



MANUAL FOR STARTERS

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INTRODUCTION

This manual has been designed specifically to provide advanced technical training for speed skating starting Officials who wish to qualify at Levels II to ISU List in SSC's Officials Certification Program.

It is assumed the Starter already has experience in the type of speed skating practiced in Canada; long track (Olympic Style), long track (mass start) and short track (mass start). It is also expected that the candidate Starter has completed the Level 1 Officials course.

Those completing this course, together with the appropriate practical and performance components of the Officials Program will have the necessary knowledge and experience to successfully handle the starting functions at any level of competition from a local inter-club meet to a world championship.

Speed Skating Canada would like to acknowledge the contributions of the following individuals in the preparation of this manual:

- The principle authors in 1993 were: Bob Ireland, Alan Overend
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- Updated in October, 2004 by: Hans Terstappen
- Updated in September, 2006 by: Hans Terstappen
- Updated in August, 2017 by Roger Cole, Hans Terstappen

ROLES AND QUALITIES

Role of Starting Personnel

The role of the Starter is to conduct a fair and equal start for all participants in the race. This involves controlling and supervising the start of the race so that it takes place in accordance with the current rules and regulations. The Starter must ensure that all skaters have the maximum opportunity to perform to the best of their ability during the start.

The Starter's task sounds simple; however, it is one of the most important and difficult in sport. A good Starter is in control and often goes virtually unnoticed. A poor Starter is inconsistent and results in confusion and disappointment in the skaters, coaches, other Officials and spectators.

Qualities of a Starter

A Starter must be a fair, but firm, individual who is well experienced and respected in the sport. A low-key, helpful, pleasant nature will serve him well, particularly during a long competition.

A Starter must have a strong commitment to fairness. It is important to ensure that no skater gets an unfair advantage over another skater.

A Starter must be firm and determined, in order to maintain control of the start. Skaters must not be allowed to start a race; this is the Starter's responsibility. If this happens, then one of the skaters has had an advantage.


A Starter must be capable of split-second decision making. In starting, there is very little time for reflection. Instant action is required. Mental alertness and focus are prime requirements in fulfilling the function of a Starter.

A Starter must have a strong desire to avoid error. When an error occurs, it is better to acknowledge the error, determine how and why the error occurred and how to avoid it in the future. If errors occur, one should learn from them in order to strive for perfection.

A Starter must be in good physical condition and be prepared to perform his function over long periods of time (i.e. several hours) in sometimes very adverse conditions (i.e. wind, cold). His performance will be affected by fatigue and general state of health.

Relationships with other Officials

The Starter is one of the senior (or chief) Officials at a competition and his behavior and relationships with the other Officials should reflect this standing. The Starter (or his designated



Assistant) will be in periodic communication with several of the other Officials during the competition.

Before the start of every race, the Starter must confirm that the Chief Timer and Chief Finish Line Judges are ready. This may be done verbally with radio communication or by waving a flag, or with a pre-arranged signal. More important is the readiness of electronic timing and time capturing.

During the course of the meet, the Starter may consult with or be advised by the Referee or Meet Coordinator if there are any changes, delays, etc. The Starter (or his designated Assistant) may also have to occasionally check with the Clerk of the Course regarding race details, i.e. number of participants, skater numbers, etc. in particular during quartet start preparations.

EQUIPMENT

List of Equipment/Supplies

The Starter (and his Assistant) should bring with them, or ensure the following equipment and supplies are available for competition:

Short Track	Long Track
<ul style="list-style-type: none">• Whistle• Wristwatch• Clipboard and Pencils• Program of Events• Access to latest version of SSC and ISU Rules• Starting Pistol (if no electronic start equipment)• Ear Protection• Shells (if no electronic start equipment)• Microphone (if required)	<ul style="list-style-type: none">• Plastic Whistle• Stopwatch• Clipboard and Pencils• Program of Events• Access to latest version of SSC and ISU Rules• Starting Pistol (if no electronic start equipment)• Ear Protection• Shells (if no electronic start equipment)• Microphone (if required)• 2 speaker lines for stagger starts• Electronic communication device for crossing the line false start on stagger starts• Coloured arm sleeve• Red flag and white flag, blue and yellow flags for quartets• Chalk line (mass start)• Clothing appropriate for location

For a short track competition, the Starter should have a discussion with the chief referee and the meet coordinator ahead of time to determine if there will be any relay races during the competition. If available, it would be preferable to use a starting pistol for the three-lap notification in the relay races.

Starting Devices - Selection and Maintenance

Prior to a meet, make sure that you are familiar with the starting device. If local (non-electronic) gun equipment is used, proper ammunition should be available in the correct amount for the type of meet that you are attending. Powder based starting guns should be properly stored, during breaks and at the end of the meet, outside the eyes of the public. Sometimes, powder-based guns need cleaning at the end of a competition day.

Electronic Timing/Starting Systems

Electronic timekeeping denotes a time-measuring system which is started by the firing of a starting gun and records electronically the crossing of the finish line by each competitor. The use of electronic timekeeping is compulsory for Canadian Olympic Style Championships, Canada Cups, Canadian Short Track Team Trials, ISU Championships, World Cups and Olympic Winter Games. Electronic timekeeping is frequently used for local, provincial or regional meets in Canada. For competitions using electronic timing, the Starter must be prepared for and familiar with the set-up, which will vary from location to location.





Electronic start equipment used for most competitions in Canada

For ISU sanctioned competitions, the Starter must also wear a small microphone which broadcasts the starting commands to the skaters and the audience. For long track competitions, speakers should be located at the starting line(s) and should be independent of the public announcing system.



MEET PLANNING

General

Meet planning is as important as having acquired and mastered the skills necessary to officiate. The Starter should be well-informed, organized and prepared for every competition. It is naïve to think that all you have to do is show up and a remarkable performance will follow.

Inadequate planning can result in complications which can turn an excellent performance into a relative failure. Successes will be judged as normal and go unnoticed, while small errors will be remembered. It is easy to lose years of effort and successes in one simple poor performance.

Some of the key planning aspects that should be addressed prior to a competition are discussed below. Obviously, the importance of the event (local, provincial, national, or world championship) involves somewhat different preparations. But remember, it is better to be over-prepared for a small competition than to be under-prepared for a more important one.

Starters are not working as individuals during a competition, rather they are part of the officiating team. The rules more and more reflect this team effort, such as 7th block falls, getting skaters on and off the ice in a timely manner, the assistant referee lining up the skaters for the start, and having both Starters calling false starts. The Starter, second Starter, referees and heat box steward are all working together to ensure a smooth start to the race.

In long track the Officials also work as a team, however the Starter on the platform has the ultimate decision to recall a start after notification from the second Starter, especially in a staggered start situation.

Selection of Starters

The Starter for a local, regional or provincial competition is usually selected by the local or Provincial Association. The Starters for a national competition are selected by SSC ODC (in September of each year). The Starter(s) for ISU Championships, World Cups and Olympic Winter Games are appointed by the ISU President, as recommended by the ISU Technical Committee.

The timetable for selection of the Starter is a function of the level of the competition. For example, it is not uncommon to name the Starter at least two to three months before a national or international competition, whereas for local or regional meets, a two to three-week period is normally sufficient.

The following Officials at a Canadian Championship event or a SSC sanctioned meet must hold a current SSC membership card; Announcer; Meet Coordinator, Referee, Assistant Referee, Clerk of the Course, Starters, Chief Timer, Chief Finish Line Judge, Track Stewards and Chief Recorder”.

General guidelines for the selection of starting personnel to various levels of competition are as follows (please note these are *guidelines only*):

Local or Regional Meets

- The Starter should be Level II (recommended).
- Assistant Starters should have attended a Level I Officials Clinic.

Provincial/Territorial and Regional Competitions

- The Starter should be a minimum Level II, and preferably a Level IIIB.
- Assistant Starters should have Level II.

National and North American Competitions

- The Starter should be Level IIIA. Up and coming Level IIIB's can work as chief under the direction of a senior Official.
- Assistant Starters should be Level IIIB as a minimum.

International Competitions (i.e. World Cup)

- The Starter will be an ISU List Starter.
- Starter can be ISU International List "W".

World Championships/Olympic Winter Games

- The Starter will be ISU List Starter.

Pre-Meet Preparations


Once selected for a competition, you should attempt to work some local competitions in your region, just for practice; even assisting at a practice in one of your club's training sessions can be beneficial.

Communicate with the meet coordinator to determine the type of start equipment being used, and whether a pistol will be required for the competition (relay races).

Where possible, visit the race site and familiarize yourself with the environment ahead of time. Don't be afraid to ask for modifications or adjustments to your work positions. You alone are responsible for your success or failure, which can be caused by inappropriate positioning of equipment or a displacement that you might not have requested. Bear in mind that the changes you request may be cost prohibitive, or physically impossible. Exercise some flexibility.

Ask to see and handle the starting equipment that you will be using. If you know how to use and maintain them, you will not be caught off guard if a small problem arises. Check to ensure that you are aware of the proper connections in case something is jarred loose. Determine where the equipment will be stored, and where and when they can be obtained on race day.

On the track, you should also check the starting lines and dots to ensure their conformity with various applicable regulations; request corrections if needed, and advise the chief referee. At the same time, you should also check the locations and hook-ups for electronic timing/starting equipment and microphone, if applicable. If possible, do tests to ensure the operational capabilities of all this equipment.



Prior to the meet, you should have discussions with the other Starter(s) to define your expectations during the meet, the roles and schedule, as well as the interpretation of specific rules and regulations. At a competition, the starting and the interpretation of the start rules must be consistent regardless of who is starting the particular race.

Go over your checklist and make sure you have all your equipment. Come to the competition with the appropriate apparel for the conditions.

Prior to the competition, have a discussion with the chief referee to ensure you are all on the same page. For short track, determine who will be checking the order of skaters on the start line, who will be assisting the Starter with 7th block falls, and who will be placing the marker for 500m and 1500m starts. Pre-arrange with the chief referee the signal for commencing the next race. Ensure all Starters for the competition are aware of this information.

For long track, ensure you are familiar with the program, are there any quartet starts or special races (Mass starts, Team pursuits, Team sprint and Relays). Allow sufficient time to change start locations and movement of equipment.

Finally, re-read the applicable SSC/ISU rules and regulations the day before the event. *Remember, you do not have time to read the rules during a competition.*

Coaches/Officials Meeting

This meeting usually takes place the night before, or the morning of, the meet and is where the Referee sets the pace and directions for the meet. The Starter should meet with the referee prior to this meeting to resolve any questions you may have (Armbands, rule changes, 7th block falls etc.). It is essential for you to attend the coaches meeting, as it is an opportunity for you to:


- introduce yourself and your assistant(s);
- define your interpretation of key rules and procedures at the start line;
- determine if any coaches have hearing impaired skaters;
- meet other Officials and establish their responsibilities and locations during the meet.

The Day of the Meet

You are expected to be calm, fresh and in good shape to do your job well. Each of you knows better than anyone what is needed to be prepared and alert on a competition morning (sleep, relaxation, nourishment, concentration). We will not discuss this point further as you are responsible for your own behavior and will profit or suffer from its consequences.

Before the first race of the competition, arrive an hour early, if possible, to do a last check and make sure there is enough time to make any needed adjustments. Before the other races of the day, take 10 to 15 minutes to do new checks and tests, especially for the long track races where the start positions change. This equipment shift must be done at the end of a race, allowing you time for tests and changes during ice preparation or athletes' rest periods.

Practice doing a quick recognition check of everyone that will possibly be in visual or verbal contact with you, at whatever level, particularly immediately before a race. Don't forget that you are in charge at the start and that others must adjust to you rather than you to them. Your first priority is the athletes at the line and you must always work in their interest. Following each day



of races, you should shut down the starting equipment and give them (and the other starting equipment) to the Meet Coordinator or office staff for safe keeping. You should also ensure the equipment will be recharged overnight to ensure it is ready for the next day of racing.

STARTING RULES AND PROCEDURES

General

In order to be a well-rounded Starter and function as an effective senior member of the team of Officials at a competition, it is essential to completely understand the starting rules and procedures. A good Starter improves the overall quality of the meet, while a poor Starter detracts from the success of the meet.

At the start of each race, the Starter must prevent surprises and distractions which interfere with his and the skaters' concentration. It is essential that the start line be a controlled and pleasant environment. A Starter must strive for perfection. A Starter must control the start yet remain in the background. The races are for the skaters.

The Starter is in charge and control of the event of the start (ISU Rule 217-1 LT and 290-9 b, c, d, e ST). The Referee remains in control of the race with the exception of the start. It is necessary to ensure that all skaters have an equal chance by having them start from a fixed non-moving position.

The starting procedure is always the same, whether the Starter is a novice with average experience or a veteran with ample experience. No matter what level of certification the Starter has, he must always act in accordance with the rules set out in the ISU manual and in the SSC Information Manual (Red Book). Barring different interpretations of memorandums, these two sets of rules are more or less the same and are contained in [Appendix A](#) Long Track and [Appendix B](#) for Short Track of this manual.

The ISU ST rules are followed by the Special Regulations for Long Track Mass Start Competitions. Rules C7-100 to C7-103 are copied from SSC's Red Book.

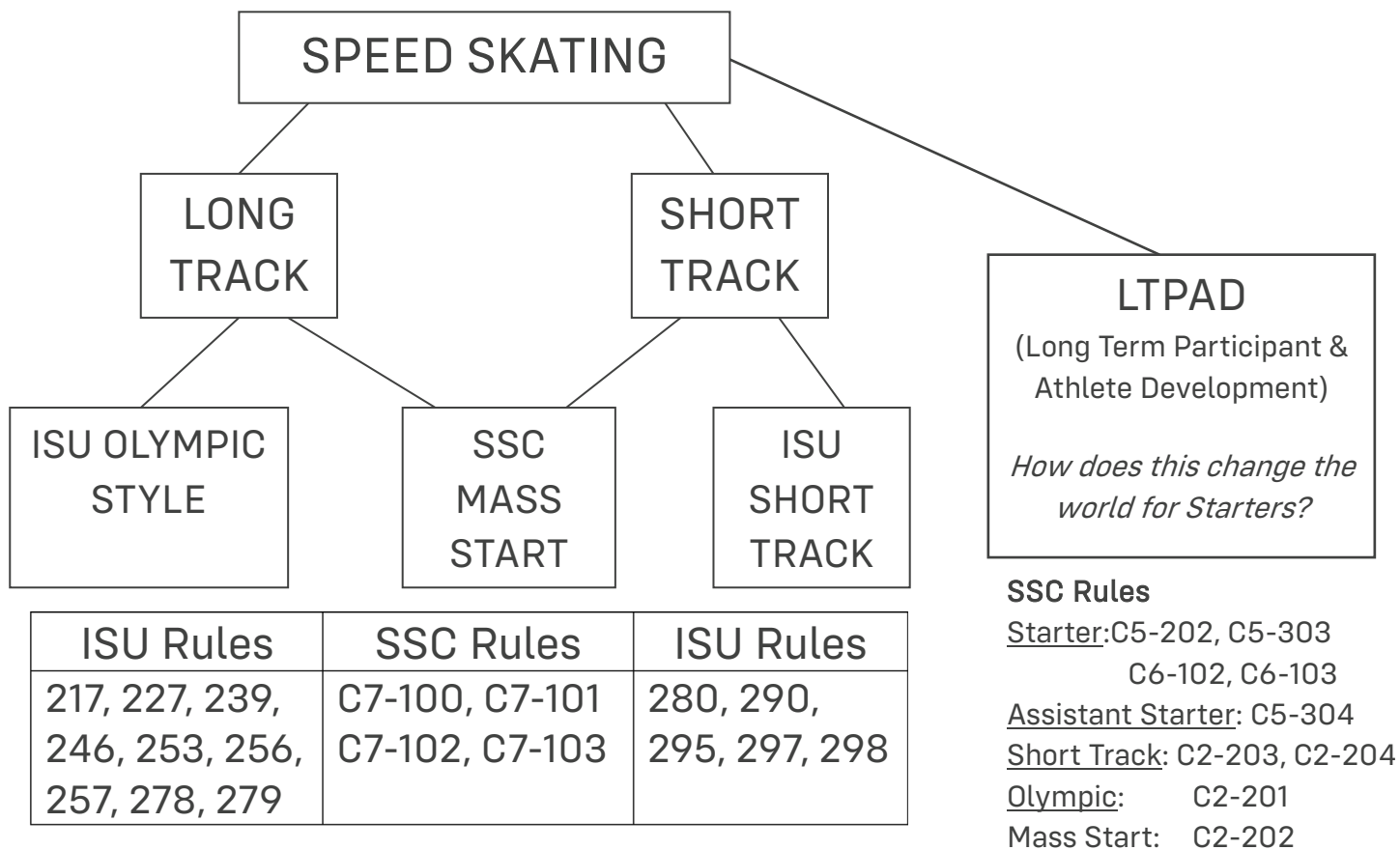
ISU rules are updated every 2 years during their congress in June. Updates to the rules are published on ISU's website in the rules section, [Special Regulations & Technical Rules Speed Skating](#) and [Short Track Speed Skating](#). All changes approved are underlined.

For this manual, [Appendix A](#) and [Appendix B](#) will be updated every two (2) years.

Carefully read the important points on these starting rules and procedures. This is the time to review in full the SSC and ISU regulations currently in force. After a preliminary reading, study them one by one for comprehension and the proposed interpretation. The starting rules for each type of competition are summarized below and copied in [Appendix A](#) and [Appendix B](#).

Overview

Below is an overview about the different disciplines and rules. Exact rules are covered in [Appendix A](#) for Long Track and [Appendix B](#) for Short Track.



Special rules for ST Competitions (LTPAD) for starting are identified in the Red Book:
C6-103

Special rules for Long Track Mass Start Competitions, also in the Red Book
C7-100 to C7-103

These rules are outlined in [Appendix B](#), after the ISU ST rules.

When printing the ST rules, you have included the SSC LT Mass Start rules.

Special rule for Marathon Competitions: there are no special considerations for starting.

Long Track (Olympic Style)

The applicable starting rules for long track (Olympic style) competitions held in Canada are ISU Rules 217, 227, 246, 254, 255 and 279. In addition, there are racing rules for team competition, rule 261 and for Quartet starts, Rule 278.

Refer to ISU [Special Regulations and Technical Rules, Speed Skating](#) (Green Book). The rules pertaining to starting are summarized in [Appendix A](#). These pages will be updated every two (2) years, after completion of the ISU congress.

Long Track (Mass Start)

Special rules for long track mass start competitions

Refer to ISU [Special Regulations and Technical Rules, Speed Skating](#) and [Short Track Speed Skating Rule](#) 253-4(b) for Mass Start special rules.

Refer to Rules C7-100 - C7-103 in the SSC Red Book.

(Note that ISU "Mass Start" and SSC "Mass Start" are two completely different types of races).

Short Track (SSC and ISU Sanctioned)

The rules for Short Track Speed Skating are contained in the [ISU Special Regulations and Technical Rules, Speed Skating](#) and [Short Track Speed Skating](#), from Rule 280 through Rule 298. The applicable special regulations for ST speed skating are outlined in Rule 280 and 290 while the technical rules for Starting are summarized in Rule 297 and 298.

Refer to ISU [Special Regulations and Technical Rules, Speed Skating](#) (Green Book). The rules pertaining to ST starting are summarized in [Appendix B](#). These pages will be updated every two (2) years, after completion of the ISU congress.

PERSONAL DEVELOPMENT / CERTIFICATION

General

It is important to realize that you are not a perfect Starter (in fact, no one is). But it is more important that you constantly strive for perfection, race after race, meet after meet. The athletes' results, presided over by the invisibility or anonymity of your presence, will be the main object of your evaluation.

You should continually carry out a self-evaluation which will allow you to constantly improve your performance from your first experience onwards. This will bring about a continued improvement in your personal development and increase other people's estimation of your worth.

Working with other Starters, either assistants to you or you as an assistant to others, provides the opportunity to grow as a Starter. The opportunity is enhanced if you are able to develop a rapport with your colleagues which is open and constructively critical. Criticism done in good faith and during the course of the meet will lead to a higher level of performance for both parties involved.

Personal development strategies should consist of attending technical seminars and working in as many meets as possible to gain experience and confidence. These activities can be at all levels; club, provincial, regional, national and international. You should seize every opportunity to participate in these, and not consider any of them to be beneath you as an Official.

Please note the certification requirements for progression to various levels are minimum requirements only. In most cases, the candidates will have significantly more competition experience.

Officials' Certification Program

The Officials Certification Program was established by, at that time, CASSA in 1982, revised in 1998 and is updated annually. The program is based on a multi-level system, consisting of 5 levels for Referees, Competitors Stewards and Starters, 3 levels for Meet Coordinators, Recorders, Timers, Finish Line Judges, Announcers, and all other Officials. Certification requirements for all Officials are contained under Section O of the Procedures and Rules in the [SSC Information Manual](#) (Red Book).

Responsibilities for certification are as follows:

- Levels I and II: Province/Territory
- Level IIIA and IIIB: SSC
- ISU International and ISU List: ISU

The evaluation of Levels I and II is conducted by the Branch VP – Officials or Branch Officials Committee while the evaluation of Levels IIIA and IIIB is carried out by SSC’s Officials Development Committee. For ISU International and ISU List, the evaluation is carried out by SSC and the recommendations are submitted to the Technical Committee of the ISU for their approval.

Certification Criteria for Starters: Speed Skating Canada

Level I

SSC has established technical, practical and performance criteria which should be met for certification of Starters at Levels I through V. The criteria are presented below.

Level I requirements:

- Attend a Level I Officials clinic
- Assist at 1 or more non-sanctioned meets
- Assistant at 1 or more SSC sanctioned meets (provincial/regional level)
- Satisfactory evaluation from Starter
- Review and approval from Branch Officials Committee

An Official who meets all of the above requirements should be certified at Level I. Officials who have achieved some of the criteria, but not all, may be referred to as “Starters-in-Training”. Once a Starter has achieved a Level I standing, he may begin training for Level II.

Level II

Level II represents the first level of overall responsibility (i.e. Chief) for Starters. A Level II Starter has a good understanding of the starting function and is capable of being a Starter for club/inter-club competitions. Requirements for Level II are listed below.

Level II requirements:

- Attend a Level II clinic
- Assist at 4 or more non-sanctioned meets
- Assistant at 2 or more SSC sanctioned meets (provincial/regional level)
- Satisfactory evaluation from Level 3 or higher Starter
- Review and approval from Branch Officials Committee

A Level I Starter who satisfies all of the above requirements should apply for certification at Level II. Since the provinces/territories are technically responsible for the certification of Levels I and II Officials, they may adopt their own criteria; however, most Branches follow the SSC requirements outlined above.

Level III

Level III represents the next level of responsibility for Starters, and is split into two sub-levels, IIIB (referred to as SSC Sanctioned) and IIIA (referred to as National Championships/Trials). A Level IIIB Starter is a knowledgeable, technically competent Official who is capable of being Starter for provincial and regional competitions. Requirements for Level IIIB are presented below.

Level IIIB requirements:

- Attend a Level III clinic
- Assist at 2 or more provincial/regional sanctioned meets
- Assist at 2 or more SSC sanctioned meets (provincial/regional level)
- Assistant at 2 or more SSC sanctioned meets (national/international level)
- Documented recommendation from Branch
- 2 Satisfactory evaluations from 2 different 3A or higher SSC Starter
- Review and approval from SSC

Level II Starters who satisfy all of the above requirements should receive certification at Level IIIB in both mass start (short track and long track) and Olympic style. Level IIIB Starter may begin training for Level IIIA.

A Level IIIA Starter is a more knowledgeable, more experienced Official who is capable of being Starter for national and international (North American) competitions. Requirements for Level IIIA are presented below.

Level IIIA requirements:

- Starter at 3 or more SSC sanctioned meets (provincial/regional level)
- Assist at 3 or more SSC sanctioned meets (national/international level)
- Documented recommendation from Branch
- 2 Satisfactory evaluations from 2 different 3A or higher SSC Starter
- Review and approval from SSC

Level IIIB Starters who satisfy all of the above requirements will receive certification at Level IIIA in mass start (short track and long track), Olympic style or both, i.e. Level IIIA Starter (Olympic).

ISU International

ISU International represents the next level of responsibility for Starters. An ISU International Starter is a highly competent, experienced senior Official who is capable of being Starter for International Competitions. Requirements for Level IV are presented below.

ISU International requirements:

- Attend an ISU clinic.
- Instruct at a Level II Starters clinic
- Starter at 3 or more SSC sanctioned meets (national/international level)
- Assistant Starter at one or more ISU International Competitions (i.e. World Cup)

- Satisfactory evaluation from ISU Starter
- Review and recommendation from SSC to ISU Technical Committee
- Ratification by ISU Technical Committee

Level IIIA Starters who satisfy all of the above requirements may receive certification at Level IV in either Short Track, Olympic Style or both, i.e. Level IV Starter (short track).

ISU List

ISU List represents the highest level of responsibility for Starters. An ISU List Starter is a highly competent, internationally experienced and respected senior Official who is capable of being Starter for World Championships, World Cups and Olympic Winter Games. Requirements for ISU List are presented below.

ISU List requirements:

- Instruct at a Level III Starters clinic
- Starter at 5 or more SSC sanctioned meets (national/international level)
- Recommendation from SSC to ISU Technical Committee
- Ratification by ISU Technical Committee

ISU International Starters who satisfy all of the above requirements may receive certification from ISU Technical Committee at ISU List in either short track, Olympic style or both, i.e. ISU Starter (Olympic).

Additional, and perhaps more up-to-date information about Certification of Officials can be obtained from the Speed Skating Canada “Red Book”. Check the following ODC Standard Operating Procedures:

- O2-101
- O2-102

<https://speedskating.ca/resource-categories/officials/>

APPENDIX A: SPECIAL REGULATIONS SPEED SKATING



SPECIAL REGULATIONS & TECHNICAL RULES SPEED SKATING

As accepted by an online vote June 2021

D. Officials and their duties

Rule 217: Duties and Powers of the Starter

The Starter initiates the starting procedure by calling the Competitors to their starting lanes after having received the confirmation from the Referee or timekeepers that the race is ready to be started. The Starter shall give the starting orders in English (see Rule 253, paragraph 3);

The Competitors stay under the command and control of the Starter during the starting procedure, i.e. from the moment the Competitors are going to their starting lane until a valid start of the pair or the heat has been completed. The Starter shall decide all disputes relating to the starting procedure in the mentioned period. However, exceptions to this may apply if equipment to disclose false starts is used (see Rule 253, paragraph 1.2);

The Starter shall take his position so that he has a clear view of the Competitors starting in the pair or heat.

II. TECHNICAL RULES SPEED SKATING

Rule 227: Layout of the Track

2. Starting and finishing lines

The starting and finishing lines are to be denoted by colored lines, not more than 5 centimeters wide, drawn at right angles to the straight or its extension. A pre-start line shall be placed two (2) meters before the starting lines. For the last five (5) meters before the finishing line each meter of the track may be marked. (see diagram page 36).

On standard 400 meters tracks, the starting and finishing lines for all distances shall be at right angles to the finishing straight. The finishing line for 1000 meters shall be placed in the middle of the finishing straight and the starting lines accordingly. For Team Pursuit and Team Sprint races the starting and finishing lines shall be placed in the middle of the straights. For all other distances the finishing line shall be placed towards the end of the finishing straight, and the starting lines positioned accordingly. (see diagram page 36).

On other tracks the starting and finishing lines should be placed so that neither the start nor the finish is in a curve.

Rule 239

1. Team Leaders' meeting and draws

1. a) The Referee(s) shall conduct at least one Team Leaders' meeting. Each ISU Member with entered participants for the Competition is required to attend the Team Leaders meeting and can be represented by only one designated team official.

b) At the Team Leaders' meeting, the Team Leaders shall inform the Referee of any withdrawals or entries of substitutes, and the final entries shall be confirmed. The Referee must, if possible, then present the grouping of Competitors for the draws or for composition of the start lists.

Rule 246: Adjustment of starting order

In a Competition over several distances with one award of prizes, a Competitor has the right to a period of rest of 30 minutes between races. If necessary, the Referee may adjust the starting order of pairs in such a way that the required rest period will be available.

E. Racing Rules

Rule 253: At the start

1. Starting equipment

1.1. Instead of an ordinary start revolver (powder gun) an electronic start pistol may be used provided the following conditions are met:

a) The electronic pistol must 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.
- 1.2. Electronic equipment, like photocells or sensitive cameras, may be used to disclose false starts. Such instruments may be used for the sole purpose of supporting the Starter during the starting procedure. However, they may also be used to verify a false start in the case that the Skater has left the starting line without having been recalled by the starter. An invalid start, may be decided by a specially assigned official in charge of observing the evidence given by the detection instrument. See also Rule 253, paragraph 4.
- 1.3. At ISU Events and Olympic Winter Games, the Starter gives the orders by means of a microphone connected to two loudspeakers placed near the starting lines.

2. Call to the start


- 2.1. Previous to each start the names of those about to compete are to be clearly called at the starting point itself and in the dressing rooms.
- 2.2. Failure to appear promptly at the start is equivalent to withdrawal from the distance.

3. Starting procedure

- 3.1 The Competitors starting in the inner and outer lanes shall be identified by white and red armbands, respectively. In the case of 100m or shorter distances being arranged in heats of 3 Competitors, the Competitor in the middle lane shall wear a yellow armband. The Competitors themselves are responsible for having the correct armband and to report in the correct starting lane. A breach of this rule will lead to a disqualification; see also Rule 223, paragraph 3 and 279, paragraph 5.
- 3.2
- a) When the Starter orders "Go to the start" the Competitors shall place themselves between the pre-start line and the starting line. The distance between these two lines shall be two (2) meters. The Competitors have to take a stable position before the Starter calls "Ready", whereupon they are to take their starting position and keep this position absolutely until the shot is fired. Competitors may not touch the starting line or be in contact with the ice beyond the starting line with any parts of their body or equipment. Competitors must keep all of their skates entirely behind the starting line.
 - b) There shall be a distinct interval between the moment when the Competitors have taken their starting position and the firing of the shot. This distinct interval should be between 1 and 1.5 seconds.

4. False start

- 4.1. In the following situations the Starter shall declare a false start:
- a) When one or both (all) Competitors intentionally are slow in taking their starting position, the offending Competitor(s) shall be given a false start;
 - b) When one of the Competitors breaks from his mark, thereby causing the other Competitor to follow; only this Competitor shall be given a false start;
 - c) When a Competitor leaves the starting position after the word "Ready", but before the shot is fired.


- 
- 4.2. In the case of a false start, the Competitors shall be recalled by a second shot and/or a whistle from the Starter. On the order of the Starter the Competitors will also receive a stop signal, at a distance of 50-60 meters from the starting line. The stop signal may be given by an assistant to the Starter with a red flag in front of the Competitors, or it may be in the form of a red light clearly visible for the Competitors. However, in competitions over 100m (or shorter) with up to 3 Skaters competing in each heat, the Starter may not recall the Skaters in the case of the second false start. The disqualification will then be announced to the Competitor(s) after the completion of the race.
 - 4.3. The Starter shall warn the Competitor committing the first false start. If both Competitors are responsible for a false start, they shall both be warned so by the Starter. When the Starter calls the Competitors of the pair/heat for a new start after a false start has been declared, then a Competitor committing a next false start of this pair/heat shall be disqualified from the race concerned
 - 4.4. If light signs are used to indicate which Competitor is given a false start, a white light should indicate the first false start and a red light should be used to indicate a disqualification. The light pedestals for the starting lanes should have colors corresponding to the colors of the armbands of the respective Competitors.

Rule 256: Organization of Team Competitions

1. Team Pursuit Races

- 1.1. Team competitions may be announced for pursuit races with either 3 or 4 Skaters racing in each team. In both cases the finishing time (see Rule 259) of the team will be determined as the finishing time of the third Skater in the team. If less than three Skaters of the team finish the race, the team is considered not to have completed the race and shall be disqualified;
- 1.2. In Team Pursuit races the two teams shall start simultaneously at each side of the track, at the middle of the straights. If the heats have been composed according to a ranking of the teams, the best ranked team shall start on the ordinary finishing straight. Otherwise the starting positions will be determined by a draw;
- 1.3. The track must be laid out with only one competition lane, e.g. by making use of the demarcation between the inner lane and the warm-up lane on a standard track;
- 1.4. If some Skater(s) of a team is overtaken by Skaters from the other team, Rule 258, paragraph 2, applies;
- 1.5. If the competition format for the Team Pursuit competition is based on elimination races to promote teams to the next phase of races, a team overtaking the other team before the full distance has been skated in an elimination race, will already at that moment be declared the winner of the race (heat). The definition of overtaking is in this case that the third positioned Skater of the team has overtaken the third positioned Skater of the other team
- 1.6. Each Skater of the competing teams shall wear different identification. Skater No. 1 in the team shall wear white armbands with N01; Skater No. 2 shall wear red armbands with N02, Skater No. 3 shall wear yellow armbands with N03, Skater No. 4 shall wear blue armbands with N04. Rule 279 applies. At the discretion of the Referee, instead of armbands, helmet covers or helmets may be used.

2 Team Sprint races

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- 2.1 Team competitions may be announced as Team Sprint races. The distance to be skated is a specific number of laps, equal to the number of Skaters in each team. Inner lane demarcation defines the competition track. Cones may be used as additional demarcation.
 - 2.2 Races may be skated with one team racing alone, or with two teams racing at the same time. Setup for the start will be the same as for Team Pursuit races, with start and finish at the 1000m finishing line and, when two teams are racing, in the opposite position at the crossing straight for the other team.
 - 2.3 The start procedure is the same as for Team Pursuit. For disqualification see paragraph 4 below and allowance of a fresh start see ISU Rule 260, paragraph 2
 - 2.4 Each Skater of the competing teams shall wear different identification defining their role in the race. In Team Sprint races over 3 laps, Skater No. 1 in the team shall wear white armbands with N01; Skater No. 2 shall wear red armbands with N02, Skater No. 3 shall wear yellow armbands with N03, Rule 279 applies. At the discretion of the Referee, instead of armbands, helmet covers or helmets with numbers may be used.
 - 2.5 The first lap is skated with the Skater assigned as No. 1 leading the Team until the changeover with the next Skater, with the other Skaters of the Team staying behind. At the end of each lap (in the changeover area), the Skater leading the Team has to leave to the outer part of the track, and the next assigned Skater has to lead the Team during the next lap. The last assigned Skater shall skate the last lap alone and finish the race for the team.
 - 2.6 Changeover to the next assigned Skater in the team must take place between the beginning of the finishing straight of the team and before the entry to the curve. The beginning and end of the changeover area will be suitably marked (e.g. by cones).

3. Relay Races

- 3.1. Team competitions may be announced for relay races with either 3 or 4 Skaters in each team. The distances for each leg of the relay may vary, but recommended distance for each leg is 400 or 800 meters (1 or 2 laps on a standard track). Relay races may be skated in different formats. Two recommended formats (A and B) are described in paragraphs a) and b) below.
- 3.2. Competition format A for relay races: Two teams are competing in pairs, starting in separate lanes and changing lanes according to Rule 253, paragraph 3, throughout the race. Each leg shall consist of 1 or 2 full laps. The race will start and finish at the 1000m finishing line. The exchange zone will have a length of 40 meters, extending from 20 meters before and up to 20 meters after the 1000m finishing line. The start and finish of the 40 meters exchange zone should be marked with orange cones. Relaying will take place when the Skater completing a leg is passing the Skater who is about to start the next leg. A team relaying outside the exchange zone will be disqualified;
- 3.3. Competition format B for relay races: Maximum 4 teams compete in the same heat. In the first part of the first leg (through the first curve) the inner and outer lanes are used, with up to two Skaters starting in each lane (one Skater per team). After the exit of the first curve, only the inner lane is used. The race will start at the 1500m starting lines and finish at the finishing line of the 1500m. The distance of the first leg should in this case be either 700m or 300m. The length of the following legs should be 1 or 2 full laps. The exchange zone will have a length of 75 meters, ending at the finishing line. The start of the exchange zone should be marked with orange cones. Relaying will take place when the Skater completing a leg has touched the Skater who is about to start the next leg. A team

relaying outside the exchange zone will be disqualified. For overtaking, the principles of Rule 255, paragraph 2 will apply.

- 3.4. Competition format C for relay races: Maximum 4 Teams compete in the same heat. All 4 Teams will start at the 500m starting line and finish at the main finishing line at the end of the straight. The distance for each leg shall be either 400m or 800m. The exchange zone will have a length of 100m, ending at the finishing line. The start of the exchange zone should be marked with orange cones. Relaying will take place when the Skater completing a leg has touched the Skater who is about to start the next leg. A Team relaying outside the exchange zone will be disqualified. For overtaking, the principles of Rule 255 paragraph 2 will apply

4. Disqualification and fresh starts in Team competitions

If a Skater of a pursuit, sprint or relay Team is disqualified for violation of racing rules according to Rules 223, 253, 254, 255, 256, 259 or 279 the disqualification also applies for the Team. A disqualification for the Team will follow also if a member of the Team is disqualified according to ISU General Regulations (e.g., because of breaches of eligibility rules or the ISU Anti-Doping Rules). The rules concerning fresh starts given in Rule 260 apply also for Team Pursuit, Team Sprint and Relay races. Therefore, the Team shall be allowed a fresh start if one of the Skaters of the Team is interfered with as described in Rule 260, paragraphs 1-3.

Rule 257 Organization of Mass Start races

1. Track, safety and applicable Rules.

The competition track is laid out without separate racing lanes. The track may include the warmup lane, and always so for ISU Events. Cones may be used as demarcation of the track. The distance of a Mass Start race is specified as a number of laps, where the countdown starts the first time the Skaters cross the finishing line.

3. Start procedure

The start takes place in the middle of the finishing straight (at the 1000m finishing line on standard tracks). Competitors shall line up for the start in rows, with maximum 6 Skaters in each row, and with at least 1 meter between the rows. The positions at the start are determined by draw or by a seeding of the Competitors. When all Competitors have lined up behind the starting line, the Starter gives the command "Ready" and fires the starting gun. Skaters moving forward and out of their starting row before the shot is fired will be disqualified.

H. Quartet Starts

Rule 278

1. Competition format

- 1.1. Quartet starts denotes a competition format where (up to) four Skaters compete on the track at the same time in two pairs, with a difference of about half a lap between the pairs at the start.

Both pairs in the quartet start their race from the same starting area, with half a lap staggered start. The starting area is located at the normal starting area for the distance concerned. The second pair of a quartet should preferably start at a moment that will result in half a lap interval between the pairs as soon as they have reached their normal speed. In case of a false start in the second pair of a quartet, the interval between the pairs after the start of the second pair should be one and a half lap.

1.2.

- a) Quartet starts may be used in International and World Cup Competitions and in ISU Championships. Recommended distances for quartet starts are 1500m and longer. In ISU Championships quartet starts may be used only for distances 3000m and longer;
- b) Information that quartet starts will be used shall be given at the latest at the drawing for the distance. In the official protocol, as well as in the list of results, it shall be clearly stated which times have been recorded under quartet start conditions. The protocol must contain all items mentioned in Rule 273;
- c) For ISU Championships quartet starts may be used only when it has been agreed between the Organizing Committee, the ISU Sports Technical Director and the ISU Speed Skating Technical Committee and it has been published in the announcement.

2. Starting Procedures and Composition of Quartets

2.1

- a) Starting positions within each quartet are determined as follows:
 - 1st drawn Competitor: Inner lane in first pair (white armband)
 - 2nd drawn Competitor: Outer lane in first pair (red armband)
 - 3rd drawn Competitors: Inner lane in second pair (yellow armband)
 - 4th drawn Competitors: Outer lane in second pair (blue armband)
- b) If the pairs are arranged according to a ranking of the Competitors, each quartet shall have the two best ranked Competitors as the second pair in the quartet;
- c) If the participating Competitors cannot form a set of full quartets (with 4 Competitors in all quartets), only the first quartet may be incomplete. (The first quartet may even consist of one single Competitor);
- d) In the case of withdrawals from the start after the drawing, the Referee has the right to rearrange the pairs forming the quartets (see Rules 216 and 245). However, a Competitor should not be moved to another quartet than the one originally designated, unless the number of quartets will then be reduced.

2.2. All Competitors in the same quartet must collectively prepare for the start. Armbands are to be worn according to paragraph 2.1. a).

2.3. Each pair in a quartet shall have its own lap scorer, and each pair shall be separately timed.

2.4 World records from quartet starts can only be recognized for times achieved in World Cup Competitions, ISU Championships or other ISU Events. See also Rule 221, paragraphs 2.i), 2.j) and 3).

I. Technical competition equipment of Competitors

Rule 279

4. Armband or other means of identification

To identify the Competitors and to verify their proper position in the competition track during and at the finish of the race, the Competitors are obliged to wear armbands or other means of identification, as specified in the Technical Rules (see Rule 257, paragraph 5, Rule 253, paragraph 3 and Rule 278, paragraph 2) or as instructed by the Referee. The Competitor is responsible to wear the correct armband or other identifier when reporting at the start.

APPENDIX B: SPECIAL REGULATIONS FOR SHORT TRACK SPEED SKATING



SPECIAL REGULATIONS & TECHNICAL RULES SHORT TRACK SPEED SKATING

As accepted by an online vote June 2021

Rule 280


Track

1.

- e) Besides the standard track there will be four (4) or six (6) other tracks laid out which are symmetrical to the standard track but moved in the direction of the straight with equal intermediate distances of up to 0.7 meters when seven (7) tracks are used, up to one (1) meter when five (5) tracks are used to preserve good ice conditions. For all tracks one (1) finish line will be used. For the starting lines see diagram in Technical Rules.
- f) In Semi-Finals and Finals of 500 m, the outside tracks (1 and 5 when there are five tracks and 1 and 7 when there are seven tracks) will not be used. Only the middle tracks as marked on the diagram shall be used.

2.

- a) The starting lines and finish line are to be denoted by lines (colored) drawn at right angles to the straight and not more than 2 cm wide.

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- b) Starting lines are drawn from the barrier and will have a length equivalent to the actual width of the straight. The finish line is drawn from the barrier and will have a length of the actual width of the straight plus 1.5 meters.
 - c) Only for 500 and 1000 meters: Starting at 50 cm from the inner side of the track, dots 2 cm diameter, shall mark five (5) starting positions every 1.3 meters in order to define the starting positions.
 - d) If the inner surface of the track is colored differently from the surface of the track for esthetic purposes, then this inner surface shall be symmetrical to the layout of the track, and start exactly at the end of the finish line (see diagram in the Technical Rules.
3. For International Competitions on ice rinks of less than 30 meters in width the track that may be used is shown in the diagram in the respective Announcement.

Rule 290

Officials necessary

1.
 - a) For ISU Events and the Olympic Winter Games where ISU approved Video Replay services are available the following Officials are appointed by the President, subject to Rule 289 paragraph 7:
 - Referee and three (3) Assistant Referees. At least one of the Assistant Referees will be assigned to the Video Replay System. An Assistant Referee Video may be assigned as 1st Assistant Referee;
 - Two (2) Starters (one per Category);
 - Two (2) Competitors Stewards.

The following Officials are appointed by the Organizers: Heat Box Steward, Photo Finish Judge, Lap Scorer, Lap Recorder, Announcer and Track Stewards. However for ISU Events, the Heat Box Steward and the Announcer must be approved by the Representative of the ISU Technical Committee and for the Olympic Winter Games by the ISU Technical Delegates.

Referee

5. The Referee is empowered to:
 - a) Introduce alteration in the program in agreement with the ISU Representative and the Short Track Speed Skating Technical Committee Representative, in so far as these do not conflict with the Regulations;
 - i) The Referee, at his discretion or when called upon by the Assistant Referee Video, before a decision is made, may view the Video Replay System at full speed, slow motion or still picture, with the exception of matters concerning 35 the detection of false starts. When the Referee decides to view the Video Replay system due to a possible infringement and a penalty is awarded, then the video footage concerning the infringement will also be shown on the screen in the stadium (if technically possible).

Assistant Referee

7.
 - a) The Assistant Referee appointed by the President as 1st Assistant will substitute in case the Referee is no longer able to do his job due to illness or injury;
 - b) The Assistant Referee(s) shall perform all duties and tasks as assigned by the Referee;

- c) The Assistant Referee(s) must record their observations either electronically (Race Report System) or in written form. In the case of the written form the observations must be reported verbally after each race and the written documentation must be submitted to the Referee after each Round.

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 Starters are in control of the starting procedure. The Starter assigned to the respective category gives the verbal commands of the starts and announces the decisions in English. Both Starters have the authority to recall a start. The Starters will agree on how to call infringements of the Starting rule.
- 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 Starting Gun signifying the last three (3) laps
- e) The Starter may designate another Starter to call the skaters back in case of a false start

On-ice Officials

19.

- a) Only the Referee, Assistant Referee(s) and Track Stewards may be on the ice during the running of the race;
- b) On-ice Officials should be appropriately dressed and must wear speed skates and may wear approved safety helmets.

II. Technical Rules Short Track Speed Skating

Rule 295

Program

2.

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

	500 m	1000 m	1500 m
Quarter finals	5	5	-
Semi-finals	5	5	7
Finals	4	5	7

Rule 297 - C. Racing Rules

Relay Racing Rules

3.
 - d) A Skater may be relayed at any time except during the last two (2) laps. These laps must be skated by one Skater. A warning shot will be fired to indicate the start of the last three (3) laps.

Relay infringements

4.
 - a) The individual racing rules, paragraphs 1 and 2, shall apply to Relay races, that is to say for all members of the Team, both participating and relayed Team members.
 - b) Breaches of the relay racing rules are considered as follows:
 - RELAYING NON TOUCH: The relay has taken place without a touch or that the touch has not been obvious, clearly shown, and seen by the Referee or Assistant Referees;
 - RELAYING DURING THE LAST TWO (2) LAPS: The last relay has not been clearly started before the commencement of the final two (2) laps.
 - In Mixed Team Relay: The relaying order and planned scheduled as described in paragraph 3 has not been followed.

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) Prior to each start the names of those about to compete are to be clearly called at the Heat Box.
 - c) Skaters who do not report to the Heat Box will be recorded as "Did not Start";
 - d) The Heat Box Steward will check that the Skaters are wearing their racing numbers and correct equipment.
 - e) Skaters with defective equipment (e.g. broken Skate blade) will not be allowed to start. The conditions of Rule 291, paragraph 4 apply. After a race is stopped, Skaters with defective equipment, which cannot be repaired in due time, will not be allowed to re-start. The results of such Skater will be shown as "Did Not Finish" and the Skater will be ranked according to Rule 295, paragraph 5.
 - f) 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 participating in the race.

Starting Equipment

2. Instead of an ordinary start revolver an electronic starting device may be used as a Starting gun. In this case the following conditions should be observed:
 - a) The starting device 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 starting gun;

- 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 ask for silence, if necessary;
 - 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 last block of the first curve 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.
13. Before a start, the equipment of the Skater may be fixed, without going beyond the Padding. 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.

End of Race

- 14.
- a) The end of the race is declared by the Referee. Different means can be used to communicate that information to the Skaters and all Officials. Except for Finals: Any Skater who has not yet finished will be declared finished by the Referee, but no time will be assigned;

C7 SPECIAL REGULATIONS FOR LONG TRACK



Mass Start Competitions

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.

C7-100 Starting Procedures

C7-101 Number of Skaters on the line

In sanctioned Mass Start Long Track Competitions, a maximum of six (6) skaters will be allowed at the starting line. For tracks with a racing area wider than six (6) meters, a maximum of seven (7) will be allowed with the exception of eight (8) will be permitted for the longest distance. This rule does not apply for Marathon skating.

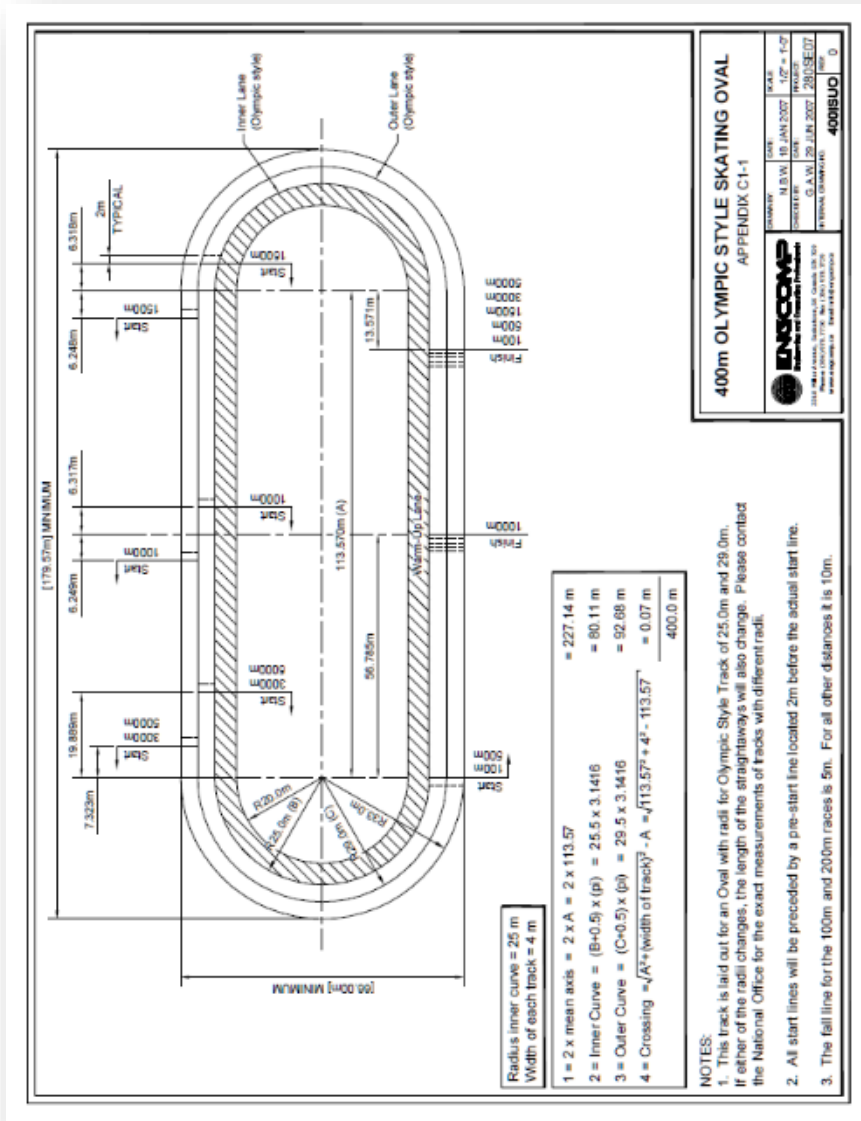
C7-102 Recalling the Start

If a skater is interfered with and falls within ten (10) meters of the start, the race may be called back at the discretion of the Starter.

C7-103 Starting Position

Skaters may not employ a three-point or four-point start

APPENDIX C: 400 METER SPEED SKATING OVAL



APPENDIX D: SHORT TRACK SPEED SKATING OVAL

