

# RSA TRAINING GUIDE

## # 2 SPEED COMMISSION

SP 2 S-1

Page -1  
R 1/15

### TO OFFICIATE 5 - 8 SPEED TESTS

#### A. REQUIREMENTS TO TAKE COMMISSION:

1. Candidate should be at least 16 years of age
2. Should have passed 6th Speed Test or be 21 years or older.
3. Must be willing to commit the time to attend all training sessions and to study the material assigned.
4. Must hold a valid # 1 Speed Commission

#### B. SUPPLIES NEEDED:

1. Current edition of USA-RS Speed Manual”
2. Current edition of "RSA Achievement Test Booklet"
3. Notebook -- 8 ½" x 11" -- 3 ring

#### C. GENERAL INFORMATION ABOUT TRAINING SESSIONS

1. In order to be eligible for the # 2 Speed Commission a candidate ***must be present*** for all sessions and complete the work satisfactorily. Each meeting will consist of discussions about speed skating and judging tests, reviewing questions from previous meetings, and short quizzes. There will be "*home work*" assignments and it will be necessary for each candidate to study between meetings. A Panel Trainer may need to charge a fee to cover the cost of the printed material given out during the training.
2. Upon completion of the training classes the candidate's performance in meetings, his basic knowledge, mock judging results, and quizzes will be reviewed and evaluated by the person training the section, the Panel Chairman, and the Panel Advisor. If this group finds the candidates qualified the application for the RSA Commission will be given to the candidate. If the committee feels the candidate needs additional time to study and gain more experience it will be recommended that the candidate repeat the training sessions at a later date.
3. The RSA Commission Exam is a **closed book supervised exam** that will be graded by the RSA National Office.

# RSA TRAINING GUIDE

## # 2 SPEED COMMISSION

SP 2 S-1

Page-2  
R 1-15

### SESSION 1

#### TOPICS TO BE COVERED

- A. Round table discussion of speed terms
  
- B. Discuss responsibilities of Judges and Speed test officials
  - 1. RSA test judges must possess thorough knowledge of the tests they will be judging and conduct themselves professionally at all times. Judges will evaluate each test candidate objectively based upon the requirements of each test.
  - 2. RSA test judges may advise the skater of his or her time or discuss his or her performance only after the test is completed and marked, but this should only be done if the skater requests it. No test official may discuss or release the times or results to anyone other than the skater who skated the test. Test officials will not discuss or release the comparative standings or scores of test skaters. Achievement Tests are neither competitive nor comparative.
  
- C. Discuss proper conduct for test judges
  - 1. Command respect; exercise care in speech, never using profane or argumentative language. When asked to comment on a candidates skating phrase your comments in a diplomatic manner.
  - 2. Dress properly for the occasion. Your neat, professional appearance will put you in the right frame of mind and convey to the test candidates and spectators that their tests are an important achievement for the skater and a serious responsibility for the judge. (Panel Leader should also discuss their panel dress code at this time)
  - 3. Tactfulness:
    - a. Treat teachers and coaches with respect
    - b. Never make any comments about a skater's ability or lack of it.
    - c. Never damage the reputation of another official. Such criticism lowers the esteem of officials in general.
  - 4. Objectivity:
    - a. Never show favoritism, collusion, or prejudge the skater.
    - b. Don't be swayed by the skater's reputation, equipment, instructor, or home rink.
  
- D. Review how Tests are taken
  - 1. Test centers
    - Location
    - Order of skating tests
    - Number of officials needed

# **RSA TRAINING GUIDE**

## **# 2 SPEED COMMISSION**

SP 2 S-1

Page -3  
R 1-15

### SESSION 1

#### 2. Discussion about Speed Tests and test requirements

Total number of tests

Track sizes for tests 5 through 8

Track equipment

Equipment requirements

Skates - Dress - Safety Measurers - Age Verification

#### D. Quiz

### ASSIGNMENT FOR NEXT MEETING:

1. Study test center officials and their duties as listed in the RSA Achievement Test Book under the Speed Tests.
2. Review speed skating terms
3. Study age determination, distance, and track requirements for the first four speed tests.



# **RSA TRAINING GUIDE**

## **# 2 SPEED COMMISSION**

SP 2 S-2

R 1/15

### **SESSION 2**

#### **TOPICS TO BE COVERED:**

- A. Review quiz from last session.
- B. Speed skating term review.
- C. Discuss duties of speed test center officials for speed tests #5 #6 and #7 for :
  - 1. Referee
  - 2. Timers
  - 3. Test Center Director
- D. Review all forms that must be prepared for tests
- E. Quiz

#### **ASSIGNMENT FOR NEXT MEETING:**

- 1. Review duties of all test officials
- 2. Study procedures for conducting speed achievement tests
- 3. Study special requirements for Gold Medal Speed tests

**RSA SPEED TRAINING GUIDES**  
**# 2 SPEED COMMISSION**

NAME: \_\_\_\_\_

SP 2 Q-2  
R 1/15

1. For tests a “foul” will be called by the \_\_\_\_\_. The \_\_\_\_\_ will inform the skater a foul has occurred \_\_\_\_\_.
2. Where are the Start and Finish lines on a Official Speed Track for tests?
3. When you are timing a 7th. Speed Test when do you start and stop the stop watch?
4. What type of watch is used for Speed Tests?
5. What would you measure a track with?
6. Can a skater from anywhere in the country take a speed test at a Test Center in your home rink?  
Explain if this would make any change in the paper work sent to the RSA National Office?
7. Are officials required to “sign in” for tests? Explain your answer
8. What are the duties of the referee at a test center where the highest test will be a # 7 Speed Test?
9. What forms must be sent to the RSA National Office after a test center and who is responsible for Checking to see the forms are completed?

**RSA TRAINING GUIDE**  
**# 2 SPEED COMMISSION**

SP 2 S-3

R 1-15

**SESSION 3**

**TOPICS TO BE COVERED:**

- A. Review quiz from last session
  
- B. Discuss procedures for giving Gold Medal Achievement Tests
  - 1. Procedure for setting up and applying for a test center
  - 2. Proper timing and notices that should be sent out
  - 3. Special instructions for Gold Medal Test
  - 4. Completion of paper work for Gold Medal Tests
  
- C. Review procedures for conducting all Speed Tests covered by this commission
  - 1. Check In
  - 2. Starting the candidate
  - 3. Skating of the test
  - 4. Fouls
  - 5. Broken skates
  - 6. Illness
  - 7. Checking age and when it should be done

**ASSIGNMENT FOR NEXT MEETING:**

Study all material covered for panel final

# **RSA TRAINING GUIDE**

## **# 2 SPEED PANEL FINAL**

NAME: \_\_\_\_\_  
SP 2 PF

Page -1  
R 1-15

### **GOLD MEDAL TESTS**

1. What special approval must be attained to schedule a Gold Medal Test Center?
2. Where can Gold Medal Test Centers be held? Be specific with the requirements)
3. When can a Gold Medal Test Center be skated?
4. Can anyone who has a # 7 Speed Test take a Gold Medal Test at your Gold Medal Test Center?  
Explain
5. When should the notices be sent out for a Gold Medal Test Center?
6. How many officials are needed for a Gold Medal Test Center? What are their qualifications and duties?
7. What forms and special paper work must be sent to the RSA National Office

# **RSA TRAINING GUIDE**

## **# 2 SPEED PANEL FINAL**

SP2 PF

Page-2  
R 1-15

### **GENERAL QUESTIONS**

1. Is any special type of stop watch needed to time tests and how is the time recorded?
2. Do you need a lap counter for Speed Tests covered by this commission?        YES /NO
3. What size official track should be used for tests covered by the # 2 Test Commission?
4. When should an official RSA judge renew their commissions?
5. What are the Duties of a Referee for tests # 5 through 7? Be specific
6. What six actions could cause a referee to call a foul on a skater?
7. If you are asked to referee at a test center what would you wear for the test center?
8. When a foul occurs, what action would you take as the referee? What effect would this have on the results of the test being taken?

# **RSA TRAINING GUIDE**

## **# 2 SPEED PANEL FINAL**

SP 2 PF

Page-3

R 1-15

9. When 3 timers are used how many passing times must a skater have to pass the test? \_\_\_\_\_ If all three times are different which time is considered the Official Time?
  
10. What primary responsibilities does the Test Director have for a test center?
  
  
  
  
  
  
  
  
  
  
11. For tests # 5 and # 6 must a timer have a # 2 RSA Speed Commission? YES / NO
  
12. What equipment and markings are needed for a # 7 Speed Test?
  
  
  
  
  
  
  
  
  
  
13. Where should the timers be located for tests?
  
  
  
  
  
  
  
  
  
  
14. Does it make any difference if a skater has in-line or quad skates for the 6th. Speed Test? If so explain.
  
  
  
  
  
  
  
  
  
  
15. When do you verify the age of a skater? Why is this necessary for Speed Tests?
  
  
  
  
  
  
  
  
  
  
16. What happens if a false start occurs during a test? Explain
  
  
  
  
  
  
  
  
  
  
17. What position should a skater assume when the referee give the command "To Your Mark"?
  
  
  
  
  
  
  
  
  
  
18. How must a test candidate dress for a speed test?
  
  
  
  
  
  
  
  
  
  
19. Who needs to sign the master test form for a # 7 Speed Test?