

RSA TRAINING GUIDE

1 FIGURE COMMISSION

FIG 1 S-1
R- 1/15

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TO JUDGE 1 - 5 CIRCLE FIGURE TESTS 1 & 2 LOOP FIGURE TESTS

A. REQUIREMENTS TO TAKE COMMISSION:

1. Candidate should be at least 15 years of age
2. Should have passed 2nd. Circle Figure Test
3. 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 USA-RS Roller Figure Skating Figure Skating Rule Book
2. Current edition of "R.A Achievement Test Booklet"
3. Notebook -- 8 1/2" x 11" -- 3 ring

C. GENERAL INFORMATION ABOUT TRAINING SESSIONS

1. In order to be eligible for the # 1 Figure Commission a candidate *must be present* for all sessions and complete the work satisfactorily. Each meeting will consist of discussions about figure skating and judging, reviewing questions from previous meetings, and short quizzes. There will be "*home work*" assignments and it will be necessary for each candidate to study between meetings. A Panel Trainer may need to charge a fee to cover the cost of the printed material given out during the training.
2. Upon completion of the training classes the candidate's performance in meetings, his basic knowledge, mock judging results, and quizzes will be reviewed and evaluated by the person training the section, the Panel Chairman, and the Panel Advisor. If this group finds the candidate's qualified the application for the final test 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 Exam is a closed book supervised exam that will be graded by the RSA National Office.
4. The candidate will need to learn the Integer Scoring System. This is the official system for grading the various elements of test and competitive skating utilizing whole numbers from 0 to 100. You will need to know what each level means.
5. The candidate will need to know the following information about each of the tests covered by this commission:
 - a) Figures in order they are skated
 - b) Passing scores required for each test
 - c) Minimum mark for each figure
 - d) Fee required

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SESSION 1

TOPICS TO BE COVERED:

- A. Skating circle figures -- Circle figures skated on two or three perfect circles. Two circles are called figure eight. Three circles are called a serpentine.

Figure circles for tests are 6 meter. Loop Figure are skated on 2.4 meter loop circles.
- B. Long and Short axis in figure skating --(use a drawing to show locations)
- C. Take-offs
- D. Form -- Correct body alignment
- E. Tracing and Body Control
- F. Movement -- how incorrect body position can effect roll and the momentum of a figure
- G. Discuss which tests will be covered while working on this commission. (Candidates should be familiar with all figures on these tests)
- H. Quiz

ASSIGNMENT FOR NEXT MEETING:

1. Study "Analysis of Figures" in the USA-RS Figure Book.
2. Study the Geometry of a Figure in the USA-RS Figure Book.
3. Study the terms in the USA-RS FIGURE book that relate to figure skating and know what they mean in your own words.
4. Start learning the Integer Scoring System

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INTEGER SCORING SYSTEM AND MEANING

INTEGER	MERIT	FAULT	MEANING
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 FIGURE CORRECTLY BUT EITHER DIDN'T COMPLETE OR DID WRONG FIGURE	
0-09	NOT SKATED		

RSATRaining Guide

1 Figure Commission

NAME: _____

FIG1 Q-1
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1. What size of figure circles may be used for circle figure tests? For Loop Tests?
2. What is the long axis in figure skating and where is it located?
3. What are the two ways to end a figure?
4. What is body baseline in figure skating?
5. What constitutes form in figure skating?
6. What constitutes good tracing in figure skating?
7. What do you think are the characteristics that mark a good judge in contrast to one that is not as competent?
8. How wide should the painted line of a figure circle be?
9. How should the arms and hands be held during the skating of school figures?
10. What is the purpose of having Achievement Tests?
11. What is the main purpose of the first take off in any figure?
12. When a skater has a problem maintaining momentum and pace what would be the cause?

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FIG1 S-2

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SESSION 2

TOPICS TO BE COVERED:

- A. Review quiz from last meeting
- B. Discuss Geometry of a Figure -- Trainer should have black board, flip chart, or poster board to discuss drawings of figures for all sessions.
 - 1. mark axis -- long and short
 - 2. show strike zone
 - 3. mark quarter and third marks
 - 4. show bridge area
- C. Oral review of terms with each member taking turns answering.
- D. Discuss Analysis of Figures as assigned for review this meeting (use circle diagrams for this discussion).
 - 1. Axis
 - 2. Principle parts of a figure
 - 3. Starting figures
 - 4. Interruption of figures
 - 5. Strike zone
 - 6. Take-offs
 - 7. Outside forward take-off
 - 8. Inside forward take-off
 - 9. Outside back take-off
 - 10. Inside back take-off
- E. Review the Integer Scoring System and the meanings of the different scores.
- F. Quiz

ASSIGNMENT FOR NEXT MEETING:

- 1. Study the Integer Scoring System and know the meaning of each range of scores.
- 2. Read section I "Introduction" and section II "How to take Achievements tests" Pgs 1 to 4 in the RSA Achievement Book. Also read portion relating to Figure Tests section III C Pages 6 & 7 .
- 3. Study "Analysis of a Figure" Pages in the USA-RS Figure Book

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NAME: _____

FIG1 Q-2
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1. What tests will you be able to judge when you pass the # 1 Figure commission?
2. In your own words define the following terms:
 - a) Rockover
 - b) Posture Baseline
 - c) Strike zone
 - d) Change of edge
3. How does a sub-curve differ from a change of edge?
4. What system of scoring is used for figure tests?
5. Draw a serpentine figure circle showing the long and short axis
6. What is lunging? At what point of the figure is it usually found?
7. If a skater falls or stops while skating a figure what should the referee do?
8. What is a forced edge and how would you recognize it?
9. How many times must a figure be skated for a test?
10. Explain and show a drawing of the execution of a outside forward take-off on the back of this sheet.

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FIG1 S-3

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SESSION 3

TOPICS TO BE COVERED:

- A. Review quiz from last meeting
- B. Oral group term review
- C. Group discussion and quick review of the important points covered in last weeks meeting pertaining to the "Analysis of Basic Figures" and the principle parts of figure..
- D. Discuss the remainder of "Analysis of Basic Figures"
 - 1. Change of edge
 - 2. Turns
 - 3. Tracing
 - 4. Concluding figures
 - 5. Form and carriage
 - 6. Execution and movement in figures
 - 7. Slips, falls, and interference in figures
 - 8. "Tricks"
- E. Review the Integer System
- F. Discuss Achievement Test:
 - 1. How tests are taken
 - 2. When and where tests may be taken
 - 3. Duties of judges and referee
- G. Quiz

ASSIGNMENT FOR NEXT MEETING:

- 1. Continue to study Integer System.
- 2. Review any terms or areas you had a problem with during class.
- 3.. Study the First 3 circle figure tests -- know
 - a) All figure numbers, name, and edges
 - b) Test Fees
 - c) Know passing score and minimum score for each test

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FIG 1 Q-3
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1. List 3 major faults often found in figure skating.

2. In your own words define the following terms:
 - a) Lunging

 - b) Superimposition

 - c) Forced edge

 - d) Long axis

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

a) 58	c) 66
b) 74	d) 43

4. Name 3 minor faults often found in figure skating.

5. Describe how and where a proper take-off is executed in figure skating.

6. What are some of the common errors observed during the execution of a change of edge in a figure.

7. What in your opinion constitutes good form and carriage in a figure skater?

8. What is the primary purpose of the 1st. Bronze Circle Figure Test?

9. Where on a serpentine figure should the rockover & change of edge occur?

10. Good double repetition indicates what in a figure skater?

11. How long must a candidate who failed a test wait before the test may be re-skated?

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FIG 1 S-4

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SESSION 4

TOPICS TO BE COVERED:

- A. Review quiz from last meeting.
- B. Oral group term review and Integer System.
- C. Go over general regulations for tests and how to maintain your judges commission when you have passed your judge's test.
- D. Discussion of different forms used for Test Centers and how the forms should be completed properly (Distribute copies of forms)
- E. Review the judging points for the following figures:

111 A & B	1	1B
112 A & B	2	2B
- F. Discuss assigning a mark in figure skating.

In assigning a mark, the judge shall give **equal** scoring value to:

- 1) The principal parts of the figure
- 2) Form and movement

The principle parts of the figure by definition are take-offs, (strike-offs), changes of edge, tracing, and turns.

Visual Observation:

The judge must learn to move with the figure so that all aspects of the figure may be seen. A judge must be close enough to see both the merit and the faults of the figure and yet far enough away to gain perspective of the form and general quality of the skater. Perhaps one of the ways to do this is to watch the first repetition and pay particular attention to the form of the skater as well as the tracing and ask what word best describes this form.. This starts the judge thinking about form as a part of the general mark. The remainder of the figure can then be utilized by the judge of concentrating on the tracing.

Using figure # 1 and figure # 1B it can be seen how important good form is in figure skating. The body should be balanced over the skate, no raised or protruding hip, limp free leg or twisting of the body. There should be no false tricks such as cross pulls or forced edges.

Errors in Tracing:

How should we define poor tracing? A major error. It can be seen quite readily whenever the employed skate is first inside the line and then outside, then inside the line with absolutely no control of the skate at all. This is not to be confused with the slight wobbling of the skate caused by too loose actions which is an error but not as serious as the uncontrollable tracing described previously.

There is also a minor error defined as even, strong edging of the skate consistently within a width of the line. These distinctions must be made and understood by all judges since tracing errors are commonly seen in figure skating

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FIG1 S-4

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Take-Offs:

The take-offs of the figures must also be considered. They must be made without lunging, stepping too far ahead (out of the strike zone), crossing the long axis with the thrusting foot or with a noticeable one-two action rather than a completely synchronized movement.

The execution of a change of edge can be seen in figure # 1B. Here the skater must maintain good form while changing from an outside edge to an inside edge with a smooth, easy transition. The flat should be approximately the length of the employed foot.

All of these points have to register in a judge's mind and be evaluated as to the degree of error. The merit of the skater has to be accounted and tallied into the score.

Remember as a new judge it will take a while before you will be able to analyze the essential elements of any figure without assistance.

Scoring the Test:

The important part of starting to score a skater is to learn how to use the Integer Scoring system to its best advantage in evaluating figures. It is important to concentrate on the true meaning of the words attached to the numbers. For example, what exactly is average (50-59) ? How much fault/merit is allowed? Within each range there is also relativity. For example 50 is just barely average, while 59 is almost fair. After a judge has learned the terms of the scoring system how should they be applied? First, the skating form and technique must be evaluated. The judge must then apply the scoring term (and numbers) to what was observed when the skater was skating.

Major and Minor Faults:

In order to evaluate a skater properly, a judge must be able to differentiate between minor and major faults. For a new judge this can be difficult to distinguish. As a guide, we should ask, "Does the fault (whatever it is) cause serious distortion to the remainder of the figure being skated?" Using this question as a key, the following conclusion could be made. Major faults would be considered errors such as:

Major Faults:

- Distorted turns
- Changing edges of turns
- Incorrect take-offs causing serious tracing problems or loss of balance
- Major constant double lean or leaning outside circle
- Twisted body position through out figure

Minor Faults:

- Slight cut-off before thrust zone
- Occasional sub-curve of tracing foot
- Hands slightly down
- Slight lean out of circle
- Slight twist of body

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FIG1 S-4

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Merit:

A judge must also evaluate the merit of a figure. Consistency and control warrant proper valuation. This can be seen by the precision of the print traced by the skate, movements properly located on the circle, correct cusp depth, and strength and smoothness of turns. Smoothness is not limited to the employed skate, but is also maintained in the free leg, arms, head, and overall body carriage of the skater. Good execution must be determined by the total appearance, and not merely the employed skate.

Taking all there things into account, one can use the merit/fault relationship, the Integer System, and the relativity within that range to assign a true mark for the test being judged.

G. Discuss how to give Figure Tests -- order of figures, warm-up, judging of tests, and signing of forms. Include confidentiality of test results.

H. Quiz

ASSIGNMENT FOR NEXT MEETING

1. Review in USA-RS Figure Book the sections we have discussed. The Analysis of a Figure items 1 – 14 and the pages with the geometry of a items a) to d)
2. Study the 4th. Circle Figure Test. the figures and requirements

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FIG1 Q-4
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1. What is the passing mark for the 2nd. Circle Figure Test?
2. If a candidate receives a score of 34 on the first figure and a score of 66 on the second figure of the First Figure Test would this be a passed or failed test from this judge? Explain
3. In what order are the figures skated on the 3rd. Circle Figure Test?
4. In your own words define the following terms:
 - a) Cusp
 - b) False Lean
 - c) Rockover
 - d) Baseline, posture
5. If you were referee for a figure test what would you do if a judge walked into the figure circle to get a better view of a change of edge tracing ?
6. Fill in the following table for the Integer Scoring System:

SCORE	MEANING	MERIT	FAULT
79			
63			
47			
85			
55			

7. Diagram the following figures ON THE BACK OF THIS SHEET.
FIGURE 2B FIGURE 112A

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FIG 1 S-5

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SESSION 5

TOPICS TO BE COVERED:

- A. Review quiz from last meeting
- B. Oral group review -- terms, Integer System, and figure numbers
- C. Discuss responsibilities of Judges
 - 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 of his or her score or discuss his or her performance only after the test is completed and marked, but this should only be done if the skater requests it. No test official may discuss or release the scores or grade to anyone other than the skater who skated the test. Test officials will not discuss or release the comparative standings or scores of test skaters. 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 felt it was not of passing standards
- D. Discuss proper conduct for test judges
 - 1. Command respect; exercise care in speech, never using profane or argumentative language. When asked to comment on a candidates skating phrase your comments in a diplomatic manner.
 - 2. Dress properly for the occasion. Your neat, professional appearance will put you in the right frame of mind and convey to the test candidates and spectators that there tests are an important achievement for the skater and a serious responsibility for the judge. (Panel Leader should also discuss their panel dress code at this time)
 - 3. Tactfulness:
 - a. Treat teachers and coaches with respect
 - b. Never make any comments about a skater's ability or lack of it.
 - c. Never damage the reputation of another judge. Such criticism lowers the esteem of judging in general.
 - 4. Objectivity:
 - a. Never show favoritism, collusion, or prejudge the skater.
 - b. Don't be swayed by the skater's reputation, equipment, instructor, or home rink.
 - c. Don't exaggerate the importance of "pet peeve" faults.
 - d. You may have to reevaluate you measure of perfection but don't compromise your integrity.

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FIG 1 S-5

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5. Willingness:

- a. Show enthusiasm but be patient.
- b. Always be on time (at least 30 minutes before tests are scheduled)
Notify the rink immediately if you are going to be late or absent.
- c. Devote sufficient time to the exercise of judging to continue your education throughout your judging career.
- d. Be available if you want to judge and continue to be asked to judge.

6. Scoring:

- a. Upon completion of judging, go directly to the referee to check accuracy of the 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.

E. Discuss execution of three turns and common faults or errors in three turn figures (use black board or poster paper to draw errors)

F. Review the official Figure Number System in the USA-RS Figure Book

G. Discuss the 4th. Circle Figure Test

1. Passing score and minimum score
2. Test Fee
3. Order of figures and choice of figures
4. Judging points for 5A, 5B, 105A, and 113B .

F. Set up first mock judging session (It is important this be a test center or a demonstration with actual skaters). The figure judge needs to walk and stand on the floor to learn where to get the best view of the figures being skated.

G. Quiz

ASSIGNMENT FOR NEXT MEETING:

- 1 Review judging points for forward figures covered so far on this commission
2. Review judging points for back take-offs in figures
3. Study the 5th. Circle figure test

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1 FIGURE COMMISSION

NAME: _____

FIG 1 Q-5

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1. Is it permissible for the candidate to select the figure circles on which his test is to be skated? Explain
2. Is a toe stop push off ever permissible in a figure skating test?
3. If only three judges are available for a test, may one of them act as the referee? Explain
4. List the duties of the referee in a figure skating test:
5. As the referee explain how you would handle the following situations:
 - a) A skater slips on his start
 - b) The skater executes the wrong turn
 - c) The skater begins on the wrong foot
 - d) The skater starts on his toe stop
 - e) The skater skates off on the wrong edge in the middle of the figure
6. What would you do if a test candidate asked you what his scores were on his second circle figure test?
7. A skater starts a ROF edge by tracing outside the line, then moves over on the line, then to the inside of it, then back to the outside of the line. What fault would you consider this?
8. When skating a school figure, in what direction does the body lean? At what point would this lean be anywhere else?
9. What is a Test Center Summary Sheet? Who is responsible for completing this?
11. Diagram Figure 5A.

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1 FIGURE COMMISSION

FIG 1 S-6

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SESSION 6

TOPICS TO BE COVERD

- A. Review quiz from last meeting.
- B. Review judging points for figures with a change of edge and three turns.
- C. Discuss mock judging session
- D. Review the 5th. Circle Figure Test
 - 1. Passing score and minimum score.
 - 2. Test fee.
 - 3. Order of figures
 - 4. Judging points for 7A, 7B, 9A, and 9B.
- E. Quiz

ASSIGNMENT FOR NEST MEETING

- 1. Study the “Geometry of a Loop Figure” in the USA-RS Figure Book.
- 2. Review judging points for three turns.
- 3. Be sure you know the Integer System and the figures on all of the tests covered by This commission..
- 4. Study the 1st. and 2nd Loop Tests.
- 5. Read the section on Duties and Responsibilities of Judges and Referee’s on pages 9 & 10 of RSA Achievement Book..

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NAME: _____

FIG 1 Q-6
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1. If a skater has skated a figure with perfect tracing, can you as a judge ignore his very bad posture and form ? Explain
2. Can a candidate pass his Third Circle Figure Test with a failing score from one judge?
3. List 5 common faults found in the execution of Figure # 1.
4. Describe 2 different free leg movements that may be used in skating figure # 1B..
5. If a skater loses momentum rapidly, what do you attribute this to?
6. In the second figure to be skated on the 3rd Circle Figure Test is figure number _____.
This figure starts on _____ edge.
7. In order to pass the 3rd Circle Figure test you must have a score of _____..
8. How many take offs would you see during the skating of figure # 111A?
9. If you were a referee for the 2nd Circle Figure Test what would your complete directions be to the candidate for the first figure? In detail
10. May a skater be required to re-skate any figure among the figures on a test by one or more of the judges?
11. How long is the length of the flat at the change of edge during the skating of a figure?
12. May a judge officiate at a test being taken by a former partner. Explain your answer
13. List on the back of this sheet the major and minor faults found in figure # 7A and 9B.

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FIG 1 S-7
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SESSION 7

TOPICS TO BE COVERED:

- A. Review quiz from last meeting.
- B. Discuss duties of judges and referee's at a Test Center and review judges ethics.
- C. Discuss the "Geometry of a Loop" – make diagram and discuss terms involved in loop figures.
- D. Discuss the 1st and 2nd loop tests
 - 1. Passing score and minimum score
 - 2. Test fees
 - 3. Order of figures
 - 4. Purpose of these tests
- E. Discuss the judging points for the following loop figures.
 - 114A & 114B
 - 115a * 115B
 - 1301 & 130B
- F. Set up second mock judging experience -- this is to be held BEFORE the Panel Final Exam and must include the loop figures on the first two tests
- G. Quiz

ASSIGNMENT FOR NEXT MEETING

- 1. Review all tests covered by this commission
- 2. Study judging points on all figures this commission and review all material covered in your sessions.

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FIG 1 S-8
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SESSION 8

TOPICS TO BE COVERED:

- A. Review quiz from last meeting
- B. Discuss Mock judging experience
- C. Review important judging points of figures covered by this commission
- D. Term Review

ASSIGNMENT FOR NEXT MEETING:

- 1. Be prepared to take your Panel Final Exam
- 2. Bring the dates you passed your figure tests to this session

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

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

If the candidate is prepared to judge, then a commission application will be given out for the RSA. Commission Test. This test will be sent by the RSA National Office. Candidates have 30 days to take the test. and it **must be taken supervised and closed book**. It will be then be returned to the RSA National Office for grading.

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1 FIGURE PANEL FINAL EXAM

FIG1 PF

NAME: _____

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1. If you were a referee on the 2nd. Circle Figure Test what would your complete directions be to the candidate for the first figure on the test?

2. May a skater be required to reskate any figure or figures in a test by one or more of the judges? Explain.

3. How long is the length of the flat at the change of edge during the skating of a figure?

4. What is the difference between a rockover and a change of edge?

5. Illustrate the long and short axis of figure circles:

6. List at least four common faults found when judging figure # 1B.

7. May a skater use a rolling start on a figure test? YES / NO

8. Give the edges for each of the following figures:

a) 111B	e) 113B	i) 2B
b) 112A	f) 130A	j) 5A
c) 2	g) 114A	k) 9A
d) 5B	h) 7B	l) 1B

9. How does a sub curve differ from a change of edge?

10. Should judges remain stationary or move around the figure being skated? Explain

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1 FIGURE PANEL FINAL

FIG 1 PF

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11. Define the following terms in your own words:

- a) Rockover
- b) Strike Zone
- c) Long Axis
- d) Change of edge
- e) Forced Edge
- f) Steering
- g) Lunging
- h) Cusp
- i) Serpentine Figure
- j) Baseline, posture
- k) Change Figure
- l) Superimposition
- m) Form
- n) Sub-Curve

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1 FIGURE PANEL FINAL EXAM

FIG 1 PF

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12. Each Achievement Test introduces another step up the ladder of difficulty in figure skating:
 - a) The First Circle Test introduces:
 - b) The Third Circle Test introduces:
 - c) The Fifth Circle Test introduces:
 - d) The First Loop Test introduces:
13. What tests may a judge with a # 1 Figure Commission judge?
14. If a candidate fails a test he would have to be failed by _____ judges. He must then wait ____ days before he may re-skate his test
15. Show where the strike zone is located and what a take-off would look like for figure # 1.
16. Draw figure # 2B showing take offs and the direction of travel
17. Draw figure # 111A showing takeoffs, direction of travel, long, and short axis..

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1 FIGURE PANEL FINAL EXAM

FIG 1 PF

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26. List 5 common faults you would see with the execution of figure # 130A.
27. When skating school figures, in what direction does the body lean? At what point would this lean be anywhere else?
28. When assigning a score to figure skating a judge should give equal scoring value to _____, _____, _____, and _____.
29. The principle parts of a figure are:
- a)
 - b)
 - c)
 - c)
30. As a referee explain how you would handle the following situations:
- a) A skater slips on his start
 - b) A skater executes a wrong turn
 - c) A skater begins on the wrong foot
 - d) Starts on his toe stop
 - e) Skates off on the wrong edge in the middle of the figure
31. In order to pass the 4th. Circle Figure Test you must have a score of _____.
32. If a candidate receives a score of 34 on the first figure and a score of 66 on the second figure on the First Circle Test would this be a passed or failed test from this judge?
33. Give the Figure # and edges in order of skating for the 4th. Circle Figure Test and explain the options.,