RST Code

RS is used for voice. RST is used for CW, morse code.

Readability
1 Unreadable
2 Barely readable, occasional words distinguishable
3 Readable with considerable difficulty
4 Readable with practically no difficulty
5 Perfectly readable

Strength
1 Faint signal, barely perceptible
2 Very weak
3 Weak
4 Fair
5 Fairly good
6 Good
7 Moderately strong
8 Strong
9 Very strong signals

Tone
1 Sixty cycle a.c or less, very rough and broad
2 Very rough a.c., very harsh and broad
3 Rough a.c. tone, rectified but not filtered
4 Rough note, some trace of filtering
5 Filtered rectified a.c. but strongly ripple-modulated
6 Filtered tone, definite trace of ripple modulation
7 Near pure tone, trace of ripple modulation
8 Near perfect tone, slight trace of modulation
9 Perfect tone, no trace of ripple or modulation of any kind

RS Examples
59 Perfectly readable, Very strong signals (the best)
57 Perfectly readable, Moderately strong
55 Perfectly readable, Fairly good
44 Readable with practically no difficulty, Fair
33 Readable with considerable difficulty, Weak
22 Barely readable, occasional words distinguishable, Very weak (sometimes the lowest)

Reference: http://en.wikipedia.org/wiki/RST_code, October 26, 2013

In amateur radio contests, the use of 59 is widespread.