

# RSA TRAINING GUIDE

## # 4 INTERNATIONAL TEAM AND SOLO DANCE COMMISSION

INTL 4D  
R 9-16

REV 4-18

TO JUDGE THE 12TH GOLD MEDAL TEAM AND SOLO INTERNATIONAL DANCE TEST

### A: REQUIREMENTS TO TAKE COMMISSION:

1. Candidate must hold a # 3 International Team and Solo Dance Commission.
2. Candidates for the 4 Commission earn their eligibility on the basis of their demonstrated performance at the # 3 Commission level.
3. Must have shown their ability as a judge and have an excellent knowledge of International dance skating.

### B: SUPPLIES NEEDED:

1. Current edition of "USA-RS Descriptions and Dance Diagrams" Revised Aug 2015 Available from USA-RS
2. Current edition of "RSA Achievement Book". Available on the RSA web ssite at no charge. Revised September 2016.
3. Notebook – 8 ½ X 11 inches.

### C. GENERAL INFORMATION ABOUT PREPARING FOR A # 4 COMMISSION:

1. The candidate should read the information in the "RSA Achievement Book" about tests in general and the special requirements for Gold Medal Tests.
2. Study the requirements for the Gold Medal tests.
3. Review skating terms and the Integer Scoring System.
4. Understand the judging points for the Gold Medal Test dances.
5. Use the enclosed study outline to review for the test. If some one else is also working on their commission getting together to review is an excellent idea. Ask a # 4 Commissioned Judge to help you review.
6. Try to attend a Gold Medal Test Center to mock judge. Check with USA-RS to see if they have any visual aids available for the dances on this commission, especially the Delanco Tango CEPA and Tango Delancha CIPA

### D. APPLYING FOR THE COMMISSION

1. When the Panel Advisor and Panel Chairman feel you are qualified and ready to take the # 3 Commission exam Complete the RSA Application. A fee may need to be paid.
2. You will take a **CLOSED BOOK EXAM WITH TWO SUPERVISORS PRESENT.** After you test arrives you will have 30 days to take the test and return it to the RSA National Office to be graded.

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### GOLD MEDAL TEST CENTER

#### A. Location and Time

1. Each RSA Section may hold 2 artistic and 2 speed test centers per year. See the “Roller Skating Achievement Book” for the RSA Sections. Please note these sections are different from the USA-RS Regions for competition.
2. Gold Medal Tests may be skated between the hours of 7:00 AM and 10:00 PM.
3. No lower tests or competitive skating events may be run during the Gold Medal Test Center.
4. Minimum floor size for Gold Medal Tests is 70’ X 170’ with no pole obstructions.

#### B. Planning a Gold Medal Test Center and necessary approvals.

1. The RSA Section Chapter must recommend and approve a Gold Medal Test Center in their section. A letter of approval must be sent with the following information to the RSA Office. (This should be started approx. 90 days before the test center date and BEFORE any notices are published.)
  - a) Site of Test Center
  - b) Date of Test Center
  - c) Director of Test Center (Usually an experienced person holding a # 4 Commission
  - d) Floor size and description
  - e) Fees to be charged
2. The Test Director must receive written approval from the RSA office before publishing any information about the test center dates.
3. The Test Center Director is responsible for sending written notices with all test center information to ALL RSA Member rinks in the Section of the Test Center **60 DAYS BEFORE** the tests. The Director may also mail notices to RSA Member Rinks outside the host section if they are close to the test center.

#### C. Duties of the Test Center Director

1. Get all approvals in writing.
2. Invite the necessary # 4 Commissioned Judges for the Test Center and submit the list of judges to the RSA National office at least 30 days before the test center. The National office will check the judge’s credentials and give approval for the judges to judge. Five judges are needed for each test. Two judges must be from outside the candidates Section.
3. If a Test candidate is from outside the host Section where the test center is being held, they must request a waiver from the RSA National Office and explain why they wish to take their test at this site. The RSA Office will notify the Test Center Director in writing if approval is granted.
4. It is the responsibility of the Test Center Director to co-ordinate the judges’ transportation and other expenses with the host rink operator. In addition to the \$ 22.00 test fee a fee of up to \$ 20.00 may be charged. The amount of these fees must be approved by the Section Chapter Chairperson and the RSA National Office. They must be included in the Test Center Notice.

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#### C. Duties of the Test Center Director Con't

5. The Test Center Director must publish a time schedule allowing ample floor practice time and send the schedule to all candidates at least one week before the test center. In order to have all paper work completed by the deadlines it is wise to set a deadline for applications to take the tests.
6. Candidates should submit a completed test form signed and their test fees by the deadline set. For Figure and Dance tests 5 copies of the judges sheets are needed. For the Free Skating Tests 6 copies of the content should be submitted. Candidates should also send their Rink ID number, their address, their coach's name, and the Coaches contact information
7. The Test Center Director is responsible for seeing the following items are taken care of at the test center:
  - a) All forms are ready – Free Skating Content should be checked – Dances and figures are listed in correct order.
  - b) All money is taken care of and test center bills are paid.
  - c) Check the skating surface and see proper warm up is given for all tests.
  - d) All necessary equipment is ready – Official Books, clip boards, pencils, report forms, music for dance tests, stop watch for Freestyle Tests and first aid supplies.
  - e) Should make all judges assignments and see that the tests are run properly – Free skating tests must be timed and dance judging periods must also be timed for the American & International Team and Solo dance Tests.
  - f) Collect judges forms and record scores on the master form, Judges sign their Judges sheets for a Gold Medal Test Center and they are sent in with the test forms. (Judges do not sign the master test form)
  - g) The referee should verify if the test is a passed or failed test and mark the forms.
  - h) After the test center the Director should see that a separate Test Report Form and a Coach's form is completed for each rink having a candidate. The candidates mailing address should also be sent into the RSA National Office.
  - i) All test money and forms must be sent to the RSA National Office within 48 hours.
  - j) The Test Center Director must see all rules for a Gold Medal Test center are followed.

#### D. Responsibilities of a judge:

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 only after the test is completed and marked, but this should only be done if the **skater requests** it. Test officials will not discuss or release the comparative standings or scores of a test skater. Achievement Tests are neither competitive nor comparative. It is most advisable for the judge not to tell the skater the score you gave but to say the dance was either of passing standard or not up to passing standards and state the reasons you feel it was not a passing test.

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### E. 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 the test candidates and spectators that these tests are an important achievement for the skater and a serious responsibility for the judge.
3. Tactfulness:
  - a. Treat teachers and coaches with respect.
  - b. Never make any comments about a skaters' ability or lack of ability.
  - c. Never damage the reputation of another judge. Such criticism lowers the esteem of judging in general.
4. Objectivity:
  - a. Never show favoritism, collusion, or prejudge the skater.
  - b. Don't be swayed by the skater's reputation, equipment, coach, or home rink.
  - c. Don't exaggerate the importance of you "pet peeve" faults.
  - d. You may have to re-evaluate 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.
6. Scoring:
  - a. Upon completion of judging, go directly to the referee to check accuracy of addition. be sure to sign your sheet.
  - b. Turn in sheets before talking to anyone, especially to another judge.
  - c. When judging to be sure to hold your clip board so no one can red your scores.

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### 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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#### **TOPICS TO REVIEW FOR THE GOLD MEDAL EXAM**

- A. Review International Dance skating terms.
- B. Review all International Dance skating positions.
- C. Review in the "USA-RS Dance Descriptions and Diagrams Book" (revised August 2015) all notes on international dances and diagrams. Review section about judging international dance.
- D. Review in the "RSA Achievement Book" all information about test and Gold Medal Tests. (Revised 9-16) Be sure to study the section on Gold Medal Tests.
- E. Judging Gold Medal Dances -- The following expectations must be met, by the candidate, to achieve a score of 75 or higher on each dance.
  - 1. Correct timing on all steps.
  - 2. Strong edge quality through out the dance.
  - 3. Good upright body position
  - 4. Proper layout of dance patterns.
  - 5. Good international dance runs both forward and backward with no crossing of the to be employed foot as it takes the floor.
  - 6. Forward to back turns must be turns to the in-step not heel to heel.
  - 7. Proper dance positions should be used as specified for the dances.
  - 8. In the test judging team unison and extended stretch is not a requirement but the candidate must be in the proper position to achieve proper rotation and execution of the steps.
  - 9. Candidate should show some expression of the different tempos used for the dances.
  - 10. Above average execution of the steps with neat, clean footwork such as -- crossed steps should be crossed, one foot turns should be on correct edges, especially the second edge of the turn, raised chasse steps, progressive runs, etc must be technically correct.

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F. Study the dances on the International Gold Medal Team and Solo Dance Tests and know the information about each of the dances

Viennese Waltz

Argentine Tango

Paso Doble

Westminster Waltz

Quickstep

Italian Foxtrot

Starlight Waltz

Delanco Tango (Team) & Tango Delancho (Solo)

1. Order of dances on the test.
2. Music, Tempo, and all dance positions used.
3. Test fee, minimum score on a dance, and total passing score.
4. Know all steps in the dance for both the man and lady. (Note if you have not skated through these dances you may need to take lessons either on skates or off skates from a Coach who is experienced in the area of International Dance Skating.)
5. Be able to **DIAGRAM** all dances or section of the dances on this commission.
6. Know all technical judging points and the difficult parts of each dance.

G. Read the sections in "RSA Achievement Book" about the running and judging of the gold medal tests.

1. Know the requirements for the International Gold Medal Team and Solo Dance Achievement Tests
2. Know and understand how a Gold Medal Test Center should be set up and run.

H. Use the enclosed International Dance Study guides to assist you in preparing for the # 4 International Team and Solo Dance Commission.

## RSA STUDY GUIDE

### INTERNATIONAL QUICKSTEP (CIPA )

INTL 28

1. A Skater should start this dance on step # \_\_\_\_\_ which is located where in relationship to the rink? \_\_\_\_\_.
2. What dance position is used and what is the music and tempo for this dance?
3. How should the take offs be executed for steps # 1 through # 5 in this dance?
4. How should step # 5 be executed?
5. Explain the execution of step # 6.
6. Explain the execution of steps # 7 through # 9.
7. How should step # 10 be aimed?
8. How should step # 12 , # 13 and # 14 be aimed?
9. What happens if a skater has poor aiming on steps # 16 and # 17?
10. What do you as a judge feel the common errors that will occur in this dance (list at least 6)
11. Practice diagramming this dance showing the steps, step numbers, and musical beats.

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### WESTMINSTER WALTZ (CIPA)

INTL DAN 29

1. This dance is skated to a \_\_\_\_\_ waltz at \_\_\_\_\_ beats per minute.
2. Three dance positions are used during this dance. They are:
3. What steps may be used for the opening of this dance?
4. What type of turn is skated by the man and lady on step # 13?
5. How many steps are the same in this dance for the man and lady? Give the steps and step numbers.
6. Explain the execution of step # 10 for the lady. May a break in contact occur?
7. How should the take-off be executed for step # 18?
8. When are the three turns turned during this dance?
9. What types of turns are skated this dance by the man? (List steps and step numbers along with the type of turn)
10. What types of turns are skated in this dance by the lady? (List steps and step numbers along with the type of turn)
11. Explain the execution of steps # 21 through step # 22 of this dance.
12. Discuss the pattern of this dance explaining the aim of the steps.
13. What do you consider to be the prime judging points (common errors) of this dance?
14. Practice diagramming this dance showing both parts, the step numbers, steps and musical beats.

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### ARGENTINE TANGO (CIPA)

INTL DAN 30

1. The music for this dance is \_\_\_\_\_. The tempo is \_\_\_\_\_ and the pattern should be \_\_\_\_\_.
2. What steps are the same for the man and lady? (Give the step # and dance position)
3. Step # 10 is a \_\_\_\_\_ turn for the man. This turn is executed on the \_\_\_\_\_ count of the step. The step starts \_\_\_\_\_. The turn is executed at the \_\_\_\_\_ and ends at the \_\_\_\_\_. The team should be in \_\_\_\_\_ position after the turn.
4. What are the dance positions that should be used during the skating of this dance?
5. Explain the execution of steps # 23 through step # 26 for the man and lady.
6. List at least 6 common errors you could see in this dance when judging a Gold Medal Test.
7. Explain the execution of steps # 28 through # 31 in detail and list what common problems you will see in this area.
8. What do you consider to be the most difficult parts of the dance for the man? The lady?
9. Diagram this dance showing both the man and lady's steps, step numbers, and musical beats.

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### VIENNESE WALTZ (CIPA)

INTL DAN 31

1. This dance uses four dance positions, they are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. The music should be \_\_\_\_\_ skated to \_\_\_\_\_ tempo.
2. What is unusual about the timing pattern of this dance?
3. What type of steps are steps # 1, # 2, # 3, # 15, # 17 and # 18?
4. Since this dance is made up of both large and small lobes does this cause problems with the pattern? Explain.
5. What type turns will the skaters skate on steps # 9, # 10, for the man and # 10 and # 11 for the lady?
6. Where should the last lobe of the dance end?
7. The timing of the run sequence is a deviation from the usual waltz timing .Explain the difference.
8. What portions of this dance give the skaters the most difficulty and why? (List at least six common errors.
9. Diagram this dancer showing the baseline, the man and lady's steps, step numbers, and musical beats.

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### **PASO DOBLE (CIPA)**

#### INTL DAN 32

1. Give the type of music, the tempo used for the International Paso Doble.
2. Indicate the holds used for this dance and the step numbers where each is applied.
3. List all steps in this dance that require more than one beat of music for both partners/
4. What type of step is # 28A and 28B for the Lady? How many beats?
5. List all the steps in this dance that are not the same for both partners.
6. Describe in detail the execution of the man and lady's steps # 8 and # 9. Include:
  - a) Are these steps edges or flats?
  - b) Where should the body lean?
  - c) May these steps be done as a split?
  - d) Should there be a slight hold or hesitation between steps # 8 and # 9?
7. Describe the proper execution of step # 10. Where is the body leaning on this step?
8. Where should this dance begin and where should the first step be aimed?
9. Where does the change of edge occur on step # 11? Should the judge actually expect to see a true change of edge here?
10. What turn does the man perform on steps # 15 and # 16?
11. On steps # 26, # 27, and # 28 (cross rolls):
  - a) Are definite crosses required or will an inline position be accepted due to the rapid pace of the strokes?
  - b) Is there a definite change of body lean during these steps?
  - c) Is a "wobble step" acceptable?
12. What are some common errors that are often seen when judging this dance? Lest at least 7)
13. Diagram this and show both the man and lady's steps, step numbers, and musical beats.

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### **STARLIGHT WALTZ (CIPA)**

INTL DAN 34

1. What is the total number of beats in this dance?
2. What pattern may be used for this dance?
3. Are any of the lobes in this dance symmetrical? If so list the step numbers.
4. This dance must be started on step \_\_\_\_\_.
5. What are steps # 20 and # 21 for the lady and how should they be executed?
  
6. How should the man skate step # 28 and where does he belong in relation to the lady?
  
7. What common errors will you find in the skating of the Starlight Waltz (List at least 6)
  
8. At the end of step # 17 where should this step be aimed and why?
  
9. On the back of this sheet list the step numbers, edges and beats of music. If you are a man list the man's steps and if you are lady list the lady's part.