

SECTION N**RULES**

The following rules shall apply to all SSC sanctioned meets, unless reference to a Canadian Championship is made, or other restrictions are specified. Short track and long track Olympic style competitions will follow ISU rules unless indicated otherwise in this section or, in cases involving the format of national-level competitions, in the appropriate High Performance Bulletin. The Memorandum of Agreement between SSC and United States Speedskating may also contain rules specific to N-Am Championships. Thus, Section N contains SSC-specific rules that differ from corresponding ISU rules. In each case, there is a documented need for a uniquely Canadian approach or to state a practice that considers simply convention. Officiating procedures are contained in officials manuals appropriate to the specialty concerned.

The ISU Regulations book numbers rules for Olympic Style skating from 200 to 276 while Short Track rules are numbered 280 to 297.

GENERAL**N1-100**

The track measurements shall be certified prior to the meet by a qualified engineer or surveyor, and written proof of this certification must be submitted to the Referee prior to the commencement of the meet.

N1-101

Track measurements and markings for OS competitions will conform to ISU rules 203-207.

N1-102

Electronic time-keeping shall be used during all Canadian Junior and Senior Long Track Championships, at any other competitions that serve as a selection meet for the National Short and Long Track Teams, for the pursuit at Short Track Team Trials, for the Canadian Age Class Short Track Championship, and for Long and Short Track competitions at the Canada Winter Games.

Skaters' responsibilities**N1-104**

Competitors are responsible for reporting promptly at the start of each of their races without being notified.

N1-105

In a sanctioned meet, if an entrant fails to compete in any race for which he is qualified, the Referee shall suspend him from further competition in that day's events unless adequate reason is given for his not having competed.

N1-106

During an event sanctioned by Speed Skating Canada the athletes must not wear a competition uniform (skin suit) identified as belonging to a country team (including Canada and abbreviations) unless he or she belongs to that team at the time of the

competition.

OFFICIALS

N2-100

The following officials at the Canadian Championship event or a SSC sanctioned meet must hold a current SSC Membership Card: Announcer, Meet Coordinator, Referee (s), Assistant Referees, Starter (s), Clerk of the Course, Assistant Starter, Chief Finish Line Judge, Chief Timer, Track Stewards, Chief Lap Scorer and Chief Recorder.

Clerk of the Course

N2-101

- a) Prior to the competition, the Chief Recorder and Meet Coordinator may share with the Clerk of the Course part of the responsibility for making up the heats for each event.
- b) During the competition, the Clerk of the Course, in consultation with the Referee and/or Meet Coordinator and/or Chief Recorder, may change the heats if the number of competitors in a division is reduced to a point where this is feasible.
- c) The Clerk of the Course or designated assistant shall supervise the draw for starting positions in each race, unless such positions are computer generated.

Timers

N2-102

- a) Backup time keeping should be provided by manual timekeepers and in the event the electronic time keeping fails, the manual time plus 0.20 seconds shall be accepted.
- b) The reading on three (3) watches shall be the minimum requirement for establishing a record. There shall be three (3) watches for each of the first and second places, and two (2) watches for third place. In addition to the official watches, there should be one or more specifically designated spare watches, to be read officially only if one or more of the official watches is mishandled. Each Timer should use only one watch.
- c) When two watches show the same time and the third a different one, the time of those in agreement shall be taken. When all watches show different times, the time of the intermediate watch is taken as the result. If for any reason only two Timers have taken the time, the mean time of their watches is to be taken as the result. If the mean time is not the multiple of one hundredth of a second, the lower hundredth of a second is taken.
- d) Hand held electronic type watches with digital read-out shall be used.

Referee**N2-103**

The Referee may call out of a race any competitor who he disqualifies.

N2-104

The Referee may disqualify any competitor for abusive language towards the officials, for dangerous behaviour or actions towards other competitors, or for misconduct, for part or the whole of the competition. In the last case, a report will be sent to the SSC National Office for further action, if warranted.

A referee may prohibit any competitor, official, coach from attending the balance of a meet due to abusive language, demonstration of disrespect or for dangerous behavior/actions towards officials or competitors.

N2-105

The Referee shall have the power to ensure that no other than authorized skaters and officials are on the skating track during the race.

SPECIAL RULES FOR LONG TRACK MASS START COMPETITIONS**N3-100**

Short Track rules will apply in situations not covered in this section, unless common sense dictates otherwise. For instance, problems specific to skating outdoors (ice quality, protection, skater equipment, etc...) should be resolved by reference to Olympic Style practice.

N3-101

The racing area on all long track mass start tracks shall be no less than 6.0m in width.

For: Skating Ovals with a radius of less than 27 meters from the inner track (see Annex B-3):

Paint a mark on the start line at the intersection of the 500m start line and the straight. Place a cone at the same position and remove after the start. Skater, who has drawn position #1 take his or her position at the mark.

If the 500m start line is not perpendicular to the inside lane allow for one of the following options:

1. If the start line is less than six (6) meter, allow the number of skaters at the line to a maximum of one (1) per meter.
2. Move the finish line by the same distance (between 500m mass start and 100m) as indicated on the diagram (Annex B-3) and move the start line at the same time.

N3-102

At the Canadian Age Class Long Track Championships, a maximum of six (6) skaters will be allowed at the starting line. For tracks with a racing area wider than 6 meters, a

maximum of seven (7) will be allowed with the exception of eight (8) will be permitted for the longest distance.

N3-103

Skaters falling at the start, or within five (5) m of the start in races of 200 m or less, or within ten (10) m of the start in all other races, may be given another trial by calling the heat or race "no race" at the discretion of the Starter.

Disallow three-point start for mass start racing.

All skaters must wear gloves or mitts made of leather or a cut resistant material for mass start racing.

N3-104

Each competitor shall wear on their back at or near the waist, their racing number (Provincial/Territorial or meet racing number assigned by the organizers) at all times during a sanctioned meet. Use of caps will also be permitted.

- a) The numbers on the back shall be at least 8 cm high and should consist of lines at least 2 cm wide and shall be of a colour which contrasts with its background.
- b) The numbers shall be firmly affixed to the uniform in such a way that they are clearly visible to the judges at the finish line.
- c) A competitor may be disqualified for failure to wear his racing number so that it is visible to officials.

N3-105

A competitor who is lapped in an long track mass start race of 1500 m or under, or during the last 1600 m of a race longer than 1500 m, shall be declared "distanced" and shall withdraw from the race unless he is in a position to gain points or to win an award.

SPECIAL RULES FOR SHORT TRACK COMPETITIONS**N4-100**

At Canadian Short Track Championships, Team Trials and I.S.U. Short Track meets held in Canada, a medical doctor or certified paramedic shall be on duty at all times. A fully equipped first aid room must be available in the arena.

N4-101

- a) The ice surface for the Canadian Open Championships, Short Track Ranking Meets, Canadian Junior Championships, Canadian Age Class Championships and Canada Winter Games Short Track shall meet the minimum requirements of the ISU Championships track (30m x 60m).
- b) Track used at Canadian Championships shall conform to ISU approved measurements and markings, *and as a minimum* padding will conform with the *Rule N4-102*, with the following exceptions for meets held in rinks smaller than 30m by 60m:

- tracks will be offset by .75 m rather than 1 m, and
- the five dots marked on the start lines per ISU rule 280.2c will be measured thus: the first will be marked 50 cm from the inner side of the track, the fifth 1 m from the boards, with the other three evenly spaced between them.

N4-102

The protective padding for Short Track competitions quoted in regulation K1-100 as well as for the Canada Games shall extend from a point three (3) meters or less before the finish line continuously back along the side and entire back board and the mirror image of a diagonal across the ice surface. When an electronic timer is attached to the board at the finish line, the padding shall extend to butt against the timer. All such padding shall be at least the height of the boards, a minimum of 20cm in thickness, and made of medium or high density foam covered with a cut and water resistant material. Full-height mats must be attached to the boards or to one another. Any attachment used shall be placed such that a skate cannot be caught by it. Mats must lie with their weight on the ice. (See diagram in Annex D).

N4-103

- a) Safety-type headgear which has a seal of certification meeting the actual ASTM F 1849 standards and which must be securely fastened under the chin, cut-resistant and water-resistant gloves or mitts, shin guards, knee pads and long-sleeved clothing must be worn by all competitors.
- b) All skaters must wear a neck protector during short track competitions. The neck protector must be of a bib type design covering the neck and all the soft parts of the upper chest area. It must be made with ballistic nylon as the main material. The neck protector must be securely fastened and tucked into the skin suit.
- c) The rear and front tips of all skates shall be rounded to a minimum radius of 1cm. This may be achieved by grinding the metal of the blade and/or by adding a hard smooth cap firmly attached to the skate blades.

N4-104

In short track national championships, each competitor shall wear an assigned number on both sides of the helmet which shall be different from the number worn by any other competitor. The number must be clearly visible to the referee at all times while a skater is on the ice (before the start, during the race, until the skater leaves the ice surface after the race), must be at least 6cm in height and each line must be a solid width of at least 1.5 cm. The number shall be on a contrasting background so that it is clearly visible.

N4-105

Prior to each race, the starting position of the skaters shall be decided by lot. The skater with the lowest number takes the inner starting position and those with the higher numbers take progressively outer positions.

N4-106

For competitions held on an International ice surface (30mx60m);

For the shortest distance, no more than four (4) skaters shall be allowed at the starting line for earlier qualifying rounds. For the second shortest distance, a maximum of five (5) skaters shall be allowed at the starting line for earlier qualifying rounds. For the shorter of the two longer distances, a maximum of six (6) skaters shall be allowed at the starting line for earlier qualifying rounds. For the longest distance, a maximum of six (6) skaters will be allowed at the starting line, except for the 3000m where ISU regulations prevail.

For competitions held on an ice surface smaller than International (30mx60m);

No more than four (4) skaters for earlier qualifying rounds, semi finals and finals will be allowed at the starting line for the shortest distance. For the two middle distances, a maximum of five (5) skaters will be allowed at the first starting line.

For the longest distance, a maximum of six (6) skaters will be allowed at the starting line, except for the 3000m where the ISU regulations prevail.

N4-107

If, during a Canadian Championship event, it is determined after the first day's activities that two or more of the fastest skaters in a division have been placed in the same heat, the Chief Recorder shall report this to the Referee and the Meet Coordinator and effect changes according to the Referee's direction.

N4-108

Skaters who are shown a Yellow Card would, as a minimum, be out of the competition for that distance and the next distance.

N4-109

During sanctioned competitions, excluding board-less facilities, competition organizers and officials must use "security" resurfacing along a specified path.

This path must be used for each resurfacing at the competition, including the resurfacing immediately following the morning warm-up session. This path is established according to the standard described in Diagram 1 (Annex C-2) and illustrated in Diagram 2 (Annex C-3).

In order to ensure that the ice resurfacing operator follows the path exactly, it is recommended that five (5) "blocks" (tennis balls cut in half and painted fluorescent orange) must be placed on the spots painted on the ice for this purpose (i.e., points 2 to

6 in Diagram 1).

In cases where the “security” path has not been respected and a part of the deceleration zone was resurfaced, the resurfacers will have to redo, without adding water, the part of the deceleration surface that should not have been resurfaced with the exception of the ice resurfacing machine exit point (cut, but do not water). A period of 30 minutes must elapse before continuing with the races.

SPECIAL RULES FOR OLYMPIC STYLE COMPETITIONS

N5-100

If the second-place skater is within five (5) meters of the first-place skater at the finish and the official time of the second-place skater is faster than that of the first-place skater:

- a) the Chief Timer and the Chief Finish Line Judge are responsible for determining the correct time for the skaters according to I.S.U. Rules 241.2 and 242.2
- b) the time of the first-place skater is the official time for that skater
- c) the official time of the second-place skater shall be determined by adding .10 second per meters to the official time for first place.

SPECIAL RULES FOR MARATHON

N6-100

Long Track Mass Start rules will apply in situations not covered in this section.

N6-101

The races will be held on:

- a) a standard 400m speed skating oval on natural or artificial ice (Annexes B-1, B-2);
or
- b) a longer track at least 5m in width, which is covered a number of times; or
- c) a racing tour route over one specified course

The maximum number of competitors for a 400m oval is 100 per race.

For 100m prior to the start, a track width of 10m is recommended. The track measurements must be certified by GPS or surveyor and submitted to the referee.

Natural lake, river or canal ice must be at least 18cm thick over the entire track. Dangerous sections of ice must be clearly marked.

The starting and finishing lines must be a minimum of 5cm wide and clearly visible. A start/finish banner and clock must be visible at the start/finish line.

N6-102

Skaters shall provide their own responsible lap scorer, who will record, on an official check sheet, the elapsed time from the official time clock, every time the skater

crosses the finish line. The scorer will also advise the skater of the number of laps remaining.

N6-103

All competitors shall have the number tags provided by the meet organizers clearly displayed on the side of their leg or hip visible to the place judges.

N6-104

- a) Slower skaters must track to the right to allow the lead peleton to pass on the inside of the track. Skaters will be warned if not complying. Repeat offenders will be removed from the track.
- b) Skaters who are behind the leader in a pack must move ahead and take the lead, if the lead skater pulls outside and relinquishes the lead.
- b) Competitors who are lagging behind may not attach themselves to any who have broken away from the main group; neither may they take part in any "frontline" work; they must leave a minimum distance of 10m between themselves and those who have broken away (this does not apply to the main group).
- c) Competitors leaving the race must report to the judges at once, and remove their competition number or make it invisible.

N6-105

No coaching or skater assistance is permitted from inside the track.

N6-106

Facility requirements for natural ice competitions:

Start and finish lines should be clearly marked perpendicular to the track. The finish line should be located at least 100m after a bend or corner of the track.

N6-107

Infractions will be reported to the chief referee. The referee will decide if it is a warning or disqualification.

A warning is given for:

Cross tracking in the sprint
Obstructing a skater who is passing; also known as impeding

A disqualification results from:

Unsportsmanlike behavior towards other skaters or officials

N6-108

The referee decides if a de-classification or a disqualification is necessary.

A de-classification is the placement of a skater in last place of a group. This action occurs when:

One skater impedes upon another
Skater is kicking out at the finish line
Skater is cross tracking
Skaters are off-track

A disqualification occurs when:
Instructions from officials are not followed
One skater pushes another to gain advantage over the field

No protest can be lodged against a declassification or disqualification. A report on the de-classification or disqualification will be submitted by the chief referee to the organizing committee and Speed Skating Canada.