

RSA TRAINING GUIDE

3 FREESTYLE COMMISSION

FS3 S-1

R- 9-13 TO JUDGE 8TH -- 9TH QUAD AND IN-LINE FREESTYLE TESTS

A. REQUIREMENTS TO TAKE COMMISSION:

1. Hold a valid # 2 Quad and In-Line Freestyle Commission.
2. Should have passed 7th Quad or In-Line Freestyle Commissions.
4. Must be willing to commit the time to attend ALL training sessions and to study the material assigned.

B. SUPPLIES NEEDED:

1. Current edition of Freestyle Book published by USA-RS.
2. Current edition of "RSA Roller Skating Achievement Test Booklet" Published by RSA.
3. Lobe guide for drawing dances -- available from USA-RS.
4. Notebook -- 8 1/2" x 11" -- 3 ring

C. GENERAL INFORMATION ABOUT TRAINING SESSIONS

1. In order to be eligible for the # 3 Quad & In-Line Freestyle 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 sections, the Panel Chairman, and Panel Advisor. If this group finds the candidates qualified the application for the RSA Commission will be given to the candidate. 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 is a **closed book supervised exam** that will be graded by the RSA National Office.
4. The candidate will need to know the Integer Scoring System and to know what each level means in the system.
5. If you do not skate freestyle. You will need to start at once to be sure you can recognize all of the jumps and spins in order to complete the training for this
6. The candidate will need to know the following information about each of the tests covered by this commission.:
 - a) Content requirements for the 8th & 9th Quad and In-Line Freestyle Tests
 - b) Passing scores required for each test
 - c) Minimum mark for each dance
 - d) Fee required
7. A minimum of 2 mock judging sessions should be planned for this commission.

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RESPONSIBILITIES OF A JUDGE

1. RSA test judges must possess a thorough knowledge of the test 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 coach make a request. 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 a skater's test. 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 a passing standard or not up to passing standards and state the reasons you felt it was not of passing standards. If you passed a failing Candidate you should not tell the skater you passed them, instead discuss some of the weakness and faults you observed.

PROPER CONDUCT FOR TEST JUDGES

1. Command respect; exercise care in speech, never using profane or argumentative language. When asked to comment on a candidate's 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 coach's 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 candidate.
 - b. Don't be swayed by the skater's reputation, equipment, instructor, or home rink.
 - c. Don't exaggerate the importance of "pet peeve" faults.
 - d. You may have to reevaluate your measure of perfection but don't compromise your integrity.

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PROPER CONDUCT FOR TEST JUDGES CON'T

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 and 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.

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:

- A. Candidates must have a good working knowledge of freestyle skating and be able to identify jumps and spins. If the candidate has difficulty in identifying these items, tapes would be helpful. Walking thru the jumps off skates will help with the take-off edges and landings and getting the feeling of the direction of rotation. A demonstration should be planned in addition to the scheduled sessions and if possible mock judge tests.
- B. Review terms relating to freestyle
- C. Using a poster board or black board to draw and review how to read jump diagrams.
- D. Discuss music for freestyle tests.
- E. Discuss elements in a freestyle program -- content of program and manner of performance.
- F. Review the importance of
 - 1) Judges ethics
 - 2). Judges dress code
 - 3) Judges keeping active in the sport:
- G. Review rules pertaining to judging a Freestyle Tests
 - 1) Order of content lists
 - 2) Checking content lists.
 - 3) Discuss forms used for tests and how to complete them,
 - 4. Other miscellaneous rules about judging and running a test center
- H. Quiz

ASSIGNMENT FOR NEXT MEETING:

1. Study the section on spins in the Free Skating Section of the USA-RS book
2. Study freestyle terms
3. Review in the USA-RS Book the section showing the difficulty of spins.

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NAME: _____

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1. For a freestyle test you assign _____ scores. What do the score(s) stand for?

2. Why is it important for the candidate to prepare the content list correctly for a Freestyle Test?

3. What happens if a candidate skates over the maximum time allowed for a freestyl test?

4. In your own words define the following terms.
 - a) Combination jump

 - b) Connecting Jump

 - c) Camel Spin

 - d) Combination Spin

 - e) Change Foot Spin

5. May a judge request a candidate to repeat one item on the test if he isn't sure it was executed properly? Explain.

6. Where may you judge tests as a commissioned RSA judge?

7. What must you, as a judge, do to maintain your judge's commissions?

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SESSION 2

TOPICS TO BE COVERED:

- A. Review quiz form last meeting
- B. Oral review of freestyle terms
- C. Discuss spins
 - 1) Execution – entrance, revolutions, and exit
 - 2) Discuss the number of revolutions for the Quad Tests and the In-Line Tests covered by this commission
 - 3) Discuss use of toe-stops in spins
 - 4) Discuss circle spins and pivot spins
 - 5) Discuss the types of spins on tests covered by this commission
 - Sit Jump Change Sit Spins
 - Camel Sit Combination Spins
 - IB Camel Spins
 - Camel change camel spins
 - Camel sit change sit (Combo) Spins
 - Camel Jump Change Sit Spins
- D. Have tape/CD available with spins and view it for identification
- E. Discuss the classification and difficulty of spins
- F. Review common problems or errors found in the skating of spins.
- G. Plan mock judging session (s) – all candidates MUST be present.
- H. Quiz

ASSIGNMENT FOR NEXT MEETING:

- 1. Review material covered on spins and be sure you know all spins skated on the tests covered by this commission.
- 2. Review the RSA Achievement Book, the portion involving Freestyle Tests.
- 3. Learn all information and the requirements for the 8th and 9th Quad & In-Line Achievement tests.
- 4. Review the section of the USA-RS Free Skating book on footwork and footwork classification.
- 5. Study terms and the Integer System.

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SESSION 3

TOPICS TO BE COVERED:

- A. Review quiz from last meeting.
- B. Oral review of terms and Integer Scoring System.
- C. Review rules for Freestyle tests.
- D. Discuss footwork in Quad and In-Line Tests
 - 1. The three types of footwork
 - 2. Examples of footwork
 - 3. Discuss requirements for tests
 - 4. Discuss the different footwork requirements (skating moves) for In-Line tests.
- E. Discuss the content requirements and judging of tests covered by this Commission – 8th and 9th Quad and In-line Freestyle Tests.
 - 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 sequence
 - 3. Test fees
 - 4. required jumps and spins
- F. Quiz

ASSIGNMENT FOR NEXT MEETING

- 1. Review material covered in sessions so far,
- 2. Study section on Free Skating in USA-RS Book,
- 3. Study the degree of difficulty of the different jumps.

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Name: _____

1. The 8th Silver Quad Freestyle Test fee is _____. The minimum grade for both scores is _____. In order to pass the test you must achieve a score of _____ or higher from _____ judges. The Maximum skating time is _____.

2. List the jumps required for the 8th and 9th Freestyle Tests.

8th Silver Test

9th Gold Test

3. List the spins required for the 8th and 9th Freestyle Tests.

8th Silver Test

9th Gold Test

4. What are the three types of footwork?

5. What type of footwork should be skated on the 8th and 9th In-Line Freestyle Test?

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

a) 67

d) 74

b) 55

e) 39

c) 83

f) 44

7. What are your duties as a test referee?

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SESSION 4

TOPICS TO BE COVERED:

- A. Review quiz from last meeting.
- B. 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 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 the other foot
- 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. Body position
 - 4. Number of rotations in air
 - 5. Sureness and control
- D. Review the jumps required on the 8th and 9th Quad and In-Line Freestyle Tests and discuss the common errors seen in the execution of these jumps.
 - Double Flip
 - Colledge
 - Lutz, Euler, 1 ½ Flip (Combo)
 - Double Toe Walley
 - Double Toe Walley, Loop, Double Mapes (Combo)
 - Double Salchow
 - Axel, Loop, Db Mapes (Combo)
 - Axel, Loop, Db Mapes, Euler, Db Saalchow
- E. Have candidates view tapes/CD'S and identify jumps Be sure all candidates can recognize double revolutions. Discuss the level of difficulty of different jumps.
- F. Set time and location for next session – should be a demonstration session on jumps and spins.
- G. Quiz

ASSIGNMENTS FOR NEXT MEETING:

- 1. Review all material covered for panel final.
- 2. Be able to identify jumps and draw jump diagrams.
- 3. Review the difficulty of different jumps .

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1. Define and describe the following jumps:

a) Lutz

b) Euler

c) Double Flip

d) Double Toe Walley

e) Double Salchow

f) Colledge

g) Axel

h) Loop

2. What are the components of a properly executed jump? (List 5)

3. Are pulled take-offs or pulled landings acceptable on several jumps on the 8th Quad Gold Test?
What effect would this have on your score?

4. A Lutz, Euler, 1 ½ Flip would be classified as a _____ in a routine.

5. On the back of this sheet diagram the following jumps showing the take-off edge, rotation, toe point (if needed), and landing edge. Indicate the order of difficulty from easiest to hardest.

Double Mapes

Salchow

Lutz

Doouble Toe Walley

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SESSION 5

TOPICS TO BE COVERED:

- A. Review quiz from last meeting
- B. Review the components of a properly executed jump
 - 1. The three dimensions of a ump – 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 proper execution of spins.
 - 1. Entrance, Revolutions, and exit.
 - 2. Discuss use of toe-stops in spins
- D. Have demonstration and identify the jumps and spins. Discuss common errors found in the execution of the items for the 8th and 9th. Quad and In-Line Tests.
- E. Next session will be the Panel CLOSED BOOK Final Exam for this Commission

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 # 3 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 testis completed it is returned to the RSA Office for grading. A fee may be charged to take the test..

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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 ads 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 # 3 Freestyle Commission are needed to judge the 8th and 9th Quad and In-Line Freestyle Tests.

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

DOUBLE TOE WALLEY	LUTZ	COLLEDGE
EULER	1 ½ FLIP	DOUBLE SALCHJOW

8. What do each of the following score stand for:

a) 66

b) 53

c) 81

d) 75

e) 35

f) 44

9. What is a jump spin?

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10. The 8th Quad Freestyle Test requires _____ spins. List them.

11. The 9th.Quad Freestyle Test requires _____ sequences of _____ footwork. Give one sequence for this test.

12. The 8th Quad Freestyle Test requires _____ jumps. List them.

13. What is a combination jump? Give 2 examples.

14. What is the difference between a combination spin and a change spin?

15. To pass the 9th 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 are the common errors are found in judging spins? (At least six)

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