

Roller Skating Achievement Program



An exclusive program of the Roller Skating Association

ROLLER SKATING ACHIEVEMENT PROGRAM

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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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I. Introduction

RSA Roller Skating Achievement Tests, originally called the RSROA Proficiency Tests, were established over 40 years ago 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 nine skating categories: American Team Dance, International Team Dance, Solo Dance (includes American and International Style Dances), Loop Figure Skating, Circle Figure Skating, Freestyle Skating, Roller Hockey, Quad Speed Skating and In-line Speed Skating, plus a beginner's test, the Super Skater test. Each sequence includes beginning 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, year in which the test was passed and strung on a ribbon. These medals are finely crafted pieces of jewelry (about the size of a quarter) that can be worn with pride by any skater.

II. How to Take an RSA Achievement Test

A. 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.

B. 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 Board of Directors to conduct an Achievement Test center at another site.

C. How to arrange to take an Achievement Test.

1. 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 test, contacting and confirming all the judges and officials, preparing the test forms and applications, collecting the appropriate fees from each skater and sending all 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.
2. 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. 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 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.

D. Order of Skating Tests

1. Skaters just beginning to take Achievement Tests must start with the first bronze level test in a category and take each succeeding test in order.
2. 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 retake the current tests at their option.
3. Skaters will not be required to re-skate a test already passed as a requirement to take a higher test.

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E. Test Fees

1. 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 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 Coaches** must charge an additional fee of \$1.00 per test, the dollar is to be paid to the 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 tests, see paragraph G. 6.

2. All test fees and paperwork 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.

F. Test Awards

1. Under no circumstances may any skater who has not properly passed a test display that test award pin or medal.

2. The RSA National Office cannot research or verify individual test. Duplicates of lost test awards can only be replaced if the skater can provide the proper test form and pay the current test fee.

G. Gold Medal Test Centers

1. Each RSA Section (see map on page 24 of the Achievement Test Section) 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 Sectional Chapter(s) will recommend to the national RSA office the sites, dates and times for each Gold Medal test center within their section.

2. 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.

3. Gold Medal tests must be scheduled between 7 a.m. and 10 p.m. and must be conducted so that all tests are run without 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.

4. Duties of the Gold Medal test director:

a. The test director must notify all RSA member rinks in the Section(s) of the detail of the Gold Medal test center at least 60 days in advance. Correspondence must be addressed to both the operator and coach.

b. The approximate time schedule for the skating of each test and 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.

c. The test director will be responsible for the selection and necessary arrangements for the RSA test judges. The test director will coordinate judges' transportation and other expenses with the rink operator prior to inviting the test judges. No later than 30 days prior to the test, the test director must provide the RSA National Office with the names and panel number of each of Gold Medal test center judges. The National Office will verify the commissions and current status of each of these judges.

5. 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.

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6. The Gold Medal test fee is \$22 per test. In addition to the RSA test 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 time for the Gold Medal test skaters on the day of the tests. Spectator fees for a Gold Medal test, if any, must be approved by the RSA Sectional Chapter.
7. For 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.
8. 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.

H. 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 a more advanced basic beginner skills award, the skater must pass four of the six requirements. The skater will receive a pin and a certificate.

At the roller skating instructor's discretion, either one or three judges may be used. All judges must be at least 15 years of age. RSA judge's 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

1. Stopping or Braking
The skater must stop within 10 feet without falling.
In-line: The skater must skate continuously at a comfortable speed make an emergency stop in a straight line by raising the toe of one skate and applying his or her brake. Or the skater may use the traditional "T" stop. Quad: Have the skater point the toe-stop of his or her free skate toward the floor and then let it drag the surface. Or the skater may use the traditional "T" stop.
2. 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.
3. Forward Crosspulls
Skaters must perform one repetition in a circle. Use a figure circle or set up cones.
4. 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.
5. 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).

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Super Skater Award Requirements Level II. Cost: \$3.00

1. Forward Crossovers (the collegiate straightway)
Skater does one sequence down or across the rink (six or more crossovers).
2. Backward Scissors
Skater does one sequence across the rink.
3. Jump
Skater must perform a two foot jump with a ½ turn revolution.
4. Spin
Skater does any spin of two or more revolutions.
5. Race
Skater completes two laps around a speed track in 45 seconds or less.
6. Hockey
Skater must display a technical skill using the hockey stick.

III. RSA Judges and Judges Panels

A. Selecting Judges

1. Only RSA test judges holding the required commissions in the test being judged may officiate at that test, except as indicated in the Super Skater Award.
2. Any person who acts as the test center referee must be an RSA test judge holding the required commissions in the test being judged.
3. No RSA test judge may officiate at a test of any person who is his or her relative.
4. 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 Test.
5. 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 national office prior to the test.
6. 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 national office prior to the test.
7. Bronze, American Team, International Team, Solo Dance tests and Loop, Circle Figures tests Freestyle tests 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.
8. If properly qualified judges are not available at your facility, contact rinks with judges' panels in your area. If you need assistance in locating qualified judges, you can refer to the RSA judges roaster available from the RSA National Office. Confirming the judges should be done well in advance to assure 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. Consideration for transportation expenses for these judges should be decided before the test center. These arrangements are a decision between the judges and the test center director.

B. RSA Judges Panels

1. RSA Achievement Test judges are organized at the rink level into judges panels. The judges panel is the focus of recruiting and training RSA test judges for the rink.
2. Judges panels may only be established at RSA member rinks, except by written approval of the RSA Board of Directors.
3. 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, list of supplies needed and general information, will be sent to the panel chairman in a RSA 3-ring binder for a one-time cost. Everything you need, except the final examinations, are included in this binder. Most judges panels hold informal meetings once or twice a month. At one of the early meetings, the panel should elect a panel

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chairman and secretary. Usually the rink operator or instructor will act as panel advisor. Panels should establish a course of study for judges and trainees. The panel chairman or advisor should discuss the answers of the quizzes with the panel members. In this way the panel advisor and chairman will learn which panel members are prepared for their judges commissions.

C. Eligibility for RSA Test Judges Commissions

General Eligibility Requirements:

- a. 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 commission must be at least 16 years of age.
- b. All RSA test judges commissions are renewable every three years on or before June 1st through the RSA national office.
- c. All RSA test judges must perform their activities through a judges' panel registered with the RSA National Office.
- d. 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.
- e. Candidates for a test commission who are 21 years of age or older may be automatically waived from the Achievement Test requirement provided the candidate holds at least a number one commission in an artistic category.
- f. Applications for judges' commissions may be obtained from the judges' panel advisor, chairman or secretary. The candidate will complete the application and along with a \$10.00 fee submit it to the panel advisor, chairman or secretary. The panel chairman or advisor will verify the contents of the application and certify that the candidate has completed the prescribed course of study for the commission.
- g. The panel officer will send the application to the RSA National Office so the proper examination may 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.
- h. 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 Dance at one given time).
- i. 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.
- j. RSA test judges who have not held an RSA test judges commission for three years are considered out-of-date with current judging procedures and will be required to re-test for their commissions.

Roller Hockey Commissions

- a. USARS competitive judges with roller hockey commissions will be used for the RSA Achievement Roller Hockey Program.
- b. Tests 1 through 3 must be judged by one or three USARS judges holding a level 1 commission.
- c. 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.
- d. Test # 8 the Gold Medal, must be judged by three USARS judges holding a level 3A commission.

Speed Skating Commissions

- a. Speed skating test commission candidates are required to pass a closed book exam.
- b. Requirements for a No. 1 commission: Candidate must be a minimum of 15 years of age. Candidate must have skated and passed the following tests. Speed test No. 2. May judge up to and include speed test #4.
- c. Requirements for a No. 2 commission: Candidate must be a minimum of 16 years of age. Candidate must have skated and passed the following tests. Speed test No. 2. May judge up to and include speed test #8 Gold Medal.
- d. 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 Test Judges Application.

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Artistic Skating Commissions

- a. There are four categories of artistic commission: American Dance, International Dance, Figures and Freestyle. Within each category there are four levels of commissions: a no. 1 commission, a no. 2 commission, a no. 3 commission and a no. 4 commission. An American Dance commission authorizes a judge to officiate at American Dance tests. An International Dance commission authorizes a judge to officiate at International Dance tests. A Figure commission authorizes a judge to officiate at circle or loop figure tests. A Freestyle commission authorizes a judge to officiate at Freestyle tests.
- b. Requirements for a no. 1 commission (American Dance, International Dance, Figures and Freestyle): (1) Candidate must be a minimum of 15 years of age. (2) Candidate must have skated and passed the following tests:

	Test passed	May judge up to and including
American Solo and Team Dance	3rd	6th
International Solo and Team Dance	3rd	6th
Figures	2nd Circle	5th Circle and 2nd Loop
Free Style	2nd	4th

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 1 commission in another category. Waiver requests should be submitted by completing the waiver section on the back of the RSA Test Judges Application.

(3) The candidate must complete the official course of study for that category of artistic skating and pass the closed book examination.

- c. Requirements for a no. 2 commission (American Dance, International Dance, Figures and Freestyle):
- (1) Candidate must be a minimum of 16 years of age.
- (2) Candidate must have skated and passed the following tests:

	Test passed	May judge up to and including
American Solo and Team Dance	9th	12th
International Solo and Team Dance	7th	9th
Figures	6th Circle and 1st loop	8th Circle and 5th loop
Free Style	5th	7th

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 1 commission in another artistic category. Waiver requests should be submitted by completing the waiver section on the back of the RSA Test Judges Application.

(3) The candidate must complete the official course of study for that category of artistic skating and pass a closed book examination, supervised by the panel advisor or chairman, consisting of questions pertinent to the tests 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 cor

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rection. If the candidate fails the test, he or she must wait 60 days before reapplying.

- d. Requirements for a no. 3 commission (American, International Dance, Figures and Freestyle):
- (1) Candidate must be a minimum of 16 years of age.
 - (2) Candidate must have skated and passed the following tests:

	Test passed	May judge up to and including
American Solo and Team Dance	12th	14th
International Solo and Team Dance	10th	11th
Figures	9th Circle and 6th loop	11th Circle and 7th loop
Free Style	7th	9th

Candidates who are not physically capable of skating the Achievement Test prerequisites should request a waiver of this requirement. Candidates or 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 1 commission in another artistic category. Waiver requests should be submitted by completing the waiver section on the back of the RSA Test Judges Application.

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

e. Requirements for a #4 commission

Requirements for a no. 4 commission (American Dance International Dance, Figures and Freestyle): Candidates for a no. 4 (gold medal) commission earn their commission in American Dance, International Dance, Figures or Freestyle on the basis of demonstrated performance at the no. 3 commission level, the results of a written exam issued by the RSA national office and a oral review by an RSA sectional committee. The evaluation of the candidate's judging experience and performance will be conducted by an RSA Sectional Committee of at least three RSA test judges or SRSTA members. These committees will be appointed by the RSA Board of Directors and shall meet at least annually to review the candidates for a no. 4 commission.

D. Duties and Responsibilities of a Judge

1. 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.
2. RSA test judges may advise the skater of his or her score or discuss his or her performance only after the test is completed and marked, but 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 skaters. Achievement Tests are neither competitive nor comparative.

E. Duties and Responsibilities of a Referee

1. 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.
2. The referee will organize the other officials (judges, timers, starters, etc.) for the test and distribute the judges scoring forms.

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3. The referee will assure there is no interference with the test skater while he or she is skating the test.
4. 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, or the referee may ask the test center director to make the final decision.
5. The referee will submit a written report to the RSA National Office for any act of misconduct by a skater or official.
6. The referee will assure that each skater is announced or identified to the judges before skating begins.
7. The referee will assure that, if required, the music is clearly audible and of the proper tempo.
8. The referee will instruct the judges not to discuss a skater's faults or merits until all the skaters' grades have been recorded.
9. The referee will assure that the judges sign the test application and write in their scores, circling those which 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.
10. For dance tests, the referee will control the order of dances skated as printed in the RSA Achievement book.
11. For dance tests, the referee will assure that the skaters will be stopped when the judges have finished or at the end of three minutes, whichever occurs first.
12. For freestyle tests, the referee will check that the skater has submitted the correct number of copies of his or her proposed routine, determine that they are items of content in accordance with the test to be taken and distribute them to the judges.
13. For freestyle tests, the referee will assure that the skater's routine is timed. If the skater goes over the maximum time indicated, that fact and the actual time will be furnished to the judges.
14. For figure tests, the referee will instruct the skaters to skate the figures in the order they are listed in the RSA Achievement Book.
15. For figure tests, the referee will instruct each skater as to the figure number and starting edge 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.
16. 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.

F. Duties and Responsibilities of a Test Center Director

1. The test center director is the chief official responsible for running the test center
2. The test center director will insure that a current copy of the RSA Achievement book and any rule book applicable to the test is available.

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3. The test center director will assure that the judges are properly commissioned and that officials are properly stationed and comply with the rules pertaining to judges' duties and responsibilities.
4. The test center director has the authority to remove or replace any judge for cause.
5. The test center director may be asked by the referee to resolve any questions or disputes which may arise during or in connection with the test.
6. The test center director will submit a written report to the RSA National Office for any act of misconduct by a skater or official.
7. The test center director will assure that all test applications and reporting forms are properly completed and signed.
8. For Gold Medal test centers, the original copy of the application, Summary of Achievement Tests Reports and all judges' score sheets 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.
9. For all other tests, the test center director will assure that the original copy of the applications, Summary of Achievement Tests Reports 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.

IV. Roller Hockey

1. 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.
2. 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.
3. 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.
4. 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).
5. To run a hockey test, the officials required are to be USARS certified Roller Hockey officials, and must be in current standing.
6. No one shall officiate a test of any person who is a relative. No one shall officiate 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.
7. 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.
8. 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.
9. The skater's age must be verified before the test is taken. Skaters age shall be determined by January 1st. Age can be verified by birth certificate, driver's license, or any other official means.

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

#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 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 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 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!

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#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 (figure2). 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:

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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 (figure1) 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.

RSA ACHIEVEMENT PROGRAM

V. Speed Tests

Speed Skating

1. Tests must be taken upon 100, 90, 80 or 66.6 meter tracks which have been laid out in accordance with the dimensions contained in *The Speed Achievement Book*.
2. All distances in these tests are run counterclockwise 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 competitive, shall be used to begin timing the skaters.
3. A skater must complete skating of all required distances within one hour to qualify as passing.
4. The speed test minimum times are categorized according to the sex and age of the skater. The age category will be determined by the age of the skater at the time the test is taken. The skater's age will be determined by January 1st. Age can be verified by a birth certificate or driver's license. If a person is unwilling or unable to verify his or her age, they must be tested as a Class Five skater.
5. One skater may be tested on the track at one time for all speed tests. 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. At least one timer per skater must be used. **Personal safety, all skaters must wear a bicycle type helmet. Any skate is acceptable provided the skater is not placed at risk.**
6. 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 a 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.
7. Timers required:
 - a. For speed tests 1 through 4, one or three timers may be used per skater. No commission required.
 - b. For speed tests 5 through 8, three timers must be used per skater. Timers must hold a No. 1 commission.
 - c. For speed tests 7 and 8, three timers must be used per skater. Timers must hold a No. 2 commission.
8. 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.
9. Timers must use stop watches calibrated to 1/10 of a second. Chronograph watches are not acceptable as official time pieces for speed tests.

Speed Achievement Time Requirements

66.6 Meters

		Male		Female						
		Q	IN	Q	IN	Test #4				
Class #1 -Under eight years of age						4 lap	0:52	0:50	0:56	0:54
Test #1	1 lap	0:17	0:16.5	0:18	0:17.5	4 lap	0:48	0:46	0:52	0:54
	2 lap	0:34	0:33	0:36	0:35	5 lap	1:05	1:02.5	1:09	1:06.5
Test #2	2 lap	0:26	0:25	0:28	0:27					
	3 lap	0:39	0:37.5	0:42	0:40.5					
Test #3	3 lap	0:38	0:36.5	0:41	0:39.5					

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Male	Female				
	Q	IN	Q	IN	
Class #2 -Eight years, not yet 11 years					
Test #1	1 lap	0:16	0:15.5	0:17	0:16.5
	2 lap	0:32	0:31	0:34	0:33
Test #2	2 lap	0:26	0:25	0:28	0:27
	3 lap	0:37	0:35.5	0:40	0:38.5
Test #3	3 lap	0:34	0:29.5	0:34	0:32.5
	4 lap	0:48	0:46	0:52	0:50
Test #4	4 lap	0:44	0:42	0:48	0:46
	5 lap	1:01	0:58.5	1:05	1:02.5

Test #2	2 lap	0:24	0:23	0:26	0:25
	3 lap	0:36	0:34.5	0:39	0:37.5
Continue in class # 6					

80 Meters

Class #1 -Under eight years of age					
Test #1	1 lap	0:18	0:17.5	0:19	0:18.5
	2 lap	0:36	0:35	0:38	0:37
Test #2	2 lap	0:28	0:27	0:30	0:29
	3 lap	0:42	0:40.5	0:45	0:43.5
Test #3	3 lap	0:41	0:39.5	0:44	0:42.5
	4 lap	0:56	0:54	1:00	0:58
Test #4	4 lap	0:52	0:50	0:56	0:58
	5 lap	1:10	1:07.5	1:14	1:11.5

66.6 meter track cont					
Male	Female				
	Q	IN	Q	IN	
Class #3 -11 years, not yet 14 years					
Test #1	1 lap	0:15	0:14.5	0:16	0:15.5
	2 lap	0:30	0:29	0:32	0:31
Test #2	2 lap	0:24	0:23	0:26	0:25
	3 lap	0:36	0:34.5	0:39	0:37.5
Test #3	3 lap	0:31	0:29.5	0:34	0:32.5
	4 lap	0:45	0:43	0:49	0:47
Test #4	4 lap	0:40	0:38	0:44	0:42
	5 lap	0:56	0:53.5	1:00	0:57.5
Class #4 -14 years, not yet 17 years					
Test #1	1 lap	0:13	0:12.5	0:14	0:13.5
	2 lap	0:27	0:26	0:29	0:28
Test #2	2 lap	0:23	0:22	0:25	0:24
	3 lap	0:35	0:33.5	0:40	0:28.5
Test #3	3 lap	0:31	0:29.5	0:33	0:31.5
	4 lap	0:42	0:40	0:44	0:42
Test #4	4 lap	0:40	0:38	0:43	0:42
	5 lap	0:50	0:47.5	0:55	0:52.5
Class #5 -17 years and older					
Test #1	1 lap	0:12	0:11.5	0:13	0:12.5
	2 lap	0:24	0:23	0:27	0:26
Test #2	2lap	0:23	0:22	0:24	0:23
	3 lap	0:34	0:32.5	0:37	0:35.5
Test #3	3 lap	0:30	0:28.5	0:33	0:31.5
	4 lap	0:40	0:38	0:44	0:42
Test #4	4 lap	0:38	0:36	0:40	0:38
	5 lap	0:48	0:45.5	0:51	0:48.5
Class #6 -27 years, not yet 35 years					
Test #1	1 lap	0:13	0:12.5	0:14	0:13.5
	2 lap	0:27	0:26	0:29	0:28
Test #2	2 lap	0:23	0:22	0:25	0:24
	3 lap	0:35	0:33.5	0:38	0:36.5
Test #3	3 lap	0:31	0:29.5	0:33	31.5
	4 lap	0:42	0:40	0:44	0:42
Test #4	4 lap	0:40	0:38	0:43	0:41
	5 lap	0:50	0:47.5	0:55	0:52.5
Class #7 -35 years and older					
Test #1	1 lap	0:15	0:14.5	0:16	0:15.5
	2 lap	0:30	0:29	0:32	0:31

Male	Female				
	Q	IN	Q	IN	
Class #2 -Eight years, not yet 11 years					
Test #1	1 lap	0:17	0:16.5	0:18	0:17.5
	2 lap	0:34	0:33	0:36	0:35
Test #2	2 lap	0:28	0:27	0:30	0:29
	3 lap	0:40	0:38.5	0:43	0:41.5
Test #3	3 lap	0:37	0:32.5	0:37	0:35.5
	4 lap	0:52	0:50	0:56	0:54
Test #4	4 lap	0:48	0:46	0:52	0:50
	5 lap	1:06	1:03.5	1:10	1:07.5
Class #3 -11 years, not yet 14 years					
Test #1	1 lap	0:16	0:15.5	0:17	0:16.5
	2 lap	0:32	0:31	0:34	0:33
Test #2	2 lap	0:26	0:25	0:28	0:27
	3 lap	0:39	0:37.5	0:42	0:40.5
Test #3	3 lap	0:34	0:32.5	0:37	0:35.5
	4 lap	0:49	0:47	0:53	0:51
Test #4	4 lap	0:44	0:42	0:48	0:46
	5 lap	1:01	0:58.5	1:05	1:02.5
Class #4 -14 years, not yet 17 years					
Test #1	1 lap	0:14	0:13.5	0:15	0:14.5
	2 lap	0:29	0:28	0:31	0:30
Test #2	2 lap	0:25	0:24	0:27	0:26
	3 lap	0:38	0:36.5	0:43	0:41.5
Test #3	3 lap	0:34	0:32.5	0:36	0:34.5
	4 lap	0:46	0:44	0:48	0:46
Test #4	4 lap	0:44	0:42	0:47	0:45
	5 lap	0:55	0:52.5	1:00	0:57.5
Class #5 -17 years and older					
Test #1	1 lap	0:15	0:14.5	0:16	0:15.5
	2 lap	0:30	0:29	0:33	0:32
Test #2	2 lap	0:25	0:24	0:26	0:25
	3 lap	0:37	0:35.5	0:40	0:38.5
Test #3	3 lap	0:33	0:31.5	0:36	0:34.5
	4 lap	0:44	0:42	0:48	0:46
Test #4	4 lap	0:42	0:40	0:44	0:42
	5 lap	0:53	0:50.5	0:56	0:53.5
Class #6 -27 years, not yet 35					
Test #1	1 lap	0:14	0:13.5	0:15	0:14.5
	2 lap	0:29	0:28	0:31	0:30
Test #2	2 lap	0:25	0:24	0:27	0:26

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	3 lap	0:38	0:36.5	0:41	0:39.5
Test #3	3 lap	0:34	0:32.5	0:26	0:34.5
	4 lap	0:46	0:44	0:48	0:46
Test #4	4 lap	0:44	0:42	0:47	0:45
	5 lap	0:55	0:52.5	1:00	0:57.5
Class #7 -35 years older					
Test #1	1 lap	0:16	0:15.5	0:17	0:16.5
	2 lap	0:32	0:31	0:34	0:33
Test #2	2 lap	0:26	0:24	0:28	0:27
	3 lap	0:39	0:37.5	0:42	0:40.5
Continue in Class #6					

	4 lap	0:50	0:48	0:52	0:50
Test #4	4 lap	0:48	0:46	0:51	0:49
	5 lap	1:00	0:58.5	1:05	1:02.5
Test #5	5 lap	0:56	0:54.5	1:00	0:57.5
	7 lap	1:21	1:17.5	1:27	1:20.5
Test #6	5 lap	0:55	0:52.5	0:59	0:55
	10 lap	1:56	1:50	2:01	1:53
Class #5 -17 years and older					
Test #1	1 lap	0:14	0:13.5	0:15	0:14.5
	2 lap	0:28	0:27	0:31	0:30
Test #2	2 lap	0:27	0:26	0:28	0:27
	3 lap	0:40	0:38.5	0:43	0:41.5
Test #3	3 lap	0:37	0:35.5	0:39	0:37.5
	4 lap	0:50	0:48	0:52	0:50
Test #4	4 lap	0:48	0:46	0:51	0:49
	5 lap	1:00	1:57.5	1:05	1:02.5

90 Meters Male Q IN Female Q IN

Class #1 -Under eight years of age					
Test #1	1 lap	0:19	0:18.5	0:20	0:19.5
	2 lap	0:38	0:37	0:40	0:39
Test #2	2 lap	0:30	0:29	0:32	0:31
	3 lap	0:45	0:43.5	0:48	0:46.5
Test #3	3 lap	0:44	0:42.5	0:47	0:45.5
	4 lap	1:00	0:58	1:04	1:02
Test #4	4 lap	0:56	0:54	1:00	0:58
	5 lap	1:15	1:12.5	1:19	1:16.5
Continue in class #2					

Class #2 -Eight years, not yet 11 years					
Test #1	1 lap	0:18	0:17.5	0:19	0:18.5
	2 lap	0:36	0:35	0:38	0:37
Test #2	2 lap	0:30	0:29	0:32	0:31
	3 lap	0:43	0:41.5	0:46	0:44.5
Test #3	3 lap	0:40	0:38.5	0:43	0:41.5
	4 lap	0:56	0:54	1:00	0:58
Test #4	4 lap	0:52	0:50	0:56	0:54
	5 lap	1:11	1:08.5	1:15	1:12.5
Test #5	5 lap	1:05	1:00.5	1:09	1:05.5
	7 lap	1:35	1:31.5	1:38	1:34.5
Continue in class #3					

Class #3 -11 years, not yet 14 years					
Test #1	1 lap	0:17	0:16.5	0:18	0:17.5
	2 lap	0:34	0:33	0:36	0:35
Test #2	2 lap	0:28	0:27	0:30	0:29
	3 lap	0:42	0:40.5	0:45	0:43.5
Test #3	3 lap	0:37	0:35.5	0:40	0:38.5
	4 lap	0:53	0:51	0:57	0:55
Test #4	4 lap	0:48	0:46	0:52	0:50
	5 lap	1:06	1:03.5	1:10	1:07.5
Test #5	5 lap	0:59	0:55.5	1:03	1:00.5
	7 lap	1:26	1:20.5	1:31	1:27.5
Test #6	5 lap	0:57	0:55.5	1:01	0:58.5
	10 lap	1:58	1:53	2:05	2:00
Continue in class #4					

Class #4 -14 years, not yet 17 years					
Test #1	1 lap	0:15	0:14.5	0:16	0:15.5
	2 lap	0:31	0:30	0:33	0:32
Test #2	2 lap	0:27	0:26	0:29	0:28
	3 lap	0:41	0:39.5	0:46	0:44.5
Test #3	3 lap	0:37	0:35.5	0:39	0:37.5

	Male Q	IN	Female Q	IN
Test #5	5 lap	0:55	0:53.5	0:58
	7 lap	1:18	1:13.5	1:23
Test #6	5 lap	0:53	0:50.5	0:56
	10 lap	1:53	1:47	1:59
Class #6 -27 years, not yet 35 years				
Test #1	1 lap	0:15	0:14.5	0:16
	2 lap	0:31	0:30	0:33
Test #2	2 lap	0:27	0:26	0:29
	3 lap	0:41	0:39.5	0:44
Test #3	3 lap	0:37	0:35.5	0:39
	4 lap	0:50	0:48	0:52
Test #4	4 lap	0:48	0:46	0:51
	5 lap	1:00	1:57.5	1:05
Continue in class #5				

Class #7 -35 years and older				
Test #1	1 lap	0:17	0:16.5	0:18
	2 lap	0:34	0:33	0:36
Test #2	2 lap	0:28	0:27	0:30
	3 lap	0:42	0:40.5	0:45
Continue in class #6				

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	2 lap	0:33	0:32	0:35	0:34
Test #2	2 lap	0:29	0:28	0:31	0:30
	3 lap	0:44	0:42.5	0:49	0:47.5
Test #3	3 lap	0:40	0:38.5	0:42	0:40.5
	4 lap	0:54	0:52	0:56	0:54
Test #4	4 lap	0:52	0:50	0:55	0:53
	5 lap	1:05	1:02.5	1:10	1:07.5
Test #5	5 lap	1:01	0:59.5	1:05	1:02.5
	7 lap	1:28	1:24.5	1:34	1:27.5
Test #6	5 lap	1:00	0:57.5	1:04	1:00
	10 lap	2:06	2:00	2:11	2:03

100 Meters

	M	Q	IN	F Q	IN
<u>Tiny Tot-Under six year of age</u>					
Test #1	1 Lap	0:22	0:21.5	0:23	0:22.5
	2 Lap	0:42	0:41	0:44	0:43
Test #2	2 Lap	0:36	0:35	0:38	0:37
	3 Lap	0:50	0:48.5	0:53	0:50.5
Class #1 -Under eight years of age					
Test #1	1 lap	0:20	0:19.5	0:21	0:20.5
	2 lap	0:40	0:39	0:42	0:41
Test #2	2 lap	0:34	0:33	0:36	0:35
	3 lap	0:48	0:46.5	0:51	0:49.5
Test #3	3 lap	0:47	0:45.5	0:50	0:48.5
	4 lap	1:04	1:02	1:08	1:06
Test #4	4 lap	1:00	0:58	1:04	1:02
	5 lap	1:20	1:17.5	1:24	1:21.5
Continue in Class #2					
Class #2 -Eight years, not yet 11 years					
Test #1	1 lap	0:19	0:18.5	0:20	0:19.5
	2 lap	0:38	0:37	0:40	0:39
Test #2	2 lap	0:32	0:31	0:34	0:33
	3 lap	0:46	0:44.5	0:49	0:47.5
Test #3	3 lap	0:43	0:41.5	0:46	0:44.5
	4 lap	1:00	0:58	1:04	1:02
Test #4	4 lap	0:56	0:54	1:00	0:58
	5 lap	1:16	1:13.5	1:20	1:17.5
Test #5	5 lap	1:10	1:05.5	1:14	1:09.5
	7 lap	1:42	1:38.5	1:45	1:41.5
Continue in Class #3					
Class #3 -11 years, not yet 14 years					
Test #1	1 lap	0:18	0:17.5	0:19	0:18.5
	2 lap	0:36	0:35	0:38	0:37
Test #2	2 lap	0:30	0:29	0:32	0:31
	3 lap	0:45	0:43.5	0:48	0:46.5
Test #3	3 lap	0:40	0:38.5	0:43	0:41.5
	4 lap	0:57	0:55	1:01	0:59
Test #4	4 lap	0:52	0:50	0:56	0:54
	5 lap	1:11	1:08.5	1:15	1:12.5
Test #5	5 lap	1:04	1:00.5	1:08	1:05.5
	7 lap	1:33	1:27.5	1:38	1:34.5
Test #6	5 lap	1:02	1:00.5	1:06	1:03.5
	10 lap	2:08	2:03	2:15	2:10
Continue in Class #4					
Class #4 -14 years, not yet 17 years					
Test #1	1 lap	0:16	0:15.5	0:17	0:16.5

Male	Q	IN	F Q	IN	
Test #7	5 lap	0:59	0:54.5	1:03	0:57.5
	10 lap	2:02	1:55	2:10	2:03
	15 lap	3:06	2:52.5	3:12	3:00
Continue in Class #5					

Class #5 -17 years and older					
Test #1	1 lap	0:18	0:17.5	0:19	0:18.5
	2 lap	0:30	0:29	0:33	0:32
Test #2	2 lap	0:29	0:28	0:30	0:29
	3 lap	0:43	0:41.5	0:46	0:44.5
Test #3	3 lap	0:39	0:37.5	0:42	0:40.5
	4 lap	0:52	0:50	0:56	0:54
Test #4	4 lap	0:50	0:48	0:52	0:50
	5 lap	1:03	1:00.5	1:06	1:03.5
Test #5	5 lap	1:00	0:58.5	1:03	1:00.5
	7 lap	1:25	1:20.5	1:30	1:24.5
Test #6	5 lap	0:58	0:55.5	1:01	0:57.5
	10 lap	2:03	1:57	2:09	2:00
Test #7	5 lap	0:54	0:49	0:57	0:52
	15 lap	2:55	2:40	2:58	2:50
	30 lap	6:00	5:35	6:10	5:50

Class #6 -27 years, not yet 35 years					
Test #1	1 lap	0:16	0:15.5	0:17	0:16.5
	2 lap	0:33	0:32	0:35	0:34
Test #2	2 lap	0:29	0:28	0:31	0:30
	3 lap	0:44	0:42.5	0:47	0:45.5
Test #3	3 lap	0:40	0:38.5	0:42	0:40.5
	lap	0:54	0:52	0:56	0:54
Test #4	4 lap	0:52	0:50	0:55	0:53
	5 lap	1:05	1:02.5	1:10	1:07.5
Continue in Class #5					

Class #7 -35 years and older					
Test #1	1 lap	0:18	0:17.5	0:19	0:18.5
	2 lap	0:36	0:35	0:38	0:37
Test #2	2 lap	0:30	0:29	0:32	0:31
	3 lap	0:45	0:43.5	0:48	0:46.5
Continue in Class #6					

Class #8 -45 years and older					
Test #1	1 lap	0:19	0:19.5	0:21	0:20.5
	2 lap	0:38	0:37	0:40	0:39
Test #2	2 lap	0:32	0:31	0:34	0:33
	3 lap	0:47	0:45.5	0:50	0:48.5
Continue in Class #7					

Test 8	Gold Medal	Cost: \$22.00			
		Quad		Inline	
Male	10 lap	1:51		1:37	

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Female	5 lap	53.5	0:49
Male	15 lap	2:49	2:29
Female	10 lap	1:53.5	1:48
Male	30 lap	5:43	5:12
Female	20 lap	3:49	3:28

Test Pricing: 1st \$7.00 2nd \$7.00 3rd \$8.00 4th \$9.00
 5th \$11.00 6th \$11.00 7th \$15.00 8th \$22.00

VI. Artistic Tests

A. How Tests are skated and Judged

Tests will be scored by the Integer System.

Table 1
Integer Scoring System for Achievement Tests

0	Not Skated
1-19	Incomplete
20-29	Badly Skated
30-39	Poor
40-49	Minimum
50-59	Average
60-69	Fair
70-79	Good
80-89	Very Good
90-99	Excellent
100	Perfect

1. Judges shall score each skater on a separate marking sheet; however, more than one couple or solo 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.
2. If a bronze level dance 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.
3. For a dance test 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 all the dances, from at least two of the three judges to pass the test.
4. If a skater receives a below minimum score on a dance from any judge, the judge(s) must report this to the referee before the next dance 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. If a judge scores a skater below the minimum that judge must fail the skater.
5. 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 (with the exception of solo dance) must be skated with a partner.
6. Dances must be skated in the order printed in the RSA Achievement book.
7. 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.
8. 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".

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B. American Team Dance Tests

1. As is customary, all dances must be skated by a couple: a man and a woman. Effective January, 1996, all team dance tests must be skated with a partner. If one or more of the judges require, a skater may be required to repeat any part of the test, either solo or with the same 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.

Judges required:

- a. Tests 1 through 6 may be judged by one or three RSA test judges with at least a No.1 commission in American Dance.
 - b. Tests 7 through 12 must be judged by three RSA test judges with at least a No. 2 commission in American Dance.
 - c. Tests 13 and 14 must be judged by three RSA test judges with at least a No. 3 commission in American Dance.
 - d. The Gold Medal dance test must be judged by five judges with a No. 4 commission in American Dance. At least two of the judges must be from panels outside the section in which the Gold Medal test center is being conducted.
2. All dances required for a test must be skated within a 24-hour period.
 3. Recognized standards for judging dances:
 - a. Upright carriage not bent at the hips but without being stiff.
 - b. Head held upright.
 - c. Raise and lower the body by bending the knee of the tracing leg.
 - d. 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.
 - e. Avoid all violent, angular or stiff movements.
 - f. Pay careful attention to the time and rhythm of the music.
 - g. All strokes should be accurately skated. Neatness of footwork is essential.
 - h. All edges and turns should be smooth and clean.
 - i. Keep your eyes forward, body straight and do not watch the floor.
 - j. Do not sit on the skate.
 - k. Take-offs should be close.
 - l. Achievement Tests are not experimental forums for the introduction and exploitation of new routines.

C. Solo Dance Tests

1. 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 higher test, a skater must have passed all previous tests in this series.
2. Each skater must skate their own part (female skater skates the female steps of each dance and the male skater skates the male steps of each dance). If one or more of the judges requires it, a skater may be asked to repeat 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.
3. All dances required for a test must be skated within a 24-hour period. Dances must be skated in the order printed in this book. In most cases, each dance in a test may be well judged in a maximum of three full circuits of the floor. In no case shall the judging of a dance exceed three minutes.

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4. Bronze level solo dance tests #1 through #7 may be judged by one or three RSA judges with at least a No. 1 commission in American Dance.
5. The judges will score each dance using the Integer System (0 through 100). If a bronze level solo dance 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 (the sum of a judge's scores for all the dances) from that judge to pass the test. For tests 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 grade from two of the three judges to pass the test.
6. The silver level tests represent the second major step forward in the development of solo roller skate dancing technique. 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.
7. Silver level solo dance tests #8 through #12 must be judged by three RSA test judges with at least a No. 2 commission in American Dance.
8. 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 grade (the sum of a judge's scores for all the dances) from two of the three judges to pass the test.
9. The gold level tests represent the ultimate accomplishment in solo roller skating technique. To be eligible for the gold dance test series, a skater must have passed all previous bronze and silver tests in this series.
10. At this point in the solo dance series, the skater has an option as to which style of skating they wish to pursue. Option 1 follows the American style of dance skating. Option 2 follows the international style of dance skating. The skater may wish to be tested under both options, which is permitted.
11. Gold level solo dance tests #13 and #14, under option 1, must be judged by three RSA test judges with at least a No. 3 commission in American Dance.
12. Gold level solo dance tests #13 and #14 under option 2, must be judged by three RSA test judges with at least a No. 3 commission in International Dance.
13. The judges will score each dance using the Integer System (0 through 100). 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 grade (the sum of a judge's scores for all the dances) from two of three judges to pass the test.
14. The #15 Gold Medal solo dance test, under option 1, must be judged by five RSA test judges with a No. 4 commission in American Dance. At least two of the five judges must be from panels outside the RSA section in which the test is being conducted. A skater must obtain at least the minimum grade for each dance from at least four of the five judges to pass the test.
15. The #15 Gold Medal solo dane test, under option 2, must be judges by five RSA test judges with a No. 4 commission in International Dance. At least two of the five judges must be from panels outside the RSA section in which the test is being conducted. A skater must obtain at least the minimum grade for each dance from at least four of the five judges to pass the test.

D. International Dance Tests

1. As is customary, all dances must be skated by a couple, a man and a woman. Effective January, 1996, all team dance tests must be skated with a partner. If one or more of the judges require, a skater may be required to repeat any part of the test, either solo or with the same 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

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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.

2. All dances required for a test must be skated within a 24-hour period.
3. Tests will be scored by the Integer System. (See Pg17 Table 1.)
4. Judges shall score each skater on a separate marking sheet; however, more than one couple 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.
5. Judges required:
 - a. Tests 1 through 6 may be judged by one or three RSA test judges with at least a No. 1 commission in International Dance.
 - b. Tests 7 through 9 must be judged by three RSA test judges with at least a No. 2 commission in International Dance.
 - c. Tests 10 and 11 must be judged by three RSA test judges with at least a No. 3 commission in International Dance.
 - d. The Gold Medal dance test must be judged by five judges with a No. 4 commission in International Dance. At least two of the judges must be from panels outside the section in which the Gold Medal test center is being conducted.
6. If a bronze level dance 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.
7. For a dance test 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 all the dances, from at least two of the three judges to pass the test.
8. If a skater receives a below minimum score on a dance from any judge, the judge(s) must report this to the referee before the next dance 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. A judge giving a score below the minimum on a dance, must fail the skater.
9. For the Gold Medal dance test being judged by five qualified judges, 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.
10. Dances must be skated in the order printed in the RSA Achievement book.
11. 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 per dance.
12. 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".

E. Figure Skating

1. Tests will be scored by the Integer System. (See Table 1.)
2. Circle figure tests are skated on six meter, (or 19 feet, 8-1/4 inches) circles drawn on the skating surface. The host rink operator will insure that the circles are properly laid down prior to the tests.
(See pg. 30 for layout)
3. All figures required for a test must be skated within a 24-hour period.

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4. All figures must be skated in the order they are listed in the RSA Achievement Book.
5. The referee will instruct each skater as to the figure number and starting edge 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 and the proper position 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.
6. 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 or loop.
7. The skater will execute 2 complete repetitions of each figure or loop. If the 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.
8. Judges required:
 - a. Circle figure tests 1 through 5 and loop figure tests 1 and 2 may be judged by one or three RSA test judges with at least a No. 1 commission in figures.
 - b. Circle figure tests 6 through 8 and loop figure tests 3 through 5 must be judged by three RSA test judges with at least a No. 2 commission in figures.
 - c. Circle figure tests 9 through 11 and loop figure tests 6 and 7 must be judged by three RSA test judges with at least a No. 3 commission in figures.
 - d. Circle figure test 12 and loop figure test 8 must be judged by five RSA test judges with a No. 4 Commission in figures. At least two of the judges must be from panels outside the section in which the Gold Medal test center is being conducted.
9. If a bronze level figure test is being judged by only 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.
10. 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.
11. 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.
12. 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.
12. The use of rolling starts are no longer permitted.

F. Free Style

1. Each candidate for a singles test must furnish the referee four copies of the jumps and 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 free style test: one each for the five judges and one for the referee). The list may be submitted on the official judges scoring form or a 5 1/2" x 8 1/2" sheet of paper. The items must be numbered, in their proper order, so that the judges may easily follow the progress of the program. If the skater fails to skate the content in the order as listed, the skater will fail the test. The referee will distribute the copies to the RSA test judges.

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2. 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.
3. 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.
4. 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.
5. 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) which may cause the skater to fail the test.
6. 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. The 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.
7. Judges required:
 - a. Tests 1 through 4 may be judged by one or three RSA test judges with at least a No. 1 commission in free style.
 - b. Tests 5 through 7 must be judged by three RSA test judges with at least a No. 2 commission in free style.
 - c. Tests 8 and 9 must be judged by three RSA test judges with at least a No. 3 commission in free style.
 - d. The Gold Medal free style test must be judged by five judges with a No. 4 commission in free style. At least two of the judges must be from panels outside the section in which the Gold Medal test center is being conducted.
8. Judges are not allowed to review any part of a free style test. The free style 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 degree of error in those items and to determine the effect of these flaws on the overall performance.
9. Each free style 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.

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Conversion Tables

American Team Dance #1 Bronze #2 Bronze #3 Bronze #4 Bronze #5 Silver #6 Silver #7 Silver #8 Gold #9 Gold Medal	American Team Dance #2 Bronze #3 Bronze #4 Bronze #4 Bronze #9 Silver #12 Silver #14 Gold Medal #15 Gold Medal	Circle Figure Test #1 Bronze #2 Bronze #3 Bronze #4 Bronze #5 Bronze #6 Silver #7 Silver #8 Silver #9 Silver #10 Gold #11 Gold	New Circle Figure #2 Bronze #3 Bronze #4 Bronze #4 Bronze #6 Silver #7 Silver #8 Silver #9 Silver #10 Silver #11 Gold #12 Gold Medal
		Old Loop Test #1 Test #2 Test #3 Test #4 & #5 Test	New Loop Test #4 Test #6 Test #8 Test #8 Test
Old International Team Dance #1 Bronze #2 Bronze #3 Bronze #4 Silver #5 Silver #6 Silver #7 Gold #8 Gold #9 Gold	New International Team Dance #1 Bronze #2 Bronze #3 Bronze #5 Bronze #7 Silver #8 Silver #10 Gold #11 Gold #12 Gold Medal	Old Free Skating #1 Bronze #2 Bronze #3 Bronze #4 Silver #5 Silver #6 Silver #7 Gold #8 & #9 Gold	New Free Skating #2 Bronze #3 Bronze #5 Silver #6 Silver #7 Silver #8 Silver #9 Gold #10 Gold Medal
New Solo & American Team Dance conversion chart:			
Old Solo Dance #1 Bronze #2 Bronze #3 Bronze #4 Bronze #5 Bronze #6 Bronze #7 Bronze #8 Silver #9 Silver #10 Silver #11 Silver #12 Silver #13 Gold #14 Gold #15 Gold Medal	New Solo Dance #1 Bronze #2 Bronze #4 Bronze #5 Bronze #6 Bronze #6 Bronze #7 Bronze #10 Silver #11 Silver #12 Silver #12 Silver #13 Silver #14 Gold #14 Gold #15 Gold Medal	Old American Team Dance #1 Bronze #2 Bronze #3 Bronze #4 Bronze #5 Bronze #6 Bronze #7 Silver #8 Silver #9 Silver #10 Silver #11 Silver #12 Silver #13 Gold #14 Gold #15 Gold Medal	New American Team Dance #2 Bronze #2 Bronze #4 Bronze #5 Bronze #6 Bronze #6 Bronze #9 Silver #10 Silver #11 Silver #12 Silver #12 Silver #13 Silver #14 Gold #14 Gold #15 Gold Medal

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American Solo & Team Dance Requirements

#1 Bronze Solo & Am. Team Dance: Cost \$7.00

Minimum Grade: 35; Passing Grade: 100
Glide Waltz.....108 Waltz
Progressive Tango.....96 or 100 Tango

#2 Bronze Solo & Am. Team Dance: Cost \$7.00

Minimum Grade: 35; Passing Grade: 100
Balanciaga.....100 Schottische
City Blues.....88 Blues

#3 Bronze Solo & Am. Team Dance: Cost \$8.00

Minimum Grade: 40; Passing Grade: 165
Denver Shuffle.....100 Polka
Academy Blues.....88 Blues
Casino Tango.....100 Tango

#4 Bronze Solo & Am. Team Dance: Cost \$8.00

Minimum Grade: 40; Passing Grade: 165
Skaters March.....92 or 100 March
Swing Waltz.....120 Waltz
Rhythm Blues.....88 Blues

#5 Bronze Solo & Am. Team Dance: Cost \$8.00

Minimum Grade: 40; Passing Grade: 220
Dutch Waltz.....120 Waltz
La Vista Cha Cha.....100 Cha Cha
Tara Tango.....100 Tango
Carey Fox Trot.....92 Fox Trot

#6 Bronze Solo & Am. Team Dance: Cost \$9.00

Minimum Grade: 45; Passing Grade: 240
Carlos Tango.....96 Tango
Dore Fox Trot.....92 Fox Trot
Bounce Boogie.....100 Boogie
Pilgrim Waltz Team.....138 Waltz
Masters Polka Solo.....100 Polka

#7 Bronze Solo & Am. Team Dance: Cost \$9.00

Minimum Grade: 45; Passing Grade: 240
120 Waltz.....120 Waltz
Werner Tango.....96 Tango
Double Cross Waltz.....138 Waltz
Syncopated Swing.....96 Fox Trot

#8 Silver Solo & Am. Team Dance: Cost \$10.00

Minimum Grade: 45; Passing Grade: 240
Boston Boogie.....100 Boogie
Marionette Waltz.....138 Waltz
Century Blues.....88 Blues
Milonga Tango.....100 Tango

#9 Silver Solo & Am. Team Dance: Cost \$11.00

Minimum Grade: 45; Passing Grade: 240
Marylee Fox Trot (Solo).....92 Fox Trot
Collegiate (Team).....92 Fox Trot
Siesta Tango.....100 Tango
Southland Swing.....88 Blues
Chase Waltz.....108 Waltz

#10 Silver Solo & Am. Team Dance: Cost \$12.00

Minimum Grade: 50; Passing Grade: 260
Swing Dance.....96 Fox Trot
Delicado.....100 Schottische
Fiesta Tango.....100 Tango
JoAnn Fox Trot.....92 Fox Trot

#11 Silver Solo & Am. Team Dance: Cost \$12.00

Minimum Grade: 50; Passing Grade: 260
Border Blues.....88 Blues
Imperial Waltz.....120 Waltz
Viva Cha Cha.....100 Cha Cha
Highland Schottische.....100 Schottische

#12 Silver Solo & Am. Team Dance: Cost \$13.00

Minimum Grade: 55; Passing Grade: 350
Mirror Waltz.....108 Waltz
Karen Lee Tango.....100 Tango
Fascination Fox Trot.....92 Fox Trot
California Swing.....138 Waltz
14 Step.....100 March 6/8

#13 Silver Solo & Am. Team Dance: Cost \$14.00

Minimum Grade: 55; Passing Grade: 350
Casino March.....100 March 6/8
International Waltz.....168 Waltz
Princeton Polka.....100 Polka
Solo: Keats Fox Trot 92 and Willow Waltz 138.
Team: Ten Fox Trot 100 or Keats Fox Trot 92; Willow Waltz 138
Flirtation Waltz 108.

#14 Gold Solo 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 Fox Trot.....100 Fox Trot
Carroll Swing.....100 Boogie

#14 Gold Team Dance: Cost \$16.00

Minimum Grade: 55; Passing Grade: 420
Dench Blues.....88 Blues
Iceland or HarrisTango.....100 Tango
Paso Doble.....100 Paso Doble
Continental Waltz.....168 Waltz
Pacifica Fox Trot.....100 Fox Trot
Carroll Swing.....100 Boogie

#15 Gold Medal Solo & Am. Team Dance:

Cost: \$22.00

Minimum Grade: 60; Passing Grade: 525
Viennese Waltz.....138 Waltz
Silhouette Fox Trot.....100 Fox Trot
Argentine Tango.....96 Tango
Kilian.....100 March 2/4
Westminster.....138 Waltz
Carroll Tango.....96 Tango
Quickstep.....100 March 6/8

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International Solo & Team Dance

#1 Bronze International Solo & Team Dance

Cost: \$7.00

Minimum Grade: 35 Passing Grade 100
Straight Waltz.....108 Waltz
Country Polka.....100 Polka

#2 Bronze International Solo & Team Dance

Cost: \$7.00

Minimum Grade: 35 Passing Grade 100
Canasta Tango.....96 Tango
Rhythm Blues.....88 Blues

#3 Bronze International Solo & Team Dance

Cost: \$8.00

Minimum Grade: 40 Passing Grade 110
Carlos Tango.....96 Tango
Dutch Waltz.....120 Waltz (138 JRWC)

#4 Bronze International Solo & Team Dance

Cost: \$8.00

Minimum Grade: 40 Passing Grade 110
12 Step.....100 March
120 Waltz.....120 Waltz

#5 Bronze International Solo & Team Dance

Cost: \$9.00

Minimum Grade: 45 Passing Grade 120
Werner Tango.....96 Tango
Collegiate.....92 Foxtrot

#6 Bronze International Solo & Team Dance

Cost: \$10.00

Minimum Grade: 45 Passing Grade 120
Swing Dance.....96 Foxtrot
Style "B" Waltz.....108 Waltz

#7 Silver International Solo & Team Dance

Cost: \$11.00

Minimum Grade: 50 Passing Grade 195
Fiesta Tango.....100 Tango
14 Step.....104 March (108 JRWC)
Ten Fox.....100 Foxtrot

#8 Silver International Solo & Team Dance

Cost: \$12.00

Minimum Grade: 50 Passing Grade 195
Flirattation Waltz.....108 Waltz (120 JRWC)
Rotation Foxtrot.....92 Foxtrot
Karen Lee Tango.....100 Tango

#9 Silver International Solo & Team Dance

Cost: \$13.00

Minimum Grade: 50 Passing Grade 195
Willow Waltz.....138 Waltz
Keats Foxtrot.....92 Foxtrot (96 JRWC)
Dench Blues.....88 Blues

#10 Gold International Solo & Team Dance

Cost: \$14.00

Minimum Grade: 55 Passing Grade 210
Harris Tango.....100 Tango
European Waltz.....120 Waltz
Rocker Foxtrot.....104 Foxtrot

#11 Gold International Solo & Team Dance

Cost: \$15.00

Minimum Grade: 60 Passing Grade 300
American Waltz.....168 Waltz
Iceland Tango.....100 Tango
Kilian.....108 March
Imperial Tango.....104 Tango

#12 Gold Medal International Solo & Team Dance

Cost: \$22.00

Minimum Grade: 60 Passing Grade 525
Viennese Waltz.....138 Waltz
Argentine Tango.....96 Tango
Paso Doble.....112 Paso Doble
Westminster Waltz.....138 Waltz
Quickstep.....112 Two-step Schottische
Italian Foxtrot.....96 Foxtrot
Starlight Waltz.....168 Waltz

RSA ACHIEVEMENT PROGRAM

Free Style Requirements

QUAD

#1 Bronze Freestyle

Minimum Grade: 35 Passing Grade 100

Cost: \$7.00

Jumps: Three (3) Spins Two (2)
Bunny Hop Two Foot Spin
½ Mapes or Mapes One Foot Upright
Mohawk Jump
One Sequence of Primary footwork
Maximum Time: 2 ½ minutes

#2 Bronze Freestyle

Minimum Grade: 35 Passing Grade 100

Cost: \$7.00

Jumps: Three (3) Spins Two (2)
Waltz Jump IF Upright
½ Flip or Flip IB Upright
Mapes
Footwork Minimum:
Two (2) Sequences of primary footwork
Maximum Time: 2 ½ minutes

#3 Bronze Freestyle

Minimum Grade: 40 Passing Grade 110

Cost: \$8.00

Jumps: Three (3) Spins Two (2)
Toe Wally IB Upright Chg IF Upright
½ Lutz or Lutz OB Upright OF Upright
Bunny Hop, Waltz, Mapes Combination
Footwork Minimum:
One (1) Sequence of primary footwork
One (1) Sequence of secondary footwork
Maximum Time: 2 ½ minutes

#4 Bronze Freestyle

Minimum Grade: 40 Passing Grade 110

Cost: \$9.00

Jumps: Three (3) Spins Two (2)
Salchow IB Sit Spin
Loop Jump OF Upright or OB upright
Toe Wally, Mapes Combination
Footwork Minimum:
Two (2) Sequences secondary footwork
Maximum Time: 3 minutes

#5 Silver Freestyle

Minimum Grade: 45 Passing Grade 120

Cost: \$10.00

Jumps: Four (4) Spins Three (3)
Euler OB Sit Spin
Flip OF Upright Chg OB Upright
1 ½ Mapes or Double Mapes OB Camel
Waltz, Mapes, Euler, Salchow Combination
Footwork Minimum
Two (2) Sequences of secondary footwork
Maximum Time: 3 minutes

#6 Silver Freestyle

Minimum Grade: 45 Passing Grade 120

Cost: \$11.00

Jumps: Four (4) Spins Three (3)
Lutz OF Upright Jump Chg OB Upright
Boeckl or Axel IB Sit Chg OB Sit Spin
1 ½ Flip or Double Flip OF Camel
Waltz, Euler, Flip Combination
Footwork Minimum:
One (1) Sequence of secondary footwork
One (1) Sequence of advanced footwork
Maximum Time 3 minutes

#7 Silver Freestyle

Minimum Grade: 50 Passing Grade 130

Cost: \$12.00

Jumps: Four (4) Spins Three (3)
Double Mapes OB Camel OB Sit
Combination
1 ½ Lutz or Double Lutz OF Camel Chg OB Camel
or Axel or Boeckl
Lutz, Euler, Flip Combination; Sit jump chg Sit
Axel, Euler, Flip Combination
Footwork Minimum:
Two (2) Sequences of secondary footwork
Two (2) Sequences of advanced footwork
Maximum Time: 3 ½ minutes

#8 Silver Freestyle

Minimum Grade: 55 Passing Grade 140

Cost: \$13.00

Jumps: Four (4) Spins Three (3)
Double Toe Wally IB Camel
Double Salchow Camel Sit Chg Sit
Lutz, Euler, 1 ½ or Double Camel Jump Chg Sit
Flip Comb
Axel, Loop, Double Mapes Comb
Footwork Minimum:
Two (2) Sequences of secondary footwork
Two (2) Sequences of advanced footwork
Maximum Time: 3 ½ minutes

#9 Gold Freestyle

Minimum Grade: 60 Passing Grade 150

Cost: \$15.00

Jumps: Four (4) Spins Three (3)
Double Flip Camel Sit Chg Camel
Colledge Camel Sit Jump Chg Sit
Dbl Toe Wally, Loop, Camel Chg Camel Sit
Double Mapes Comb
Axel, Loop, Dbl Mapes, Euler, Dbl Salchow Combination
Footwork Minimum:
Three (3) Sequences of advanced footwork
Maximum Time: 4 minutes

RSA ACHIEVEMENT PROGRAM

#10 Gold Medal Freestyle

Minimum Grade: 60 Passing Grade 150

Cost: \$22.00

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 Chg Camel (3 edges)

Camel Sit chg Camel Sit

Inverted Camel

Camel Jump Chg Camel jump Chg Sit

Heel Camel

Broken Ankle Camel

Footwork Minimum:

One (1) Sequence of secondary footwork

Three (3) Sequences of advanced footwork

Maximum Time: 4 minutes

RSA ACHIEVEMENT PROGRAM

Circle Figure Requirements

#1 Bronze Circle Figure Cost: \$7.00

Minimum Grade: 35 Passing Grade 100
111A ROF-LOF Serpentine Eight
111B LOF-ROF Serpentine Eight

#2 Bronze Circle Figure Cost: \$7.00

Minimum Grade: 35 Passing Grade 100
112A RIF-LIF Serpentine Eight
112B LIF-RIF Serpentine Eight

#3 Bronze Circle Figure Cost: \$8.00

Minimum Grade: 35 Passing Grade 200
1 ROF-LOF Eight
1B LOIF-ROIF Change Eight
2 RIF-LIF Eight
2B LIOF-RIOF Change Eight

#4 Bronze Circle Figure Cost: \$8.00

Minimum Grade: 40 Passing Grade 165
5A ROIF-LIOF Serpentine
5B LOIF-RIOF Serpentine
113A ROB-LOB Serpentine Eight
OR 113B LOB-ROB Serpentine Eight

#5 Bronze Circle Figure Cost: \$9.00

Minimum Grade: 40 Passing Grade 165
7A ROF-LOF Three or 7B LOF-ROF Three
9A RIF-LOB Three
9B LIF-ROB Three

#6 Silver Circle Figure Cost: \$10.00

Minimum Grade: 45 Passing Grade 240
3A ROB-LOB Circle Eight
8A ROF-LIB Three
8B LOF-RIB Three
11A RIF-LIF Double Three or 11B LIF-RIF Dbl Three

#7 Silver Circle Figure Cost: \$11.00

Minimum Grade: 45 Passing Grade 240
3B LOB-ROB Circle Eight
10 ROF-LOF Double Three
26A ROIF-LOIB Serpentine Three
26B LOIF-ROIB Serpentine Three

#8 Silver Circle Figure Cost: \$12.00

Minimum Grade: 50 Passing Grade 390
4 RIB-LIB Circle Eight
12A ROB-LOB Dbl Three or 12B LOB-ROB Dbl Three
19A RIF-LOB Bracket
19B LIF-ROB Bracket
22A ROF-LOB Counter
22B LOF-ROB Counter

#9 Silver Circle Figure Cost: \$13.00

Minimum Grade: 50 Passing Grade 455
13 RIB-LIB Double Three
20A ROF-LOB Rocker
20B LOF-ROB Rocker
23A RIF-LIB Counter
23B LIF-RIB Counter
32A ROIF-LOIB Serpentine Bracket
32B LOIF-ROIB Serpentine Bracket

#10 Gold Circle Figure Cost: \$14.00

Minimum Grade: 60 Passing Grade 450
18A ROF-LIB Bracket
18B LOF-RIB Bracket
21A RIF-LIB Rocker
21B LIF-RIB Rocker
29A ROIB-LIOB Serpentine Double Three
29B LOIB-RIOB Serpentine Double Three

#11 Gold Circle Figure Cost: \$15.00

Minimum Grade: 60 Passing Grade 450
33A RIOF-LIOB Serpentine Bracket
33B LIOF-RIOB Serpentine Bracket
34A ROF-LIF Paragraph Three
34B LOF-RIF Paragraph Three
35A ROB-LIB Paragraph Three
35B LOB-RIB Paragraph Three

#12 Gold Medal Circle Figure Cost: \$22.00

Minimum Grade: 60 Passing Grade 600
36A ROF-LIF Paragraph Double Three
36B LOF-RIF Paragraph Double Three
37A ROB-LIB Paragraph Double Three
37B LOB-RIB Paragraph Double Three
40A ROF-LIF Paragraph Bracket
40B LOF-RIF Paragraph Bracket
41A ROB-LIB Paragraph Bracket
41B LOB-RIB Paragraph Bracket

RSA ACHIEVEMENT PROGRAM

Inline Freestyle Requirements

#1 BRONZE INLINE FREESKATING

Minimum Grade: 35 **Passing Grade: 100**

Cost: \$7.00

Jumps (2) Spins (1)
Two foot half turn jump Two foot spin
Bunny Hop Two revolutions
required

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
Max Time: 2 ½ Minutes

#2 BRONZE INLINE FREESKATING

Minimum Grade: 35 **Passing Grade: 100**

Cost: \$7.00

(Jumps 3) (Spins 2)
Mohawk Jump One foot spin
Waltz Jump Two foot spin chg to
one
½ Salchow or Salchow foot spin
½ 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 the other,
Backward skating with back cuts.
Two (2) Sequences of primary footwork
Max Time: 2 ½ Minutes

#3 BRONZE INLINE FREESKATING

Minimum Grade: 40 **Passing Grade: 110**

Cost: \$8.00

(Jumps 3) (Spins 2)
Mapes IF Upright
½ Flip or Flip IB Upright
½ 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
One (1) Sequence of secondary footwork
Max Time: 3 minutes

#4 BRONZE INLINE FREESKATING

Minimum Grade: 40 **Passing Grade: 110**

Cost: \$9.00

Jumps (3) (Spins 3)
Salchow OF Upright or Upright
 Layback
Loop Jump OB Upright
Toe Wally, Mapes IB Sit Spin
Combination
Two revolutions required on spins, not on toe stop

SKATING MOVES:

Backward outside and inside edges,
Forward outside and inside three turns.
Max Time: 3 Minutes

#5 SILVER INLINE FREESKATING

Minimum Grade: 45 **Passing Grade: 120**

Cost: \$10.00

(Jumps 4) (Spins 3)
Euler OB Sit Spin
Flip IB Upright Chg
Waltz-Mapes or Mapes Loop OB Upright
Waltz, Euler, Salchow OB Camel
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
Max time 3 min

#6 SILVER INLINE FREESKATING

Minimum Grade: 45 **Passing Grade: 120**

Cost: \$11.00

(Jumps 4) (Spins 3)
Lutz OF Upright Chg
Boeckl or Axel OB Upright
Flip Loop IB Sit Chg OB Sit
Waltz, Euler, Flip IB Camel
Combination
Two revolutions in 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
Max time 3 min

RSA ACHIEVEMENT PROGRAM

#7 SILVER INLINE FREESKATING

Minimum Grade: 50 Passing Grade: 130

Cost: \$12.00

(Jumps 4)

(Spins 3)

Double Mapes OB Camel OB Sit Combination

Lutz OF Camel

Lutz, Euler, Flip Comb Sit jump chg Sit

Axel, Euler, Flip Comb

Two revolutions each spin position, not on toe stop

SKATING MOVES:

Two Sequences of secondary footwork

Two Sequences of advanced footwork

Max time 3 ½ min

#8 SILVER INLINE FREESKATING

Minimum Grade: 55 Passing Grade 140

Cost: \$13.00

(Jumps 4)

(Spins 3)

Double Toe Wally OF Camel Chg OBCamel

Double Salchow Camel Sit Chg Sit

Lutz, Euler, Flip Comb Camel Jump Chg Sit

Axel, Loop, Double Mapes

Combination

Two revolutions each spin position, not on toe stop

SKATING MOVES:

Two Sequences of secondary footwork

Two Sequences of advanced footwork

Max time: 3 ½ min

#9 GOLD INLINE FREESKATING

Minimum Grade: 60 Passing Grade: 150

Cost: \$15.00

(Jumps 4)

(Spins 3)

Double Flip Camel Sit Chg Camel

Double Axel Camel Sit Jump Chg Sit

Dbl Toe Wally, Loop Camel Chg Camel Sit

Or Double Mapes Comb

Axel, Loop, Dbl Mapes, Euler, Dbl Salchow Comb.

Three revolutions each spin position, not on toe stop

SKATING MOVES:

Three (3) Sequences of advanced footwork

Max time: 4 min

#10 GOLD INLINE FREESTYLE

Minimum Grade: 60 Passing: 150

Cost: \$22.00

(Jumps 5)

Double Flip

Double Lutz

Double Loop

Double Axel

Double Lutz, Euler, Double Flip Combination

Axel, Loop, Double Loop Combination

Triple Mapes

(Spins 4)

Camel Combination Chg Camel (3 edges)

Camel Sit Chg Camel Sit

Inverted Camel

Camel Jump Chg Camel Jump Chg Sit

Heel Camel

Broken Ankle Camel

Three revolutions each position, not on toe stop

SKATING MOVES:

One (1) Sequence of secondary footwork

Three (3) Sequences of advances footwork

Max time: 4 min

RSA ACHIEVEMENT PROGRAM

Loop Figure Requirements

#1 Bronze Loop Figure

Minimum Grade: 45 Passing Grade 180

Cost: \$7.00

114.....ROF-LOF Loop Circle
115.....RIF-LIF Loop Circle
130A.....ROIF-LIOF Serpentine Loop Circle

#2 Bronze Loop Figure

Minimum Grade: 45 Passing Grade 180

Cost: \$7.00

116.....ROB-LOB Loop Circle
117.....RIB-LIB Loop Circle
130B.....LOIF-RIOF Serpentine Loop Circle

#3 Bronze Loop Figure

Minimum Grade: 45 Passing Grade 180

Cost: \$8.00

14A.....ROF-LOF Loop
138A.....ROF-LIF Paragraph Loop Circle
138B.....LOF-RIF Paragraph Loop Circle

#4 Silver Loop Figure

Minimum Grade: 50 Passing Grade 195

Cost: \$9.00

15A.....RIF-LIF Loop
131A.....ROIB-LIOB Serpentine Loop Circle
131B.....LOIB-RIOB Serpentine Loop Circle

#5 Silver Loop Figure

Minimum Grade: 50 Passing Grade 195

Cost: \$11.00

30A.....ROIF-LIOF Serpentine Loop
139A.....ROB-LIB Paragraph Loop Circle
139B.....LOB-RIB Paragraph Loop Circle

#6 Silver Loop Figure

Minimum Grade: 50 Passing Grade 195

Cost: \$ 13.00

16A.....ROB-LOB Loop
30B.....LOIF-RIOF Serpentine Loop
31A.....ROIB-LIOB Serpentine Loop

#7 Gold Loop Figure

Minimum Grade: 55 Passing Grade 210

Cost: \$15.00

17A.....RIB-LIB Loop
31B.....LOIB-RIOB Serpentine Loop
38A.....ROF-LIF Paragraph Loop

#8 Gold Loop Figure

Minimum Grade: 60 Passing Grade 225

Cost: \$22.00

38B.....LOF-RIF Paragraph Loop
39A.....ROB-LIB Paragraph Loop
39B.....LOB-RIB Paragraph Loop

RSA ACHIEVEMENT PROGRAM

Dance

Required Achievement Test for USARS Competition:

Event/Year	Completed by USARS Regional Qualifier 2007	Completed by USARS Regional Qualifier 2008	Completed by USARS Regional Qualifier 2009
Juv/Elem B Team	2	4	7
Elementary B Solo	2	4	7
Fresh/Soph C	1	2	2
Fresh/Soph B	2	4	7
Novice B	2	3	5
Esquire B	2	3	5

Dance

Recommended Achievement Test for USARS Competition:

Event/Year	1st Year Competition	2nd Year Competition	3rd Year Competition
Primary A			
Juvenile A	3	3	3
Youth International	3 Int	3 Int	3 Int
Elementary A	3	6	9
Elementary B Solo	4	7	9
Freshman A	7	10	12
Sophomore A	10	12	14
Fresh/Soph C	2	2	2
Fresh/Soph B	4	7	9
Jr	13	14	15
Jr/Jr WC	7 Int	7 Int	8 Int
Senior WC	12 Int	12 Int	12 Int
Classic A	12	13	14
Novice A	3	6	9
Novice B	3	5	5
Esquire A	3	6	8
Esquire B	3	5	5
Masters A	3	6	6
Veterans A	3	5	5
Premier A Silver			
Premier A Gold			

Figures

Required Achievement Test for USARS Competition:

Event/Year	Completed by USARS Regional Qualifier 2007	Completed by USARS Regional Qualifier 2008	Completed by USARS Regional Qualifier 2009
Juvenile B	1	2	3
Elementary B	2	4	5
Elementary C	2	3	4
Fresh/Soph B	3	5	6
Fresh/Soph C	2	3	4
Novice B	1	2	3

Figures

Recommended Achievement Test for USARS Competition:

Event/Year	1st Year Competition	2nd Year Competition	3rd Year Competition
Primary A	4	5	5
Juvenile A	4	5	5
Juvenile B	2	3	3
Elementary A	5	6	7
Elementary B	4	5	5
Elementary C	3	3	4
Freshman A	7	8	8
Sophomore A	8	9	9
Fresh/Soph B	5	5	6
Fresh/Soph C	3	3	4
Jr/Jr WC	9 circle + 6 loop	10 circle + 7 loop	10 circle + 7 loop
Senior WC	10 circle + 6 loop	11 circle + 6 loop	11 circle + 7 loop
Classic A	6	7	8
Premier A	4	5	5
Novice A	4	5	5
Novice B	2	3	3
Esquire A	3	4	4
Masters A	3	4	4
Veterans A	3	4	4
Elem Loops	3	4	4
Open Loops	3	4	4
Advanced Loops	5	6	7

Freestyle

Required Achievement Test for USARS Competition:

Event/Year	Completed by USARS Regional Qualifier 2007	Completed by USARS Regional Qualifier 2008	Completed by USARS Regional Qualifier 2009
Juv/Elem B	2	4	5
Fresh/Soph C	2	3	3
Fresh/Soph B	2	4	5
Soph B (Women)	2	4	5

Freestyle

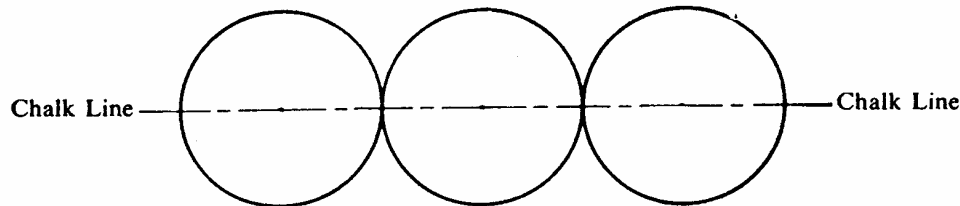
Recommended Achievement Test for USARS Competition:

Event/Year	1st Year Competition	2nd Year Competition	3rd Year Competition
Primary A	2	3	4
Juvenile A	5	6	6
Juv/Elem B	4	6	6
Elementary A	6	7	7
Fresh/Soph C	3	3	3
Fresh/Soph B	4	6	6
Freshman A	7	7	8
Soph B (Women)	4	6	6
Sophomore A	6	6	8
Jr/Jr WC	8	9	9
WC	9	9	9

RSA ACHIEVEMENT PROGRAM

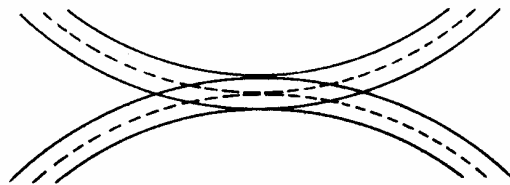
HOW TO DRAW FIGURES ON THE RINK FLOOR

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.



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 would just touch at the point where the circles meet the long axis.



RSROA Achievement Tests and USAC/RS 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 $\frac{1}{2}$ inch nor more than $\frac{3}{4}$ inch in width.

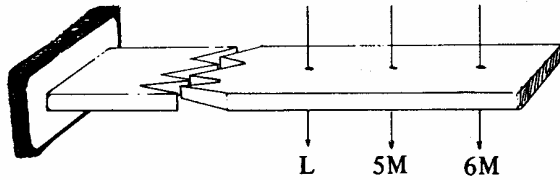
Metric to Feet Conversion

Loops	2.4 meters	7 feet, 10 $\frac{1}{2}$ inches
Circles	5 meters	16 feet, 4 $\frac{3}{4}$ inches
	6 meters	19 feet, 8 $\frac{1}{4}$ inches

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 $\frac{1}{2}$ 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.

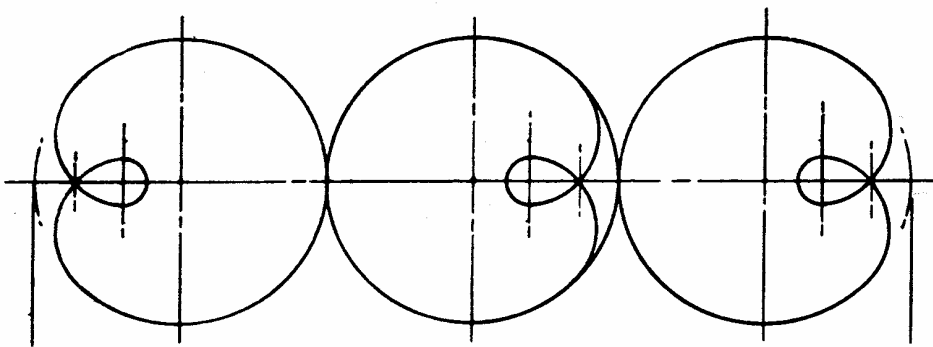
RSA ACHIEVEMENT PROGRAM



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

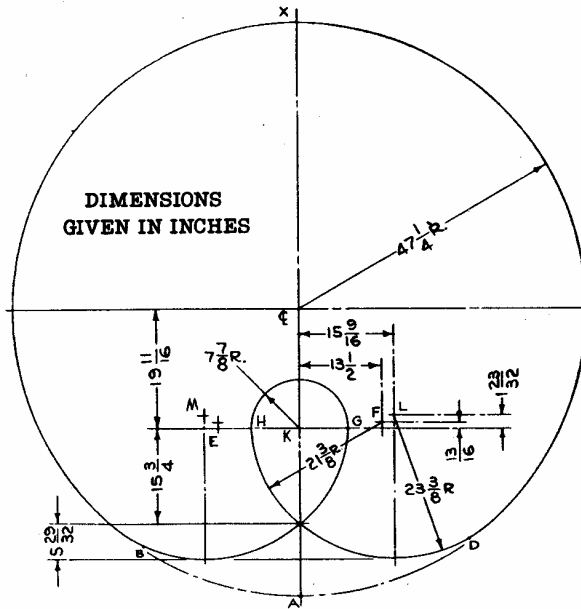
Loops should be laid out with three loop circles in a row, all having their centers along a long axis, tangent (touching at the intersection with the long axis) and oriented as shown below with the loop of the two end circles facing out.



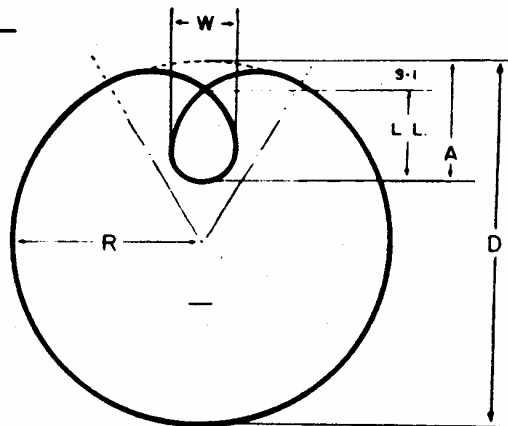
In the drawing (top of next page), broken line D-A-B is an arc of the circumference of the loop circle and is necessary in the layout before the painted tracing line is made. When the painted tracing is made, the arc is not painted on the two end circles; however, this arc is painted in on the center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

A paper pattern of a quarter section of the complete loop circle is available from the RSROA National Office for \$8.00. See the back page for ordering information. This pattern can be used to make a plywood or masonite template, greatly simplifying the laying of loop figures.

RSA ACHIEVEMENT PROGRAM



LOOP DIMENSIONS	IN.	CM.
D - Diameter of Loop Circle	94½	240
SI - Set-in of Loop (1/8 D)	11.8	30
LL - Length of Loop (1/4 D)	23.6	60
A - Length of Loop plus set-in	35.4	90
W - Width of Loop (1/6 D)	15.75	40



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 the above pattern from the national office, use the following instructions. Unless you are experienced in painting loop figures, it is best to lay out the complete drawing in pencil first.

1. Make a reference axis line (A-X) long enough for three 94½ inch circles in tangent sequence. A chalk line can be used because this axis line will not be painted.
2. You will need a device long enough for a 47½ 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.
3. 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 a point 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 the 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.

RSA ACHIEVEMENT PROGRAM

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

RSA Achievement Award Program-Test Fees Chart

Effective June 15, 2006

LOOP FIGURE

Test #	Test Fee	Rink Fee	Coach Fee	Due RSA
1	\$7.00	\$1.00	\$1.00	\$5.00
2	\$7.00	\$1.00	\$1.00	\$5.00
3	\$8.00	\$1.00	\$1.00	\$6.00
4	\$9.00	\$1.00	\$1.00	\$7.00
5	\$11.00	\$1.00	\$1.00	\$9.00
6	\$13.00	\$1.00	\$1.00	\$11.00
7	\$15.00	\$1.00	\$1.00	\$13.00
8	\$22.00	*	*	\$22.00

FREESTYLE

Test #	Test Fee	Rink Fee	Coach Fee	Due RSA
1	\$7.00	\$1.00	\$1.00	\$5.00
2	\$7.00	\$1.00	\$1.00	\$5.00
3	\$8.00	\$1.00	\$1.00	\$6.00
4	\$9.00	\$1.00	\$1.00	\$7.00
5	\$10.00	\$1.00	\$1.00	\$8.00
6	\$11.00	\$1.00	\$1.00	\$9.00
7	\$12.00	\$1.00	\$1.00	\$10.00
8	\$13.00	\$1.00	\$1.00	\$11.00
9	\$15.00	\$1.00	\$1.00	\$13.00
10	\$22.00	*	*	\$22.00

QUAD/IN-LINE SPEED

Test #	Test Fee	Rink Fee	Coach Fee	Due RSA
1	\$7.00	\$1.00	\$1.00	\$5.00
2	\$7.00	\$1.00	\$1.00	\$5.00
3	\$8.00	\$1.00	\$1.00	\$6.00
4	\$9.00	\$1.00	\$1.00	\$7.00
5	\$11.00	\$1.00	\$1.00	\$9.00
6	\$11.00	\$1.00	\$1.00	\$9.00
7	\$15.00	\$1.00	\$1.00	\$13.00
8	\$22.00	*	*	\$22.00

AMERICAN SOLO & TEAM DANCE

Test #	Test Fee	Rink Fee	Coach Fee	Due RSA
1	\$7.00	\$1.00	\$1.00	\$5.00
2	\$7.00	\$1.00	\$1.00	\$5.00
3	\$8.00	\$1.00	\$1.00	\$6.00
4	\$8.00	\$1.00	\$1.00	\$6.00
5	\$8.00	\$1.00	\$1.00	\$6.00
6	\$9.00	\$1.00	\$1.00	\$7.00
7	\$9.00	\$1.00	\$1.00	\$7.00
8	\$10.00	\$1.00	\$1.00	\$8.00
9	\$11.00	\$1.00	\$1.00	\$9.00
10	\$12.00	\$1.00	\$1.00	\$10.00
11	\$12.00	\$1.00	\$1.00	\$10.00
12	\$13.00	\$1.00	\$1.00	\$11.00
13	\$14.00	\$1.00	\$1.00	\$12.00
14	\$16.00	\$1.00	\$1.00	\$14.00
15	\$22.00	*	*	\$22.00

CIRCLE FIGURES

Test #	Test Fee	Rink Fee	Coach Fee	Due RSA
1	\$7.00	\$1.00	\$1.00	\$5.00
2	\$7.00	\$1.00	\$1.00	\$5.00
3	\$8.00	\$1.00	\$1.00	\$6.00
4	\$8.00	\$1.00	\$1.00	\$6.00
5	\$9.00	\$1.00	\$1.00	\$7.00
6	\$10.00	\$1.00	\$1.00	\$8.00
7	\$11.00	\$1.00	\$1.00	\$9.00
8	\$12.00	\$1.00	\$1.00	\$10.00
9	\$13.00	\$1.00	\$1.00	\$11.00
10	\$14.00	\$1.00	\$1.00	\$12.00
11	\$15.00	\$1.00	\$1.00	\$13.00
12	\$22.00	*	*	\$22.00

SUPER SKATER Level 1-\$3.00

SUPER SKATER Level 2-\$3.00

INTERNATIONAL SOLO & TEAM DANCE

Test #	Test Fee	Rink Fee	Coach Fee	Due RSA
1	\$7.00	\$1.00	\$1.00	\$5.00
2	\$7.00	\$1.00	\$1.00	\$5.00
3	\$8.00	\$1.00	\$1.00	\$6.00
4	\$8.00	\$1.00	\$1.00	\$6.00
5	\$9.00	\$1.00	\$1.00	\$7.00
6	\$10.00	\$1.00	\$1.00	\$8.00
7	\$11.00	\$1.00	\$1.00	\$9.00
8	\$12.00	\$1.00	\$1.00	\$10.00
9	\$13.00	\$1.00	\$1.00	\$11.00
10	\$14.00	\$1.00	\$1.00	\$12.00
11	\$15.00	\$1.00	\$1.00	\$13.00
12	\$22.00	*	*	\$22.00

If an RSA member rink is hosting a test center, they keep a \$1 of the test fee.

If the skater's coach is an RSA member, he 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, then *the entire test fee* is remitted to the RSA.
