Roller Skating
Achievement Program

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An exclusive program of the Roller Skating Association
Endorsed by USA Roller Sports
# RSA Achievement Program

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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 achievement@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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RSA Achievement Program

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 re-skate 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 Achievement Program

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 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.

**The Super Skater Award**
The Super Skater Award is a program to recognize achievement at the beginner class level. Anyone of any age may take this skill award. No previous roller skating skills are required. Also, there are no membership requirements.

The skater must perform and pass any three of the following five requirements to receive the award. Super Skater Level I is a basic beginner skills program. The skater will receive the Super Skater award pin. Super Skater Level II is more advanced basic beginner skills award; and, the skater must pass four of the six requirements. The skater will receive a pin and a certificate.

At the roller skate instructor’s discretion, either one or three judges may be used. All judges must be at least 15 years of age. RSA judges commissions are not required, but individuals who are judging must have skating knowledge. If three judges are used, a majority will determine if the skater has passed the requirements.

Super Skater pins may be purchased by the rink owner/operator or RSA coach prior to the Super Skater test center and presented on the spot to skaters who pass.

**Super Skater Award Requirements - Level I**
Cost $3.00

**Stopping or Braking**
The skater must stop within 10 feet without falling. In-line: The skater must skate continuously at a comfortable speed, making an emergency stop in a straight line by raising the toe of one skate and applying his or her brake; or, the skater must use the traditional ”T” stop. On quads, have the skater point the toe-stop of his or her free skate toward the floor and let it drag on the floor; or, the skater may use the traditional “T stop.

**Maneuvering**
Set up 10 cones, 10 feet apart along a straight line 100 feet long. The skater skates at a comfortable speed weaving in and out of the cones without knocking them down.

**Forward Crosspulls**
Skaters must perform one repetition in a circle. Use a figure circle or set up cones.

**Balancing on One Foot**
Skaters must skate a distance of 50 feet, balancing from one skate to the other for a slow count of three on each skate.

**Limbo**
The skater will perform one pass under the limbo pole without falling or touching the bar (the height of the bar or pole is to be positioned at the skater’s chest).
Super Skater Award Requirements - Level II
Cost $3.00

**Forward Crossovers (the Collegiate straightway)**
Skater does one sequence down or across the rink (six or more crossovers).

**Backward Scissors**
Skater does one sequence across the rink.

**Jump**
Skater must perform a two foot jump with a ½ turn revolution.

**Spin**
Skater does any spin of two or more revolutions.

**Race**
Skater completes two laps around a speed track in 45 seconds or less.

**Hockey**
Skater must display a technical skill using the hockey stick.
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, No. 2, and No. 3 American Team & Solo Dance test 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.
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.

Roller Hockey Commissions
USARS competitive judges with roller hockey commissions will be used for the RSA Achievement Roller Hockey Program.  Tests 1 through 3 must be judged by one or three USARS judges holding a Level 1 Commission. Tests 4 through 5 must be judged by three USARS judges holding a Level 2 Commission. Tests 6 & 7 must be judged by three USARS judges holding a Level 3B commission. Test 8 the Gold Medal, must be judged by three USARS judges holding a Level 3A Commission.

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.

Artistic Skating Commission
There are four categories of artistic commissions: American Solo and Team Dance, International Solo and Team Dance, Circle and Loop Figures and Free Style. Within each category there are four levels of commissions: No. 1 Commission, No. 2 Commission, No. 3 Commission and No. 4 Commission. An American Dance Commission authorizes a judge to officiate at American Solo and Team Dance Tests. An International Dance Commission authorizes a judge to officiate at International Solo and Team Dance Tests. A Figure Commission authorizes a judge to officiate at Circle Figure and Loop Figure Tests. A Freestyle Commission authorizes a judge to officiate at Freestyle Tests.

Requirements for a No. 1 Commission
(American Solo & Team Dance, International Solo & Team Dance, Figures, and Freestyle)

Candidate must be a minimum of 15 years of age. Candidates must have skated and passed the following tests.

<table>
<thead>
<tr>
<th>Tests Passed</th>
<th>May judge up to and including</th>
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</table>
Candidates who are not physically capable of skating the Achievement Test prerequisites should request a waiver of this requirement. Candidates for a test commission who are 21 years of age or older may be waived from the Achievement Test Prerequisite provided the candidate holds at least a number one (1) commission in another category. Waiver requests should be submitted by completing the waiver section on the back of the RSA Test Judges Application.

The candidate must complete the official course of study for that category of artistic skating and pass the closed book examination (supervised by the panel advisor or chairman). If the candidate fails the test, he or she must wait 60 days before re-applying.

Requirements for a No. 2 Commission
(American Solo & Team Dance, International Solo & Team Dance, Figures, and Freestyle)

Candidate must be a minimum of 16 years of age.
Candidates must have skated and passed the following tests.

<table>
<thead>
<tr>
<th>Tests Passed</th>
<th>May judge up to and including</th>
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<tbody>
<tr>
<td>American Solo &amp; Team Dance</td>
<td>9th</td>
</tr>
<tr>
<td>International Solo &amp; Team Dance</td>
<td>7th</td>
</tr>
<tr>
<td>Figures</td>
<td>6th Circle &amp; 1st Loop</td>
</tr>
<tr>
<td>Freestyle</td>
<td>5th</td>
</tr>
<tr>
<td></td>
<td>8th Circle and 5th Loop</td>
</tr>
<tr>
<td></td>
<td>7th</td>
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</tbody>
</table>

Candidates who are not physically capable of skating the Achievement Test prerequisites should request a waiver of this requirement. Candidates for a test commission who are 21 years of age or older may be waived from the Achievement Test Prerequisite provided the candidate holds at least a number one (1) commission in another category. Waiver requests should be submitted by completing the waiver section on the back of the RSA Test Judges Application.

The candidate must complete the official course of study for that category of artistic skating and pass the closed book examination (supervised by the panel advisor or chairman) consisting of questions pertinent to the test covered by this category of commission. The questions will test the knowledge and judgments of the candidate. The Panel Advisor or Chairman will return the test to the RSA National Office for correction. If the candidate failed the test, he or she must wait 60 days before re-applying.
RSA Achievement Program

Requirements for a No. 3 Commission
(American Solo & Team Dance, International Solo & Team Dance, Figures, and Freestyle)

Candidate must be a minimum of 16 years of age.
Candidate must have skated and passed the following tests.

<table>
<thead>
<tr>
<th>Tests Passed</th>
<th>May judge up to and including</th>
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<tr>
<td>American Solo &amp; Team Dance</td>
<td>12th</td>
</tr>
<tr>
<td>International Solo &amp; Team Dance</td>
<td>14th</td>
</tr>
<tr>
<td>Figures</td>
<td>10th</td>
</tr>
<tr>
<td>Freestyle</td>
<td>9th Circle &amp; 6th Loop</td>
</tr>
<tr>
<td></td>
<td>11th Circle and 7th Loop</td>
</tr>
<tr>
<td></td>
<td>7th</td>
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<td></td>
<td>9th</td>
</tr>
</tbody>
</table>

Candidates who are not physically capable of skating the Achievement Test prerequisites should request a waiver of this requirement. Candidates for a test commission who are 21 years of age or older may be waived from the Achievement Test Prerequisite provided the candidate holds at least a number one (1) commission in another category. Waiver requests should be submitted by completing the waiver section on the back of the RSA Test Judges Application.

The candidate must complete the official course of study for that category of artistic skating and pass the closed book examination (supervised by the panel advisor or chairman) consisting of questions pertinent to the test covered by this category of commission. The questions will test the knowledge and judgments of the candidate. The Panel Advisor or Chairman will return the test to the RSA National Office for correction. If the candidate failed the test, he or she must wait 60 days before re-applying.

Requirements for a No. 4 Commission
(American Solo & Team Dance, International Solo & Team Dance, Figures, and Freestyle.)

Qualify on the basis of demonstrated performance at the No. 3 level, studying the required material for the commission and the recommendation of their Panel Advisor/Panel Chairman. They must take a written closed book exam issued by the RSA National Office. The questions will test the knowledge and judgments of the candidate. The Panel Advisor or Chairman will return the test to the RSA National Office for correction. If the candidate failed the test, he or she must wait 60 days before re-applying.

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 ensure that, if required, the music is clearly audible and of the proper tempo.

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.

For dance tests, the referee will control the order of dances skated as printed in the RSA Achievement Book.

For dance tests, the referee will ensure that the skaters will be stopped when the judges have finished or at the end of three minutes (whichever occurs first).

For freestyle tests, the referee will check that the skater has submitted the correct number of copies for his or her proposed routine, determine that there are items of content in accordance with the test to be taken and distribute them to the judges.

For freestyle tests, the referee will ensure that the skater’s routine is timed. If the skater goes over the maximum time indicated, that fact and the actual time would be furnished to the judges.
For figure tests, the referee will instruct the skaters to skate the figures in the order they are listed in the RSA Achievement Book.

For figure tests, the referee will instruct each skater as to the figure number, starting edge, and turns only of the figure to be skated. The referee will also verbally direct the skater to begin skating (no whistle or other starting device may be used). The referee may give directions or explanations necessary for the skater to start the figure on the proper foot and edge to skate the figure.

If the skater starts incorrectly, the referee must stop the skater and have the skater start correctly without penalty to the skater’s score.
   Once the skater starts the on the proper foot, into the proper edge, and into the proper circle the referee shall have no further responsibility regarding incorrect turns.
   Provided the skater starts on the proper foot and edge, the skater has the option to skate in either direction.
   A skater who slips or falls on the initial strike-off may elect to restart one time, without penalty, provided the skater’s decision to restart is made during the first one-third of the first circle of the figure.

For figure tests, the referee will stop the skater when the skater has completed two repetitions of the figure. If a skater stops a figure before it is completed, or falls during the skating of a figure, the referee will direct the skater to continue from a point before the skater stopped or fell. If a skater starts correctly but executes an improper turn, or fails to execute a correct figure after a correct start, the referee will not stop the skater but will allow the skater to continue without comment or instruction.

**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.
RSA Achievement Program

For Gold Medal Test Centers, the original copy of the Applications, Summary of Achievement Tests Reports, the Judges Roster Form, the SRSTA 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 SRSTA 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.

Roller Hockey
The following skills are set up to create a way for an individual to measure his/or her performance in the sport of roller hockey. The skills can be applied to all divisions of hockey.

All tests must be skated in their entirety before any other test is skated. The only exception is when there is more than one skater taking the same hockey test. All the skaters may be judged on one skill before skating the next, and so on.

The tests are set up to create greater accuracy in the individual as one progresses through the test structure. All tests may be taken using a ball or puck. Tests #1 through #4 are set up to increase one’s accuracy in skating, dribbling, passing, receiving and shooting. Tests #5 through #8 continue to reinforce the basics learned in the first four tests; and, at the same time create and develop offensive and defensive strategies.

The test courses are designed to be set-up on regulation size floor. The skaters taking tests #1 through #3 will be required to have one partner to assist them in the performance of the tests. The skaters taking tests #7 and #8 will be required to have two partners to assist them in the performance of the tests. The partner’s skill will have no bearing on the performance of the test candidate, except if the partner is the cause of errors. Then the official has the authority to ask for another partner(s).

To run a hockey test, the officials required are to be USARS certified Roller Hockey officials and must be in current standing.

No one shall officiate at test of any person who is a relative. No one shall officiate at a test of any person who is a team member or has been a team member during the past three consecutive years. No one who has taken private or class instruction at a skating center may officiate a test of any instructor (professional/coach) from that skating center.

The judge will score each skill with a pass/fail. If the judge requires it, a skater may be asked to repeat (only once) any part of the test. If the test is canceled for any reason, the test fee will be returned to the skater and the 30-day waiting period waived.

All skills required for a test must be skated within one hour to qualify as passing. Skills must be skated in the order printed in this book.
The skater’s age must be verified before the test is taken. Skater’s age shall be determined by January 1st. Age can be verified by birth certificate, driver’s license, or any other official means.

Chewing gum, handkerchiefs, hats and other headgear (other than authorized helmets) are not permitted. Candidates may tie back their hair with a ribbon or rubber band type device.

**Roller Hockey Tests**

**#1 Bronze Test**  
**Cost:** $7.00

**Dribbling**

Skaters ages 13 and above set up 16 pylons, eight down each side of the floor, spaced equally apart, to cover the area between the penalty areas on each end (figure 2). For skaters 12 and under, you will need 10 pylons with five per side.

Skaters 13 and above must dribble the ball/puck through the cones from one end around the goal cage at the other end and back to the beginning in 30 seconds or less. For skaters ages 12 and under the passing time is 40 seconds or less.

**Passing and Receiving**

The skater and his/her partner position themselves one in front and one behind of the Penalty Area. The skater and his/her partner must complete five forehand passes and catches without having to skate after the ball/puck.

**Shooting**

Placing the ball/puck on the penalty spot, the skater must, using ONLY push shots, take two shots in succession on the opposite sides of the goal cage. The skater must repeat this procedure using backhand wrist shots. NO SLAP SHOTS WILL BE ALLOWED!

**#2 Bronze Test**  
**Cost:** $7.00

**Dribbling**

Skaters ages 13 and above set up 16 pylons, eight down each side of the floor, spaced equally apart, to cover the area between the penalty areas on each end (figure 2). For skaters 12 and under, you will need 10 pylons with five per side.

Skaters 13 and above must dribble the ball/puck through the cones from one end around the goal cage at the other end and back to the beginning in 25 seconds or less. For skaters ages 12 and under the passing time is 35 seconds or less.

**Passing and Receiving**

The skater and his/her partner position themselves one in front and one behind of the Penalty Area. The skater and his/her partner must complete five backhand passes and catches without having to skate after the ball/puck.

**Shooting**

Placing the ball/puck on the penalty spot, the skater must take two forehand push shots in the air into opposite sides of the goal cage. The skater must also take two backhand wrist shots in the air into opposite sides of the goal cage. NO SLAP SHOTS WILL BE ALLOWED!

**#3 Bronze Test**  
**Cost:** $8.00

**Dribbling**

Skaters ages 13 and above will set up 16 pylons, eight down each side of the floor, spaced equally apart, to cover the area between the penalty areas on each end (figure 2). For skaters 12 and under, you will need 10 pylons with five per side.

Skaters 13 and above will dribble the ball/puck through the cones from one end around the goal cage at the other end and back to the beginning in 25 seconds or less. For skaters ages 12 and under the passing time is 40 seconds or less.

**Passing and Receiving**

The skater and his/her partner position themselves one in front and one behind of the Penalty Area. The skater and his/her partner must complete five backhand passes and catches without having to skate after the ball/puck.

**Shooting**

Placing the ball/puck on the penalty spot, the skater must take two forehand push shots in the air into opposite sides of the goal cage. The skater must also take two backhand wrist shots in the air into opposite sides of the goal cage. NO SLAP SHOTS WILL BE ALLOWED!
Skaters ages 13 and above set up 16 pylons, eight down each side of the floor, spaced equally apart, to cover the area between the penalty areas on each end (figure 2). For skaters ages 12 and under, you will need 10 pylons with five per side. Skaters 13 and above must dribble the ball/puck through the cones from one end around the goal cage at the other end and back to the beginning in 20 seconds or less. For skaters ages 12 and under the passing time is 30 seconds or less.

**Passing and Receiving**
The skater and his/her partner must be moving down the floor at a distance of 20 feet apart. The skater must pass and catch five forehand passes.

**Shooting**
The skater must be moving parallel to the cage from outside the Penalty Area. The skater must shoot two forehand push shots and two backhand wrist shots to the opposite sides of an open cage. NO SLAP SHOTS WILL BE ALLOWED!

### #4 Silver Test  Cost: $9.00

**Dribbling**
Set up 16 pylons, for skaters ages 13 and above, eight down each side of the floor, spaced equally apart, to cover the area between the penalty areas on each end (figure 2). For skaters ages 12 and under, you will need 10 pylons with five per side. Also, a 2x4 board (approximately two feet long) is to be placed on the 2” side edge half way through the course (figure 2). The skater must pick the ball/puck up and over the 2x4 while he/she is skating the course. This 2x4 is only used in skaters ages 13 and above. The skater must complete the course in a maximum of 15 seconds. For skaters ages 12 and under, the passing time is a maximum of 25 seconds.

**Passing and Receiving**
The skater and his/her partner must be moving down the floor at a distance of 20 feet apart. The skater must catch and receive five backhand passes.

**Shooting**
The skater must be moving parallel to the cage from outside the Penalty Area. The skater must shoot two forehand slap shots and two backhand slap shots to the opposite sides of an open cage.

### #5 Silver Test  Cost: $11.00

**Passing and Receiving**
The skater and his/her partner must be moving down the floor at a distance of 30 feet apart. The skater must catch and receive four forehand passes and four backhand passes in one complete trip up and down the floor.

**Defenses**
The skater must defend his/her partner from scoring on an open cage. The skater’s partner will be allowed five attempts from which the skater must stop at least two.

**Offense**
The skater must score while his/her partner defends the open cage. The skater will be allowed five attempts from which the skater must score at least two.

**Shooting**
The skater must shoot from the outside of the Penalty Area. A practice board (figure 1) will be attached to the front of the cage. The skater will be allowed four attempts of a forehand push shot, and four attempts of a backhand wrist shot. The skater must score at least two of each shot.

**#6 Silver Test**
**Cost: $11.00**

**Passing and Receiving**
The skater and his/her partner must skate up and down the floor once, crossing in the center. The skater must complete three passes in each direction with at least one drop pass in the center when they cross.

**Defense:**
The skater will defend an open cage from his/her partner. The skater’s partner will be allowed six attempts from which the skater must stop at least three.

**Offense**
The skater will try to score while the skater’s partner will defend an open cage. The skater will be allowed six attempts from which the skater must score at least three.

**Shooting**
The skater must shoot from outside the Penalty Area. A practice board (Figure 1) will be attached to the front of an open cage. The skater will be allowed six attempts from which the skater must score at least three.

**#7 Gold Test**
**Cost: $15.00**

**Passing and Receiving**
The skater and his/her partner will be skating a figure-8 pattern using ONLY one half of the floor. The skater must catch and receive four forehand and four backhand passes skating forward. Also, the skater must catch and receive four backhand passes while skating backward.

**Defense**
The skater will defend an open cage while his/her partner will be allowed six attempts to score. The skater will then defend an open cage against two partners. The skater’s partners will be allowed a total of five attempts to score. The skater must stop at least two.

**Offense**
The skater’s partner will defend an open cage. The skater will be allowed six attempts to score. The skater must score at least three. The skater will then have one partner and the skater’s other partner will defend an open cage. The skater and his/her partner will be allowed a total of five attempts to score. The skater and his/her partner must score at least two.

**Shooting**
The skater must shoot from 25 feet from the cage. A practice board (figure 1) will be attached to the front of an open cage. The skater will be allowed five attempts of a forehand slap shot, and five attempts of a backhand slap shot. The skater must score at least three of each shot.

#8 Gold Medal Test  
Cost: $22.00

Passing and Receiving
The skater and his/her partner will be skating a figure-8 pattern using ONLY one half of the floor. The skater must pass and catch four forehand and four backhand passes, two of which must be in the air.

Defense
The skater will defend an open cage from his/her partner. The skater’s partner will be allowed six attempts to score. The skater must stop at least four. The skater will then defend an open cage from two partners. The skater’s partners will be allowed a total of six attempts to score. The skater must stop at least three.

Offense
The skater’s partner will defend open cage from the skater. The skater will be allowed six attempts to score. The skater must score at least four. The skater’s partner will then defend an open cage from the skater and one other partner. The skater and his/her partner will be allowed a total of six attempts to score. The skater and his/her partner must score at least three.

Shooting
The skater must shoot from outside the Penalty Area. A practice board (figure 1) will be attached to the front of an open cage. The skater will be allowed seven shots of any type. The skater must score at least five shots.

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.

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.
RSA Achievement Program

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 #7and #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**

<table>
<thead>
<tr>
<th>Suitable For Any Size Track</th>
<th>Suitable For Any Skate Including: Quad, Inline, and Rental</th>
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</thead>
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<table>
<thead>
<tr>
<th>Skaters 7 and Under</th>
<th>Skaters 12 -15</th>
<th>Skaters 25-45</th>
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<td>2 Lap</td>
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<td><strong>Test 2</strong></td>
<td><strong>Test 2</strong></td>
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<tr>
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Table 1

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<th>Skaters 46 &amp; Up</th>
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<td><strong>Test 2</strong></td>
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Table 2
RSA Achievement Program

*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:

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<th>Test</th>
<th>Lap</th>
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<th>Female</th>
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<td>Q : 50</td>
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<td>IN : 46</td>
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Table 3

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Table 3

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Table 4

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<thead>
<tr>
<th>Test Pricing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
</tr>
<tr>
<td>2nd</td>
</tr>
<tr>
<td>3rd</td>
</tr>
<tr>
<td>4th</td>
</tr>
<tr>
<td>5th</td>
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<tr>
<td>6th</td>
</tr>
<tr>
<td>7th</td>
</tr>
<tr>
<td>8th</td>
</tr>
</tbody>
</table>

Table 4
Artistic Tests
How Tests are Skated and Judged

Tests will be scored by the Integer System

<table>
<thead>
<tr>
<th>Integer Scoring System for Achievement Tests</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
</tr>
<tr>
<td>1-19</td>
</tr>
<tr>
<td>20-29</td>
</tr>
<tr>
<td>30-39</td>
</tr>
<tr>
<td>40-49</td>
</tr>
<tr>
<td>50-59</td>
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<tr>
<td>60-69</td>
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<tr>
<td>70-79</td>
</tr>
<tr>
<td>80-89</td>
</tr>
<tr>
<td>90-99</td>
</tr>
<tr>
<td>100</td>
</tr>
</tbody>
</table>

Table 5

Judges shall score each skater on a separate marking sheet, however, more than one couple or solo dance skaters may be judged at the same time by any one panel if so desired. Tests for these skaters must be completed before any other tests are skated. All tests must be scored using the Integer system listed above (0 through 100).

If a Bronze level test is being judged by only one qualified judge, a skater must obtain at least the minimum grade for each dance and the minimum total passing grade from the judge to pass the test. (See individual test requirements for tests that may be judged by one judge.)

For a tests being judged by three qualified judges, a skater must obtain at least the minimum grade for each dance from at least two of the three judges and obtain the minimum total passing score, computed as the sum of that judge’s scores, from at least two of the three judges.

If a skater receives a below minimum score on any portion of the test from any judge, the judge(s) must report this to the referee. If a judge scores a skater below the minimum that judge must fail the skater.

For the Gold Medal dance test being judged by five qualified judges, a skater must obtain at least the minimum grade for each dance from at least four of the five judges and obtain the minimum total passing score of all the dances from at least four of the five judges to pass the test. Starting January 1, 1996, all Team Dance tests must be skated with a partner.

Dances and Figures must be skated in the order printed in the RSA Achievement Book.

In most cases, dance tests may be well judged in a maximum of three full circuits of the floor. In no case shall judging of a test exceed three minutes.
All required skate dance positions must be adhered to. However, if needed, only the Bronze level tests may be skated in Cross Arm Position “H”.

All tests must be completed within a 24 hour period.

When evaluating achievement tests, judges should remember they are evaluating minimum standards as opposed to elite performance standards. Judges must be aware of the meaning of all scores in the Integer system.

**American Solo and Team Dance and International Solo and Team Dance Tests**

**Team Dance Tests – American and International**

All dance tests must be skated by a couple: a man and a woman. Effective January 1, 1996, if one or more of the judges request, a skater may be required to repeat any part of the test with another partner. The choice of a partner is to be made by the skater alone. If desired, a professional may be hired for the express purpose of acting as a partner during the test. However, during a test where only one skater is being judged the skating of the partner will have no bearing on the grade. The partner, although not being judged, must conform to his or her required strokes of the dance. When the partner fails to comply, the partner may be substituted or the test may be cancelled by the referee. If the test is cancelled, the test fee will be returned to the skater and the 30-day waiting period is waived.

The Bronze level tests are the first in a progressive series of Team Dance Achievement Tests for roller skating. Skaters must start with the first Bronze level test. To be eligible for the next higher test, a skater must have passed all previous tests in this series.

American Solo and Team Dance tests must be skated and judged using American Dance techniques. International Solo and Team Dance tests must be skated and judged using International Dance techniques.

**Solo Dance Tests – American and International**

The Bronze level tests are the first in a progressive series of Solo Dance Achievement Tests for roller skating. Skaters must start with the first Bronze level test to be eligible for the next highest test. A skater must have passed all previous tests in the series.

Each skater will skate their own steps (female skater skates the female steps of each dance and the male skates the male steps of each dance). A skater has the option to skate the steps of the dance as specified for USARS Domestic and CIPA competition.
RSA Achievement Program

Judges Required - American Solo, Team Dance, International Solo, Team Dance

<table>
<thead>
<tr>
<th>Judges Commission Required</th>
<th>Number of Commissioned Judges</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Solo and Team Dance</td>
<td>No. 1 1-5 1 or 3</td>
</tr>
<tr>
<td>No. 2 6-9 3</td>
<td></td>
</tr>
<tr>
<td>No. 3 10-14 3</td>
<td></td>
</tr>
<tr>
<td>No. 4 15 5 – Two out of RSA Section</td>
<td></td>
</tr>
<tr>
<td>International Solo and Team Dance</td>
<td>No. 1 1-6 1 or 3</td>
</tr>
<tr>
<td>No. 2 7-9 3</td>
<td></td>
</tr>
<tr>
<td>No. 3 10-11 3</td>
<td></td>
</tr>
<tr>
<td>No. 4 12 5 – Two out of RSA Section</td>
<td></td>
</tr>
</tbody>
</table>

Table 6

The Silver level tests represent the second major step forward in the development of a team or solo roller skate dancing techniques. This series will introduce the test candidate to turn dances and border pattern dances. To be eligible for the Silver dance test series, a skater must have passed all previous Bronze tests in this series.

The Gold level tests represent the ultimate accomplishment in team or solo roller skating techniques. To be eligible for the Gold Dance Test Series, a skater must have passed all previous Bronze and Silver tests in the series.

Recognized Standards for Judging Dances:
- Upright carriage not bent at the hips but without being stiff.
- Head held upright.
- Raise and lower body by bending the knee of the tracing leg.
- The free foot should be held only a little way from the floor with the toe pointed downward and outward. The foot is generally held slightly bent. The free leg should always swing freely and assist the general skating movement.
- Avoid all violent, angular or stiff movements.
- Pay careful attention to the time and rhythm of the music.
- All edges and turns should be smooth and clean.
- All strokes should be accurately skated. Neatness of footwork is essential.
- Keep your eyes forward, body straight and do not watch the floor.
- Do not sit on the skate.
- Take-offs should be close.
- Achievement Tests are not experimental forms for the introduction and exploitation of new routines and movements.

**Figure and Loop Skating Tests**
Tests will be scored using the Integer system (See table 5 page 25).

Circle Figure tests are skated on six meter, (or 19 feet, 8-1/4 inches) circles drawn on the skating surface. The host operator will insure that the circles are properly laid down prior to the tests. (See pg 42 for layouts)
All figures required for a test must be skated within a 24-hour period.

All figures must be skated in the order they are listed in the RSA Achievement Book.

For figure tests, the referee will instruct each skater as to the figure number, starting edge and turns only of the figure to be skated. The referee will also verbally direct the skater to begin skating (no whistle or other starting device may be used). The referee may give directions or explanations necessary for the skater to start the figure on the proper foot and edge to skate the figure.

If the skater starts incorrectly, the referee must stop the skater and have the skater start correctly without penalty to the skater’s score.

Once the skater starts the on the proper foot, into the proper edge, and into the proper circle the referee shall have no further responsibility regarding incorrect turns. Provided the skater starts on the proper foot and edge, the skater has the option to skate in either direction.

A skater who slips or falls on the initial strike-off may elect to restart one time without penalty, provided the skater’s decision to restart is made during the first one-third of the first circle of the figure.

The skater will execute 2 complete repetitions of each figure or loop. If a skater does not stop after 2 repetitions are complete, the referee will then stop the skater. If a skater stops a figure before it is completed, or falls during the skating of a figure, the referee will direct the skater to continue from a point before the skater stopped or fell. If a skater starts correctly but executes an improper turn, or fails to execute a correct figure after a correct start, the referee will not stop the skater but will allow the skater to continue without comment or instruction.

**Judges Required - Figure and Loop Skating**

<table>
<thead>
<tr>
<th>Circle Figure and Loops</th>
<th>Number of Commissioned Judges</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 1 1-5 Circle and 1-2 Loop</td>
<td>1 or 3</td>
</tr>
<tr>
<td>No. 2 6-8 Circle and 3-5 Loop</td>
<td>3</td>
</tr>
<tr>
<td>No. 3 9-11 Circle and 6-7 Loop</td>
<td>3</td>
</tr>
<tr>
<td>No. 4 12 Circle and 8 Loop</td>
<td>5 – Two out of RSA Section</td>
</tr>
</tbody>
</table>

If a Bronze level test is being judged by one qualified judge, a skater must obtain at least the minimum grade for each figure and the minimum total passing grade from the judge to pass the test.

For a figure test being judged by three qualified judges, a skater must obtain at least the minimum grade for each figure from at least two of the three judges and obtain the minimum total passing score, computed as the sum of that judge’s scores from all the figures, from at least two of the three judges to pass the test. When a judge gives a score below the minimum grade that judge must fail the skater.

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If a skater receives a below minimum score on a figure from any judge, the judge(s) must report this to the referee before the next figure is skated. The referee may stop the test or let the skater complete the test. This decision will be at the discretion of the referee and/or test center director.

For the Gold Medal Figure test being judged by five qualified judges, a skater must obtain at least the minimum grade for each figure from at least four of the five judges and obtain the minimum total passing score of all the figures from at least four of the five judges to pass the test.

The use of a rolling start is no longer permitted.

**Freestyle Skating Tests**

Each candidate for a singles test must furnish the referee four copies of the jumps, spins, and footwork sequences that the skater will attempt in his or her program, in the order in which they will be skated (six copies are necessary for the number 10 Gold Medal freestyle test (one for the five judges and one for the referee). The list may be submitted on the official judges scoring form or a 5 ½” x 8 ½” sheet of paper. The items must be numbered in their proper order, so that the judges may easily follow the progress of the program. The referee will check the list to see it has the proper requirements listed for the test to be taken. It is the responsibility of the skater/coach to see all item are listed in the correct skating order. If the skater performs an item out of order the judge will take a deduction, but it does not constitute an automatic failure of the test. Omitting an item will constitute an automatic failure of that test.

All spins must be rotated in each required position or edge at least three revolutions. Footwork may include jumps of half turns or less, provided they are performed without excessive lift.

Footwork minimum as listed in the test structure shall mean that the skater must do at least the listed footwork, but may do more advanced footwork without penalty somewhere else in the program.

The skater may not attempt additional content other than the necessary footwork needed to connect the jumps and spins together into a program. Additional jumps (other than those allowable under the conditions of footwork) and spins, either as an individual item or as a “set-up item” for one of the test requirements, will constitute failure of the test. A waltz jump may be used as a set-up for a double loop. The skater may use as much footwork as he or she deems necessary to perform the program.

The judge will use the content list to follow the progress of the program and also to ascertain whether the skater has skated the test requirements in their proper order. The list will also be used to check whether the skater has added any additional content items (spins or jumps) that may cause the skater to fail the test.

The judge will then assign two grades for the test based on the skater’s content of program and manner of performance using the Integer scoring system in Table 1.
judges’ grades are then compared to the passing grades for that test to determine if the skater has passed or failed according to that individual judge.

**Judges Required - Freestyle Skating**

<table>
<thead>
<tr>
<th>Freestyle Tests</th>
<th>Number of Commissioned Judges</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 1</td>
<td>1-4</td>
</tr>
<tr>
<td>No. 2</td>
<td>5-7</td>
</tr>
<tr>
<td>No. 3</td>
<td>8-9</td>
</tr>
<tr>
<td>No. 4</td>
<td>10</td>
</tr>
</tbody>
</table>

Table 8

Judges are not allowed to review any part of a freestyle test. The freestyle test requirements have the necessary flexibility whereby the skater may have missed items and yet receive a passing mark or higher. It is at the discretion of the individual judge to evaluate the number of missed items and the degree of error in those items and to determine the effect of these flaws on the overall performance.

Each freestyle test has a maximum time to complete all the requirements of the test. The referee will have each test timed. The clock will be started when the skater moves from a stationary position after the announcement “skate” even if the movement is to another stationary or posed position. The clock will be stopped when the skater completes the routine. When the music starts or stops will have no bearing on timing the routine.
RSA Achievement Program

RSA Achievement Program Dance Requirements
American Solo & Team Dance

#1 Bronze Solo & Team
Cost: $7.00
Minimum Grade: 35
Passing Grade: 100
Glide Waltz 108 Waltz
Progressive Tango 100 Tango

#2 Bronze Solo & Team
Cost: $7.00
Minimum Grade: 35
Passing Grade: 100
Select 2 Dances
City Blues or Academy Blues 88 Blues
Balanciaga 100 Schottische

#3 Bronze Solo & Team
Cost: $8.00
Minimum Grade: 40
Passing Grade: 165
Select 3 Dances
Skaters March 100 March
Rhythm Blues 88 Blues
Dutch Waltz 120 Waltz
Memorial Waltz 108 Waltz

#4 Bronze Solo & Team
Cost: $8.00
Minimum Grade: 40
Passing Grade: 165
Select 3 Dances
Denver Shuffle 100 Polka
Double Cross Waltz 138 Waltz
Bounce Boogie 100 Boogie
Chase Waltz or Far Away Waltz 108 Waltz

#5 Bronze Solo & Team
Cost: $8.00
Minimum Grade: 40
Passing Grade: 165
Select 3 Dances
Carey Foxtrot 92 Foxtrot
Tara Tango or Siesta Tango 100 Tango
Pilgrim Waltz 138 Waltz
Century Blues or Southland Swing 88 Blues

#6 Bronze Solo & Team
Cost: $9.00
Minimum Grade: 45
Passing Grade: 240
Select 4 dances
Milonga Tango or Casino Tango 100 Tango
La Vista Cha Cha 100 Cha Cha
Dore’ Foxtrot 92 Foxtrot
Parade March 100 March
California Swing 138 Waltz

#7 Bronze Solo & Team
Cost: $9.00
Minimum Grade: 45
Passing Grade: 240
Select 4 Dances
Collegiate – Team 92 Foxtrot
Mary Lee Foxtrot – Solo 92 Foxtrot
Quickstep Boogie 100 Boogie
Border Blues 88 Blues
Swing Waltz or 120 Waltz 120 Waltz

#8 Silver Solo & Team Dance
Cost: $10.00
Minimum Grade: 45
Passing Grade: 240
Select 4 Dances
JoAnn Foxtrot 92 Foxtrot
Crisscross March 100 March
Luna Blues 88 Blues
Marionette Waltz 138 Waltz
or Mirror Waltz 108 Waltz
Swing Dance 96 Foxtrot

#9 Silver Solo & Team Dance
Cost: $11.00
Minimum Grade: 45
Passing Grade: 240
Select 4 Dances
Casino March 100 March
Princeton Polka 100 Polka
Fascination Foxtrot 92 Foxtrot
Delicado 100 Schottische
Valse Adante 155 Waltz

#10 Silver Solo & Team Dance
Cost: $12.00
Minimum Grade: 50
Passing Grade: 260
Select 4 Dances
Syncopated Swing 96 Foxtrot
Fiesta Tango 100 Tango
Highland Schottische 100 Schottische
14-Step 100 March
Association Waltz 120 Waltz

#11 Silver Solo & Team
Cost: $12.00
Minimum Grade: 50
Passing Grade: 260
Select 4 Dances
Boston Boogie 100 Boogie
Werner Tango 96 Tango
DoBlay 100 March
Ten Fox 100 Foxtrot
Imperial Waltz 120 Waltz

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#12 Silver Solo & Team
Cost: $13.00
Minimum Grade: 55
Passing Grade: 280
Select 4 dances
Keats Foxtrot 92 Foxtrot
Flirtation Waltz 108 Waltz
Karen Lee Tango 100 Tango
Viva Cha Cha 100 Cha Cha
International Waltz 168 Waltz

#13 Silver Solo & Team
Cost: $14.00
Minimum Grade: 55
Passing Grade: 280
Rocker Foxtrot 92 Foxtrot
Harris Tango 100 Tango
Willow Waltz 138 Waltz
Split Polka 100 Polka

GOLD LEVEL TESTS:

#14 Gold Solo & Team Dance
Cost: $16.00
Minimum Grade: 55
Passing Grade: 420
Dench Blues 88 Blues
Paso Doble 100 Paso Doble
Continental Waltz 168 Waltz
Iceland Tango 100 Tango
Pacifica Foxtrot 100 Foxtrot
Carroll Swing 100 Boogie

#15 Gold Medal Solo & Team Dance
Cost: $22.00
Minimum Grade: 60
Passing Grade: 525
Westminster Waltz 138 Waltz
Silhouette Foxtrot 100 Foxtrot
Argentine Tango 96 Tango
Kilian 100 March 2/4
Viennese Waltz 138 Waltz
Carroll Tango 100 Tango
Quickstep 100 March 6/8

Each skater will skate their own part (female skater skates the female steps of each dance and the male skates the male steps of each dance). A skater has the option for solo dance tests to skate the part of the dance as specified for USARS Domestic and CIPA competition.
### International Solo & Team Dance

#### #1 Bronze International Solo & Team
- **Cost:** $7.00
- **Minimum Grade:** 35
- **Passing Grade:** 100
- Straight Waltz: 108 Waltz
- Country Polka: 92 Polka or 100 Polka

#### #2 Bronze International Solo & Team
- **Cost:** $7.00
- **Minimum Grade:** 35
- **Passing Grade:** 100
- Canasta Tango: 96 Tango
- Rhythm Blues: 88 Blues

#### #3 Bronze International Solo & Team
- **Cost:** $8.00
- **Minimum Grade:** 40
- **Passing Grade:** 110
- Carlos Tango: 96 Tango
- Dutch Waltz: 120 Waltz

#### #4 Bronze International Solo & Team
- **Cost:** $8.00
- **Minimum Grade:** 40
- **Passing Grade:** 110
- 12 Step: 92 March or 100 March
  - 120 Waltz: 120 Waltz

#### #5 Bronze International Solo & Team
- **Cost:** $9.00
- **Minimum Grade:** 45
- **Passing Grade:** 120
- Werner Tango: 96 Tango
- Collegiate (Foxtrot Position): 92 Foxtrot

#### #6 Bronze International Solo & Team
- **Cost:** $10.00
- **Minimum Grade:** 45
- **Passing Grade:** 120
- Swing Dance: 96 Foxtrot
- Style “B” Waltz: 108 Waltz

#### #7 Silver International Solo & Team
- **Cost:** $11.00
- **Select 3 Dances**
- **Minimum Grade:** 50
- **Passing Grade:** 195
- Fiesta Tango: 100 Tango
- 14 Step: 108 March (CIPA JRWC)
- Ten Fox: 100 Foxtrot
- 14 Step Plus (Solo): 108 2/4 March

#### #8 Silver International Solo & Team
- **Cost:** $12.00
- **Select 3 Dances**
- **Minimum Grade:** 50
- **Passing Grade:** 195
- Flirtation Waltz: 120 Waltz (CIPA JRWC)
- Rotation Foxtrot: 92 Foxtrot
- Karen Lee Tango: 100 Tango
- Kent Tango (Solo): 100 Tango

#### #9 Silver International Solo & Team
- **Cost:** $13.00
- **Select 3 Dances**
- **Minimum Grade:** 50
- **Passing Grade:** 195
- Willow Waltz: 138 Waltz
- or Kleiner Waltz: 138 Waltz
- Keats Foxtrot: 96 Foxtrot (CIPA JRWC)
- Dench Blues: 88 Blues (CIPA Pattern)

#### #10 Gold International Solo & Team
- **Cost:** $14.00
- **Select 3 Dances**
- **Minimum Grade:** 50
- **Passing Grade:** 195
- Harris Tango: 100 Tango (CIPA JR WC)
- European Waltz: 120 Waltz (CIPA JRWC)
- Rocker Foxtrot: 104 Foxtrot (CIPA WC)
- Castel March: 100 March

#### #11 Gold International Solo & Team
- **Cost:** $15.00
- **Select 4 Dances**
- **Minimum Grade:** 55
- **Passing Grade:** 280
- American Waltz: 168 Waltz (CIPA JR WC)
- or Terenzi Waltz (Solo): 168 Waltz
- Iceland Tango: 100 Tango (CIPA WC)
- Killian: 108 2/4 March (CIPA WC)
- Imperial Tango: 104 Tango (CIPA JR WC)

#### #12 Gold Medal International Solo & Team
- **Cost:** $22.00
- **Select 7 Dances (All patterns CIPA WC)**
- **Minimum Grade:** 60
- **Passing Grade:** 525
- Westminster Waltz: 138 Waltz
- Argentine Tango: 96 Tango
- Paso Doble: 112 Paso Doble
- Viennese Waltz: 138 Waltz
- Quickstep: 112 Two-step Schottische
- Italian Foxtrot: 96 Foxtrot
- Starlight Waltz: 168 Waltz
- Delanco Tango: 104 Tango
The International Solo & Team Test Dances should be skated International Style. CIPA Dance Diagrams & Patterns may be found in the USARS Dance Book. Each skater will skate their own part (female skater skates the female steps of each dance and the male skater skates the male steps of each dance). A skater has the option for solo dance tests to skate the part of the dance as specified for USARS Domestic and CIPA competition.

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Effective: 11-1-13
Quad Freestyle Requirements

#1 Bronze Free Style
Cost $7.00
Minimum Grade 35
Passing Grade 100
Bunny Hop Two Foot Spin
1/2 Maps One Foot Spin
Mohawk Jump
One (1) Sequence Primary Footwork
   Straight line long axis pattern
Maximum Time: 2 Minutes

#2 Bronze Free Style
Cost $7.00
Minimum Grade 35
Passing Grade 100
Waltz Jump Two Foot Spin
1/2 Flip IB Upright
Maps IF Upright
Bunny Hop/Waltz/Maps combination
One (1) Sequence Primary Backward Footwork
   Straight line long axis pattern
One (1) Sequence Primary Forward Footwork
   Diagonal pattern
Maximum Time: 2 Minutes

#3 Bronze Free Style
Cost $8.00
Minimum Grade 40
Passing Grade 110
Toe Walley IB Upright change IF Upright
1/2 Lutz or Lutz OB Upright
IB Sit Spin
1/2 Flip/Waltz/Maps combination
One (1) Sequence Secondary Footwork, must use
   Mohawk and Choctaw turns; circular pattern
Maximum time: 2 1/2 Minutes

#4 Bronze Free Style
Cost $9.00
Minimum Grade 40
Passing Grade 110
Salchow IB Sit Spin
Loop OF Upright
Flip OB Upright
Toe Walley/Maps Combination
One (1) Sequence Advanced Footwork, must use at least 2 kinds of “3” turns in a Serpentine Pattern
Maximum time: 3 Minutes

#5 Silver Free Style
Cost $10.00
Minimum Grade 40
Passing Grade 110
Euler OF Upright change OB Upright
Lutz OB Upright
Loop OB Camel
1 1/2 Maps or Maps OB Sit Spin OR OF Sit Spin
Salchow/Maps/Maps OR
   Toe Walley/Loop/Maps combination
One (1) Sequence Secondary Footwork, Circular Pattern
One (1) Sequence Advanced Footwork, Must use two kinds of brackets: Serpentine Pattern
Maximum Time: 3 Minutes

#6 Silver Free Style
Cost $11.00
Minimum Grade 45
Passing Grade 120
1 1/2 Flip or Flip OF Camel
Lutz Sit Change Sit
Axel OR Boeckl OF Upright Jump Chg
   OB Upright
   OB Upright
Loop/Euler/Flip Combination
Waltz/Maps/Euler/Salchow combination
One (1) Sequence Advanced Footwork, must use two (2) Rocker and two (2) Counter turns;
   Diagonal Pattern
Maximum Time: 3 Minutes

#7 Silver Free Style
Cost $12.00
Minimum Grade 50
Passing Grade 130
Axel Sit Jump Change Sit
Double Maps OF Camel Change
1 1/2 Lutz or Lutz OB Camel
OB Camel/OB Sit Spin
Lutz/Euler/Flip Combination
Axel/Euler/Salchow combination
One (1) Sequence Advanced Footwork no restrictions:
   Straight line long axis pattern
Two (2) Sequences Secondary footwork;
   No restrictions
Maximum Time: 3 1/2 Minutes

#8 Silver Free Style
Cost $13.00
Minimum Grade 55
Passing Grade 140
Double Toe Walley IB Camel
Double Salchow Camel/sit/change sit
Colledge Camel jump change sit
Axel/Loop/Double Maps combination
Loop/Euler/ 1 1/2 Flip combination
Two (2) Sequences of Secondary Footwork
Two (2) Sequences of Advanced Footwork
Maximum Time: 3 1/2 Minutes
RSA Achievement Program

#9 Gold Free Style
Cost $15.00
Minimum Grade 60
Passing Grade 150
Double Lutz Camel sit change Camel
Double Flip OF Camel /IB Camel
Axel /Loop /Double Mapes /Euler /Double Sachow combo
Double Toe Walley /Loop / Double Mapes combination
Three (3) Sequences of Advanced Footwork
Maximum Time: 4 Minutes

#10 Gold Medal Free Style
Cost $22.00
Minimum Grade 60
Passing Grade 150
Jumps: Choose Three (3)
Double Flip Triple Mapes
Double Lutz Triple Toe Walley
Double Loop Triple Salchow
Double Axel
Spins: Chose Four (4)
Inverted Camel Heel Camel
Broken Ankle Camel Camel/Sit Change
Camel Combo Change Camel Jump Camel/Sit
Change Sit
Combinations: Choose two (2)
Axel/Loop/Double Loop
Double Lutz/Euler/Double Flip
Triple Toe Walley/Loop/Triple Mapes
One (1) Sequence of Secondary Footwork
Three (3) Sequences of Advance Footwork
Maximum Time: 4 Minutes

JUDGES NOTATIONS
All 1/2 or 1 1/2 jumps may be landed flat foot or toe push.
Footwork should reflect the USARS definition of using arms, carriage, free legs etc.
Footwork may include other moves in addition to the required turns per USARS.
Class "A" spins and footwork patterns are per CIPA guidelines.
Gold Medal test candidates who choose to use the hardest items, will be judged on the same standard of clean that all candidates are held to.
If a skater performs an item out of order, the judge will take a deduction but it does not constitute an automatic failure of the test. Omitting an item will require an automatic failure of the test. (Per RSA Achievement Test Booklet).
It is the coaches choice to utilize the 1/2 jump listed or use a full rotation jump in these tests. Whichever skill is chosen will be judged for control and cleanliness without prejudice.
## Inline Freestyle Requirements

### # 1 Bronze In-Line Freestyle
**Cost:** $7.00  
**Minimum Grade:** 35  
**Passing Grade:** 100  
- Jumps Two (2)  
- Spins One (1)  
- Two foot half turn jump  
- Two foot - Two Bunny Hop  

**SKATING MOVES:**  
- Skating side push not on toe stops  
- Cross cuts forward in both directions  
- Bend down and roll on feet  
- Balance on one foot with knee up (on both feet)  
- Forward and Backward scissors  
- One (1) Sequence of primary footwork  

*Maximum Time: 2 1/2 Minutes*

### # 2 Bronze In-Line Freestyle
**Cost:** $7.00  
**Minimum Grade:** 35  
**Passing Grade:** 100  
- Jumps Three (3)  
- Spins Two (2)  
- Mohawk Jump  
- One foot Spin  
- Waltz Jump  
- Two foot spin change  
- 1/2 Salchow or Salchow to one foot spin  
- 1/2 Mapes or Mapes  

Two revolutions required on each spin position, not on toe stop.  

**SKATING MOVES:**  
- Forward cross overs, both directions  
- Backwards cross pulls, both directions  
- Balance spiral forward and backward on one foot and then on the other  
- Backward skating with back cuts  
- Two (2) Sequences of primary footwork  

*Maximum Time: 2 1/2 Minutes*

### # 3 Bronze In-Line Freestyle
**Cost:** $8.00  
**Minimum Grade:** 40  
**Passing Grade:** 110  
- Jumps Three (3)  
- Spins Two (2)  
- Mapes  
- IF Upright  
- 1/2 Flip or Flip  
- IB Upright  
- 1/2 Lutz or Lutz  

Two revolutions required on each spin, not on toe stop.  

**SKATING MOVES:**  
- Shoot the Duck  
- Spread Eagle  
- Forward inside and outside edges  
- Leg swings forward and backwards  
- One (1) Sequence of primary footwork  
- Cross in backs forward and backwards  

### # 4 Bronze In-Line Freestyle
**Cost:** $9.00  
**Minimum Grade:** 40  
**Passing Grade:** 110  
- Jumps Three (3)  
- Spins Three (3)  
- Salchow OF Upright or Upright Layback  
- Loop Jump OB Upright  
- Toe Wally /Mapes Combination IB Sit Spin  

Two revolutions required on each spin, not on toe stop.  

**SKATING MOVES:**  
- Backward outside and inside edges  
- Forward outside and inside three turns  

*Maximum Time: 3 Minutes*

### # 5 Silver In-Line Freestyle
**Cost:** $10.00  
**Minimum Grade:** 45  
**Passing Grade:** 120  
- Jumps Four (4)  
- Spins Three (3)  
- Euler OB Sit Spin  
- Flip IB Upright Chg OB Upright  
- Waltz /Mapes or Mapes Loop OB Camel  
- Waltz /Euler /Salchow Combination  

Two revolutions required on each spin position, not on toe stop.  

**SKATING MOVES:**  
- Backward inside and outside three turns  
- Forward Inside and outside spirals. Both feet (Advanced edges)  
- Two (2) sequences of secondary footwork  

*Maximum Time: 3 Minutes*

### # 6 Silver In-Line Freestyle
**Cost:** $11.00  
**Minimum Grade:** 45  
**Passing Grade:** 120  
- Jumps Four (4)  
- Spins Three (3)  
- Lutz OF Upright Change OB Upright  
- Boeckl or Axel IB Sit Change OB Sit  
- Flip /Loop IB Camel  
- Waltz /Euler /Flip Combination  

Two revolutions required on each spin position, not on toe stop.  

**SKATING MOVES:**  
- Backward Inside and Outside Spirals. Both Feet (Advanced Edges)  
- One (1) Sequence of secondary footwork  
- One (1) Sequence of advanced footwork  

*Maximum Time: 3 Minutes*
# 7 Silver In-Line Freestyle
Cost: $12.00
Minimum Grade: 50
Passing Grade: 130
Jumps Four (4) Spins Three (3)
Double Mapes OB Camel OB Sit Combination
Lutz OF Camel
Lutz /Euler /Flip Combination Sit Jump Change Sit
Axel /Euler /Flip Combination
Two revolutions required on each spin position, not on toe stop

SKATING MOVES:
Two (2) Sequences of secondary footwork
Two (2) Sequences of advanced footwork
Maximum Time: 3 1/2 Minutes

# 8 Silver In-Line Freestyle
Cost: $13.00
Minimum Grade: 55
Passing Grade: 140
Jumps Four (4) Spins Three (3)
Double Toe Wally OF Camel Change
OB Camel
Double Salchow Camel Sit Change Sit
Lutz /Euler /Flip Combination Camel Jump Change Sit
Axel /Loop /Double Mapes Combination
Two revolutions required on each spin position, not on toe stop

SKATING MOVES:
Two (2) Sequences of secondary footwork
Two (2) Sequences of advanced footwork
Maximum Time: 3 1/2 Minutes

# 9 Gold In-Line Freestyle
Cost: $15.00
Minimum Grade: 60
Passing Grade: 150
Jumps Four (4) Spins Three (3)
Double Flip Camel Sit Change Camel
Double Axel Camel Sit Jump Change Sit
Double Toe Wally / Loop Camel Change Camel Sit
Or Double Mapes Combination
Axel /Loop /Dbl Mapes /Euler /
Dbl Salchow Combination
Three revolutions required on each spin position, not on toe stop

SKATING MOVES:
Three (3) Sequences of advanced footwork
Maximum Time: 4 Minutes

# 10 Gold Medal In-Line Freestyle
Cost: $22.00
Minimum Grade: 60
Passing Grade: 150
Jumps Five (5)
Double Flip
Double Lutz
Double Loop
Double Axel
Double Lutz /Euler /Double Flip Combination
Axel /Loop /Double Loop Combination
Triple Mapes
Spins Four (4)
Camel Combination Change Camel (3 edges)
Camel Sit Change Camel Sit
Inverted Camel
Camel Jump Change Camel Jump Change Sit
Heel Camel
Broken Ankle Camel
Three revolutions required on each spin position, not on toe stop

SKATING MOVES
One (1) Sequence of secondary footwork
Three (3) Sequences of advanced footwork
Maximum Time 4 Minutes

JUDGES NOTATIONS
1. All 1/2 or 1 1/2 jumps may be landed flat foot or toe push.
2. Footwork should reflect the USARS definition of using arms, carriage, free legs etc.
3. Footwork may include other moves in addition to the required turns per USARS.
4. Class "A" spins and footwork are per CIPA guidelines.
5. Gold Medal test candidates who choose to use the hardest items will be judged on the same standard of clean that all candidates are held to.
6. If a skater performs an item out of order, the judge will take a deduction but it does not constitute an automatic failure of the test. Omitting an item will require an automatic failure of the test. (Per RSA Achievement Test Booklet).
7. It is the coach’s choice to utilize the ½ jump listed or to use a full rotation jump in these tests. Whichever skill is chosen will be judged for control and cleanliness without prejudice.

Revised 2/15/07
Reviewed & Judges Notations added 11-2-12
# Circle Figure Requirements

## #1 Bronze Circle Figure
**Cost:** $7.00  
*Minimum Grade: 35*  
*Passing Grade: 100*
- #1A ROF-LOF Serpentine Eight
- #1B LOF-ROF Serpentine Eight

## #2 Bronze Circle Figure
**Cost:** $7.00  
*Minimum Grade: 35*  
*Passing Grade: 100*
- #2A RIF-LIF Serpentine Eight
- #2B LIF-RIF Serpentine Eight

## #3 Bronze Circle Figure
**Cost:** $8.00  
*Minimum Grade: 40*  
*Passing Grade: 220*
- #3A ROF-LOF Eight
- #3B LOIF-ROIF Change Eight

## #4 Bronze Circle Figure
**Cost:** $8.00  
*Minimum Grade: 40*  
*Passing Grade: 220*
- #4A RIF-LIF Serpentine Eight
- #4B LOIF-ROIF Change Eight

## #5 Bronze Circle Figure
**Cost:** $9.00  
*Minimum Grade: 40*  
*Passing Grade: 100*
- #5A ROF-LOF Three (may do “B” ft)
- #5B LIF-ROF Three

## #6 Silver Circle Figure
**Cost:** $10.00  
*Minimum Grade: 45*  
*Passing Grade: 240*
- #6A ROF-LOF Circle Eight
- #6B LOF-RIB Three

---

# #7 Silver Circle Figure
**Cost:** $11.00  
*Minimum Grade: 45*  
*Passing Grade: 240*
- #7A ROF-LOF Circle Eight
- #7B LOF-ROF Double Three
- #7C ROIF-LOIB Serpentine Three
- #7D LOIF-ROIB Serpentine Three

---

# #8 Silver Circle Figure
**Cost:** $12.00  
*Minimum Grade: 50*  
*Passing Grade: 250*
- #8A RIB-LIB Circle Eight
- #8B ROF-LOB Dbl Three or use B takeoff
- #8C RIF-LOB Bracket
- #8D LIF-ROB Bracket
- #8E ROF-LOB Counter
- #8F LOF-ROB Counter

---

# #9 Silver Circle Figure
**Cost:** $13.00  
*Minimum Grade: 50*  
*Passing Grade: 350*
- #9A RIB-LIB Double Three
- #9B RIF-LIB Bracket
- #9C LIF-RIB Bracket
- #9D ROIF-LOIB Serpentine Bracket
- #9E LOIF-ROIB Serpentine Bracket

---

# #10 Gold Circle Figure
**Cost:** $14.00  
*Minimum Grade: 60*  
*Passing Grade: 450*
- #10A ROF-LIB Bracket
- #10B LOF-RIB Bracket
- #10C RIF-LIB Bracket
- #10D LIF-RIB Bracket
- #10E ROIB-LOB Serpentine Dbl Three
- #10F LOIB-ROB Serpentine Dbl Three

---

# #11 Gold Circle Figure
**Cost:** $15.00  
*Minimum Grade: 60*  
*Passing Grade: 450*
- #11A ROF-LIB Bracket
- #11B LOF-RIB Bracket
- #11C ROIF-LIOF Serpentine Bracket
- #11D LIOF-ROIF Serpentine Bracket
- #11E ROIB-LOB Serpentine Bracket
#12 Gold Medal Circle Figure
Cost $22.00
Minimum Grade 60
Passing Grade 600
20A  ROF-LOB Rocker
20B  LOF-ROB Rocker
23A  RIF-LIB Counter
23B  LIF-RIB Counter
37A  ROB-LIB Paragraph Dbl Three
37B  LOB-RIB Paragraph Dbl Three
41A  ROB-LIB Paragraph Bracket
41B  LOB-RIB Paragraph Bracket

These changes reflect the competitive progression from Level C (beginner) to World Class by eliminating some of the figures used in the Domestic Junior Event (now defunct) and some of the new Adult figures (105).

The Gold Medal Test is balanced to show a variety of turns that allow a candidate to showcase their figure skating ability by utilizing a rocker, bracket, counter and three turn figure.

Revised 11/2/12  Effective 2-1-13
Loop Figure Requirements

#1 Bronze Loop Figure
Cost $7.00
Minimum Grade: 35
Passing Grade: 150
114A ROF-LOF Circle Eight Loop Tracing
115B LIF-RIF Circle Eight Loop Tracing
130A ROIF-LIOF Serpentine Loop Tracing

#2 Bronze Loop Figure
Cost $7.00
Minimum Grade: 35
Passing Grade: 150
114B LOF-ROF Circle Eight Loop Tracing
115A RIF-LIF Circle Eight Loop Tracing
130B LOIF-RIOF Serpentine Loop Tracing

#3 Bronze Loop Figure
Cost $8.00
Minimum Grade: 40
Passing Grade: 220
14A ROF-LOF Circle Eight Loop
116A ROB-LOB Circle Eight Loop Tracing
117B LIB-RIB Circle Eight Loop Tracing
131A ROIB-LIOB Serpentine Loop Tracing

#4 Silver Loop Figure
Cost $9.00
Minimum Grade: 45
Passing Grade: 240
15A RIF-LIF Circle Eight Loop
131B LOIB-ROIB Serpentine Loop Tracing
138A ROF-LIF Paragraph Loop Tracing
138B LOF-RIF Paragraph Loop Tracing

#5 Silver Loop Figure
Cost $11.00
Minimum Grade: 45
Passing Grade: 240
16A ROB-LOB Circle Eight Loop
30A ROIF-LIOF Serpentine Loop
139A ROB-LIB Paragraph Loop Tracing
139B LOB-RIB Paragraph Loop Tracing

#6 Silver Loop Figure
Cost $13.00
Minimum Grade: 55
Passing Grade: 210
16B LOB-ROB Loop
17A RIB-LIB Loop
30B LOIF-RIOF Serpentine Loop

#7 Gold Loop Figure
Cost $15.00
Minimum Grade: 55
Passing Grade: 210
31A ROIB-LIOB Serpentine Loop
31B LOIB-ROIB Serpentine Loop
38A ROF-LIF Paragraph Loop

#8 Gold Medal Loop Figure
Cost $22.00
Minimum Grade: 60
Passing Grade: 225
38B LOF-RIF Paragraph Loop
39A ROB-LIB Paragraph Loop
39B LOB-RIB Paragraph Loop

Revised 11/2/12 Effective 2-1-13
How to Draw Figures on the Rink Floor

In marking the figures on the rink floor, it is imperative to place the centers of all the circles in an exact line along the long axis. Use a chalk line to mark the long axis on the floor as seen in Figure 1.

Figure 1:

![Chalk Line](image)

The above figure is called a serpentine. It is the standard figure used in roller figure skating. Circles should be joined so that the widths of the painted lines are superimposed to form one width at the intersection of the two circles. Lines drawn through the exact center of the widths should just touch at the point where the circles meet the long axis as seen in Figure 2.

Figure 2:

![Serpentine Figure](image)

RSA Achievement Tests and USARS competitions in Figure Circles may be skated on 5 or 6 meter circles. Loop figures must be skated on 2.4 meter loops. Figures should be arranged on the skating floor so that they do not overlap. All figures should be marked in a contrasting color from the floor so that the figures can be easily seen by the skater and judges. The lines for figures should not be less than ½ inch nor more than ¾ inch in width.

**Metric to Feet Conversions**

<table>
<thead>
<tr>
<th></th>
<th>Meters</th>
<th>Feet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loops</td>
<td>2.4</td>
<td>7 feet 10½ inches</td>
</tr>
<tr>
<td>Circles</td>
<td>6</td>
<td>19 feet 8¼ inches</td>
</tr>
</tbody>
</table>

To mark the figures on a skating floor, use a wide felt tip marker or long bristle paint brush. If not using a marker, liquid black spirit shoe dye can be used rather than paint. If the figures are laid down on the floor before applying clear floor finish, the figures will not have to be re-done till the floor is resurfaced.

As a compass for laying figure circles, we suggest the use of a 1 x 2 inch board, at least 10 feet
long. Nail a short piece of board to the end of the long board. To the bottom edge of the short board, glue or nail a length of ½ inch wide felt weather stripping. Next, measuring from the center of the short board, drill three holes in the long board at a distance of 2.4 meters for loops, 5 meters and 6 meters for the circles. These holes will form the radii of the circles to be inscribed on the skating surface.

Figure 3:

To use this compass, first begin by snapping a chalk line long enough to accommodate the common diameters for three circles of the size desired. Drive a finishing nail along the chalk line to form the center of the first circle to be inscribed. Slip the appropriate hole that has been previously drilled in the compass over the nail. Dip the felt pad at the end of your compass in a shallow dish or pan containing your marking fluid or paint. Blot and then lower onto the skating surface and continue moving the stick until the felt needs to be recharged. It is important that the pad be lightly blotted and kept in constant motion while in contact with the skating surface to avoid over saturation and blotchy lines.

**Instructions for Making Loop Circles on the Skating Floor**

Loops should be laid out with three loop circles in a row, all having their centers along a long axis, tangent (touching at the intersection with the long axis) and oriented as shown below with the loop of the two end circles facing out.

Figure 4:

In the drawing (Figure 5), broken D-A-B is an arc of the circumference of the loop circle and is necessary in the layout before the painted tracing line is made. When the painted tracing is made,
the arc is not painted on the two end circles; however, this arc is painted in on the center loop circle. Figure 5:

![Diagram of Loop Dimensions](image)

Figure 6:

**Loop Dimensions**

<table>
<thead>
<tr>
<th>Dimension</th>
<th>IN.</th>
<th>CM.</th>
</tr>
</thead>
<tbody>
<tr>
<td>D: Diameter of Loop Circle</td>
<td>94 1/2</td>
<td>240</td>
</tr>
<tr>
<td>SI: Set-in of Loop (1/8 D)</td>
<td>11.8</td>
<td>30</td>
</tr>
<tr>
<td>LL: Length of Loop (1/4 D)</td>
<td>23.6</td>
<td>60</td>
</tr>
<tr>
<td>A: Length of Loop plus set-in</td>
<td>35.4</td>
<td>90</td>
</tr>
<tr>
<td>W: Width of Loop (1/6 D)</td>
<td>15.75</td>
<td>40</td>
</tr>
</tbody>
</table>

Note: These dimensions are based upon a single line and not upon the width of skate.

If you are going to draw a loop without a pattern, use the following instructions. Unless you are experience in painting loop figures, it is best to lay out the complete drawing in pencil first.

Make a reference axis line (A-X) long enough for three 94 ½ inch circles in tangent sequence. A chalk line can be used because this axis line will not be painted.

You will need a device long enough for a 47 ½ compass setting to outline the three loop circles in sequence. A pair of “trammel points” on a 1 x ¾ inch piece of wood, approximately 50 inches long, makes a suitable beam compass. Locate the center, C, on the axis line and use C as a compass center for the radius of the loop circle.

Use illustration diagrams to scribe the arcs of the loop and its set-in. Note that point L takes the set-in arc from the circle circumference to appoint where it merges with the arc inscribed by point F. Point F will then bring the loop arc from the termination of point L to point H (19 11/16 inches from a line at right angles to the center of the circle). Point K then inscribes...
the bottom of the loop from H to G. The spiral out is reverse of the foregoing using points E and M. Again it is suggested that a loop be rendered on a Masonite or plywood pattern to facilitate transferring to the skating surface.

**Metric Speed Track Dimensions**

<table>
<thead>
<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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<tr>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
<td>E</td>
<td>F</td>
<td></td>
</tr>
<tr>
<td>400</td>
<td>68.16m</td>
<td>64.52m</td>
<td>27.80m</td>
<td>24.16m</td>
<td>75.92m</td>
<td>156.36m</td>
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<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>
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<tr>
<td>250</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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<td>49°-7&quot;</td>
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<td>96°-2&quot;</td>
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<td>66.6</td>
<td>11.36m</td>
<td>10.75m</td>
<td>4.60m</td>
<td>4.03m</td>
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<tr>
<td>60</td>
<td>10.22m</td>
<td>9.68m</td>
<td>4.14m</td>
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<td>11.39m</td>
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<td>3.45m</td>
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<td>9.49m</td>
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**Table 9**

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

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<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>
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<tbody>
<tr>
<td>Lap Equivalent 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>
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<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>60</td>
<td>50</td>
</tr>
</tbody>
</table>

Table 10
RSA Achievement Program

RSA Achievement Program Test Fees Chart
Effective June 15, 2006

**LOOP FIGURE TEST FEES**

<table>
<thead>
<tr>
<th>Test #</th>
<th>Test Fee</th>
<th>Rink Fee</th>
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**FREESTYLE FIGURE TEST FEES**

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**QUAD/IN-LINE SPEED TEST FEES**

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Table 11

Table 12

Table 13
### CIRCLE FIGURES TEST FEES

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Table 14

### AMERICAN SOLO & TEAM DANCE TEST FEES

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Table 15

### INTERNATIONAL SOLO & TEAM DANCE TEST FEES

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Table 16
SUPER SKATER TEST FEES

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Table 17

TEST FEE INFORMATION
If an RSA Member Rink is hosting a test center, the rink keeps $1 of the test fee.
If the skater’s coach is an RSA member, the coach keeps $1 of the test fee.
The remaining amount of the test fee is remitted to the RSA.
If neither the coach nor the skating center is an RSA member, an additional $2.00 per test will be added to the test fee. The entire test fee must be remitted to the RSA.

ENDORSED BY USA ROLLER SPORTS
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
RSA Achievement Program