Following is a brief summary of rule changes for Short Track Speed Skating implemented at the 56th Ordinary Congress of ISU in June 2016, and explained to ISU Referees, Starters, and Competitors Stewards in October 2016. You are encouraged to review the full text at: http://static.isu.org/media/1018/2016-special-regulations-and-technical-rules-speed-skating-and-short-track.pdf

Rule 290
Starter

9. a) For ISU Championships and Olympic Winter Games a Starter shall be assigned per category. Changes can only be made by the Referee in consultation with the Representative of the Technical Committee or Technical Delegate;
b) The Starter shall decide all disputes relating to the start. He shall give his starting commands in English;
c) The Starter shall take his position, so that he has a clear view of all Skaters starting in the race; d) In the Relay race, the Starter having been warned by the lap scorer, will fire the pistol signifying the last three (3) laps;
e) The Starter may designate another Starter to call the Skaters back in case of a false start.
(The interpretation of this rule (e) is that the starter will designate another Starter to call back the skaters in case of a false start).

Rule 295
General Conditions/Definitions

e) The number of Skaters per race at ISU Events is limited and must be scheduled as follows:

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Rule 297
Sanctions for infringements of the Racing Rules or the ISU Code of Ethics

5. a) the term “disqualification” as used in Rule 123 paragraph 4 c) shall be understood to describe the various sanctions mentioned in this Rule including without limitation the following type of sanctions:
   i) PENALTY: In the case of an infringement of the Racing Rules a penalty will be given by the Referee. With the exception of Final A, where Rule 295, paragraph 5 b) applies, the Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred, and will be excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit the points/result accrued in that race alone, for Final A of ISU Championships, please refer to Rule 295, paragraph 5 b). Points/results accrued prior to that race will not be affected.
   If in a race more than one infringements of the Racing Rule “Impeding” and/or “Kicking Out” are made by one and the same Skater/Relay Team, that are independent of each other, and each resulting in a penalty, the Referee will give the Skater/Relay Team concerned a Yellow Card.

   ii) YELLOW CARD:
   If an infringement of the Racing Rules is deemed by the Referee to be an unsafe, harmful or hazardous offense, a yellow card will be shown to the infringing Skater. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred and excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit prior points/results accrued in all races over the distance concerned. Any Skater who is shown the Yellow Card twice in the same Competition will be sanctioned by a Red Card, will be excluded from the Competition immediately and will not be ranked in the final classification. A Yellow Card given to a Relay Team is not cumulative to any Yellow Card given to an individual Skater and vice versa.

   iii) RED CARD:
   1) If an infringement of the Racing Rules is deemed to be dangerous or grossly negligent or a violation of the ISU Code of Ethics happens in the period between the appearance of a Skater at the Heat Box In and leaving the Heat Box Out after a race, the Referee will show the Skater a Red Card. The Skater will be disqualified from the Competition, including the Relay race, and will not be ranked in the final individual classification. If a member of a Relay team receives a Red Card during the Relay race, the Relay team is disqualified and will not be ranked in the final Relay classification. The respective Skater is excluded from the Competition and will not be ranked in the final individual classification. The Skater/Relay team will forfeit prior points/results accrued in all races of the Competition.
   2) In the case a Skater is shown two (2) Yellow Cards in the same Competition, the Skater will be shown a Red Card.
3) A Red Card may also be shown to the Skater for any action and behavior, either on or off ice during the event period, i.e. the beginning and the end of an event as established by the ruling body of the event, which is considered by the Referee as:
   i) Non-compliance with instructions of an official in charge,
   ii) A violation of the ISU Code of Ethics.

Any Official or other participant in an ISU activity witnessing a violation of the Code of Ethics during the event period needs to verbally report to the Referee. The Referee shall file a written report with the Short Track Speed Skating Technical Committee concerning any Skater who is shown a Red Card or a Yellow Card. The Short Track Speed Skating Technical Committee shall forward this information to the Sports Director who will inform the Council. The Short Track Speed Skating Technical Committee shall create a database of all Yellow and Red Cards issued during a skating season. Irrespective of the Red Card decision of the Referee, any Skater falls under the disciplinary authority of the Disciplinary Commission at any given moment and is subject to a sanction imposed by the DC.

If a Skater has accumulated two (2) Red Cards within 12 months, that Skater shall be automatically suspended from all ISU Events, the Olympic Winter Games, and International Competitions for at least two (2) months or three (3) applicable competitions whichever is the longer period.

b) The Referee’s decision that: (i) there was an infringement of the Racing Rules or ISU Code of Ethics or (ii) decisions approving the announcement of the results showing that there was no infringement are final and no protests against such decisions are allowed (See Rule 123, paragraph 4 c);

c) If in the opinion of the Referee and his Assistants, the Skaters are "not racing" they shall stop the race, declare "no contest" and may give a penalty to Competitor(s);

d) If, during a race, any irregularity that may affect the result does take place, the Referee may stop the race and order an immediate re-start of the race. If the distance has been completed the Referee may order a re-run of the race after respecting the rest time according to Rule 295, paragraph 2). If any of the Skaters/Relay Teams have been sanctioned under this Rule for conduct occurring before the race is stopped then such Skater(s), and the Skater’s Relay Team (if the race is a Relay race), will not take part in the re-run;

e) Any Skater, for whom the race has been stopped (to preserve the Skater’s wellbeing), will not be allowed to take part in the re-start, unless the Skater was unable to continue due to reasons beyond his control. This does not apply to the starting procedure. The results of Skater(s) excluded for this reason from a re-start will show ‘no finish’. This also applies to Relay Teams.
f) Sanctions imposed by the Referee under this Rule are communicated at the end of each race to the Competitors Steward by specifying the helmet number, digit by digit, plus the country of the Skater. The Competitors Steward reports his recordings back to the Referee who reconfirms the decision. The recorded decision is the final decision and cannot be changed unless there is a recording, technical, data or communication error. The corrections have to be made before the next qualifying round. Any correction must be officially announced and documented.

Sanctions are announced at the end of each race before the announcement of the official results, to the Skater(s)/ Team Coach or Team leader, and over the public address system for the benefit of the spectators, specifying where and how the Skater(s)/Relay Team concerned made an infringement and whether there is an advancement.

If the public address system can be understood loud and clear at the Coaches Box, or the information is immediately available on a screen or any other communication device, then there is no need for any On Ice Official to go to the Coaches Box to announce the decision(s).

In the case of a violation of the ISU Code of Ethics, either on or off the ice, within the event period, the sanction may be announced also at a later stage and the consequences as indicated above in paragraph 5.a) iii 1) will apply.

**Rules Interpretation by the ISU committee not in the rule book**

1. Before a start, the equipment of the Skater may be fixed, without leaving the ice (not leaving the ice can be deemed as still sitting on the mats getting their blades changed).

2. If a lead skater is taken out in the final (not falls by him/herself) then the race will be called back for a restart even if it is the final lap or corner. There does not have to be a penalty for the race to be called back. If the skaters cross the finish line before the whistle, the race cannot be called back for a re-race.

3. To give a yellow card to a skater within a race for two significant infringements they should be:
   a. Impeding and impeding- yellow card
   b. Impeding and kicking out – yellow card
   c. Impeding and removing equipment-no yellow card
   d. Impeding and shortening the track-no yellow card
   e. Please use common sense in giving out yellow cards for two infringements in one race
4. Skaters may try their new blades out at the repechage if the chief referee has been asked permission.

5. Skater falls during a race and there is an injury:
   a. if a skater falls on his own, the race is stopped, no re-start for that skater
   b. if 2 skaters fall each on their own, race is stopped, no-restart for the skaters,
   c. if a skater or skaters fall because of an impending, race is stopped, the penalty skater is out, the other can re-start,
   d. if a skater falls because of another skater, race is stopped, if that skater would have been advanced then, you can advance the skater if injured, and if that skater is not injured, he can restart. In the case where we need to advance an injured skater, the skater will need medical permission before the skater can compete in the next round.

6. If more than 50% of the skaters fall at one time in a race, a judgement call (rather than a mandatory restart) may be made to call the race back and restart due to a “no-race”. Different examples:
   a. In a 500m (4 skaters) 1 lap to go, skater #4 impeded on skater #3, because they don't interfere with the leaders, the race is not stopped.
   b. Same race now in a qualification round advance skater #3 and penalize #4.
   c. Same race now it is a final, penalize skater #4.
   d. Same race (500m) except: Skater #1 takes out #2 or # 2 takes out number #1 then the race is stopped (see bullet 2 above) if no one is injured restart the race and if there is “no call” restart the race with all competitors. If there is an impeding call make the call, and restart the race without that skater.

Rule 298
Heat Box

1. a) The Heat box is a designated area where the Skaters must report when called and stay before their Race. Depending on the Qualifying Round this designated area may be different;
b) Previous to each start the names of those about to compete are to be clearly called at the heat box. Any Skater who fails to appear promptly is excluded from the race, is excluded from all remaining races and/or
distances of the competition and is removed from the final classification, except for Medical Examination and/or Medical 116 Treatment. These medical reasons must be confirmed by a medical doctor's certificate and presented to the Referee before the race is being called;
c) Skaters who do not arrive will be recorded as “Did not Start”;
d) Skaters with defective equipment (e.g. broken Skate blade) will not be allowed to start or re-start;
e) Skaters have to go on the ice through the heat box only. Skaters who do not go through the heat box will receive a penalty and are excluded from the race.

**Starting Equipment**

2. Instead of an ordinary start revolver an electronic start pistol may be used. In this case the following conditions should be observed:
a) The electronic pistol should have a firm trigger point;
b) The synthetic sound at the “firing of the gun” should be loud and distinct, and similar to the sound of the shot from an ordinary start revolver;
c) The smoke fire must be replaced with a visual flash, which must be distinctly different from a photoflash.

**Lane Positions**

3. If more than five (5) Skaters are starting in a race, the starting dots will not be used, and the Starter will direct the Skaters in the respective order of their position to the starting line. If due to the number of Skaters in a race a second row is required at the start then the Skaters at this line will be positioned as far as possible to the outside of the track in the order of the lane positions.

**Starting Procedure**

4. Once the Referee is satisfied that all necessary arrangements for the race to come have been taken, he will inform the Starter.

5. a) The Starter will blow the whistle;
b) From this moment the Skaters have a limited time to come to the start line. This time. may be displayed using technical equipment. Also starting from this moment the Announcer will end his comments and no music may be played;
c) The set time to go to the start line will be decided annually by the Technical Committee and announced at the Opening Meeting the day prior the start of each Event;
d) Any Skater who arrives at the start line after the limited time will be warned by the Starter. The announcement should be: - The lane position of the Skater who made the offence - “Warning” - “Delay”;
e) Any warnings for delays do not affect the other Skaters on the starting line;
f) In the case of a false start or a second warning to a Skater who has already received a warning the Starter shall tell the Skater that he gets a penalty.

6. a) the skaters will line up a short distance away from the start line; 
b) In the case of a Semi-Final or Final Race where the Skaters are being introduced individually by the Announcer, they will position themselves a little further away from the start line and when introduced by the Announcer they will move forward closer to the start line;
c) Prior to the start of each Semi-Final over an individual distance, the participants are introduced by the announcer stating their full name and country;
d) Prior to the start of a Final over an individual distance, the participants are introduced by the announcer stating their full name, country, and other information for the interest of the public.

7. a) the starter will command: - “Go to the Start”; 
b) On this command the Skaters move forward to the start line and place themselves at their respective dot at the start line. The Skaters stand up straight and stand still;
c) Until the Skater has finalized his still position, touching the Start line is not an offence;
d) Putting the tip of the blade in the ice is an offence and a false start will be given to the Skater concerned;
e) The announcement of the Starter should be: - The lane position of the Skater who made the offence - “False Start” - “Wrong Blade Position”;

8. a) the starter will command: - “Ready”; 
b) The Skaters will go down and take their final starting positions immediately with the center of the body over the respective dot and keep this position;
c) It is a false start when the Skater:
   - Places one or both skates on or over the start line
   - Places one or both hands on the ice
   - Does not have both skates on the ice, i.e. full contact over the length of the blades.
   - Takes his starting position before the command “ready”
   - Takes his starting position too slow after the command “ready”;
9. a) When all Skaters are positioned in their final starting position and are still, i.e. there is no more movement, the Starter will wait a defined period of time and then fire the gun;
b) It is a false start when the Skater:
   - Moves before the gun is fired
   - Slides on or over the line
   - Moves forward on the tip of his blades;
c) In the case of a false start the Starter will fire the gun again and/or uses the whistle to call the Skaters back;
d) The Skaters must return to the start line without delay. Any Skater who does not return directly to the start line will receive a warning for delaying the start;
e) If more than one (1) Skater is responsible for a false start, the concerned Skaters shall all be assessed a false start;
f) If one (1) of the Skaters breaks from his marks, thereby causing another Skater to follow him, only the Skater at fault shall be assessed a false start;
g) If one of the Skaters makes noise e.g. with his skates on the ice, thereby causing another Skater to move shall be assessed a false start;
h) Commands given by the Starter will include:
   - The lane position of the Skater who made the offence - “False Start”
   And if necessary any statement reasoning the false start, e.g.:
   - Moving
   - Wrong blade position
   - Wrong blade movement;
i) If more than one (1) Skater made an offence all the preceding points will be repeated;
j) If there are multiple offences of the Starting Rule then these will be announced in the order they occurred.

10. a) if a false start was made by a Skater who had already received a warning, this Skater will receive a penalty and is excluded;
b) The announcement of an exclusion will be made: - The lane position of the Skater who made the offence - “Penalty”;
c) On direction of the Referee the Skater may be sent off the ice.

11. a) after the first false start of a race the Starter will warn all Skaters: - “This race has one false start”;
b) In the case of a second false start by any of the Skaters, the Skater(s) concerned will be given a penalty and is/are excluded from the race;
c) The announcement of an exclusion will be made: - The lane position of the Skater who made the offence - “Penalty”;
d) On direction of the Referee the Skater may be sent off the ice.
12. If a Skater is interfered with and falls before the first apex block after the starting line the Skaters shall be called back to start again. The decision whether the interference is an offence according to the Racing Rules is a decision of the Referee. (The interpretation of this rule is that the apex block is to be considered as an “area”, not a particular point).

13. Before a start, the equipment of the Skater may be fixed, without leaving the ice. At “Go to the Start” the Skaters must be fully prepared with all equipment in order. Any omission will be a ‘Warning for delaying the start’ (see above). If the Skater:
- received a warning before, or
- The race has a false start, or
- A repeated offence is made, the Skater at fault will be given a Penalty.