



Short Track Speed Skating

Sport Rules

Special Olympics





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1. GOVERNING RULES

The Official Special Olympics Sports Rules for Short Track Speed Skating shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Skating Union (ISU) rules for Short Track Speed Skating found at <http://www.isu.org>. ISU or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Short Track Speed Skating or Article I. In such cases, the Official Special Olympics Sports Rules for Short Track Speed Skating shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics.

- 2.1 For use on 111M oval:
 - 2.1.1 25 Meter Straightaway
 - 2.1.2 55 Meter Half Lap Race
 - 2.1.3 111 Meter Race
 - 2.1.4 222 Meter Race
 - 2.1.5 333 Meter Race
 - 2.1.6 500 Meter Race
 - 2.1.7 777 Meter Race
 - 2.1.8 1000 Meter Race
 - 2.1.9 1500 Meter Race
 - 2.1.10 1500 Meter Relay
 - 2.1.11 3000 Meter Relay
 - 2.1.12 3000 Meter Unified Sports® relay
- 2.2 All events will be conducted in 'short track' format.

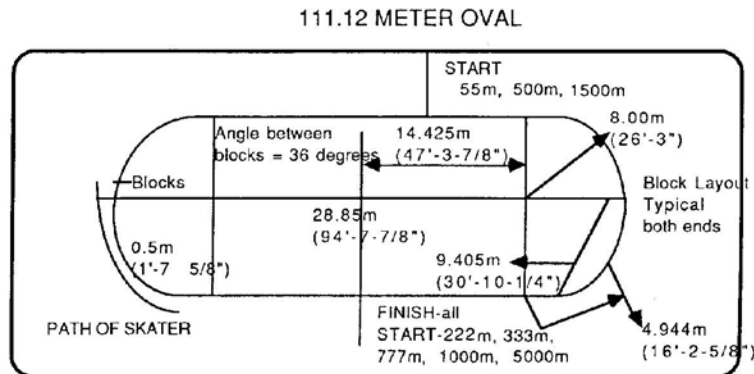
3. FACILITIES

- 3.1 Track
 - 3.1.1 The track shall be set on an ice rink with a minimum length of 56.38 meters and a minimum width of 25.90 meters.
 - 3.1.2 The track shall be of the dimensions found in [Exhibit A](#) below. If the facility used for competition has an ISU 111 meter track surveyed on the ice surface, this track may be used for competition purposes. Proper notation must be made on competition reports on the size of track use. If a 111 meter track is used the distance and laps are:
 - 3.1.2.1 1 lap = 111 m
 - 3.1.2.2 3 laps = 333 m



- 3.1.2.3 500 m = 4.5 laps
- 3.1.2.4 777 m = 7 laps
- 3.1.2.5 1000 m = 9 laps
- 3.1.2.6 1500 m = 13.5 laps
- 3.1.2.7 3000 m = 27 laps
- 3.1.3 The center of the track should always be set at the middle of the rink.
- 3.2 Start and Finish Lines
 - 3.2.1 The start and finish lines are denoted by lines (colored) drawn at right angles to the straight and not more that two centimeters wide. Nothing shall be placed in or above the paths of the skaters, or on or above the ice (except the markers) during the event.
- 3.3 Safety Mats
 - 3.3.1 Safety mats must be present during all training and competition periods. Rink barriers shall be covered by mats from the curve apex block to the center line of the rink. The mats shall be of double thickness along the rink barrier on the far side of the curve (see [Exhibit B](#)). Mats shall be attached to the rink barrier with their weight on the ice. Mats should be made in such a manner and of such materials that they will minimize debris which might accumulate on the ice as a result of use of the mats. Mat height must be adequate to cover the height of the wall of the ice rink. Outdoor non-barrier ice surfaces do not need mats but must have adequate fall lines to protect the skater from possible collision with any stationary object present; i.e. tree.
- 3.4 Track Layout
 - 3.4.1 Start/Finish lines for races on a 111.12 meter track are indicated in [Exhibit A](#).
 - 3.4.2 The 25 Meter Race shall be marked as a straight race from one end of the ice surface to the other. The 55 Meter Race (1/2 lap) shall be started at a start line set mid track, directly opposite the finish line of all other races.
 - 3.4.3 When laying out alternate tracks, starting line on back stretch must move twice the distance of and in the direction of the track move.
 - 3.4.4 All layouts should be measured from rink center lines.
- 3.5 Diagram

Exhibit A

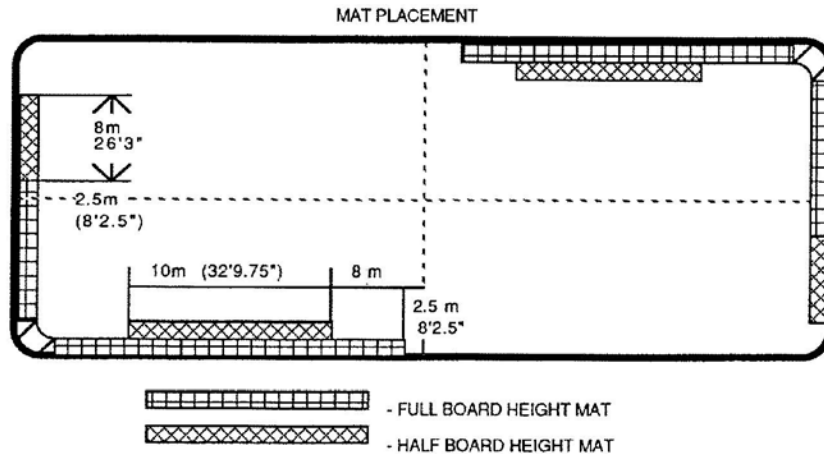


4. EQUIPMENT



- 4.1 Uniforms and Protective Gear
 - 4.1.1 All speed skaters shall wear long-sleeved and long-legged uniforms, knee pads, shin guards, cut resistant neck protector, cut resistant gloves or mittens of a protective nature.
 - 4.1.2 Elbow pads are optional equipment.
- 4.2 Helmets
 - 4.2.1 All speed skaters shall wear an ISU approved speed skating safety helmet which shall be held on with straps and have a hard shell that has no protrusions.
 - 4.2.2 A skater is not allowed to wear a helmet which is not of regular shape and has protrusions which might get caught on a blade, or air vents large enough for a skate blade to enter the helmet.
- 4.3 Speed Skates
 - 4.3.1 Speed skaters should wear speed skates.
 - 4.3.2 In the event speed skates are not available to the skater, hockey skates may be used.
 - 4.3.3 Klap style speed skate blades may not be worn.
- 4.4 Identification
 - 4.4.1 Helmet bibs are recommended with numbers displayed on both sides.
 - 4.4.2 If helmet bibs or helmet numbers are not available, skaters shall wear a cloth or paper number on the mid back.
 - 4.4.3 If helmet numbers (stickers) are available, they must be placed on both sides of the helmet.
- 4.5 Track Markers
 - 4.5.1 Moveable markers of rubber or other suitable material shall be used to mark the track.
 - 4.5.2 The number of markers should be sufficient to define the track clearly.
 - 4.5.3 Seven markers shall be used to define each curve (turn) with the distance between every other marker being the radius of the curve ([see Exhibit A](#)).
 - 4.5.4 No track markers shall be of such size and width, or be fixed to the ice, so that they will not move freely if they are struck by a skater. The height of the markers should not be over 5.08 cm in height as to be struck by a skater.
 - 4.5.5 Cones are too tall and are not acceptable for marking the track.
- 4.6 Start Equipment
 - 4.6.1 A start pistol shall be used to begin each race. False starts will require a restart.
 - 4.6.2 For hearing impaired skaters, dropping a hand or flag shall accompany the sound of the gun.
- 4.7 Mat Placement

Exhibit B



5. PERSONNEL

- 5.1 Competition Director
- 5.2 Competition Steward
- 5.3 Chief Scorer
- 5.4 Chief Timer
- 5.5 Chief Line Judge
- 5.6 Chief Referee
- 5.7 Lap Counter
- 5.8 Chief Starter
- 5.9 Heat Box Steward
- 5.10 First Aid Personnel
- 5.11 Announcer

6. RULES OF COMPETITION

- 6.1 General Rules and Modifications
 - 6.1.1 All skaters shall start a race with both skates behind the start line.
 - 6.1.2 A speed skater shall finish the race when the blade of one of his/her skates first crosses the finish line after completing the appropriate number of laps in the race.
 - 6.1.3 The starter shall give each skater a chance to do his/her best by:
 - 6.1.3.1 Giving the skaters ample time to settle down and assume a balanced position after taking their marks.
 - 6.1.3.2 Starting the sequence over if any skater is off-balance.
 - 6.1.3.3 Not holding the skaters too long after the set signal.
 - 6.1.3.4 Always using the starting commands and signals:
 - 6.1.3.4.1 "Go to the start" (skaters step to start line and place skaters behind the start line),
 - 6.1.3.4.2 "Ready" (skaters get down into start position),
 - 6.1.3.4.3 Signal the start of the race with the firing of a start pistol.



- 6.1.3.4.4 If a skater is interfered with and falls before the first apex block after the starting line, the skaters may be called back to make a new start. This will be signaled by the starter firing a double shot of the starter's pistol.
 - 6.1.3.5 Use the following starting commands and signals with hearing impaired skaters:
 - 6.1.3.5.1 "Go to the Start" (skaters step to start line and place skates behind line after starter points to the line),
 - 6.1.3.5.2 "Ready" (skaters get down into start position as starter raises hand),
 - 6.1.3.5.3 Starter signals start of race by dropping raised free hand as start pistol is fired.
 - 6.1.4 Maximum effort rule will not be applied to events that have a semi-final and a final.
 - 6.1.5 The starter shall position himself/herself in front of the start line in such a way that he/she is clearly visible and distinguishable as the starter to all skaters starting the race.
 - 6.1.6 Races shall not start until the gun is fired. Skaters making two false starts shall be disqualified.
 - 6.1.7 The number of skaters at the start
 - 6.1.7.1 For ice surfaces less than 30 meters by 60 meters. the maximum number of skaters on the start line is:
 - 6.1.7.1.1 four skaters for distances of 500 meters or less
 - 6.1.7.1.2 five skaters for distances greater than 500 meters and less than 1000 meters
 - 6.1.7.1.3 six skaters for distances 1000 meters and longer
 - 6.1.7.2 For ice surfaces that are 30 meters by 60 meters or larger, the maximum number of skaters on the start line is:
 - 6.1.7.2.1 four skaters for distances of 500 meters or less
 - 6.1.7.2.2 five skaters for distances greater than 500 meters and less than 777 meters
 - 6.1.7.2.3 six skaters for distances 777 meters and longer
 - 6.1.7.3 Modifications to the number of skaters on line will be announced as required for race efficiency and/or safety by the race officials, at the Coaches meeting prior to the competition.
 - 6.1.7.4 If a division consists of more skaters than the race distance allows on the line, then two division semi final heats and two finals will be raced.
 - 6.1.7.5 The Chief Referee may after consultation with the Competition Director, reduce the number of skaters competing in any heat to insure a safe conduct of the race.
 - 6.1.8 Starting Order
 - 6.1.8.1 The skaters' order of start shall be determined by preliminary time rankings. Skaters shall be ranked by fastest to slowest time in their respective division preliminaries.
 - 6.1.8.2 Semi Final Heat #1 will be composed of skaters ranked 1, 4, 5, 8. Semi Final Heat #2 will be composed of skaters ranked 2, 3, 6, 7.
 - 6.1.9 Qualifying for Finals
 - 6.1.9.1 Qualifications for the Finals will be determined by the number of finalists allowed by distance on the line. Example: In a race where 5 skaters are allowed in the final,



the top two finishers plus the fastest 3rd from the semi final heats would advance to the "A" Final to determine 1st through 5th place. Skaters not advancing to the "A" Final would skate the "B" final which would determine the final placing beyond 5th place.

6.1.10 Starting Positions

6.1.10.1 Skaters' position on the start line will be determined by a random draw of start position numbers by the skaters in a particular heat/division. The skater drawing number one (1) shall be assigned the starting position toward the end of the start line furthest from the rink barrier. The skater drawing number two (2) shall be assigned the starting position immediately to the right of the skater drawing number one (1). Starting positions three (3), four (4), and five (5) shall similarly take starting positions to the right, with the skater drawing the highest start position number for that particular heat/division assigned the start position toward the end of the start line closest the rink barrier.

6.1.11 Performance Discrepancy – Maximum Effort

6.1.11.1 Short track speed skating is a race of speed combined with tactics. Short track speed skating after the divisioning is not a time trial. The winner is determined by the placing over the finish line. This may involve drafting and sprinting, therefore in order to facilitate tactical competition, the maximum effort rule will not apply in events when there are semi finals and finals.

6.1.11.2 Events 111 meters and longer: A skater who exceeds a time of 20 percent better than the time recorded for divisioning, or for a reported time, shall be subject to disqualification. This applies to those events that do not have semi-finals.

6.1.11.3 Events 55 meters and shorter: A skater who exceeds a time of 25 percent better than the time recorded for divisioning or for a reported time, shall be subject to disqualification. This applies to those events that do not have semi-finals.

6.1.11.4 It is the responsibility of the coach to submit an improved performance time, if the time recorded in the divisioning competition is not a true reflection of the skater's ability. Competition management must offer coaches the opportunity to update the information within the established timeframe.

6.1.11.5 A skater who is disqualified shall be presented with a participation ribbon.

6.1.12 Disqualifications:

6.1.12.1 When overtaking, the responsibility for any obstruction or collision shall be upon the skater overtaking, provided that the skater being overtaken does not act improperly.

6.1.12.2 A skater on the outside of the track shall be deemed to be the skater overtaking if the skaters are side-by-side entering the first curve.

6.1.12.3 A skater shall not deliberately impede or push another skater with any part of his/her body, thereby gaining an advantage.

6.1.12.4 Any skater, who unnecessarily slows down, thereby causing another skater to slow up or collide, shall be disqualified.

6.1.12.5 Any skater who willfully impedes, improperly crosses the course or, in any way interferes with another skater, or conspires with others to cause a race to result otherwise than on its merit, shall be disqualified.

6.1.12.6 A skater who permits himself / herself to receive physical assistance during a race that is not a relay shall be disqualified.



- 6.1.12.7 A skater who uses the wall to maintain balance or to assist in propelling oneself forward is considered assistance and shall be disqualified.
- 6.1.12.8 A skater shall be disqualified for intentionally moving the corner track markers or failing to skate at all times outside the corner track markers.
- 6.1.12.9 The Referee may disqualify a skater from a race if the skater deliberately kicks out a skate or throws his/her body across the finish line thereby endangering another skater at the finish line.
- 6.1.12.10 A disqualification must be announced at the end of each heat to the skater, team leader, or coach and over the public address system for the benefit of the spectators.

6.2 Rules for 1500 and 3000 Meter Relay

- 6.2.1 Each team shall consist of four skaters.
- 6.2.2 No more than two relay teams shall be allowed on the ice at any time.
- 6.2.3 Each team member must skate a minimum of three laps.
- 6.2.4 The last two laps must be skated by a single skater.
- 6.2.5 A competitor may be relayed at any time except during the last two laps. These laps must be skated by one skater. In the case of a fall during the two laps, the skater may be relayed.
- 6.2.6 Each team shall be clearly identified by wearing the same uniform or by wearing the same color pinnie vest or same color helmet bib.
- 6.2.7 A signal shall be used to indicate three laps to go.
- 6.2.8 The relay may be by either push start or tag of hand.
- 6.2.9 No other personnel, other than the referees, will be on the ice to allow the infield of the track to be used for marshaling and pacing for relay exchanges

7. UNIFIED SPORTS® EVENTS

7.1 3000 Meter Relay

- 7.1.1 Each team shall consist of two Special Olympics Athletes and two Unified Sports Partners.
- 7.1.2 Selection of Special Olympics Athletes and Unified Sports Partners of similar age and ability is required for Unified Sports training and competition in Speed Skating. Significant risk of injury could result from teams where athletes and partners are poorly matched.
- 7.1.3 No more than two relay teams shall be allowed on the ice at any time.
- 7.1.4 Each team member must skate a minimum of 1 exchange for the 1500 meter relay and 2 exchanges for the 3000 meter relay.
- 7.1.5 The last two laps must be skated by a single skater which will be an Athlete member of the team.
- 7.1.6 A competitor may be relayed at any time except during the last two (2) laps. These laps must be skated by one skater. In the case of a fall during the two (2) laps, the skater may be relayed.
- 7.1.7 Each team shall be clearly identified by wearing the same uniform or by wearing the same color pinnie vest or helmet bib.
- 7.1.8 The relay may be by either push start or tag of hand.
- 7.1.9 No other personnel, other than the referees, will be on the ice to allow the infield of the track to be used for marshaling and pacing for relay exchanges.



8. TRAINING EFFECTIVE GROUPINGS

- 8.1 For new skaters or skaters with an average lap time of greater than 55 seconds:
 - 8.1.1 25 Meter Straightaway
 - 8.1.2 55 Meter Half Lap Race
 - 8.1.3 111 Meter Race
- 8.2 For skaters with an average lap time of 40 to 54 seconds:
 - 8.2.1 111 Meter Race
 - 8.2.2 222 Meter Race
 - 8.2.3 333 Meter Race
- 8.3 For skaters with an average lap time of 30 to 39 seconds:
 - 8.3.1 222 Meter Race
 - 8.3.2 333 Meter Race
 - 8.3.3 500 Meter Race
- 8.4 For skaters with an average lap time of 25 to 39 seconds:
 - 8.4.1 1500 M Team Relay
- 8.5 For skaters with an average lap time of 25 to 29 seconds:
 - 8.5.1 333 Meter Race
 - 8.5.2 500 Meter Race
 - 8.5.3 777 Meter Race
 - 8.5.4 1500 Meter Re
- 8.6 For skaters with an average lap time of 24 seconds or faster:
 - 8.6.1 3000 M Team Relay
- 8.7 For skaters with an average lap time of 19 to 24 seconds:
 - 8.7.1 500 Meter Race
 - 8.7.2 777 Meter Race
 - 8.7.3 1000 Meter Race
- 8.8 For skaters with and average lap time of 15 to 18 seconds:
 - 8.8.1 777 Meter Race
 - 8.8.2 1000 Meter Race
 - 8.8.3 1500 Meter Race
- 8.9 For skaters with an average lap time of less than 15 seconds:
 - 8.9.1 777 Meter Race
 - 8.9.2 1000 Meter Race
 - 8.9.3 1500 Meter Race