any notices are published.)
  - a) Site of Test Center
  - b) Date of Test Center
  - c) Director of Test Center (Usually an experienced person holding a # 4 Commission
  - d) Floor size and description
  - e) Fees to be charged
2. The Test Director must receive written approval from the RSA office before publishing any information about the test center dates.
3. The Test Center Director is responsible for sending written notices with all test center information to ALL RSA Member rinks in the Section of the Test Center **60 DAYS BEDFORE** the tests. The Director may also mail notices to RSA Member Rinks outside the host section if they are close to the test center.

**C. Duties of the Test Center Director**

1. Get all approvals in writing.
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 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 outside the candidates Section.
3. If a Test candidate is from outside the host Section where the test center is being held, they must request a waiver from the RSA National Office and explain why they wish to take their test at this site. The RSA Office will notify the Test Center Director in writing if approval is granted.
4. It is the responsibility of the Test Center Director to co-ordinate the judges’ transportation and other expenses with the host rink operator. In addition to the \$ 22.00 test fee a fee of up to \$ 20.00 may be charged. The amount of these fees must be approved by the Section Chapter Chairperson and the RSA National Office. They must be included in the Test Center Notice.

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### C. Duties of the Test Center Director Con't

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 applications to take the tests.
6. Candidates should submit a completed test form signed and their test fees by the deadline set. For Figure and Dance tests 5 copies of the judges sheets are needed. For the Free Skating Tests 6 copies of the content should be submitted. Candidates should also send their Rink ID number, their address, their coach's name, and the Coaches contact information
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 – Free Skating Content should be checked – Dances and figures are 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, stop watch for Freestyle Tests and first aid supplies.
  - e) Should make all judges assignments and see that the tests are run properly – Free skating tests must be timed and dance judging periods must also be timed for the American & International Team and Solo dance Tests.
  - f) Collect judges forms and record scores on the master form, Judges sign their Judges sheets for a Gold Medal Test Center and they are sent in with the test forms. (Judges do not sign the master test form)
  - g) The referee should verify if the test is a passed or failed test and mark the forms.
  - h) After the test center the Director should see that a separate Test Report Form and a Coach's form is completed for each rink having a candidate. The candidates mailing address should also be sent into the RSA National Office.
  - 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 advise the skater only after the test is completed and marked, but this should only be done if the **skater requests** it. Test officials will not discuss or release the comparative standings or scores of a test skater. Achievement Tests are neither competitive nor comparative. It is most advisable for the judge not to tell the skater the score you gave but to say the dance was either of passing standard or not up to passing standards and state the reasons you feel it was not a passing test.

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### **E. 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 the test candidates and spectators that these tests are an important achievement for the skater and a serious responsibility for the judge.
3. Tactfulness:
  - a. Treat teachers and coaches with respect.
  - b. Never make any comments about a skaters' ability or lack of ability.
  - 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, coach, or home rink.
  - c. Don't exaggerate the importance of you "pet peeve" faults.
  - d. You may have to re-evaluate 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.
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 to be sure to hold your clip board so no one can red your scores.

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**INTEGER SCORING SYSTEM AND MEANING**

MEANING		MERIT	FAULT
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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**TOPICS TO REVIEW FOR THE GOLD MEDAL EXAM**

- I. Review Freestyle skating terms.
- II. Review all information pertaining to jumps.
  - A. Review 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 the jump
    - 5. Whether or not you land on a toe-stop (1 ½ jumps)
    - 6. Landing edge
    - 7. Whether you land on same foot as you took off or other foot
  - B. Study 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
  - C. Review the jumps required on the # 10 Gold Medal Freestyle tests and the common errors found in the execution of the required jumps on the tests covered by this commission.
    - Double Flip
    - Double Lutz, Euler, Double Flip
    - Double Lutz
    - Double Loop
    - Double Axel
    - Triple Toe Walley, Loop, Triple Mapes
    - Triple Mapes
    - Triple Salchow
    - Triple Toe Walley
    - Axel, Loop, Double Loop
  - D. Be able to diagram and describe all jumps
- E. Review the section in the USA-RS Freestyle Book on the difficulty of jumps and all other information about jumps.
- III. Review all information about spins.
  - A. Execution --- entrance, revolutions, and exit.
  - B. Know if toe-stops may be used in spins.
  - C. Know the difference between a circle spins and pivot spins.

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- III. Review all information about spins con't
  - D. Review the types of spins on the tests covered by this commission.
  - E. Know the classification and difficulty of spins
  - F. Review common problems or errors found in the execution of spins
  - G. Review the section in the USA-RS Freestyle Book about spins
  - H. Know how many revolutions are required for the # 10 Gold Quad and In-Line Tests.
  
- IV Review section in UAS-RS Freestyle Book and the RSA Achievement Book about the running and the judging of Achievement Tests.
  - A. Know the content requirements for the Gold Medal Quad and In-line Tests.
  - B. Know and understand how a Gold Medal Test Center should be run.