

SECTION K – COMPETITIONS**A – CANADIAN CHAMPIONSHIPS AND RANKING COMPETITION****SANCTIONS****K1-100**

The following Canadian Championships shall be held every year: The Canadian Single Distances, The Canadian Junior Long Track Championship, the Canadian Junior Short Track Championship, the Canadian Age Class Long Track Championship, the Canadian Open Short Track Championship and the Canadian Age Class Short Track Championship. In addition, the following meets will be held for ranking purposes: Short Track National Team Selections, and Canada Cups.

K1-101

At the above meets, SSC will pay a minimum of 50% of the travel costs of two (2) Referees, two (2) Starters **and one (1) Level 3 Bilingual Announcer***. The hosting organization will be responsible for meal and accommodation expenses for the appointed Referees, Starters **and Announcer** as well as for the meet facilities and for providing normal meet organization including all other officials.

* **Effective 2009-2010 season.**

K1-102

Whenever possible, the following Championships will be held on these dates:

Canadian Junior Short Track Championship	Mid December
Canadian Single Distances Championship	Last week of December
Canadian Junior Long Track Championship	Last weekend of January
Canadian Age Class Long Track Championship	Early February
Canadian Open Short Track Championship	Mid January
Canadian Age Class Short Track Championship	Last weekend of March
Canadian Open Maser Championship	January/February

K1-103

Sanction fees for Canadian Championships and National Ranking Meets are set prior to the AGM by the Board of Directors and are payable to the Director General of SSC.

K1-104

Sanction applications, along with the appropriate fees, should be received at the SSC office by July 31, prior to the event. No written sanction shall be issued until payment of the fee is received.

K1-105

The Association reserves the right to revoke or cancel any sanction after issue.

K1-106

Entry forms and announcements must be sent to the SSC office at least 60 days before the date of each Championship, Canada Cup or Selections by electronic mail for approval. Distribution will be done by the SSC office electronically. The announcement

and entry form will also be available on the SSC website.

K1-107

Programs and entry forms for the SSC sanctioned meets must contain the following notice, "Sanctioned by Speed Skating Canada".

K1-108

No Organizing Committee shall state on entry forms that the meet has been sanctioned by SSC until the sanction fee has been paid and the sanction form received.

K1-109

The sanction form is to be held by the Meet Coordinator who must be able to produce it on request.

K1-110

When sanction is given for a Canadian, North American or higher level championship, a technical inspection of facilities and equipment should be carried out by the Chief Referee or the Technical Representative of the Association, and his approval should be given before the start of the competition.

ENTRIES**K2-100**

Only skaters registered with SSC as Competitive skaters are allowed to skate in the Canadian Championships. All skaters must show their SSC registration cards before skating in a sanctioned meet or have their Team Leader produce an official letter from the Branch listing all entries with their SSC numbers. If neither of the above is produced, a penalty of double the entry fee shall be assessed if a properly completed Entry Form has been received. If a properly completed Entry Form has not been received prior to the close of check-in time, the skater shall not be allowed to skate in the Canadian Championships

K2-101

- a) For the Canadian Age Class Short Track Championships, each Branch may enter a maximum of four (4) skaters in the midget, juvenile, junior, intermediate and senior categories. All entrants in these meets must provide a seed time. No entry, whether by mail or phone, will be accepted without a seed time. Members of the National Teams are excluded from the Branch quota.
- b) For the Canadian Age Class Long Track Championships, in any one class, each branch may enter a maximum of four (4) skaters, or more than four (4) skaters up to a maximum of six (6), providing all skaters have recorded times during the current season within five percent (5%) of the existing Canadian records in at least two (2) of the distances to be skated. Either or both of the two qualifying times for these five (5) or six (6) skaters may be skated indoors or outdoors.

Where the time is set outdoors it must be within five percent (5%) of the Canadian Outdoor record,

Where the time is set indoors, it must be within five percent (5%) of the Canadian Covered Oval record. For the first qualifying round of the first distance, a maximum of two skaters per province is permitted.

Seed times (2nd shortest distance) submitted for the Canadian Age Class Long Track Championships must be skated outdoors. Where no outdoor seed time is provided, the skater will be ranked after all other skaters.

K2-102

The Canadian Single Distance Championships and Junior Long Track Championships shall be open to the number of skaters that can be effectively handled by the sponsors of the meet and this number is at the discretion of the Meet Co-ordinator.

K2-103

Entries may be made on the official entry blank in the real name of the applicant with age, address, name of club, name of association and SSC registration number. Pseudonyms are permitted but must be accompanied by the correct name.

K2-104

Entries are not finalised until the fee is paid in full and the form is received carrying a valid SSC registration number.

K2-105

The entry fee for the SSC Championships, Canada Cups and National Team Selections shall be as set from time to time by the Board of Directors.

K2-106

For all competitions listed under Rule K1-100, forms and registration fees should be sent and guaranteed by the Branch and should be sent to the organizers seven (7) days before the championship and any entries that are late will be assessed at double the regular rate at the discretion of the Meet Co-ordinator. Telephone, fax or electronic mail entries are permissible but any fee covering such skaters so registered must be guaranteed by the home Branch of the skater. Furthermore, the amount paid to the organizers will be calculated according to the number of registrations received by the organizers and not according to the number of competitors having participated in the competition. If a Branch has a selection meet one week prior to the Championship competition, an exemption will be made without penalty. In such cases, the information must be sent on the Monday preceding the Championship.

K2-107

For the skater not showing at a competition, after having registered, the registration costs will not be reimbursed and will become due if these were not paid. However, a reimbursement will be made only if the skater does not attend the competition for medical reasons and with proof from a doctor or a health professional.

AGE CLASSES FOR CANADIAN CHAMPIONSHIPS

K3-100

A skater's racing class shall be determined by his/her age on June 30th prior to the competition. The skating season starts on July 1st of one calendar year and ends on June 30th of the succeeding calendar year.

Class

Midget	10-11 on June 30 th prior to the competition.
Juvenile	12-13 on June 30 th prior to the competition.
Junior	14-15 on June 30 th prior to the competition.
Intermediate	16-17 on June 30 th prior to the competition.
Senior	18 and over on June 30 th prior to the competition.
Masters 30	30-34 on June 30 th prior to the competition
Masters 35	35-39 on June 30 th prior to the competition
Masters 40	40-44 on June 30 th prior to the competition
Masters 45	45-49 on June 30 th prior to the competition
Masters 50	50-54 on June 30 th prior to the competition
Master 55	55-59 on June 30 th prior to the competition
Master 60	60-64 on June 30 th prior to the competition
Master 65	65-69 on June 30 th prior to the competition
Master 70	70-74 on June 30 th prior to the competition
Master 75	75-79 on June 30 th prior to the competition
Mastet 80	80-84 on June 30 th prior to the competition
Master 85	85+ on June 30 th prior to the competition

K3-101

The Canadian Masters Olympic Style Championship will have it's own championship and will not be combined with another championship.

K3-102

- a) For Olympic style, a senior skater is a skater who has reached the age of 19 before July 1st of the skating season during which the competition is held. A junior skater is a skater who has not reached the age of 19 on July 1st of the skating season during which the competition is held.
- b) For Junior Short Track Team Trials, a junior skater is a skater who has not reached the age of 19 on July 1st of the skating season during which the competition is held. For International Junior Short Track competitions, a skater must have reached the age of 14 before July 1st preceding the competition.

SKATING SEASON

	June		July		Skater category
	29	30	1	2	
Age	18	18	18	19	Junior
Age	18	18	19	19	Junior
Age	18	19	19	19	Senior

K3-103

In any Canadian or North American Age Class Championship, a skater is limited to the

events of any one age class. If a skater competes in a particular age class in one Canadian or North American Championship he/she cannot return to a lower age class for future championships. This last point does not apply to Masters events. Long track and Short Track will be considered separate disciplines so that movement in one discipline shall not affect the other.

Juvenile, Junior and Intermediate skaters may skate in any sanctioned Olympic Style competition and return to the lower age class without penalty.

Any skater, regardless of age, may compete in any Short Track Open Class event, and return to skating in the appropriate age class at a Canadian or North American Age Class Championship without penalty.

MEDALS AND CLASS AWARDS

K4-100

Medals for all Canadian Championships shall be purchased by the Organizing Committee from the National Office.

K4-101

There must be three medals for each final event including Relays and Pursuits at the Canadian Championships, a Gold for 1st, a Silver for 2nd and a Bronze for 3rd.

K4-102

If there is a tie for 1st place, two Gold medals shall be awarded and one bronze medal for the next skater. If there is a tie for second place each skater receives Silver medals and no Bronze medal is awarded. If there is a tie for 1st and for 2nd, Gold and Bronze medals are awarded to the four skaters. If there is no tie for 1st or 2nd but a tie for 3rd place, Bronze medals are awarded to all those tied.

K4-103

A class champion at Short Track Championships and at Long Track Mass Start Championships will be decided on the basis of points accumulated in the individual events. The All-points system to be used is below.

FINAL POINTS

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	23	31	13	41	3
2	816	12	106	22	22	32	12	42	2
3	666	13	86	23	21	33	11	43	1
4	543	14	70	24	20	34	10	Others	1
5	443	15	57	25	19	35	9		
6	362	16	46	26	18	36	8		
7	295	17	37	27	17	37	7		
8	241	18	30	28	16	38	6		
9	196	19	25	29	15	39	5		
10	160	20	24	30	14	40	4		

A tie for 1st
A tie for 2nd
A tie for 3rd

1000 points each, the next skater 666 points
816 points each, the next skater 543 points
666 points each, the next skater 443 points

A tie for 4th

543 points each, the next skater 362 points etc.

K4-104

Suitable overall class awards are to be purchased by the host committee for each class champion. If a class has fewer than three participants, no overall award will be given. In the event of a tie for the class championship, duplicate awards are to be made. In the case of a three-way tie, four-way tie etc., the contestants are required to skate off the middle distances, if there was an odd number of events, or the shorter of the two middle distances if there was an even number of events. The winner of the skate-off is declared the class champion. When possible the skate-off is to be held shortly after the end of the meet.

K4-105

At Canada Cup competitions, senior and junior skaters may be paired together. Awards for Canada Cup winners will be per distance only. Awards for junior skaters will be from the total points of the junior distances.

At the Canadian Senior Long Track Championships, medals are given for the top 3 skaters per race and for the top 3 overall winners in total points for ladies and men.

At the Canadian Junior Long Track Championships, juniors must compete against juniors in all official junior distances. Awards will be given for the top 3 juniors in each distance and the top 3 overall winners in total points for ladies and men.

REPORTING PROCEDURES

K5-100

The sponsoring branch or club for any competition listed in Rule K1-100 is responsible for preparing a complete set of results of the meet and must circulate these to the clubs concerned, all branches, and to the SSC Sport Program Assistant within fourteen (14) days after the meet. This protocol should include the name of, and contact information for, the meet coordinator. The protocols for Canada Cup series and any national ranking meet should list juniors in a separate list or have them marked somehow in the protocol.

K5-101

The official SSC representative and the Meet Co-ordinator shall within thirty (30) days of the completion of the meet send their reports to the Chairperson of the Competition Committee on the manner in which the Championship was conducted. A list of the competition officials must accompany the Meet Co-ordinator's report.

PROGRAM**K6-100**

Canadian Single Distance Championships

Male: 500m x 2, 1000m, 1500m, 5000m, 10,000m

Female: 500m x 2, 1000m, 1500m, 3000m, 5000m

The distances for the Canadian Single Distance Championship are set from time to time by the High Performance Long Track Committee and published in the High Performance Bulletin.

Canadian Championship medals are awarded for each distance.

Canadian Open Masters Championships

Male: 500m, 1000m, 1500m, 3000m

Female: 500m, 1000m, 1500m, 3000m

Female (70 yrs. +): 500m, 1000m, 1500m

Canadian Junior Long Track Championships

Male: 500m, 1500m, 3000m, 5000m

Female: 500m, 1000m, 1500m, 3000m

Canadian Championship medals are awarded for each distance.

K6-101

Canadian Age Class Long Track Championships

Master – Men and Women	500, 1000, 1500, plus any of the 3 or the 3000m
Senior – Men and Women	500, 1000, 1500, 3000m
Intermediate – Men and Women	500, 1000, 1500, 3000m
Junior – Men and Women	500, 1000, 1500, 3000m
Juvenile – Boys and Girls	300, 500, 1000, 1500m
Midget – Boys and Girls	300, 500, 800, 1000m
Midget and Juvenile (Boys and Girls Combined)	Open 3000m
Junior, Intermediate and Senior (Men and Women Combined)	Open 5000m

Upon completion of the official age class competition, all male and female Midget and Juvenile skaters are eligible to skate in an Open 3000m. All male and female skaters, Junior, Intermediate, Senior and Master are eligible to skate in an Open 5000m, which shall be called the Dave Thomson Memorial 5000m. No points will be awarded for these events.

In the event that time or conditions (e.g. weather) precludes the opportunity to have both heats and finals for the longest distance at a Long Track Mass Start Competition, the competitors will be seeded into the finals based on their previous performance in the current meet. The ranking for the final distance will be based on fastest times from all the finals raced. The primary final will be raced last, secondary final second last and so forth.

Master – Men and Women (Olympic Style)	500, 1000, 1500, 3000m
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K6-102

Canadian Age Class Short Track Championship

Senior – Men and Women 500, 1000, 1500, 3000m
Intermediate – Men and Women 500, 1000, 1500, 3000m

Junior – Men and Women 500, 777, 1000, 1500m
Juvenile – Boys and Girls 500, 666, 777, 1000m
Midget – Boys and Girls 333, 500, 666, 777m

Canadian Open Short Track Championship

Open Class – Men and Women

The distances for the Canadian Open Championships and Trials #1 are set from time to time by the High Performance Committee – Short Track and published in the High Performance Committee Bulletin.

K6-103

Branch competitions in relay racing shall be held as part of the Canadian Age Class Short Track Championships with each branch entitled to enter two girls' teams and two boys' teams in each of the following classes:

- a) Midget/Juvenile relay teams of four skaters containing at least one Midget skater and one Juvenile skater.
- b) Junior/Intermediate/Senior relay teams of four skaters from the Junior, Intermediate and Senior classes containing at least one Junior and one Intermediate skater.

No relay race shall be held in a class for which only one branch has entered a team or teams.

Records will be kept for the four relay events. Official SSC medals shall be awarded for the relay races.

Distances for relay races:

Midget and Juvenile 1500m
Junior, Intermediate and Senior 3000m

No skater may be a member of more than one relay team in a given Canadian Championship. Relay races shall be conducted according to I.S.U. rules.

When a hearing impaired skater is involved in a relay, both a red flag and a gunshot must be used to signify 3 laps remaining for the leading team.

All relay events at the Canadian Age Class Short Track Championships will be raced in heats with qualification to the final. Heats and finals will not be held on the same day. Seeding for the heats will be based upon the cumulative 500m times of the four fastest skaters submitted on the relay team entry form. Each team may have 5 members listed on the entry form.

DURATION OF MEETS**K8-100**

For the Canadian Senior Long Track, the Canadian Junior Long Track, and Canada

Cups the formats are determined by the HPCLT prior to the event as outlined in the HP Bulletins. This includes distances to be raced, race format, and seedings for all of the above competitions.

Recommended format for the order of races:

For the Canadian Age Class Long Track Championships, the format of races will be:

Saturday	2nd distance	3rd distance
Sunday	1st distance	4th distance

The order of races on each day can be determined by the Meet Coordinator in consultation with the Chief Referee and the CDC Representative.

DEFINITION OF AN AMATEUR SKATER**K9-100**

An amateur skater is one as defined under the International Skating Union's rule 102 reproduced as an Appendix to these P & R's.

COACHING**K11-100**

At all Canadian Championships and National Ranking Competitions, the list of coaches provided by the branches must be submitted to the meet coordinator prior to the meet. All coaches must be fully certified Level 2 in speed skating. The coaches not fully certified at Level 2 will not be allowed in the coaches' box and/or on the ice surface and will not be allowed to talk to the referee. Such certified coaches will be provided with identification and must wear such identification visibly while in the coaching box. Where a Branch does not have or is unable to send a Level 2 certified coach, the Branch must make application for an exemption from this rule. Such application must be made, to the National Office, thirty (30) days prior to the first day of the competition.

MISCELLANEOUS**K12-100**

A banquet is not required for SSC Championships.

K12-101

In all outdoor competitions, the temperature guide attached as Annex B-6 will be utilized to determine if the weather conditions that exist at the time of the competition and so described in Annex B-6 are suitable and appropriate for racing to commence or continue. In ranking competitions, championships and other events that are listed in the High

Performance Bulletin (HPB), the High Performance Jury, as defined by the HPB, if in attendance, will determine if the conditions outlined in the temperature guide exist. If the HP Jury is not in attendance and for all other sanctioned events, the Chief Referee will make the determination and act accordingly.

B - MEETS OTHER THAN CANADIAN CHAMPIONSHIPS

SANCTIONS

K20-100

An SSC sanction is available for meets other than Canadian Championships provided that they follow the rules of the Association.

- a) Canadian skaters must have Competition 1 memberships in SSC.
- b) Other entries shall be members of a recognised National organisation of an I.S.U. member country.
- c) A minimum of three distances in each category is included in the program.

A sanction is also available for ability meets provided the rules of the Association, other than sections K22-100 + K22-101 are followed. An ability meet is defined as a competition in which seeding is done primarily on ability. That is to say that seed times prevail, for seeding purposes, over sex and age. In ability competitions skaters of different ages classes and sex may be grouped together.

ELIGIBLE MEETS

K20-101

Provincial and International meets held by branches are eligible for Canadian sanction for record purposes, except for ability meets as defined in section K20-100 B and as per rule U2-103. Sanction may be granted to hosting clubs or branches for open or closed short track and long track competitions. The host club or branch may apply to SSC, at least fourteen (14) days before the meet, submitting the appropriate sanction fee.

At least one-third of all SSC sanctioned meets in a province must be open to skaters from other provinces. For such sanction to be valid, entry forms must be sent to the provincial/territorial branches not less than ten (10) days before the meet.

AGE CLASS**K21-100**

A skater's racing class shall be determined by his/her age on June 30th prior to the competition. The skating season starts on July 1st of one calendar year and ends on June 30th of the succeeding calendar year.

Class

Midget	10-11 on June 30th prior to the competition.
Juvenile	12-13 on June 30th prior to the competition.
Junior	14-15 on June 30th prior to the competition.
Intermediate	16-17 on June 30th prior to the competition.
Senior	18 and over on June 30th prior to the competition.
Masters 30	30-34 on June 30th prior to the competition
Masters 35	35-39 on June 30th prior to the competition
Masters 40	40-44 on June 30th prior to the competition
Masters 45	45-49 on June 30th prior to the competition
Masters 50	50-54 on June 30th prior to the competition
Master 55	55-59 on June 30th prior to the competition
Master 60	60-64 on June 30th prior to the competition
Master 65	65-69 on June 30th prior to the competition
Master 70	70-74 on June 30th prior to the competition
Master 75	75-79 on June 30th prior to the competition
Master 80	80-84 on June 30th prior to the competition
Master 85	85+ on June 30th prior to the competition

Olympic Style Skating

Junior – 18 and under on June 30th prior to the competition

Senior – 19 and over on June 30th prior to the competition

For further explanation see K3-102.

Masters	(1) 30 and over
	(2) 40 and over
	(3) 50 and over
	(4) 60 and over
	(5) 70 and over

PROGRAMS**K22-100****A) Long Track Mass Start Competitions**

The approved distances for each category are as follows:

Master – Men 500, 1000, 1500m, plus any of the three

Master – Women	distances or the 3000m 500, 1000, 1500m, plus any of the three distances or the 3000m
Senior – Men and Women	500, 1000, 1500, 3000m
Intermediate – Men and Women	500, 1000, 1500, 3000m
Junior – Men and Women	500, 1000, 1500, 3000m
Juvenile – Boys and Girls	300, 500, 1000, 1500m
Midget – Boys and Girls	300, 500, 800, 1000m
Midget and Juvenile Skaters	Open 3000m (optional)
Junior, Intermediate, Senior and Master	Open 5000m (optional)
Masters Skaters	Open 3000m (optional)

The Open 5000m and Open 3000m may be run at the completion of the official competition.

Peewees and Bantams may be included in the program at the discretion of the Host club. The following are the recommended distances:

Peewee – Boys and Girls	100, 200, 300, 400m
Bantam – Boys and Girls	200, 300, 400, 600m

B) Long Track Olympic Style Competitions

The approved distances for each category are as follows:

Junior – Men	500, 1500, 3000, 5000m
Junior – Women	500, 1000, 1500, 3000m
Senior – Men	500, 1000, 500, 1000m (Sprint) 500, 1500, 3000, 5000m (All Round Short) 500, 1500, 5000, 10 000m (All Round Long)
Senior – Women	500, 1000, 500, 1000m (Sprint) 500, 1000, 1500, 3000m (All Round Short) 500, 1500, 3000, 5000m (All Round Long)
Masters – Men	500, 1000, 1500, 3000m
Masters – Women	500, 1000, 1500, 3000m

Awards will be given based on the overall points (samelag).

The 100m Sprint may be added to the following age categories:

- Junior – Men/Women
- Senior – Men/Women

Inclusion of the 100m sprint distance is at the discretion of the Organizing Committee. It should not be included in the final point total.

The Team Pursuit may be added to the following age categories:

- Junior Women/Senior Women – 6 lap pursuit
- Junior Men/Senior Men – 8 lap pursuit

Inclusion of the Team Pursuit is at the discretion of the Organizing Committee. It should

not be included in the final point total.

C) Short Track Competitions

The approved distances for each category are as follows:

Masters – Men/Women	500, 777, 1000, 1500m
Senior – Men/Women	500, 1000, 1500, 3000m
Intermediate – Men/Women	500, 1000, 1500, 3000m
Junior – Men/Women	500, 777, 1000m, 1500m
Juvenile – Girls/Boys	500, 666, 777, 1000m
Midget – Girls/Boys	333, 500, 666, 777m

Peewees and Bantams may be included in the program at the discretion of the host club. The following are the recommended distances:

Peewee	111, 222, 333, 500m
Bantam	222, 333, 500, 666m

K22-101

At the discretion of the Meet Coordinator, the 3000m in Short Track competitions may be limited to the top 8 competitors (plus ties).

REPORTING OF RESULTS

K23-100

The host branch or club for a meet sanctioned by SSC must submit, within fourteen (14) days, a full set of results to each branch and to the Sport Program Assistant at SSC.

COMBINED ACTIVITIES

K24-100

SSC sanctioned speed skating competitions can be held in combination with figure skating or ice dancing or carnivals as long as the rules and regulations of SSC are observed.

WAIVER FORMS

K25-100

Entry blanks for all SSC sanctioned meets must include the standard waiver form viz.:
 In consideration of my accepting this entry, I hereby, for myself, my heirs, executors, administrators and assigns, waive and release any and all rights and claims for damages I may have against the..... its Agents, Officers or members, for any and all injuries suffered by me at said contest to be held.....(date) at.....

In witness whereof, I have hereunto set my hand and seal this..... day of20.....Signature of Contestant.....
 Registration number.....Address.....

The Entry blank waiver form is to list specifically (and release claim against) SSC, the Branch Association (.....), Club and (other organisations concerned), their Agents, Officers or members.....

K26-100

If needed, due to a large number of entries, a meet coordinator may split a race format over a three day period as long as the accepted order of distances is respected. The accepted order of distances for mass start is the two middle distances on the first day, followed by the long and short distances on the second day. The order on each day is at the discretion of the meet organising committee.

C- NORTH AMERICAN CHAMPIONSHIPS

In accordance with Articles of Alliance between U.S. Speed Skating and Speed Skating Canada, there shall be held if possible every year a Long Track, a Short Track and a Marathon competition to determine the best skaters in the USA and Canada. The duration of the Long Track Championship shall be limited to two days of competition. The duration of the Short Track Championship shall not exceed three days. In the absence of any applicable rule in the Articles of Alliance between the USS and SSC, the rules of the hosting organisation shall apply. In May 2002 United States Speedskating (USS) confirmed that they would honour this Alliance.

SANCTIONS**K40-100**

Sanction for holding the North American Speed Skating Championship (Short Track, Long Track or Marathon) shall be requested from both USS and SSC by July 31st of the current speed skating season..

SANCTION FEES**K41-100**

Sanction fee for the North American Speed Skating Championship (Short Track, Long Track or Marathon) shall be established by the Board of Directors and payable to SSC (for all North American Championships events in Canada) by July 31st of the current speed skating season.

When the North American Championships (Short Track or Long Track) are held in Canada, SSC will pay a minimum of 50% of the travel costs of the Referee and Starter. The hosting organisation will be responsible for the remainder of the travel costs, if any, meal and accommodation expenses for the Referee and Starter, as well as for the meet facilities and for providing normal meet organisation including all other officials except for the Assistant Referee and Starter, who will be provided by the United States.

ENTRIES**K42-100**

Entry is open to any approved skater from an I.S.U. Member Country. All data information and entry forms should be sent to the Host Organizing Committee.

K42-101

All entries to a North American Championship must be approved by Provincial/Territorial, State or National Association and must be signed either by the President or Secretary of those Associations. Entries from other I.S.U. countries must be approved by the President or Secretary of the I.S.U. member Association.

K42-102

Entry fee for the North American Championship when held in Canada shall be the amount established by the Board of Directors.

K42-103

Each Member Association of United States Speedskating and Branch Association of SSC may enter a maximum of four (4) skaters in any one class for a North American Speed Skating Championship (short track). Such skaters will be ranked on their entry forms as of their standing within their respective Member Association or Branch Association age class. Accurate times shall be provided by the member associations to assist in the seeding of entrants.

NOTE: National Team members are exempt from provincial/association quotas.

K42-104

The host association of a North American Championship shall be granted the privilege of entering an additional two skaters from their association in each class.

K42-105

The defending champion in each class, when still a member of that class, shall be entitled to enter a North American Championship as an additional entry over and above the quota allowed for his/her association.

K42-106

All entries shall be made upon an official entry blank in the real name of the applicant, with age and address, name of club and association and registered or membership number. Pseudonyms are permitted, but must be accompanied by the correct name.

K42-107

Entries must be received 7 days prior to the scheduled start of the competition. Entries shall not be received, or acknowledged, until the entry fees are paid in full and the skater's national or provincial/territorial registration number (allocated by SSC, USS or another ISU member country) is recorded on the official entry form.

If a Branch has a selection meet one week prior to the Championship competition, an exception will be made without penalty. In such cases, the information must be sent by noon on the Monday preceding the Championship.

The host organization may assess double entry fee for late entries.**K42-108**

Entry forms for the North American Short Track must include SSC rule N4-103, as the equipment requirements in Canada differ from those in the U.S.

AGE CLASSIFICATION**K43-100**

For Speed Skating competitions, a skater's age shall be the age he has attained prior to July 1st of the skating season during which the competition or meet is held. For purpose of this article, a skating season shall commence on July 1st of one calendar year and end on June 30 of the succeeding calendar year. Age classes for NA Short Track, Long Track and Marathon are as follows:

For the Short Track, the age classes shall be: (same as written)

Midget	10-11
Juvenile	12-13
Junior	14-15
Intermediate	16-17
Senior	18 and over
Masters	30-34
Masters	35-49
Masters	40-44
Masters	45-49
Masters	50-54
Masters	55-59
Masters	60-64
Masters	65-69
Masters	70-74
Masters	75-79
Masters	80-84
Masters	85+

For the Long track, the age classes shall be:

Senior	19 and over
Junior A	17 – 18
Junior B	15 – 16
Junior C	13 – 14

For Marathon competitions, the age classes shall be:

29 and Under
30-49
50 and over

K43-101

Exhibition races for Peewees (age 6 and 7) and Bantams (age 8 and 9) are allowed at the discretion of the meet organizers.

MEDALS**K44-100**

The official medals for the North American Championships shall be provided by the agency, club or association who have received the sanction for holding same. (When the championship is held in the US, the medals will be furnished by US Speedskating).

North American medals can be ordered from the Sport Program Assistant at the National Office of SSC.

K44-101

There must be three prizes for each final event, including Relays, at a North American Championship meet:

First prize to be a Gold medal
Second prize to be a Silver medal
Third prize to be a Bronze medal

K44-102

If there is a tie for 1st place, two gold medals shall be awarded as well as a bronze medal.

K44-103

If there is a tie for first place and a tie for second place in the same event, gold and bronze medals are to be awarded to the four skaters respectively.

MEDALLIONS**K44-104**

North American medallions shall be awarded to the winner of each category. In Canada, the North American Medallions shall be purchased by the Organizing Committee from SSC National Office. When the championship is held in the U.S., the medallions shall be furnished by USS.

For any class to receive a medallion, the class must have at least three participants. If a class has fewer than three participants, then it will be run as an exhibition class, and/or combined with other classes.

At the North American Marathon championship, only two North American medallions will be awarded, one to the fastest male out of any category, and one to the fastest female out of any category. Winners will be those skaters with the fastest cumulative times over the two championship distances.

REPORTING OF RESULTS**K45-100**

The host association accepts the responsibility of preparing within fourteen (14) days after the meet a protocol of full listings of results and of circulating copies directly or via branches to participating clubs and to the National Office of SSC and USS.

In addition, the Association/Club receiving such sanction shall send a full set of results to the Sport Program Assistant of SSC and the Chairperson of the Records Committee of US Speedskating, along with a certification of track measurement from the track surveyor.

K45-101

The official SSC and US Speedskating representatives and the Meet Coordinator (when the meet is held in Canada) shall, within thirty (30) days of the completion of the meet, send their reports to the Chairperson of the SSC Competitions Committee, and to US Speedskating, on the manner in which the Championships were conducted.

PROGRAM (LONG TRACK)**K46-100**

The event will be held in early February over 3 days. The competition shall recognize skaters in the following categories, using the Olympic Style (Metric) format:

Senior 19 and over
 Junior A 17-18
 Junior B 15-16
 Junior C 13-14

Distances

2 x 500, 2 x 1000, 1500, 3000 Ladies, 3000m Junior Men, 5000 Men

Pursuit – Male 8 lap, 3-4 skaters per team

Pursuit – Female 6 lap, 3-4 skaters per team

Each country may enter up to two senior male and two senior female pursuit teams as well as two junior male and two junior female pursuit teams (combined Junior ISU categories) i.e. in total, 4 male teams and 4 female teams per country.

PROGRAM (SHORT TRACK MASS START)**K47-100**

List of Classes and Races

Mass Start

Midget – Boys/Girls	333, 500, 666, 777m
Juvenile – Boys/Girls	500, 666, 777, 1000m
Junior – Men/Women	500, 777, 1000, 1500m
Intermediate – Men/Women	500, 1000, 1500, 3000m
Senior – Men/Women	500, 1000, 1500, 3000m

Masters 1 (30-39)	500, 777, 1000, 1500m
Masters 2 (40-49)	500, 777, 1000, 1500m
Masters 3 (50-59)	500, 777, 1000, 1500m
Masters 4 (60-69)	500, 777, 1000, 1500m
Masters 5 (70+)	500, 777, 1000, 1500m

Contestants entering a North American Short Track Championship must skate all events in their age class, if they are to be considered for the class championship.

K47-101

Whenever feasible, an international class featuring Canadian and USA national teams and other invited national teams will be incorporated in the North American Short Track Championships. Distances skated will conform with World Short Track distances.

Points accumulated by all USA and Canadian skaters including the International class shall count towards the American Skating Union trophy for overall excellence in the meet.

K47-102

Relay races are medal competitions that will be held in the North American Short Track Championships. Points will not count for class winners. Each Branch/ Association may enter two (2) male teams and two (2) female teams in each of the following categories:

- Four-member midget/juvenile relay team with at least one midget skater and one juvenile skater;
- Four-member junior, intermediate and senior relay team with at least one junior skater.
- There will be no combined Branch or Association teams.

Relay race distances:

- Midget and Juvenile: 1500m
- Junior, Intermediate and Senior: 3000m

K47-103

At least one final per class must be held on the first day of all North American Championships.

POINTS**K48-100**

All championship events will be determined by the greatest number of points won in all final events by one of the contestants.

K48-101

Class champions will be decided on the basis of accumulated points obtained in the individual events. The All Points system will be used in Canada and the U.S. It is shown below.

FINAL POINTS

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	1000	11	130	21	23	31	13	41	3
2	816	12	106	22	22	32	12	42	2
3	666	13	86	23	21	33	11	43	1
4	543	14	70	24	20	34	10	Others	1
5	443	15	57	25	19	35	9		
6	362	16	46	26	18	36	8		
7	295	17	37	27	17	37	7		
8	241	18	30	28	16	38	6		
9	196	19	25	29	15	39	5		
10	160	20	24	30	14	40	4		

A tie for 1st

1000 points each, the next skater 666 points

A tie for 2nd

816 points each, the next skater 543 points

A tie for 3rd

666 points each, the next skater 443 points

A tie for 4th

543 points each, the next skater 362 points etc.

K48-102

In a North American Championship meet, class championship awards based on total points will be awarded.

In the case of a tie for the championship, the contestants so tying shall be known as co-champions and duplicate awards will be awarded.

MISCELLANEOUS

Skater protective equipment shall be as specified in the host country rules.

The ISU Short Track starting procedure will be in effect at all North American pack style championships.

D - MARATHON SKATING EVENTS**K49-100**

SSC may sanction open and/or closed championships in mass start marathon skating events, which are defined as skating events in excess of 10km.

K49-101

Applications for a sanction of a marathon skating event are subject to the following conditions:

- a) Skaters must be registered members of SSC, or members of a recognized National Organization of an ISU member country.
- b) The sanction application is received by SSC Office at least fourteen (14) days before the meet.
- c) The sanction fee for Marathon Events is submitted with the application.
- d) The rules of the association, including **N6 - 100-104**, are followed.

K49 – 102

Medal distances: 25K and 50 K

Age Classes when in Canada:

29 and under

30 – 49

50 and over

E - SPECIAL RULES FOR CANADA WINTER GAMES**K50 – 100 Eligibility**

Competitors who have reached the age of 14 on June 30th but have not reached the age of 19 on June 30th prior to the start of the Games.

K50 – 101 Program**Long Track Olympic Style**

Women: 100m, 500m, 1000m, 1500m, 3000m, 6 lap team pursuit

Men: 100m, 500m, 1500m, 3000m, 5000m, 8 lap team pursuit

Short Track

Women: 500m, 1000m, 1500m, Super 1500m and 3000m Relay

Men: 500m, 1000m, 1500m, Super 1500m and 3000m Relay

K50 – 102 Appeals

SSC Appeals procedures will be used for the Canada Winter Games as defined in Annex "F"

Revised August 1, 2002

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