Roller Skating Achievement Program
Speed Skating Manual

Roller Skating Association
INTERNATIONAL

Effective 11-01-13

An exclusive program of the Roller Skating Association

Endorsed by USA Roller Sports
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**QUESTIONS OR TO ORDER ALL ASSOCIATED FORMS, PINS OR MEDALS**
If you have questions or comments about this book, would like to order test forms, pins or medals, please contact the Roller Skating Association International at 317-347-2626 Ext. 106 or email achievements@rollerskating.com

**NOTICE**
The RSROA Board of Directors changed the name of the RSROA to RSA (Roller Skating Associations). This change was made to include ALL members of the RSA. Also, in May 1985 the RSROA Board of Directors changed the name of the RSROA Proficiency Test Program to the RSROA Achievement Test Program. This change was made to better reflect the intent of the tests — a means of developing and measuring a skater's skills in roller skating.

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Introduction
RSA Roller Skating Achievement Tests, originally called the RSROA Proficiency Tests, were established in 1939 to provide incentives for skaters to increase their skating skills without the pressure of competition. The tests offer skaters attainable goals. Winning a test award is something of which to be proud and encourages skaters to advance further in developing their roller skating skills.

There is a separate sequence of tests for each of the twelve skating categories: American Team Dance, American Solo Dance, International Team Dance, International Solo Dance, Circle Figures, Loop Figures, Free Skating, In-Line Free Skating, Roller Hockey, Quad Speed Skating, In-line Speed Skating, plus a beginners test called the Super Skater Test. Each sequence includes beginner tests in which skaters earn Bronze lapel pins, traditionally referred to as “medals.” These skaters may then advance to the intermediate tests, earning Silver lapel pins; then on to the advanced tests, earning Gold lapel pins. After all the pins in a series have been earned, the skater may take a final test for the Gold Medal in the category. The final Gold Medal in each category is an Olympic style medallion engraved with the winner’s name and year in which the test was passed. The medals are finely crafted and strung on a ribbon which can be worn with pride by any skater.

How to take an RSA Achievement Test
Who can take an Achievement Test?
RSA Roller Skating Achievement Tests may be taken by anyone without regard to their status as a recreational skater, amateur skater, professional instructor, rink operator, or official. There are no membership requirements or restrictions. Skaters need not be members of the Roller Skating Associations, the United States Amateur Roller Sports (USARS) or any other national organization, local group or club. The USARS has authorized that Achievement Tests may be skated by an amateur with another amateur or professional without violating the Rules of Amateur Status. An Achievement Test Center does not require a USARS sanction. There are no age restrictions for taking these tests.

Where can you take an RSA Achievement test?
Achievement Tests may be skated only at RSA member roller skating centers unless advance written permission is granted by the RSA President or Executive Director and the SRSTA Chair to conduct an Achievement Test at another site. All tests forms must be signed by an SRSTA member coach except for the Super Skater class tests. This is to verify the technical aspects of the test are skated.

How to arrange to take an Achievement Test
In most cases, Achievement Tests are given during a specially organized test center. The skating center operator, teacher, coach, or judges’ panel chairman will establish a time for the test center. This person, called the test center director, will make the necessary arrangements which include scheduling of the tests, contacting and confirming all of the judges and officials, preparing the test forms and applications, collecting the appropriate fees from each skater and sending the original applications and necessary forms to the RSA National Office within 10 days of the test center. All the necessary applications and forms are available from the RSA National Office upon request. Please note that the test center is held through the courtesy of the rink operator. Please show every consideration in arranging the test center by beginning and ending on time.
Skaters who have successfully completed their tests will be awarded Achievement Test pins. The pins are sent in care of the skater’s home rink (the rink where they took their classes or lessons) or to the rink where the test center was conducted. Should a skater fail a test the fees are forfeited; and, the full test fee must be paid again to re-skate the test. A skater who fails a test must wait at least 30 days before retaking the test except for the Gold Medal tests. A skater who fails a Gold Medal Test is not required to wait 30 days to retake that test, but the re-skate cannot be taken at the same Gold Medal test center.

Order of Skating Tests
Skaters just beginning to take Achievement Tests must start with the first Bronze level in a test category and take each succeeding test in order.

Skaters who have passed tests under any previous schedule are not required to retake the equivalent tests under the current schedule before taking the next higher test. However, skaters may choose to retake the current tests at their option.

Skaters will not be required to re-skate a test already passed as a requirement to take a higher test.

Test Fees
As of September 1, 1989, the RSA has established a schedule of wholesale/retail test fees. The wholesale portion of the test fees must be returned to the RSA National Office along with the test center report. The rink operator’s portion of each test fee may be retained by the rink operator to offset any expenses associated with the running of the test center. Rink operators must surcharge a $1.00 assessment fee per test and/or admission to the test center in addition to the wholesale/retail pricing established by the RSA. Effective January 1, 1999, current RSA Member SRSTA Coaches must charge an additional fee of $1.00 per test. The dollar is to be paid to the SRSTA coach who administers the test. Rink operators/coaches not wishing to retain their portion of each test fee may donate their portion to their club travel fund or the National Museum of Roller Skating. For allowable additional fees for Gold Medal Test Centers see Gold Medal Centers.

All test fees and paper work collected and/or due to the RSA must be remitted to the RSA National Office within 10 days from the conclusion of the test center. Failure to do so may jeopardize future participation in the Achievement Test Program.

Test Awards
Under no circumstances may any skater who has not properly passed a test display that test award pin or medal.

The RSA National Office cannot research or verify individual tests. Duplicates of lost test awards can only be replaced if the skater can provide the proper test form and pay the current test fees. When a medal is lost and no form is available to prove the medal was earned, a letter of certification from the coach at that time may be used to verify the passing of the test.

In the event of a catastrophe i.e. fire, burglary, natural disaster, test medals may be replaced if the skater can provide the proper test receipt for the highest test passed, or verification through RSA records or the coach involved. The cost would be the price of the medal(s) to the office.
plus shipping/handling and a 25% fee. This can be charged to an insurance claim or handled by the claimant.

**Gold Medal Centers**
Each RSA Section (see RSA Sections) may hold two artistic and two speed Gold Medal test centers per fiscal year (June 1 through May 31). Sections may combine to hold joint Gold Medal test centers. The RSA Section Chapter(s) will recommend to the national RSA office the sites, dates, and times for each Gold Medal test center within their section.

Gold Medal tests may only be skated in sites that have a minimum floor size of 70’ x 170’ of clear skating surface with no pole obstructions.

Gold Medal tests must be scheduled between 7 AM and 10 PM and must be conducted so that all tests are run with out interruption by lower level tests or competitive skating events. However, speed skating Gold Medal tests may be scheduled separately from the artistic tests for the convenience of the skaters. Skaters must be ready to skate at least one hour prior to their scheduled time.

**Duties of the Gold Medal Test Director**
The test director must notify all RSA member rinks in the Section(s) of the details of the Gold Medal test center at least 60 days in advance. Correspondence must be addressed to both the operator and coach.

The approximate time schedule for the skating of each test must be mailed to both the skater and coach 10 days before the test. If there are many tests, they may be scheduled by groups.

The test director will be responsible for the selection and necessary arrangements for the RSA test judges. The test director will coordinate the judges’ transportation and other expenses with the rink operator prior to inviting the test judges. No later than 30 days prior to the tests, the test director must provide the RSA National Office with the names and panel number of each of the Gold Medal test center judges. The National Office will verify the commissions and current status of each of these judges.

Skaters must take a Gold Medal test within their own section; or, if their section is included in a joint Gold Medal test center. Skaters may request a waiver from the RSA National Office to skate a Gold Medal test outside their section. The request for a waiver must include specific reasons why the skater should be allowed to skate the Gold Medal test outside his or her section.

The Gold Medal test fee is $22 per test. In addition to the RSA Fee, the host rink may charge an assessment fee up to $22 per test above the RSA test fee in order to defray expenses. These test and assessment fees must include ample practice and warm-up for the Gold Medal test skaters on the day of the test. Spectator fees for a Gold Medal test, if any, must be approved by the RSA Sectional Chapter.

For the artistic Gold Medal tests five RSA test judges with No. 4 Commissions in the appropriate category are required to judge each test. At least two of the judges must be from panels outside the section in which the Gold Medal test center is being conducted.
For speed Gold Medal tests, the referee-in-charge must measure the track from pylon to pylon to determine that the track measurements conform to official layouts. Any deviations must be corrected before the tests can be skated.

RSA Judges and Judges Panels
Selecting Judges
Only RSA test judges holding the required commissions in the test being judged may officiate at a test except as indicated in the Super Skater Award.

Any person who acts as the test center referee must be an RSA test judge holding the required commissions in the test being judged.

No RSA test judge may officiate at a test of any person who is his or her relative.

No RSA test judge may officiate at a test of any person who is his or her skating partner, or has been a skating partner at any time during the past three years. A skating partner includes partners for competition or where both persons are being judged in team dance Achievement Tests.

An RSA test judge who currently or has in the past three years taken instruction (classes or private lessons) at a skating center may not judge instructors (professional teachers or coaches) who taught at that skating center while the judge took instruction there. Any waiver of this rule must be obtained from the RSA national office prior to the test.

No skating instructor (professional teacher or coach) may officiate at a test of a pupil or former pupil, except as described in paragraph #7 below. Any waiver of this rule must be obtained from the RSA national office prior to the test.

All Bronze level tests in all disciplines require only one RSA test judge to officiate. Rinks have the option of using three judges for these tests if they desire. Where other RSA test judges are not available, another SRSTA, SCA or RHCA instructor at that facility may judge these tests if he or she holds the required commissions for the tests to be judged.

If properly qualified judges are not available at your facility, contact rinks with a judges panel in your area. If you need assistance in locating qualified judges, you can refer to the RSA judge’s roster available from the RSA National Office. Confirming the judges should be done well in advance to ensure sufficient judges will be at the test center. Remember that RSA test judges are volunteers. Your request should allow sufficient time for the judges to make arrangements to attend your test center. These arrangements are a decision between the judges and the test center director.

RSA Judges Panels
RSA Achievement Test Judges are organized at the rink level into judging panels. The judges’ panel is the focus of recruiting and training RSA test judges for the rink.

Judges panels may only be established at RSA member rinks except by written approval of the RSA Board of Directors.
To start a judges’ panel, contact the RSA National Office. The national office will assign
the panel a panel number. All the training material, including quizzes, attendance records, a
list of supplies needed and general information will be sent to the panel chairman or may be
found on the RSA web site. Everything you need except the final examinations are
included. Most judges panels hold informal meetings once or twice a month. At one of the
early meetings, the panel should elect a panel chairman and secretary. Usually the rink
operator or instructor will act as panel advisor. Panels should establish a course of study for
the judges and trainees. The panel chairman or advisor should discuss the answers of the
quizzes with the panel members. By this process the panel advisor and chairman will learn
which panel members are prepared for their judges tests.

Eligibility for RSA Test Judges Commissions

General Eligibility Requirements
Candidates for RSA Achievement test judges’ commissions must be at least 15 years of age
to hold a No. 1 commission. Candidates for No. 2, No. 3, or No. 4 commissions must be at
least 16 years of age.

All RSA test judge commissions are renewable every three years on or before June 1st
through the RSA national office.

All RSA test judges must perform their activities through a judges’ panel registered with
the RSA National Office.

Candidates for judges commissions who are not physically capable of skating the
Achievement Test prerequisites should request a waiver of this requirement by completing
the waiver section on the back of the RSA test judges application.

Candidates for a test commission who are 21 years of age or older may be automatically
waived from the Achievement Test requirement provided the candidates holds at least a
number one commission in an artistic category.

Applications for judges’ commissions may be obtained from the judges panel advisor,
chairman, or secretary. The candidate will complete the application (along with a $10.00
fee) and submit it to the panel advisor, chairman, or secretary. The panel chairman or
advisor will verify the contents of the application and certify the candidate has completed
the prescribed course of study for the commission.

The panel officer will send the application to the RSA National Office so the proper
examination can be issued. The applicant will have 30 days from the issue date of the test to
return the completed exam to the RSA National Office. All tests are CLOSED book exams.

As of January, 1996, a candidate may apply for more than one commission at a time. The
candidate cannot apply for more than one commission in the same discipline (ex. No. 1 and
No. 2 tests given at one given time).

A judges’ panel may drop a judge from its panel roster for any good reason. The judge
being dropped must be notified of this decision and a copy of this notification, which
includes the reasons for the action, must be sent to the judge and the RSA National Office
without delay.

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RSA test judges who have not held an RSA test judges commission for three years are considered out-of-date with current judging procedures. Judges who have failed to renew their commissions must contact the RSA National Office and request a form to be reinstated. All of the information requested on the form must be completed by the person requesting to have commissions restored and return it to the RSA National Office. The form will be given to the Achievement Test Committee to determine what action will be taken. Applicants may be required to pay a fee and take a written exam.

**Speed Skating Commission**

Speed skating test commission candidates are required to pass a closed book exam. Requirements for a No. 1 Commission: Candidate must be a minimum of 15 years of age. Candidate must have skated and passed Speed Test #2 and may judge up to and including Speed Test #4. Requirements for a No. 2 Commission: Candidate must be a minimum of 16 years of age. Candidate must have skated and passed Speed Test #2. May judge up to and including speed test #8 Gold Medal. Candidates who are not physically capable of skating the Achievement Test prerequisites should request a waiver of this requirement. Waiver requests should be submitted by completing the waiver section on the back of the RSA Judges Application.

**Duties and Responsibilities of a Judge**

RSA test judges must be thoroughly knowledgeable 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.

RSA test judges may advise the skater of his or her performance only after the test is completed and marked. It is suggested that this be done only if the skater’s professional or coach requests it. No test official may discuss or release the scores or grades to anyone. Test officials will not discuss or release the comparative standings or test scores of a skater. Achievement Tests are neither competitive nor comparative.

**Duties and Responsibilities of a Referee**

The referee is responsible for checking the skating surface to be sure it is in proper and safe condition and is properly marked for the test to be skated.

The referee will organize the other officials (judges, timers, starters, etc.) for the test and distribute the judges scoring forms.

The referee will ensure there is no interference with the test skater while he or she is skating the test.

The referee will decide any questions or disputes that may arise during or in connection with the test. The referee may call the judges together to assist or concur in a ruling if the referee deems such action necessary. The referee may ask the test center director to make the final decision.

The referee will submit a written report to the RSA National Office for any act of misconduct by a skater or official.
The referee will ensure that each skater is announced or identified to the judges before skating begins.

The referee will instruct the judges not to discuss a skater’s faults or merits until all the skaters’ grades have been recorded.

The referee will ensure that the judges sign the test application and write their scores (circling those that are failing totals). The referee will then complete the application by marking it as being passed or failed and signing it in the proper position. In large test centers, the referee may delegate this responsibility to a test center tabulator. However, the referee is responsible for the accuracy of all the work done by the tabulator.

The referee should be on skates and follow the contestants as closely as possible on the inside of the track during the test. It is the duty of the referee to ensure that each test be skated fairly and that all rules and regulations be enforced.

If the referee observes a skater committing a foul then it is the duty of the referee to disqualify that skater.

The referee must hold a valid RSA speed commission to officiate at a test center.

It will be the responsibility of the referee to ensure all stop watches or electronic devices are in good working condition before the test center is conducted.

It will be the responsibility of the referee to start and finish the candidates’ tests.

It will be the referee who checks and verifies the age of a test candidate prior to the test being conducted.

Duties and Responsibilities of a Test Center Director
The test center director is the chief official responsible for running the test center.

The test center director will ensure that a current copy of the RSA Achievement Book and a rule book applicable to the test is available.

The test center director will ensure that the judges are properly commissioned and that officials are properly stationed and comply with the rules pertaining to judges’ duties and responsibilities.

The test center director has the authority to remove or replace any judge for cause.

The test center director may be asked by the referee to resolve any questions or disputes that may arise during or in connection with the test.

The test center director will submit a written report to the RSA National Office for any act of misconduct by a skater or official.

The test center director will ensure that all test applications and reporting forms are properly completed and signed.
For Gold Medal Test Centers, the original copy of the Applications, Summary of Achievement Tests Reports, the Judges Roster Form, the SCA Coaches’ Form and all Judges Score Sheets and appropriate fees are forwarded to the RSA National Office within 10 days of the test center. A separate summary sheet must be used for each rink participating in the test center. The skaters’ mailing addresses must also be listed.

For all other tests, the test center director will ensure that the original copy of the Applications, Summary of Achievement Tests Reports, the Judges Roster Form, the SCA Coaches’ Form and appropriate fees are forwarded to the RSA National Office within 10 days of the test center. File copies of the test applications, judges score sheets and other correspondence should be kept by the host rink for a period of three years and then may be destroyed.

Duties and Responsibilities of a Timer
Each timer will record elapsed time on the test sheet provided by the RSA office.

Timer can be seated in the center of the floor or may stand as close as is practical to the finish/timing line.

Timers will stop their watches at the end of the test when the skater’s employed food crosses the finish line or timing line.

In the event a stop watch malfunctions the timer will inform the referee and the skater will be directed to reskate the test. Also, if the distance is at length, it will be at the discretion of the referee to let the skater choose to reskate provided the skater finishes the test in the one hour time limit.

Should two of the three watches show the same time and the third watch disagree, the time of the two watches will be official. If all three watches disagree, the intermediate time will be official.

Upon completion of each distance the timer will report the time of his/her watches to the referee.

If three timers are used to measure a skater a majority of those timers must record passing times for the skater to pass the requirements of that distance.

Timers must use stop watches calibrated to 1/10 of a second. Chronograph watches are not acceptable as official time pieces for speed tests.

Duties and Responsibilities of a Corner Judge
Corner judges will be stationed on the outside track at each pylon.

Corner judges will be responsible for maintaining correct placement of the pylons.

Corner judges are not required to hold an RSA speed commission.
Speed Skating

Speed Skating Tests
All tests must be taken upon 100, 90, 80, 66.6 meter tracks that have been laid out in accordance with the dimensions contained in the RSA Achievement Test booklet.

All distances in these tests are run counter-clockwise around the track. A gun or whistle will be used to start and a whistle or flag will be used to indicate completion of the distance. A running start, as used in competition, shall be used to begin timing the skater(s).

A skater must complete skating of all required distances within one hour to qualify as passing.

The speed test minimum times are categorized according to the age and/or sex of the skater. The age category will be determined by the age of the skater at the time the test is taken. The skater’s age will be determined by January 1st. Age can be verified by birth certificate or driver’s license. If a person is unwilling or unable to verify his or her age, he or she must be tested as a Class Five skater.

All speed test candidates must wear approved cycling or roller derby helmets during testing as a safety measure. There is no requirement as to roller skate used as times specify quad or in-line.

Up to 8 skaters may be tested on the track at one time for speed tests #1- #4. A starting line may be placed on opposite sides of the track and no more than two skaters will begin the distance from any one starting line.

To run a speed test the officials required are a referee, a starter and the necessary timers as described below. In all cases, the referee must be an RSA test judge with a speed commission. For speed tests #7 and #8, all the officials must be RSA test judges with current speed commissions.

Timers required:
   For speed tests #1- #4 one individual timer per skater must be used.
   For speed tests #5- #8, three individual timers per skater must be used.
   For speed tests #7 and #8, the timers must be RSA test judges with a speed commission.

If three timers are used to measure a skater, a majority of those timers must record passing times for the skater to pass the requirements of that distance.

Timers must use stop watches calibrated to 1/10 of a second. Chronograph watches are not acceptable as official time pieces for speed test.

Gold Medal speed tests will be governed by the rules and procedures already outlined in the Gold Medal portion of this handbook. The Gold Medal test must be run only on a 100 meter track.
### Speed Skating Requirements
#### Beginner Speed Test Times*

**Suitable For Any Size Track**  
**Suitable For Any Skate Including: Quad, Inline, and Rental**

<table>
<thead>
<tr>
<th>Test 1</th>
<th>Test 1</th>
<th>Test 1</th>
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<tbody>
<tr>
<td>1 Lap : 30</td>
<td>1 Lap : 19</td>
<td>1 Lap : 20</td>
</tr>
<tr>
<td>2 Lap : 50</td>
<td>2 Lap : 38</td>
<td>2 Lap : 39</td>
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<table>
<thead>
<tr>
<th>Test 2</th>
<th>Test 2</th>
<th>Test 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Lap : 42</td>
<td>2 Lap : 36</td>
<td>2 Lap : 37</td>
</tr>
<tr>
<td>3 Lap : 55</td>
<td>3 Lap : 48</td>
<td>3 Lap : 49</td>
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</table>

<table>
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<tr>
<th>Test 3</th>
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<tr>
<td>3 Lap : 52</td>
<td>3 Lap : 45</td>
<td>3 Lap : 46</td>
</tr>
<tr>
<td>4 Lap : 1:09</td>
<td>4 Lap : 1:00</td>
<td>4 Lap : 1:02</td>
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**Table 1**

<table>
<thead>
<tr>
<th>Test 1</th>
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<tbody>
<tr>
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<td>1 Lap : 18</td>
<td>1 Lap : 21</td>
</tr>
<tr>
<td>2 Lap : 42</td>
<td>2 Lap : 37</td>
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<td>3 Lap : 44</td>
<td>3 Lap : 48</td>
</tr>
<tr>
<td>4 Lap : 1:02</td>
<td>4 Lap : 59</td>
<td>4 Lap : 1:04</td>
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**Table 2**

*Upon Successful Completion Of The Above Beginner Speed Tests #1-2-3, The Skater Will Continue Their Achievement Test Program Beginning With Test #4 As Listed Next:

#### 66 Meters

<table>
<thead>
<tr>
<th>Test 4</th>
<th>Lap</th>
<th>Male</th>
<th>Female</th>
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</thead>
<tbody>
<tr>
<td>5 Lap</td>
<td>: 45*</td>
<td>Q</td>
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#### 80 Meters

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<td>IN</td>
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#### 90 Meters

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<th>Female</th>
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<td>: 48</td>
<td>Q</td>
<td>IN</td>
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<td>5 Lap</td>
<td>: 55</td>
<td>Q</td>
<td>IN</td>
</tr>
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<table>
<thead>
<tr>
<th>Test 5</th>
<th>Lap</th>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>5 Lap</td>
<td>: 56</td>
<td>Q</td>
<td>IN</td>
</tr>
<tr>
<td>7 Lap</td>
<td>: 1:21</td>
<td>Q</td>
<td>IN</td>
</tr>
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<table>
<thead>
<tr>
<th>Test 6</th>
<th>Lap</th>
<th>Male</th>
<th>Female</th>
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<tbody>
<tr>
<td>5 Lap</td>
<td>: 54</td>
<td>Q</td>
<td>IN</td>
</tr>
<tr>
<td>10 Lap</td>
<td>: 1:50</td>
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<td>IN</td>
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#### 100 Meters

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<th>Test 4</th>
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<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Lap</td>
<td>: 52</td>
<td>Q</td>
<td>IN</td>
</tr>
<tr>
<td>5 Lap</td>
<td>: 1:05</td>
<td>Q</td>
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</table>

<table>
<thead>
<tr>
<th>Test 5</th>
<th>Lap</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Lap</td>
<td>: 1:01</td>
<td>Q</td>
<td>IN</td>
</tr>
</tbody>
</table>

---

*Endorsed by USA Roller Sports  
Revised 9-1-2013  
Effective 11-1-2013*
## RSA Achievement Program

<table>
<thead>
<tr>
<th></th>
<th>7 Lap</th>
<th>1:28</th>
<th>1:21</th>
<th>1:33</th>
<th>1:27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test 6</td>
<td>5 Lap</td>
<td>:58</td>
<td>:54</td>
<td>1:02</td>
<td>:58</td>
</tr>
<tr>
<td></td>
<td>10 Lap</td>
<td>1:55</td>
<td>1:45</td>
<td>2:05</td>
<td>2:03</td>
</tr>
<tr>
<td>Test 7</td>
<td>5 Lap</td>
<td>:57</td>
<td>:51</td>
<td>1:00</td>
<td>:55</td>
</tr>
<tr>
<td></td>
<td>10 Lap</td>
<td>1:50</td>
<td>1:40</td>
<td>2:00</td>
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<tr>
<td></td>
<td>15 Lap</td>
<td>3:00</td>
<td>2:45</td>
<td>3:10</td>
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<table>
<thead>
<tr>
<th>Test</th>
<th>Lap</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test 8</td>
<td>5 Lap</td>
<td>56</td>
<td>58</td>
</tr>
<tr>
<td></td>
<td>10 Lap</td>
<td>:46</td>
<td>:58</td>
</tr>
<tr>
<td></td>
<td>15 Lap</td>
<td>2:49</td>
<td>2:28</td>
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<tr>
<td></td>
<td>20 Lap</td>
<td>3:49</td>
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<td></td>
<td>30 Lap</td>
<td>5:43</td>
<td>5:10</td>
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<table>
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<tr>
<th>Test Pricing</th>
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<tr>
<td>1st</td>
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<td>2nd</td>
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<td>3rd</td>
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<td>4th</td>
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<td>6th</td>
</tr>
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<td>7th</td>
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<td>8th</td>
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### Metric Speed Track Dimensions

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<tr>
<th>Track in Meters per Lap</th>
<th>0.1707</th>
<th>0.1613</th>
<th>0.069</th>
<th>0.0604</th>
<th>0.1898</th>
<th>0.3909</th>
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<tbody>
<tr>
<td>A</td>
<td>68.16m</td>
<td>64.52m</td>
<td>27.80m</td>
<td>24.16m</td>
<td>75.92m</td>
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<tr>
<td>B</td>
<td>223'-8&quot;</td>
<td>211'-8&quot;</td>
<td>90'-7&quot;</td>
<td>79'-3&quot;</td>
<td>249'-1&quot;</td>
<td>513'-0&quot;</td>
</tr>
<tr>
<td>C</td>
<td>42.60m</td>
<td>40.32m</td>
<td>17.25m</td>
<td>15.10m</td>
<td>47.45m</td>
<td>97.72m</td>
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<tr>
<td>D</td>
<td>139'-9&quot;</td>
<td>132'-3&quot;</td>
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<td>49'-7&quot;</td>
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<td>E</td>
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<td>F</td>
<td>111'-10&quot;</td>
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<td>G</td>
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<td>H</td>
<td>83'-10&quot;</td>
<td>79'-4&quot;</td>
<td>33'-11&quot;</td>
<td>29'-9&quot;</td>
<td>93'-5&quot;</td>
<td>192'-4&quot;</td>
</tr>
<tr>
<td>I</td>
<td>12.30m</td>
<td>20.16m</td>
<td>8.62m</td>
<td>7.55m</td>
<td>23.72m</td>
<td>48.86m</td>
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<tr>
<td>J</td>
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<td>24'-9&quot;</td>
<td>77'-10&quot;</td>
<td>160'-4&quot;</td>
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<tr>
<td>K</td>
<td>17.07m</td>
<td>16.15m</td>
<td>6.90m</td>
<td>6.04m</td>
<td>18.98m</td>
<td>39.09m</td>
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<td>L</td>
<td>56'-0&quot;</td>
<td>53'-0&quot;</td>
<td>22'-8&quot;</td>
<td>19'-10&quot;</td>
<td>62'-3&quot;</td>
<td>128'-3&quot;</td>
</tr>
<tr>
<td>M</td>
<td>15.33m</td>
<td>14.51m</td>
<td>6.21m</td>
<td>5.43m</td>
<td>17.08m</td>
<td>35.18m</td>
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<tr>
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<td>47'-7&quot;</td>
<td>20'-4&quot;</td>
<td>17'-10&quot;</td>
<td>56'-0&quot;</td>
<td>115'-6&quot;</td>
</tr>
<tr>
<td>O</td>
<td>13.63m</td>
<td>12.90m</td>
<td>5.52m</td>
<td>4.83m</td>
<td>15.18m</td>
<td>31.27m</td>
</tr>
<tr>
<td>P</td>
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<td>42'-4&quot;</td>
<td>18'-1&quot;</td>
<td>15'-10&quot;</td>
<td>49'-10&quot;</td>
<td>102'-7&quot;</td>
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<tr>
<td>Q</td>
<td>12.78m</td>
<td>12.09m</td>
<td>5.17m</td>
<td>4.53m</td>
<td>14.23m</td>
<td>29.32m</td>
</tr>
<tr>
<td>R</td>
<td>41'-11&quot;</td>
<td>39'-8&quot;</td>
<td>16'-11&quot;</td>
<td>14'-10&quot;</td>
<td>46'-8&quot;</td>
<td>96'-2&quot;</td>
</tr>
<tr>
<td>S</td>
<td>11.36m</td>
<td>10.75m</td>
<td>4.60m</td>
<td>4.03m</td>
<td>12.65m</td>
<td>26.06m</td>
</tr>
<tr>
<td>T</td>
<td>37'-3&quot;</td>
<td>35'-3&quot;</td>
<td>15'-1&quot;</td>
<td>13'-3&quot;</td>
<td>41'-6&quot;</td>
<td>85'-6&quot;</td>
</tr>
<tr>
<td>U</td>
<td>10.22m</td>
<td>9.68m</td>
<td>4.14m</td>
<td>3.62m</td>
<td>11.39m</td>
<td>23.45m</td>
</tr>
<tr>
<td>V</td>
<td>33'-6&quot;</td>
<td>31'-9&quot;</td>
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<td>11'-10&quot;</td>
<td>37'-5&quot;</td>
<td>76'-11&quot;</td>
</tr>
<tr>
<td>W</td>
<td>8.52m</td>
<td>8.06m</td>
<td>3.45m</td>
<td>3.02m</td>
<td>9.49m</td>
<td>19.54m</td>
</tr>
<tr>
<td>X</td>
<td>27'-11&quot;</td>
<td>26'-5&quot;</td>
<td>11'-4&quot;</td>
<td>9'-11&quot;</td>
<td>31'-2&quot;</td>
<td>64'-1&quot;</td>
</tr>
</tbody>
</table>

### Table 9

**How to Change Your Track to Metric Distances**

<table>
<thead>
<tr>
<th>Laps per Mile</th>
<th>4</th>
<th>6</th>
<th>8</th>
<th>10</th>
<th>12</th>
<th>16</th>
<th>18</th>
<th>20</th>
<th>22</th>
<th>24</th>
<th>26</th>
<th>32</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track in Meters</td>
<td>402</td>
<td>268</td>
<td>201</td>
<td>160</td>
<td>134</td>
<td>100.5</td>
<td>89</td>
<td>80.4</td>
<td>73</td>
<td>67</td>
<td>61</td>
<td>50.3</td>
</tr>
<tr>
<td>Convert to Metric</td>
<td>400</td>
<td>250</td>
<td>200</td>
<td>150</td>
<td>125</td>
<td>100</td>
<td>90</td>
<td>80</td>
<td>75</td>
<td>66.6</td>
<td>90</td>
<td>50</td>
</tr>
</tbody>
</table>

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Endorsed by USA Roller Sports

Revised 9-1-2013 Effective 11-1-2013
RSA Sections

Section 1
Alaska, Hawaii, Idaho, Montana, Oregon, Washington, British Columbia, Alberta and Saskatchewan

Section 2
California, Nevada, Utah and Arizona

Section 3
Iowa, Minnesota, North Dakota, South Dakota, Wisconsin and Manitoba

Section 4
Colorado, Kansas, Missouri, Nebraska, Oklahoma and Wyoming

Section 5
Arkansas, Louisiana, New Mexico, Mexico and Texas

Section 6
Michigan and the section of Ontario lying south of an east-west line running through the northern-most boundary of Kitchener, Ontario

Section 7
Illinois and Indiana

Section 8
Alabama, Kentucky, Mississippi and Tennessee

Section 9
Ohio

Section 10
Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont, the remainder of Ontario not described in Section 6, Quebec and the Canadian Maritime Provinces

Section 11
Delaware, New Jersey and Pennsylvania

Section 12
Maryland, North Carolina, Virginia, West Virginia and District of Columbia

Section 13
Florida, Georgia and South Carolina
<table>
<thead>
<tr>
<th><strong>Speed Skating Glossary</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Achievement Test</strong></td>
<td>A means of developing and measuring a skater’s skills in roller skating</td>
</tr>
<tr>
<td><strong>Barrier</strong></td>
<td>The outside wall, railing or traffic line forming the boundaries of the skating surface</td>
</tr>
<tr>
<td><strong>Corner</strong></td>
<td>The area of the skating surface permitting the shortest linear dimension parallel to the barrier or at right angles to the straightaway; the area of a skating surface of least length. Any one of four positions on a track indicating a proper placement of a corner marker</td>
</tr>
<tr>
<td><strong>Corner Judge</strong></td>
<td>The area in the vicinity of the corner marker</td>
</tr>
<tr>
<td><strong>Corner Marker or Cone</strong></td>
<td>A non-commissioned official whose duties are to officiate the location of the pylons during testing</td>
</tr>
<tr>
<td><strong>Corner Marker or Cone</strong></td>
<td>A device officially designated by rule as to size and construction placed at each of the four corners of a speed track to define the inside boundary of the track; also called a pylon</td>
</tr>
<tr>
<td><strong>Disqualification</strong></td>
<td>Elimination of an individual contestant for an infraction of procedures or rules of conduct</td>
</tr>
<tr>
<td><strong>False Start</strong></td>
<td>Any start which must be recalled Any infraction or irregularity on the part of a skater which necessitates a restart An irregularity on the part of officials or spectators which necessitates a restart</td>
</tr>
<tr>
<td><strong>Finish</strong></td>
<td>The end of the race</td>
</tr>
<tr>
<td><strong>Finish Line</strong></td>
<td>The line marking the completion of a distance at which a race is to end</td>
</tr>
<tr>
<td><strong>Lap</strong></td>
<td>One complete circuit of the measured and marked track</td>
</tr>
<tr>
<td>Term</td>
<td>Definition</td>
</tr>
<tr>
<td>----------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Lap Counter</td>
<td>A series of cards or an electronic device used to indicate or announce the number of laps remaining to be skated</td>
</tr>
<tr>
<td>Meter</td>
<td>The basic unit of length in the metric system equivalent to 39.37 inches</td>
</tr>
<tr>
<td>Official</td>
<td>Any person commissioned to administer, execute or apply rules and regulations</td>
</tr>
<tr>
<td>Start</td>
<td>The beginning of any speed test; the sound of the starter’s gun or whistle</td>
</tr>
<tr>
<td>Starter</td>
<td>The commissioned official whose duty is to start the test</td>
</tr>
<tr>
<td>Starting Line</td>
<td>The line marked on the track from which a test is to begin</td>
</tr>
<tr>
<td>Straddling the Pylons</td>
<td>Occurring when a skater has one skate on the floor outside the pylon and the other skate is inside the pylon with one or more wheels in contact with the floor</td>
</tr>
<tr>
<td>Straightaway</td>
<td>The area of the skating surface permitting the greatest linear dimension parallel to the barrier; the area of a skating surface of greatest length</td>
</tr>
<tr>
<td></td>
<td>The area of a track between corner markers 2 and 3; and markers 4 and 1</td>
</tr>
<tr>
<td>Timer</td>
<td>A commissioned official whose duty is to determine the elapsed time of any test</td>
</tr>
<tr>
<td>Timing Line</td>
<td>The designated position on the track where the timer’s watches are started to begin recording the elapsed time of a test</td>
</tr>
<tr>
<td></td>
<td>On a 100 meter track the timing line will be located in the same position as the finish line</td>
</tr>
<tr>
<td>Track</td>
<td>An official registered course laid out and marked on a skating surface for the purpose of running races or tests</td>
</tr>
<tr>
<td></td>
<td>The inside boundary of the track is indicated by corner markers; the outside boundary is indicated</td>
</tr>
</tbody>
</table>

Endorsed by USA Roller Sports

Revised 9-1-2013  Effective 11-1-2013
by the wall, barrier or outermost edge of the skating surface

Procedures for Conducting Achievement Tests

Skater Check In
- Contestants identify themselves to the referee before the test
- The referee informs the skater the distance being tested
- The referee reports to the Timers and informs Times of the skater’s identity and the distance being tested

Starting Procedure
At the command “TO YOUR MARK” the skater moves forward to the starting line:
- Standing up
- In a four-point position with two hands, one knee and one foot on the floor (standard track position)
- In a three-point position with one hand, one knee and one foot on the floor

At the command “SET” the skater immediately will assume the final starting position and must remain stationary until the gun or whistle is heard

In the event of a false start the offending skater will return to the starting line
If the skater has more that two false starts the test will be marked as "Failed"

A running start may be used to begin timing the skater provided the skater will come to the starting line

Once the Starter’s commands have been called timing will begin at the timing/finish line

Skating of the Test
- All distances in the tests are run counter-clockwise around the track
- A gun or whistle will be used to start and a whistle or flag will be used to indicate completion of the distance
- A skater must complete the skating of all required distances within one hour to qualify as passing
- Candidates cannot accumulate credit from one distance to another
- Candidates must pass the requirements of each distance to pass the test
• A skater who commits a foul will be disqualified from the test
• The skater will be allowed to finish the distance and will be informed after the completion of the test infraction
• For speed tests #1 through #4, four skaters may be tested provided two skaters begin the distance on opposite sides of the track and no more than two skaters will begin the distance from any one starting line
• For speed tests #5 through #8 one skater may test on the track
• The finish of the distance will be determined by the first skate which crosses the finish line with at least one wheel being in contact with the floor

Fouls
A Foul is a violation of a rule, procedure or conduct. Violations which result in failure of the test and treated as immediate Disqualifications include:
• Skating inside the pylons
• Not completing the required number of repetitions
• Knocking down three or more pylons
• Straddling a corner marker or pylon
• Profanity
• Two False Starts by a skater

The skater will be allowed to continue with completion of the test

Broken Skate Rule
If breakage or any malfunction of a skater or costume failure occurs during a test the skater will be allowed to re-test provided the skater can complete the test in the one hour given

Illness
If a skater cannot continue due to illness the skater will be allowed to re-skate or the test can be cancelled and the skater refunded test fees
Equipment Requirements

Track and Equipment Requirements
The skating center hosting the Achievement Test Center is required to provide the following equipment:
- Four (4) regulation pylons for each corner with no protruding edges facing the track
- Starting pistol, whistle or flag
- Stopwatches or electronic timers calibrated to 1 1/10 of a second
- Lap markers, a series of cards or an electronic device to announce the number of laps to be skated. Lap markers are required for only tests #5 through #8
- Scoring forms and summary sheets (provided by the RSA National Office); pens or pencils for scoring
- Tabulator’s table and chairs for the timers and tabulator if requested

Personal Safety
- All skaters must wear a bicycle-type helmet which is certified (ansi, snell or astm)
- The helmet should be securely fastened at all times while on the floor and during testing
- Any skate is acceptable provided the skater is not placed at risk
- There are no uniform requirements
- Skaters may tie back hair with a ribbon; hairpins of any kind are not permitted
LAYING OUT THE TRACK

Skating tests and competitions may only be held on "tracks" of correct size. It is essential that only a STEEL measuring tape be used.

Begin by finding the center line each direction on the floor. When all four corner pylon positions are located, mark location in permanent black ink or shoe dye. Only a small "x" is necessary. Then mark starting and finish/timing line.

SPEED MEET Safety Requirements
The following safety requirements shall be satisfied in order to hold a sanctioned SPEED competition:

a. The track shall be laid out according to minimum safety specifications provided by USAC/RS national office.

b. All rail barriers and all rail openings between corner pylons 2 and 3, 4 and 1 shall be closed in such a manner as to present a continuous solid, smooth surface from the floor to the top of the horizontal railings.

c. For skating floors with no rail or wall barriers surrounding the skating surface, a minimum of five (5) feet from the edge of the skating surface shall be kept clear of seating, bleachers, spectators, and contestants to be clearly identified by use of chalk, tape, rope, etc.

d. Smooth, continuous barriers shall not be padded. All rough surfaces, protrusions and obstacles adjoining the track or within five (5) feet of the skating surface without a barrier protection, shall be padded. The padding shall be at least 2" thick raised from the skating surface. 10".

e. No structures, speakers, lights, or the like shall project into the track area within seven and a half (7½) feet overhead of the skating surface.

If the actual track path on the floor is more than 30 feet from the edge of the skating surface, the safety requirements for padding are waived.
Official Championship 100m Track

STARTING LINE

FINISH AND TIMING LINE

GATE AREA

SET BACK LINES

A 17.07m 50' A 17.07m 50'

9 18.21m 60' 8 18.15m 60'

8 17.37m 57' 8 18.15m 60'

11 33.22m 109' 11 33.22m 109'

Starting Line 113' 34.44m

C 6.90m 22' 8'

D 6.04m 19' 10''

18.98m 62' 3''

39.03m 128' 3''

17.07m 56'

3 3.921

12 17.07m 56'

2 61.86m 203'

8 7 6 5 4 3 2 1

8.7m 22'

6.65m 22' 5''
Official Roller Speed Skating Track
United States Amateur Confederation of Roller Skating

Table of Dimensions

Dimension "A"  \( \frac{8.52}{27 \text{ ft. 11 ins.}} \)  Dimension "C"  \( \frac{3.45}{11 \text{ ft. 4 ins.}} \)

Dimension "B"  \( \frac{8.06}{24 \text{ ft. 5 ins.}} \)  Dimension "D"  \( \frac{3.02}{9 \text{ ft. 11 ins.}} \)

One lap on this track equals \( \frac{50}{ } \) meters. USE METRIC STEEL TAPE TO LAY OUT.

If the above dimensions are carefully applied, your speed skating track will be very accurate at a distance of one foot outside of the corner markers.

ISSUED: 

BY:

Notes:

This information for use only at rink as designated.
Details provided by USAC/RS office from a chart compiled by F. Faber, Eng.
Official Roller Speed Skating Track
United States Amateur Confederation of Roller Skating

Size of rink floor: 57' Width by 110' Length

Table of Dimensions

Dimension “A” 10.22 m 33 ft. 6 ins.
Dimension “C” 4.14 m 13 ft. 7 ins.

Dimension “B” 9.68 m 31 ft. 9 ins.
Dimension “D” 3.62 m 11 ft. 10 ins.

One lap on this track equals 600 meters. USE METRIC STEEL TAPE TO LAY OUT.

If the above dimensions are carefully applied, your speed skating track will be very accurate at a distance of one foot outside of the corner markers.

ISSUED: ___________________________  BY: ___________________________

Notes:

______________________________

______________________________

This information for use only at rink as designated. Details provided by USAC/RS office from a chart compiled by F. Faber, Eng.
Official Roller Speed Skating Track
United States Amateur Confederation of Roller Skating

RINK: ____________________________________________________________________________

Size of rink floor: 60' WIDE 125' LENGTH

Table of Dimensions

Dimension "A" 11.36 m 57 ft. 3 ins.  Dimension "C" 4.60 m 15 ft. 1 ins.
Dimension "B" 10.75 m 35 ft. 3 ins.  Dimension "D" 4.03 m 13 ft. 3 ins.

One lap on this track equals 1066.6 meters. USE METRIC STEEL TAPE TO LAY OUT.

If the above dimensions are carefully applied, your speed skating track will be very accurate at a distance of one foot outside of the corner markers.

ISSUED: ____________________________________________________________________________ BY: ____________________________________________________________________________

Notes: __________________________________________________________________________________________________________________________________________________________

This information for use only at rink as designated.
Details provided by USACRS office from a chart compiled by F. Faber, Eng.
Official Roller Speed Skating Track
United States Amateur Confederation of Roller Skating

RINK: ________________________________

Size of rink floor: 69' Width by 142' Length

Table of Dimensions

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Value</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>13.63</td>
<td>m</td>
</tr>
<tr>
<td></td>
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<td>C</td>
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<td>15 ft. 10 in.</td>
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One lap on this track equals 80 meters. USE METRIC STEEL TAPE TO LAY OUT.

If the above dimensions are carefully applied, your speed skating track will be very accurate at a distance of one foot outside of the corner markers.

ISSUED: ________________________________

By: ________________________________

Notes:

______________________________

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______________________________

This information for use only at rink as designated.
Details provided by USACRS office from a chart compiled by F. Faber, Eng.
Official Roller Speed Skating Track
United States Amateur Confederation of Roller Skating

![Diagram of roller speed skating track with dimensions and notes]

**RINK:**

**Size of rink floor:** 740' WIDTH by 155' LENGTH

**Table of Dimensions**

- **Dimension “A”**
  - 15.33 m
  - 50 ft. 4 ins.

- **Dimension “C”**
  - 6.21 m
  - 20 ft. 4 ins.

- **Dimension “B”**
  - 14.51 m
  - 47 ft. 7 ins.

- **Dimension “D”**
  - 5.43 m
  - 17 ft. 10 ins.

One lap on this track equals 90 meters. USE METRIC STEEL TAPE TO LAY OUT.

If the above dimensions are carefully applied, your speed skating track will be very accurate at a distance of one foot outside of the corner markers.

**ISSUED:** ___________________________ **BY:** ___________________________

**Notes:**

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This information for use only at rink as designated.
Details provided by USACRS office from a chart compiled by R. Faber, Eng.
Official Roller Speed Skating Track
United States Amateur Confederation of Roller Skating

RINK:

Size of rink floor: 82' width by 168' length

Table of Dimensions

Dimension "A" 17.07 m
510 ft. 0 ins.

Dimension "C" 6.90 m
22 ft. 9 ins.

Dimension "B" 16.15 m
53 ft. 0 ins.

Dimension "D" 6.04 m
19 ft. 10 ins.

One lap on this track equals 100 meters. USE METRIC STEEL TAPE TO LAY OUT.

If the above dimensions are carefully applied, your speed skating track will be very accurate at a distance of one foot outside of the corner markers.

ISSUED: ___________________________ BY: ___________________________

Notes:

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This information for use only at rink as designated.
Details provided by USAC/RS office from a chart compiled by F. Faber, Eng.
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<th>Times</th>
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RSA Training Guide

Speed Commissions
#1 through #2

Effective 11/01/2013

An exclusive program of the Roller Skating Association
RSA Achievement Test Judge
Speed #1 Commission Study Guide
to officiate #1 through #4 Speed Tests

Requirements to take a commission test
- Candidate must be at least 15 years of age
- Candidate must have passed #2 Speed Test or be 21 years or older
- Candidate must be willing to commit the time to attend all training sessions and to study assigned material

Supplies needed
- Current edition of the RSA Speed Manual
- Current edition of the RSA Achievement Test Book
- Notebook: 3 ring for 8 ½” by 11” sized pages

General information about Training Sessions
- To be eligible for the #1 Speed Commission, the candidate must be present for each training session and complete all work assignments satisfactorily
- Each meeting consists of discussions about speed skating and judging tests, reviewing questions from prior meetings and short quizzes.
- Home work assignments are to be completed by candidates between sessions
- The Panel Trainer may need to charge a fee to cover the cost of printed materials used during training sessions
- Upon completion of training, the candidate’s performance in sessions, basic knowledge, mock judging results and quizzes will be reviewed and evaluated by the Panel Trainer, Panel Chairperson and Panel Advisor
- Given all agree the candidate is qualified, the application for the #1 RSA Commission will be given to the candidate
- Given the candidate is not qualified, it will be recommended the candidate take additional time to study and repeat training sessions at a future date

The #1 RSA Speed Commission Test is a supervised closed book exam. Grading of the exam is done at the RSA National Office.
RSA TRAINING GUIDE
#1 Speed Commission

Session One

Topics to be covered include:
Purpose of speed tests
Roundtable discussion of speed terms (glossary)
How tests are conducted
Test Centers
  • Location
  • Order of skating tests
  • Number of officials required
  • Age verification of skaters

Discussion of speed tests and requirements
  • Total number of tests
  • Track sizes
  • Track equipment
  • Equipment requirements
    o Helmets
    o Skates
    o Uniforms
    o Personal safety of skaters

Quiz taken

Assignment for the next training session:
Study test center officials and their duties as listed in the RSA Speed Manual
Review speed skating terms (glossary)
Study
  • Age determination
  • Distance
  • Track requirements
  • Requirements for tests #1-#4
RSA TRAINING GUIDE
#1 Speed Commission Training Quiz – Session One

Name:__________________________________________

1. Why would a skater want to take a speed test?

2. Where may test centers be held?

3. May a skater choose the type of skate to wear for the test?

4. Will the choice of an inline skate have any effect on the passing time for the test? Please explain your answer.

5. Are the times different for men and women in speed tests?

6. Speed tests covered by this commission may be give on an office track of __________, __________, __________, and __________ meters.

7. What makes a speed track “official”?

8. What are the uniform requirements for tests?

9. How is the age of the skater determined?

10. What do each of the following terms mean regarding speed skating?
   • Start
   • Corner Marker
   • Starter
RSA TRAINING GUIDE
#1 Speed Commission

Session Two

Topics to be covered include:
Review quiz from Training Session #1
Review speed skating terms (glossary)
Discuss responsibilities of Judges and speed test officials
  - RSA Judges must have thorough knowledge of the tests to be judged and must conduct themselves professionally at all times
  - Judges will evaluate each skater objectively based upon the requirements of each test
  - RSA Judges can advise a skater of his/her time or discuss his/her performance only after the test is completed and scored (only upon request of the skater)
  - No test official may discuss or release the times or results of tests to anyone other than the skater who skated the test
  - Test officials cannot discuss or release comparative standings or scores of test skaters
  - Achievement Tests are neither comparative nor competitive
Discuss proper conduct for test judges
  - Command respect
  - Exercise care in speech (never use profane nor argumentative language)
  - When asked to comment on a skater’s performance, be diplomatic
  - Dress properly for the occasion
    Neat, professional appearance conveys
    1. The importance of the tests to skaters and spectators
    2. You take your role of judging seriously
    3. And puts you in a proper frame of mind to judge
Panel Chair discusses proper dress code for all panel members

Tactfulness
  - Treat skaters, coaches and rink staff with courtesy and respect
  - Never make comments about a skater’s ability or lack of ability
  - Never damage the reputation of another test official as this lowers the esteem of all officials in general

Objectivity
  - Never show favoritism, collusion or prejudgment of a skater
  - Don’t be influenced by the skater’s reputation, equipment, coach or rink
  - Don’t exaggerate the importance of “pet peeve” faults
- While you may have to re-evaluate your measure of perfection, don’t compromise your integrity.

**Willingness**
- Show enthusiasm, but balance it with patience.
- Always be ready to judge at least 30 minutes prior to the scheduled time for tests to begin.
- Notify the rink if you will be late or unable to attend.
- Devote sufficient time to the exercise of judging, continue your education.
- Be available to judge test centers.

**Timing**
- Be certain you understand how to accurately operate and read the timer you will be using during the test center.
- Upon completion of the distance, stop you watch when the skater crosses the finish line, report the time to the referee immediately and sign your judge score sheet.
- Turn in all score sheets before talking with anyone, especially another timer.
- When judging, hold your clipboard so your scores are not visible to others.

Discuss duties the following speed test center officials:
- Referee
- Timers
- Test Center Director

**Quiz Taken**

**Assignment for the next training session:**
Review duties of all test center officials
Study procedures for conducting speed achievement tests
RSA TRAINING GUIDE
#1 Speed Commission Training Quiz – Session Two

Name:______________________________________________________________

Please indicate if the following statements are true or false:

1. True ___   False ___  A speed test official may test a relative
2. True ___   False ___  A speed test official may test a former
   competition or test partner after 3 years
3. True ___   False ___  A commission “A” USARS official may
   officiate at any test center
4. True ___   False ___  Any person who acts as a test center
   Referee must be a RSA Judge holding the
   required commissions for the test being
taken
5. Explain the proper method of timing a test and how to determine the
   official time for the test.

6. What are the duties and responsibilities of a test referee (list a minimum
   of 9)?

7. Who is responsible to verify the skater’s age and when?

8. How many skaters may take a test at one time?

9. Will more than one skater change the number of officials needed for the
   test? Explain
RSA TRAINING GUIDE
#1 Speed Commission

Session Three

Topics to be covered include:
  Review quiz from Session #2
  Discuss how to complete RSA Achievement Test Forms for Speed Tests
  Discuss procedures to conduct Speed Test Centers
    o Skater Check In
    o Starting the skater
    o Skating of the test
    o Fouls
    o Broken skates
    o Illness
  Review requirements for the Speed Tests #1-#4 and how to determine the
time the skater must obtain to pass each test

Assignment for the next training session:
  Study all material to prepare for the panel final exam
RSA TRAINING GUIDE
#1 Speed Commission Training Quiz – Session Three Final Exam

Name: ______________________________________

1. What constitutes a false start in a speed test?

2. What are the duties of a Timer during a test center? Where is the Timer located?

3. How many timers are needed to officiate tests #1-#4?

4. Must a timer hold a RSA commission? Yes ____ No ____

5. Any person who acts as the test center Referee must be ________________?

6. An RSA Judge may officiate at the test of a former partner. Yes ____ No ____

7. What are the duties of a test center Referee?

8. When should a RSA test Judge renew RSA commissions?

9. Who completes the RSA Judge Commission Application form?

10. When does a Timer stop the watch during a test?

11. What are the 4 meter sizes of official speed tracks?

12. After failing the #3 speed test, how long must a skater wait to retest?
13. Define the following speed terms:
   i. Pylon
   ii. Starter
   iii. Timing Line
   iv. Track

14. Do all speed officials need to wear skates for a speed test? Explain

15. When 3 timers are working, what is the time used for the test when:
   • Two watches show the same time and the third watch disagrees?
   • If all 3 watches disagree?

16. How many passing times must a skater have on a #2 Speed Test to pass the test?

17. When would a re-skate be permitted during a speed test?

18. Must all Timers be commissioned for speed tests #1-#4? Yes _____ No ____ Explain.

19. Where are skaters' times recorded?

20. Who needs to sign the RSA Achievement Test Forms?

21. If a skater is unwilling or unable to verify his/her age, can they still take the speed test? Yes ____ No ____

22. In the situation described in #23 above, explain what the test referee would do for a #4 Speed Test.
23. If a skater does not achieve the necessary time for a distance the ________ should ________ the time on the test forms.

24. What commands should the Referee use to start a test skater?

25. What would you wear to a test center if you were asked to be a test center Referee?

26. Draw a speed track showing the Start Line, Finish Line and Pylon locations.
RSA Achievement Test Judge
Speed #2 Commission Study Guide
to officiate #5 through #8 Speed Tests

Requirements to take a commission test
- Candidate must be at least 16 years of age
- Candidate must have passed #2 Speed Test or be 21 years or older
- Candidate must be willing to commit the time to attend all training sessions and to study assigned material
- Must hold a valid #1 Speed Commission

Supplies needed
- Current edition of the RSA Speed Manual
- Current edition of the RSA Achievement Test Book
- Notebook: 3 ring for 8 1/2" by 11" sized pages

General information about Training Sessions
- To be eligible for the #2 Speed Commission, the candidate must be present for each training session and complete all work assignments satisfactorily
- Each meeting consists of discussions about speed skating and judging tests, reviewing questions from prior meetings and short quizzes.
- Homework assignments are to be completed by candidates between sessions
- The Panel Trainer may need to charge a fee to cover the cost of printed materials used during training sessions
- Upon completion of training, the candidate's performance in sessions, basic knowledge, mock judging results and quizzes will be reviewed and evaluated by the Panel Trainer, Panel Chairperson and Panel Advisor
- Given all agree the candidate is qualified, the application for the #1 RSA Commission will be given to the candidate
- Given the candidate is not qualified, it will be recommended the candidate take additional time to study and repeat training sessions at a future date

The #2 RSA Speed Commission Test is a supervised closed book exam. Grading of the exam is done at the RSA National Office.
Session One

Topics to be covered include:
Roundtable discussion of speed terms (glossary)
Discuss responsibilities of Judges and Speed test officials
• RSA Judges must have thorough knowledge of the tests to be judged and must conduct themselves professionally at all times
• Judges will evaluate each skater objectively based upon the requirements of each test
• RSA Judges can advise a skater of his or her time or discuss his or her performance only after the test is completed and scored (only upon request of the skater)
• No test official may discuss or release the times or results of tests to anyone other than the skater who skated the test
• Test officials cannot discuss or release comparative standings or scores of test skaters
• Achievement Tests are neither comparative nor competitive
Discuss proper conduct for test Judges
• Command respect
• Exercise care in speech (never use profane nor argumentative language)
• When asked to comment on a skater's performance, be diplomatic
• Dress properly for the occasion
  Neat, professional appearance conveys
  • The importance of the tests to skaters and spectators
  • You take your role of judging seriously
  • Puts you in a proper frame of mind to judge
Panel Chair discusses proper dress code for all panel members

Tactfulness
• Treat skaters, coaches and rink staff with courtesy and respect
• Never make comments about a skater's ability or lack of ability
• Never damage the reputation of another test official as this lowers the esteem of all officials in general

Objectivity
• Never show favoritism, collusion or prejudgment of a skater
• Don't be influenced by the skater's reputation, equipment, coach or rink
• Don't exaggerate the importance of "pet peeve" faults
• While you may have to re-evaluate your measure of perfection
don’t compromise your integrity

Review how tests are conducted
Test Centers
  ▪ Location
  ▪ Order of skating tests
  ▪ Number of officials required
  ▪ Age verification of skaters

Discussion of speed tests and requirements
  ▪ Total number of tests
  ▪ Track sizes for tests #5-#8
  ▪ Track equipment
  ▪ Equipment requirements
    o Helmets
    o Skates
    o Uniforms
    o Personal safety of skaters

Quiz taken

Assignment for the next training session:
Study test center officials and their duties as listed in the RSA Speed Manual
Review speed skating terms (glossary)
Study
  ▪ Age determination
  ▪ Distance
  ▪ Track requirements
  ▪ Requirements for tests #5-#8
RSA TRAINING GUIDE
#2 Speed Commission Training Quiz – Session One

Name:__________________________________________

1. What are the officials needed to judge tests #5-#8? What are their qualifications?

2. If several skaters want to test at the same time may they do so?
   Yes _____  No _____
   As a Referee, how do you handle this?

3. May the tests covered by a #2 commission be given on any size track?
   Explain your answer.

4. As a RSA Judge, where can you judge tests?

5. What track equipment is needed to give tests covered by the #2 commission?

6. What are the uniform and safety equipment required for each skater?

7. What would be your decision as a Referee is a skater does not have valid proof of age for a #5 test?

8. What would you wear to a test center as a Referee?

9. What difference does it make if a skater wears an inline or a quad skate for the #7 speed test?

10. Who can time a #7 speed test? How many timers are required?
Session Two

Topics to be covered include:
Review quiz from Training Session #1
Review speed skating terms (glossary)
Discuss responsibilities of Judges and Speed Test Officials for tests #6-#7 for
  • Referee
  • Timers
  • Test Center Director

Review all test center forms and how to complete them accurately
Quiz Taken

Assignment for the next training session:
Review duties of all test center officials
Study procedures for conducting speed achievement tests
Study special requirements to conduct Gold Medal Test Centers
RSA TRAINING GUIDE

#2 Speed Commission Training Quiz – Session Two

Name: ____________________________________________

1. A "foul" is called by the ____________________________.

2. The ____________________________ tells the skater a "foul" has occurred.

3. Where are the start and finish lines on an official speed track for tests #5-#8?

4. What type of watch is used to time speed tests?

5. How do you measure a track?

6. Can a skater from any part of the country take a speed test at a Test Center your home rink hosts? Explain. Does this impact any paper work sent to the RSA National Office?

7. Are test center officials required to sign in at the test center? Explain your answer.

8. What are the duties of the Referee at a test center when the highest test skated is #7?

9. What forms are sent to the RSA National Office and who is accountable for the accuracy of the forms?
Session Three

Topics to be covered include:

Review quiz from Session #2
Discuss procedures to complete a Gold Medal Test Center
  • Procedure to set up and apply for the Gold Medal Test Center
  • Proper timing and notices sent to regional rinks
  • Special instructions for Gold Medal Test Centers
  • How to complete Gold Medal Test Center paperwork
Discuss procedures to conduct Speed Test Centers
  o Skater Check In
  o Starting the skater
  o Skating of the test
  o Fouls
  o Broken skates
  o Illness
  o Verifying the skater’s age and when this is done

Assignment for the next training session:
Study all material to prepare for the panel final exam
RSA TRAINING GUIDE
#2 Speed Commission Training Quiz – Session Three Final Exam

Name: _____________________________________________

1. What approval is required and by whom to schedule a Gold Medal Test Center?

2. Where can Gold Medal Test Centers be held? What are the specific requirements?

3. When can a Gold Medal Test Center be conducted?

4. Can anyone who has a #7 Speed Test take a Gold Medal Test at your Gold Medal Test Center? Explain.

5. When should notices be sent out for a Gold Medal Test Center and to whom?

6. How many officials are needed for a Gold Medal Test Center? What are their qualifications and duties?

7. What type of stopwatch is used and how is time recorded?

8. Are “lap counters” needed for tests #5-#8?
   Yes ________ No ________

9. What size official track should be used for tests #5-#8?

10. When should an official RSA Judge renew his/her commissions?

11. What are the specific duties of a Referee for tests #5-#7?
12. What six actions would cause a Referee to call a “foul” on a skater?

13. What would you wear to a test center as a Referee?

14. When 3 timers are used, how many passing times must a skater have to pass the test? If all three times are different which time is considered the Official Time?

15. For tests #5 and #6 must a Timer have a #2 RSA Judge Commission?

16. What equipment and markings are needed for a #7 speed test?

17. Where should timers be located for speed tests?

18. Does it make a difference if a skater uses inline or quad skates for test #6? Explain.

19. How and when is the skater’s age verified? By whom?

20. Why is age verification important for speed tests?
21. What happens when a “false start” occurs during a test? Explain.

22. What position should a skater take when the Referee gives the command “To Your Mark:?”

23. How should a skater dress for a speed test?

24. Who needs to sign the master test form for test #7?