

REGULATIONS FOR SPECIAL OLYMPICS

The Canadian Special Olympics (CSO) Official Sports Rules shall govern all CSO Speed Skating competitions. As a national sport program, CSO has created these rules based upon the Speed Skating Canada (SSC) rules for speed skating. SSC rules shall be employed except when they are in conflict with the CSO Official sport rules. In such cases, the following sections outlining the CSO Official Speed Skating sport rules shall apply.

SECTION A**Official Events**

1. 111 Metres
2. 222 Metres
3. 333 Metres
4. 500 Metres
5. 777 Metres
6. 1000 Metres
7. 1500 Metres

SECTION B**Rules of Competition**

1. Athletes shall enter a minimum of two official events and a maximum of three official events
2. Only one coach per skater should be allowed in the coaches box.
3. The skater shall always use the starting commands and signals as follows:
 - a. "Go to the start",
 - b. "Ready": and simultaneously raising his/her hand,
 - c. Signaling to begin by firing a gun or blowing a whistle and simultaneously dropping his/her raised free hand.
4. Should an athlete be disqualified in any given race, he/she is not eligible for a medal in that particular race.
5. Overtaking, Impeding and Assistance
 - a. When overtaking, the responsibility for any obstruction or collision shall be upon the skater overtaking, provided that the skater being overtaken does not act improperly.
 - b. A skater on the outside of the track shall be deemed to be the skater overtaking if the skaters are side-by-side entering the first curve.
 - c. A skater shall not deliberately impede or push another competitor with any part of his/her body, thereby gaining an advantage.

- d. Any competitor who unnecessarily slows down, thereby causing another competitor to slow up or collide, shall be disqualified.
- e. Any competitor who wilfully impedes, improperly crosses the course of, in any way interferes with another competitor, or conspires with another to cause a race to result otherwise than on its merit, shall be disqualified.
- f. A skater who permits himself to receive physical assistance during a race shall be disqualified.
- g. A disqualification must be announced at the end of each heat to the competitor, team leader or coach and over the public address system for the benefit of the spectators.

SECTION C

Equipment and Safety Requirements

1. All speed skaters shall wear long sleeve uniforms, long pants or tights, elbow and knee pads, gloves (cut resistant) i.e. leather, and safety helmet which shall have a hard-shell with fastened chin strap.
2. Whenever possible, speed skaters should use speed skates or hockey skates. In the event that the only skates available to a speed skater are figure skates, the teeth on the front of the blade MUST be filed off and a guard placed over the top of the rear blade in a manner similar to the guard found on the rear of the hockey skates.

SECTION D

Facility Requirements

1. The track shall be of the dimensions as outlined in the SSC rules in Appendix C.
2. The centre of the track should always be set at the middle of the rink.
3. The start/finish line shall be clearly defined for competitors by track markers on the sides of the track. Nothing shall be placed in or above the paths of the competitors, or on or above the ice (except the markers) during an event.
4. The start/finish line for all races as outlined in SSC rules in Appendix C.
5. Moveable rubber markers that are approximately fourteen centimetres in diameter and approximately five centimetres high shall be used to mark the track. Painted plunger cups are recommended. A minimum of seven markers is recommended to define a curve with the distance between every other marker being the radius of the curve. In no event should the track markers be of such size and weight, or be fixed to the ice, so that they will not move freely if they are struck by a skater.
6. The protective padding for competitions shall be placed as outlined in the SSC rules in Appendix D.

National records - Special Olympics
Records nationaux - Olympiques spéciaux

Women

<u>Dist</u>	<u>Temps/ Time</u>	<u>Nom/ Name</u>	<u>Province</u>	<u>Endroit/Place</u>	<u>Date</u>
111m	17.80	Kelly McRuvie	Sask	Calgary	16/02/96
222m	41.52	Samantha Mayville	Ontario	Calgary	17/02/96
333m	50.47	Jennifer Jackson	N.B	Calgary	16/02/96
500m	1.10.05	Tanya Parris	B.C.	Calgary	17/02/96
777m	1.48.87	Tanya Parris	B.C.	Calgary	16/02/96
1000m	2.42.19	Tanya Parris	B.C.	Calgary	16/02/96

Men

<u>Dist</u>	<u>Temps/ Time</u>	<u>Nom/ Name</u>	<u>Province</u>	<u>Endroit/ Place</u>	<u>Date</u>
111m	16.35	Phillip W . Brown	N.S.	Calgary	16/02/96
222m	29.46	Fabian Wiwianka	Alta	Calgary	17/02/96
333m	46.18	Peter M. Scott	Alta	Calgary	16/02/96
500m	1.02.13	John Newnham	Ont.	Calgary	17/02/96
777m	1.36.11	Michael Reitmeier	Alta	Calgary	16/02/96
1000m	2.03.80	Michael Reitmeier	Alta	Calgary	16/02/96
1500m	3.05.33	Michael Reitmeier	Alta	Calgary	17/02/96