

RSA TRAINING GUIDE
3 INTERNATIONAL TEAM & SOLO DANCE COMMISSION

TO JUDGE 10TH – 11TH TEAM SOLO AND INTERNATIONAL DANCE TESTS
INTL 3D-S1
R-9-13

A. REQUIREMENTS TO TAKE COMMISSION:

1. Candidate must hold a valid # 2 International Dance Commission
2. Should have passed 10th International team or solo dance Test
3. Must be willing to commit the time to attend all training sessions and to study the material assigned.
4. Should know the steps and be able to skate thru the dances on the tests 7-9 of the Solo and Team International Dance Achievement tests.

B. SUPPLIES NEEDED:

1. Current edition of “USA-RS Dance Descriptions Diagrams”
2. Current edition of “RSA Achievement Test Booklet
3. Lobe guide for drawing dances
4. Notebook – 8 ½” x 11” – 3 ring

C. GENERAL INFORMATION ABOUT TRAINING SESSIONS

1. In order to be eligible for the # 1 Solo and Team International Dance Commission, a candidate *must be present* for all sessions and complete the work satisfactorily. Each meeting will consist of discussions on dance skating and judging, reviewing questions from previous meetings and short quizzes. There will be ‘home work’ assignments and it will be necessary for each candidate to study between meetings. A Panel Trainer may need to charge a fee to cover the cost of the printed material given out during the training.
2. Upon completion of the training classes the candidate’s performance in meetings, his basic knowledge, mock judging results and quizzes will be reviewed and evaluated by the person training the 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. A \$10.00 Fee may be charged.
3. The RSA Commission Exam is a **CLOSED BOOK SUPERVISED** exam that will be graded by the RSA National Office. Tests must be taken within 30 days of receiving the exam grading the various elements of test and competitive skating utilizing whole numbers from 0 to 100. You will need to know what each level means.
4. The candidate will need to learn the Integer Scoring System. This is the official system for grading the various elements of test and competitive skating utilizing whole numbers from 0 to 100. You will need to know what each level means.
5. The candidate will need to know the following information about each of the tests covered by this commission:
 - a) Dances in order they are skated
 - b) Passing scores required for each test
 - c) Minimum mark for each dance
 - d) Fee required

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INTL 3D S-1

SESSION 1

TOPICS TO BE COVERED:

- A. Review of the principles of International Dance and judging criteria.
- B. Basics – two major categories are judged in every dance
 - 1. Rhythm – consists of timing, expression, and unison (in competitive skating)
 - 2. Execution – consists of form, accuracy, and placement of the dance
- C. Review definitions of terms used in the major categories of judging and other basics of judging

Timing	Posture Baseline	Placement
Expression	Types of edges	Axis
Form	Center & Barrier Lobes	Accuracy
- D. Discuss music used for dances covered by this commission.
- E. Review International Dance terms.
- F. Review how to diagram
- G. Distribute study guide for International Harris Tango and International Foxtrot.
- H. Quiz

ASSIGNMENT FOR NEXT MEETING:

- 1. Review the following sections of the USA-RS Descriptions and Diagrams book
 - a) Judging International Roller Dance
 - b) Dance positions
 - c) Notes on dance diagrams
 - d) Philosophy of International Dance Skating
- 2. Study the International Harris Tango and Rocker Foxtrot
- 3. Review International dance terms
- 4. Bring a diagram of the Rocker Foxtrot to the next meeting

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HARRIS TANGO (CIPA JR WC)

INTL DAN 21
R – 21

1. This dance is skated to what music and tempo?
2. What hold should be used for this dance and how do the partners change sides in the dance?
3. Explain how the third lobe of the dance should be executed.
4. What are the major faults found during the man's shallow rocker sequence?
5. How many beats are the swings in the promenade section of this dance?
6. What patterns are acceptable for this dance?
7. Are there any optional free leg movements allowed in this dance?
8. Where should the free foot be moved for both the man and lady on steps # 3, # 6, and # 10?
9. Steps # 20 and # 21 are what type of turn?
10. What is the timing for the RIF-3turn for the lady (step # 22)?
11. Should you see any special style in the execution of this dance?
12. What weakness appears during the skating of this dance for both the man and lady?
13. Where does this dance start in relation to the dance pattern?
14. Practice drawing this dance showing steps for both partners, step numbers, and musical beats.

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INTERNATIONAL ROCKER FOXTROT (CIPA WC)

INTL DAN 23
R- 9-13

1. Is this dance skated as a set pattern or a border dance?
2. What is the correct tempo and music for this dance?
3. What are the dance holds for the rocker and when do the holds change?
4. Steps # 1, # 2, # 3, and # 4 are the same for the man and lady. They consist of _____ and _____.
5. Where is the lady's rocker aimed? Where does she turn in relation to the man?
6. How should the lady execute step # 5 of the LOF Rocker?
7. What type of turn is step # 11 and # 12 for both partners? Explain the partner relationship during this turn.
8. Where should the lady's free leg be after the rocker is turned on step # 5? Must the lady's free leg swing up to her waist height for a test?
9. How is step # 8 executed for both partners?
10. What do you consider the key execution points for this dance?
11. Diagram this dance showing the man and lady's steps with step numbers and indicate the number of beats for each step.

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INTL D3 S-2

R – 9-13

SESSION 2

TOPIC TO BE DISCUSSED:

- A. Review of quiz and International Rocker Fox Trot diagram.
- B. Oral term review (let candidates draw terms and take turns giving an explanation of the term **in their own words**.)
- C. Discuss judging criteria for International Dance Skating and the basic differences between American and International dance skating.
 - 1) International Progressive runs
 - 2) Execution of turns
 - 3) Position of team's feet in closed waltz position
 - 4) Pattern lay out
- D. Discuss judging points for the International Harris Tango.
- E. Discuss judging points for the International Rocker Foxtrot.
- F. Distribute study guides for European Waltz and the Terenzi Waltz.

ASSIGNMENT FOR NEXT MEETING

1. Study terms
2. Study the guided for the European Waltz and Terenzi Waltz.
3. In the RSA Achievement Book review the rules and requirements for tests.
4. Practice drawing the European Waltz and Terenzi Waltz
5. In the USA-RS Dance Descriptions and Diagram Book review the sections about judging international dance.
6. Review the Integer Scoring System

INTEGER SCORING SYSTEM AND MEANING

MEANING		MERIT	FAULT
100	PERFECT	PERFECT	NONE
90-99	EXCELLENT	SUPERIOR	RARE
80-89	VERY GOOD	EXCEPTIONAL	OCCASIONAL
70-79	GOOD	PROFICIENT	FEW
60-69	FAIR	ADEQUATE	SEVERAL
50-59	AVERAGE	SUFFICIENT	MANY
40-49	MINIMUM	RECOGNIZABLE	ABUNDANT
30-39	POOR	CONCEPTUALLY UNAWARE	
20-29	BADLY SKATED	CANNOT SKATE AT ALL	
10-19	INCOMPLETE	STARTED DANCE CORRECTLY BUT EITHER DIDN'T COMPLETE OR DID WRONG DANCE	
0-9	NOT SKATED		

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EUROPEAN WALTZ (CIPA JR WC)

INTL DAN 22
R- 9-13

1. What are the three basic edges of this dance for the man? The lady?
2. What tempo and music is this dance skated to?
3. Where should the 3's be turned for this dance in relation to the partners?
4. What dance position should this dance be skated in?
5. How are the man's three turns to be executed at the beginning of each lobe?
6. The rotation of the partners around each other is _____ throughout each lobe and _____ it direction at the beginning of every lobe?
7. What are the major judging points to be considered during the skating of this dance?
8. What is the proper pattern for this dance?
9. What option do skaters have with the turns on the corner of this dance?
10. What axis will you see this dance skated? Should the axis be consistent through out the dance?
11. Diagram this dance showing the man and lady's steps with the beats and step numbers.

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TERENZI WALTZ (SOLO)

INTL DAN 40
R – 9-13

1. What is the tempo and music for the Terenzi Waltz?
2. Where should this dance start? How many opening steps may be used?
3. How should the swings on steps # 4, #8, # 23, and # 27 be executed?
4. Step # 11 and # 26 are what type of turns?
5. Are the corner lobes of this dance symmetrical or asymmetrical?
6. What common problems occur on the second corner?
7. Where is the baseline located on the center lobes in the Terenzi Waltz?
8. What type of 3 turn is skated on step # 1?
9. List 8 common problems found in this dance.
10. What steps should be on the long axis of the 1st corner lobe? _____ On the second corner lobe _____ .
11. What steps should be on the short axis on the 1st center lobe? _____? On the second center lobe? _____
12. Practice drawing this dance showing steps, step numbers, and musical beats.

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INTL 3D S-3
R – 9-13

SESSION 3

TOPICS TO BE DISCUSSED:

- A. Review terms and dance holds
- B. Review meaning of scores
- C. Discuss judging points of the Terenzi Waltz. It is suggested you view the USA-RS demonstration DVD of this dance.
- D. Discuss judging points of the European Waltz
- E. Plan mock judging sessions. The sessions should be an actual test center of demonstration. Just using tapes / DVD make it difficult to see lobing quality of edge etc. It may be necessary to add extra sessions for mock judging.
- F. Distribute study guides for the International Iceland Tango and International Kilian(CIPA WC)
- G. Quiz

ASSIGNMENTS FOR NEXT MEETING:

1. Review terms, dance holds, and the Integer Scoring System
2. Study the requirements for the # 10 and # 11 International Team & Solo Dance Tests
3. Study the International Iceland Tango (CIPA WC) and the Kilian (CIPA WC)
4. Practice drawing the dances covered by this commission
5. Bring to class a diagram of the International Iceland Tango

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INTL 3D

Q – 3

1. The European Waltz consists of three basic steps for the man and lady. They are?
2. What are the primary points you would look for in the Terenzi Waltz.
3. How should the man's three turn at the beginning of the lobes be executed in the European Waltz?
4. What is a Rocker? How should the lady skate this step in the International Rocker Foxtrot?
5. In the Terenzi Waltz what steps should be on the long axis of the first corner lobe? _____
On the second corner lobe? _____
6. What type of turn is step # 11 and # 12 in the International Rocker Foxtrot for both partners?
Explain the partner relationship during this turn.
7. On the back of this sheet, diagram the International Rocker Foxtrot showing the steps for the man and lady, the step numbers, and the musical beats.

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INTERNATIONAL ICELAND TANGO (CIPA WC) INTL DAN 26 R -9-13

1. What is the major difference between the American and International Iceland Tango?
2. What type of music is this dance skated to?
3. What holds are used during the skating of this dance and where do they change?
4. What type of turn is step # 4 and where is the free leg?
5. Are there any optional swings in this dance and is so where?
6. Explain how step # 8 change of edge 3 turn should be executed?
7. Explain the proper positions of the free leg during step # 13?
8. Explain how step # 9 should be skated in order to prepare for steps # 10.
9. What is the essential feature of this dance?
10. Step # 14 for the lady ROF four beat edge, should be skated in what manner?
11. What position should the shoulders be in on steps # 14 through # 16?
12. Where are the free legs on steps # 15 and # 16?
13. Upon completing the opening what position will the skaters be in to start the dance?
14. Diagram this dance giving the steps, step number, and musical beats for both partners.

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INTL 3D S-4
R – 9-13

SESSION 4

TOPICS TO BE DISCUSSED:

- A. Review quiz from last session.
- B. Check Iceland Tango diagrams.
- C. Discuss judging points for the International Iceland Tango (CIPA WC)
- D. Discuss requirements for the 10th.and 11th International Team and Solo Dance Tests.
- E. Review international dance terms.
- F. Discuss the judging points for the International Kilian (CIPA WC)
- G. Distribute study sheets for the American Waltz and Imperial Tango
- H. Quiz

ASSIGNMENT FOR NEXT MEETING:

1. Be sure you know the steps to the remainder of the dances covered by this commission.
2. Study the American waltz and Imperial Tango
3. Work on your dance diagrams and bring a diagram of the Imperial Tango to class
4. Be sure you know the steps to all of the dances covered by this commission.

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INTL 3D Q-4

NAME: _____

1. The 11th International Team and Solo Test has a choice of _____ dances on it. The skater must skate ____ dances and to pass the test a skater must achieve a total score of _____, If a candidate receives a score lower than _____ on a dance the judge will have to _____ the skater on the test.
2. After the candidate selects the 3 dances to skate on the 10th. test what order should the dances be skated?
3. What do you feel are the difficult portions of the International Iceland Tango?
4. In the International Iceland Tango what type of turn is step # 4 and where should the free leg be?
5. What music and tempos are used for the dances on the 10th and 11th International Dance tests?
6. What position should the partner's shoulders be in for steps # 14 through # 16 of the International Iceland Tango?
7. What do you consider the major judging points in the Kilian (at least 8)
8. Explain the proper execution steps # 9, # 10 and # 11 of the Kilian. Include what the partner relationship should be during this sequence.
9. What is the correct execution of steps # 13 and # 14 in the Kilian for both the man and lady.

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AMERICAN WALTZ (CIPA JR WC)

INTL DAN 27
R – 9-13

1. What is the correct music and tempo for this dance?
2. What creates the dance expression in this dance?
3. Explain in detail how this dance is constructed.

4. Explain how the proper pattern is selected for this dance.
5. All steps in this dance are _____ beats.
6. How should the swings in this dance should be executed.

7. All turns are on count _____ of the step and should be turned at the partners _____.
8. Explain what the partner tracing relationship is during this dance.

9. What are the main points you as a judge should consider while judging this dance?

10. Diagram this dance showing both the man and lady's steps, step numbers, and musical beats.

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IMPERIAL TANGO (CIPA JR WC)

INTL DAN 35
R – 9-13

1. This dance is skated to _____ music at _____ tempo. Two dance positions are used during this dance they are _____ and _____ .
2. Explain in detail the execution on step # 3 and step # 4. Include a description of the hand hold during this step.
3. Where should step # 1 be aimed? Is this step a common problem in execution for a skater?
4. What common fault is found in the execution of steps # 6 and # 7?
5. What type of turn is executed on step # 10 and # 11 of the Imperial Tango?
6. When should a team resume the foxtrot position at the end of the dance?
7. List 10 common errors found in the skating of this dance.
8. Diagram this dance giving the edges for both the Man and Lady .

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INTL 3D S-5
R – 9-13

SESSION 5

TOPICS TO BE DISCUSSED:

- A. Review quiz from last session and assigned diagram
- B. Discuss judging points for the Imperial Tango
- C. Review International Dance terms and Integer Scoring System
- D. Discuss the judging points for the American Waltz
- E. Distribute the study guide for the Castel March
- E. Quiz

ASSIGNMENT FOR NEXT MEETING:

1. Start reviewing dances for the Panel Final Exam
2. Study the Castel March. Especially the detailed instructions for skating the steps
3. Review the Achievement Test rules and regulations

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INTL 3D Q-5

NAME: _____

1. In the American Waltz all steps are _____ beats and all turns are on _____ of the step.
2. What are the partner tracing relationships you should see in the skating of the American Waltz?
3. What are the main points you would be looking for when judging the American Waltz (at Least 8)

4. The Imperial Tango is skated to what type and tempo of music?
5. In the Imperial Tango what are the two dance positions used during this dance?
6. For the Imperial Tango, list the turn each partner will skate and explain the type of turns skated.
7. List the lady's steps, Step numbers and the number of beats for the steps to the Imperial Tango.

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CASTEL MARCH

INTL DAN 39
R – 9-13

1. What is the music for this dance? The Tempo?
2. List all holds used in the Castel March.
3. On steps # 6 a _____ _____ turn is skated and the partners remain in _____ position.
4. Steps # 9 and # 10 have some very specific requirements describe them.
5. On step # 13 for the man and # 13A and # 13B for the lady the partners start left outside forward outside cross roll on the 1st beat outside and what happens on the second beat?
6. Explain the executive steps # 34 to step 36.
7. Which steps in this dance are $\frac{1}{2}$ beat steps?
8. Do the partners break contact in this dance? Explain
9. Explain the execution of steps # 28A – # 28D.
10. Are there any cut steps in this dance? If so give the step numbers
11. Which steps are closed Mohawks in this dance?

Study all of the details about the Castel March.

A DVD of this dance is available from the USA-RS National Office. It is recommended that you study this if you do not know a WC Dance Team skating the dance.

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INTL 3D S-6
R – 9-13

TOPICS TO BE DISCUSSED:

- A. Review quiz from last session

- B. Review the proper procedure for holding Achievement Tests -- discuss the rules, duties of officials, and the added responsibilities of higher commissioned that judges should be ready to perform.

- C. Discuss the Castel March. Will need the DVD available from the USA-RS office

- D. Complete dance drill and check in class

- E. Discuss any questions about the dances covered.

ASSIGNMENT FOR NEXT MEETING:

- 1. Study all material covered and be prepared to answer questions about:
 - a) Dance terms
 - b) International Team and Solo Dance Tests covered by this commission
 - c) General question about international dance skating
 - d) Be able to diagram all dances covered by this commission.

- 2. Bring dates you passed your International Team and Solo Dance tests.

- 3. Next session will be the panel final exam. This is a **Closed Book Exam**. The panel trainer will grade and return the exam to the candidates. If the candidate's class work, mock judging and exams indicate they are ready to take the RSA exam, applications will be given out. A fee may be required to take the exam. The # 3 Team & Solo Dance commission will be sent from the RSA Office. This exam is **Closed Book Exam** with two test supervisors present. You will have 30 days to take the exam and return it to the RSA National Office to be graded.

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INTL 3D S-6 DRILL

STEP REVIEW OF DANCES COVERED BY THIS COMMISSION

LIST THE STEP EDGE AND NUMBER OF BEATS (RIF-3) FOR EACH DANCE

STEP #	ICELAND TANGO		EUROPEAN WALTZ		ROCKER FOXTROT	
	Man	Lady	Man	Lady	Man	Lady
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						