

RSA TRAINING GUIDE

1 SPEED COMMISSION

SP1 S-1
R 1-15

Page -1

TO JUDGE 1 - 4 SPEED TESTS

A. REQUIREMENTS TO TAKE COMMISSION:

1. Candidate should be at least 15 years of age
2. Should have passed 2nd. 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.

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 # 1 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

1 SPEED COMMISSION

SP1 S-1
R 1-15

Page -2

SESSION 1

TOPICS TO BE COVERED:

- A. Purpose of Speed Tests
- B. Round table discussion of speed terms
- C. How Tests are taken
 - 1. Test centers
 - Location
 - Order of skating tests
 - Number of officials needed
 - 2. Discussion about Speed Tests and test requirements
 - Total number of tests
 - Track sizes
 - 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 Book.
- 2. Review speed skating terms. in the USA-RS Speed Manual.
- 3. Study age determination, distance, and track requirements for the first four speed tests.

RSA TRAINING GUIDE

1 SPEED COMMISSION

NAME: _____
SP1 Q-1

Page -3
R 1/15

1. Why would a skater want to take a speed test?
2. Where may test centers be held?
3. May a skater choose the type of skate they will use for the test? YES NO
4. Will the choice of an in-line skate have any effect on the passing time for the test?
Explain your answer
5. Are the times different for men and women for speed tests?
6. Speed tests covered by this commission maybe given on an official track of _____, _____
_____, and _____ meters.
7. What makes a speed track "official"?
8. What are the uniform requirements for tests?
9. How is the age of a test candidate determined?
10. What do each of the following terms mean in relation to speed skating tests?
Start --

Corner Marker

Starter

RSA TRAINING GUIDE

1 SPEED COMMISSION

SP 1 S-2

Page-1

R 1/15

SESSION 2

TOPICS TO BE COVERED:

- A. Review quiz from last session.
- B. Speed skating term review
- C. 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 as a professional 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.
- D. Discuss proper conduct for test judges
 - 1. Command respect; exercise care in speech, never using profane or argumentative language. when asked to comment on a candidates skating phrase your comments in a diplomatic manner.
 - 2. Dress properly for the occasion. Your neat, professional appearance will put you in the right frame of mind and convey to the test candidates and spectators that 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.

RSA TRAINING GUIDE

1 SPEED COMMISSION

SP 1 S-2

Page -2
R 1/15

- c. Don't exaggerate the importance of "pet peeve" faults or form.
 - d. You may have to reevaluate your measure of perfection but don't compromise your integrity.
5. Willingness:
- a. Show enthusiasm but be patient.
 - b. Always be on time (at least 30 minutes before tests are scheduled) Notify the rink immediately if you are going to be late or absent.
 - c. Devote sufficient time to the exercise of judging – continue your education throughout your judging career.
 - d. Be available if you want to judge and continue to be asked to judge.
6. Timing:
- a. Be sure you understand how to operate and read the timer you will be using for the test center.
 - b. Upon completion of distance stop your watch when the skater crosses the finish line and go directly to the referee to turn in your results. Be sure to sign your sheet
 - c. Turn in sheets before talking to anyone, especially to another timer.

E. Discuss duties of speed test center officials

- 1. Referee
- 2. Timers
- 3. Test Center Director

F. Quiz

ASSIGNMENT FOR NEXT MEETING:

- 1. Review duties of all test officials
- 2. Study procedures for conducting speed achievement tests

2 RSA SPEED TRAINING

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 an 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 seeing the forms are completed?

RSA TRAINING GUIDE

1 SPEED COMMISSION

SP 1 S-3

R 1/15

SESSION 3

TOPICS TO BE COVERED:

- A. Review quiz from last session
- B. Discuss RSA Forms for Speed Tests
- C. Discuss procedures for conducting Speed Tests
 - 1. Check In
 - 2. Starting the candidate
 - 3. Skating of the test
 - 4. Fouls
 - 5. Broken skates
 - 6. Illness
- D. Review the requirements for the first 4 speed tests and how to determine the time the skater must obtain to pass the tests

ASSIGNMENT FOR NEXT MEETING:

Study all material covered for panel final

RSA TRAINING GUIDE
1 SPEED - PANEL FINAL

NAME: _____
SP 1 PF

Page -1
R 1/15

1. What constitutes a false start for a Speed Test?

2. What are the duties of a timer at a test center and where should the timer be located?

3. How many timers are needed to officiate at the first four tests? Must a timer hold an RSA Speed Test Commission?

4. What determines the time the skater must complete the laps for a Speed Test?

5. Any person who acts as the Test Center Referee must be _____.

6. An RSA Test Judge may officiate at a test of a former partner. TRUE / FALSE
Explain your answer

7. What are the duties of a Test Referee?

8. When should a test judge renew their RSA Commissions?

9. What should be done with the 3 part of a Test Application?

10. When does a timer stop his watch during a test?

11. Official tracks are _____, _____, _____, and _____ meters.

RSA TRAINING GUIDE
1 SPEED PANEL FINAL

SP 1 PF

Page -2
R-1/15

12. How long must a candidate wait before retaking a test after failing their # 3 Speed Test?
13. Define the following Speed Terms:
- a) Pylon

 - c) Starter

 - c) Timing Line

 - d) Track
14. Is it necessary for all speed test officials to have skates on for a speed test? Explain
15. When 3 timers are working what would be the time used for the test when:
- a) Two watches show same time and the third watch disagrees.

 - b) If all 3 watches disagree.
16. How many passing times must a skater have on a # 2 Speed Test to pass the test?
17. When would a re-skate be permitted on a Speed Test?
18. Must all timers be commissioned for speed tests # 1 through # 4? YES / NO
Explain your answer.

**RSA TRAINING GUIDE
1 SPEED PANEL FINAL**

SP 1 PF

Page -3
R-1/15

19. Where are the times recorded?

20. Who needs to sign a test form?

- a)
- b)
- c)

21. If a candidate is unwilling or unable to verify their age may they still take a Speed Test? YES / NO
Explain what you would do as the test referee for a # 4 Test.

22. If a skater does not achieve the necessary time for a distance the _____ should
_____ the time on the test form.

23. What commands should the Referee use to start a test candidate?

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

25. Draw a Speed Track -- Show Start Line, Finish Line, & Pylons