



REGULATIONS AND RACING RULES FOR AGE CLASS MASS START COMPETITIONS

REGULATIONS

ARTICLE I FUNDAMENTAL RULES

1. The International Skating Union, Special Regulations, Speed Skating, and Short Track Speedskating, current edition, are the fundamental rules to be used at all mass start competitions sanctioned by U.S. Speedskating.
2. The ISU Rules are to be used except as modified herein or as modified on the official announcement of the competition and/or on the entry form.
3. Certain competitions may be conducted under the ISU rules un-modified when U.S. Speedskating grants the sanction on that basis and it is published as such in the notice of competition or entry blanks.

ARTICLE II APPLICABILITY OF RACING RULES

1. The ISU racing rules and these modifications shall be utilized at all National and North American Short Track, all National and North American Long Track Championships, and all National and North American Marathon Championships sanctioned by U.S. Speedskating.
2. The ISU racing rules and these modifications are intended to be utilized at all local and regional competitions sanctioned by the member Associations. The sanctioning member may alter or waive certain rules providing the change is published in advance of the start of competition and/or is included on the entry form.

ARTICLE III OFFICIALS REQUIRED

1. The officials at a National or North American Championship shall be:
 - a. For Long Track, one Referee and a minimum of six Assistant Referees selected by the Referee.
 - b. For Short track, one Referee and a minimum of four Assistant Referees selected by the Referee.
 - c. One Starter and Assistant Starters selected by the Starter.
 - d. One Competitors Steward and Assistant Stewards selected by the Competitors Steward. One Assistant may be on skates.
 - e. One Judge, one Assistant Judge, one Photo Finish Judge and at least three position Judges for each of

- the first five finish positions, plus eight Reserve Judges.
- f. One Timer, two Assistants, two Substitute Timers, and a Time Recorder.
 - g. One Lap Counter.
 - h. One Lap Recorder.
 - i. One Announcer.
 - j. Two Track Measurers or Surveyors.
 - k. Medical personnel.
 - l. Long Track Referees are required to be on skates. Long Track Assistant Referees are required to be on skates except at the discretion of the Referee.
 - m. Relief officials may be provided at the direction of the Referee.
 - n. At all National Short Track and North American short track meets, only 7 officials may be on the ice. These officials are: Referee, 2 Assistant Referees, and 4 Track Stewards. The responsibility of the Track Stewards shall be to replace the corner markers and to place, remove a marker showing which is the correct start line for backstretch starts, and other duties as assigned by the Referee. All Referees, Assistant Referees, Track Stewards, and Skater Stewards working on the ice shall be on skates and it is recommended that safety helmets be worn.
2. The officials at the National Marathon Championships shall be:
- a. One Referee and one or more Assistant Referees selected by the Referee.
 - b. One Competitors Steward and Assistant Stewards selected by the Steward.
 - c. One Judge and at least five additional Judges.
 - d. One Timer and three Assistant Timers.
 - e. One or more Lap Counters.
 - f. One Announcer.
 - g. First Aid and Medical personnel.
 - h. The Organizer.

ARTICLE IV POWERS AND DUTIES OF OFFICIALS

1. The Referee is the official representative of U.S. Speedskating at the meet and as such shall exercise authority at a meet when check-in of skaters begins and shall:
 - a. Assemble prior to the meet all officials including at least the Starter, Judge, Timer, Competitors Steward, and Meet Director to review and summarize the rules to be followed in the meet. Coordination of effort and uniformity of application of the rules shall be stressed.
 - b. Have authority to make decisions concerning all questions which arise during the meet. All decisions of the Referee shall be final.
 - c. At Short Track meets have the ability to skate with the contestants, a comparable track inside the corner markers while the race is in progress.

- d. Announce disqualifications and advancements at the end of each race, both to the competitor's coach, Competitors Steward and over the public address system for the benefit of the spectators.
 - e. Complete an event review report and submit it to Officials Committee within 30 days of the end of the competition.
 - f. Qualifying for advancement to next round:
The referee is empowered to add a skater who was in a qualifying position to the next round if he feels that the skater was prevented from qualifying due to:
 - an offense resulting in a disqualification;
 - any other reason not resulting from any direct or indirect action of the skater concerned.
 - g. The referee makes any advancement solely at his discretion.
2. The Competitors Steward shall name and assign duties to such Assistants as he may require. The Competitors Steward shall:
- a. Verify competitors' entry forms as to class and association approval before making up heat assignments.
 - b. Fairly arrange the competitors in heats utilizing the procedures in the Speed Skating Handbook, or subsequent Board-approved revised procedures.
 - c. Advise the skaters of the distance of the race and, if a preliminary, the number to qualify.
 - d. Have competitors draw for their position and record their starting positions on the heat card. If a computer system is being used, the lane assignments may be made by the computer using a random number system. Otherwise, the lane assignments shall be drawn in the heat box.
 - e. Cause to be posted, in the heat box area, and in a timely manner, the names of the skaters qualifying from a heat, etc. for the next semi, or final race.
 - f. Be required to use a computer system for all National level meets. A computer system shall be furnished complete with printers and all required accessories for use by the Competitors Steward by the meet host.
 - g. Combine age and gender classes for skating purposes, if appropriate, with the approval of the Referee. Scoring toward championships shall be kept separate by class and records will be allowed if they meet the normal criteria.
 - h. Record the finish positions of the competitors as determined by the Judges.
 - i. Record the official time of each race as determined by the Timer and verify the time for record. The Steward shall mark cards "Record" for all records set during the meet.
 - j. Keep a cumulative record of points scored by competitors.
 - k. Have the responsibility to forward the list of new records, copy of meet protocol, surveyors certificate and cover sheet signed by the Chief Officials at the meet to the National Office within 30 days of the meet. The list of new records shall contain the date, competitors name, association, class, distance, old record time and new record time.
 - l. The Competitors Steward shall arrange the heats of the Relay Teams according to best times available so that entered teams have as equal an ability to win in each heat as possible. Teams shall advance to the next round on the best times skated by teams overall.
 - m. Relay team entry must be submitted to the meet registrar at the same time as the individual entries.

- 4. Announce classifications and advancements at the end of each race, both to the competitor's coach. Competitors should and cover the public address system for the benefit of the spectators.
- 5. Complete an event a few hours and submit it to Officials Committee within 30 days of the end of the competition.
- 6. Qualifying for advancement to next rounds.
 - The referee is empowered to add a skater who was in a qualifying position to the next round if he feels that the skater was prevented from qualifying due to:
 - an offense resulting in a disqualification
 - any other reason not resulting from any direct or indirect action of the skater concerned.
 - 7. The referee makes any advancement solely in his discretion.
- 8. The Competitor Steward shall name and assign duties to such Assistants as he may require. The Competitor Steward shall:
 - a. Verify competitor entry forms as to class and association approval before making up heat assignments.
 - b. Verify marks on competitors in heats utilizing the procedures in the Speed Skating Handbook as appropriate. (Hand-approval is not required.)
 - c. Advise the skater of the distance of the race and if a preliminary, the number to qualify.
 - d. Have competitors draw for their position and record their starting positions on the heat card. If a computer system is being used, the heat assignments may be made by the computer using a random number system. Otherwise, the heat assignments shall be drawn in the heat box.
 - e. Cause to be posted in the heat box, and in a timely manner, the names of the skaters qualifying from a heat card for the next or final race.
 - f. Be required to use a computer system for all National level events. A computer system shall be furnished complete with printer and all required accessories for use by the Competitor Steward at the next heat.
 - g. Combine age and gender classes for skating purposes. It is appropriate, with the approval of the Referee, to combine age and gender classes for age and records will be allowed if they meet the normal criteria.
 - h. Record the finish positions of the competitor as determined by the Judge.
 - i. Record the official time of each race as determined by the J timer and verify the time for record. The Steward shall mark cards "Record" for all records set during the race.
 - j. Keep a continuing record of points scored by competitors.
 - k. Have the responsibility to forward the list of new records (copy of meet program), always certificate and cover sheet signed by the Chief Official at the race to the National Office within 30 days of the meet. The list of new records shall contain the date, competitor name, association, class, distance, old record time and new record time.
 - l. The Competitor Steward shall arrange the heat of the Relay Teams according to heat time available so that entered teams have as equal an ability to win in each heat as possible. Teams shall advance to the next round if the heat time is equal to or better than the time set by teams overall.
 - m. Relay team assignments shall be submitted to the meet referee at the same time as the individual entries.

3. Timekeepers:

- a. The Timer, two Assistants, and two Substitute Timers shall time each event. The time of one or more of the substitutes shall be used only when one or more of the three regular Timers fails to record the time of an event.
- b. Electronic timing is required at all North American Championships held in the United States and at all National Championships except the Marathon. Manual timing shall be used for back up only.
- c. If manual timing is used, then:
 - 1) If two of the watches agree and the third disagrees, the time indicated by the two is the official manual time.
 - 2) If all watches disagree, the time indicated by the watch showing the intermediate time is the official manual time.
- d. If electronic timing is used, then:
 - 1) If the time is recorded electronically (any read-out), the electronic time is the official time.
 - 2) If an electronic time is not available, the official time will be the official manual time with 0.20 seconds added to it.
- e. Time starts with the firing of the pistol. "Crimp" type twenty-two (0.22) caliber shells shall be used for short track. Meets held in the United States shall be timed in hundredths.
- f. Immediately after the finish of the event, each Timer must show the time to the Timer who will record the individual time.
- g. The Time Recorder shall assist the Timer by recording each Timer's result in writing in order that all applications for records will note the exact time of each individual Timer. All such times must be included on each application for new records.

4. Judges:

- a. The Judge shall assign positions to the Assistant Judges and shall assign a Photo Finish Judge. At Long Track meets the teams of judges shall be positioned on tiered platforms to permit all judges a proper view of the finish line.
- b. A state of the art photo finish system may be used instead of manual or video type systems at the discretion of U.S. Speedskating.
- c. The Photo Finish Judge shall be positioned in the area of the image-type timing/dedicated finish video equipment. He shall report to the Judge the finish order of skaters who finish within 0.05 seconds of each other. He shall also report any other finish results the Judge may request.
- d. Each Assistant Judge shall make a written note of the number only of the skater finishing in the position to which each is assigned, without referring to any selections made by any of the other Judges.
- e. These individual decisions shall then be turned over to the Judge, who shall compute the standings, record the decision on the official judge's card for that event, and note thereon the official time received from the Timer.
- f. In case of disagreement among the Assistant Judges, the Judge shall hear each Assistant Judge involved and make the final decision as to the order of the finish, which shall be without appeal.
- g. In determining the order of finish where there is disagreement in the results recorded by the individual Judges, the Judge shall award the skater the finish position in which the most Assistant Judges recorded

such skaters (i.e., if two first place Judges select No. 14 for that position and three second place Judges select No. 14 for that position, the skater No. 14 shall be awarded second position).

- h. Determining the order of finish of a race under paragraph “e” above is called predominance of judging and without the required three Judges for each position this rule cannot apply. Following are some examples of predominance of judging.

“A”	Judge	Judge	Judge	
	1	2	3	
1st	11	11	21	= 11
2nd	11	32	21	= 32
3rd	21	21	44	= 21
4th	44	44	21	= 44
“B”*	Judge	Judge	Judge	
1st	11	11	21	= 11-21
2nd	21	11	11	= (tie)
3rd	21	32	32	= 32
4th	44	44	44	= 44
“C”	Judge	Judge	Judge	
	1	2	3	
1st	44	44	11	= 44
2nd	21	21	11	= 21
3rd	32	32	44	= 32
4th	11	11	32	= 11
“D”**	Judge	Judge	Judge	
	1	2	3	
1st	11	11	32	= 11
2nd	11	11	44	= 21
3rd	32	32	11	= 32
4th	44	44	44	= 44
“E”*	Judge	Judge	Judge	
	1	2	3	
1st	11	21	44	= 11-21
2nd	11	21	44	= (tie)
3rd	44	32	32	= 32
4th	44	44	44	= 44
“F”*	Judge	Judge	Judge	
	1	2	3	
1st	21	21	11	= 11-21
2nd	21	21	11	= (tie)
3rd	44	44	44	= 44
4th	44	44	32	= 32

Explanation:

*B,E,F 11 and 21 tie, no predominance at either position. They split total of first and second place points.

**D In the scramble, 21 was missed completely. He is given 2nd because of predominance of 32 at 3rd and 44 at 4th, a judgment call based on the circumstances.

- i. For relay races, a team of 3 judges shall be assigned to each relay team. Each judging team shall keep a

written tally of the laps completed by its assigned relay team, shall notify the team of the laps remaining if they are not on the same lap as the lead team, and shall judge their position at the finish.

- j. It is recommended that the judges shall be positioned so as to have an equal number upstream and downstream from the finish line.
5. The Starter shall name and assign duties to such Assistants as he may require.
 6. The Announcer will keep the spectators fully informed throughout the competition. In addition he will announce disqualifications and advancements, if any, of skaters.
 7. The Track Surveyors shall:
 - a. Ensure that an official track pursuant to the track diagrams has been laid out for the meet.
 - b. Deliver, prior to the meet, a certification that the track is correct and conforms to the track specifications and this rule.
 8. Medical procedures at National and North American Championships shall be as follows:
 - a. The medical team will consist of two (2) first aid personnel with either of the following minimum qualifications:
 - 1) State Certified Paramedic or
 - 2) State Certified EMT (Emergency Medical Technician)
 - b. A full fracture board and a bag with a stiff collar, sand bags, two inch tape and bandage scissors are to be provided at the rink so any injured skater with severe injury, a fracture or suspected fracture may be immobilized and removed from the ice using the fracture board and carried to a first aid room where the medical team can give a more extensive examination.
 - c. City or private ambulance service must be on site and available to respond to emergencies at the ice rink.
 - d. One member of the medical team shall observe the races at all times.
 - e. A minimum of one (1) of the above qualified medical personnel shall be in attendance and available to treat injuries at all practice sessions before and during the National and North American competitions.

Any deviation from the above safety measures must be approved by the Referee.
 9. Referees, Starters, and Competitors Stewards, are prohibited from officiating any event, providing replacements are available, in which a relative is competing. In addition, Referees and Starters shall be required to remove themselves from the ice during that event. All officials shall be prohibited from disputing any call by another official against a relative.
 10. During a Short Track meet, there shall be a short warm-up period after the lunch break. It is recommended that all timers, boxes, bells, and other paraphernalia be banned from the rink during warm-up periods when skaters are on the ice.
 11. Duties of the officials at the National Marathon Championship:
 - a. Referee:
 - 1) Inspect the course, and instruct the organizers as to changes required to comply with safety regulations, long enough prior to the event so that changes can be effected.
 - 2) Provide last minute instructions to the skaters just prior to the start.

- 3) With the help of Assistant Referees, control and monitor the development of the events and make changes when required.
 - 4) Assist the Steward to draw up chronological lists of finishers.
 - 5) Hear and decide all disputes and protests; penalize infringements of these rules; uphold and enforce the Racing Rules.
- b. **Scorers:** Each skater must supply his own responsible scorer who will record the elapsed time from the official clock on an official check sheet each lap when his skater crosses the finish line. The Scorer and Assistant Scorers will be responsible for constantly monitoring the skaters' scorers and the relative positions of the skaters in each class. After the race is over, the Steward will be responsible for validating the official check sheets to determine finishing positions in each class.
 - c. **Judges:** The Judge and his Assistants shall pick close finishers for all classes. In order to accomplish this task, the Judges must make certain that they work closely with the skaters' scorers in order to observe when skaters in the same class are close to each other as they enter their final lap.
 - d. **Timers:** The Timer shall ensure that at least two (2) watches are active. In case the official clock fails, a Timer must call out the time every lap when skaters cross the finish line.
 - e. **Lap Counters:** The Lap Counter shall count the laps of the lead skater(s) only and display this on a board easily visible from a minimum of 30 meters. A bell shall be rung for the lead skater(s) starting their last lap. Skaters who are one or more laps behind the leader(s) must rely on their scorers to inform them when they have one lap to go.
 - f. **Announcer:** The Announcer shall, as much as possible, provide a running commentary of the event, its development, the individual skaters participating, the organizer and the sponsor.
 - g. **First Aid and Medical Personnel:** For all events, medical or paramedical personnel shall be present with the necessary equipment to provide assistance in case of an injury.
 - h. **The Organizer:** All sanction applications must include the name of the person responsible for the technical aspects of the race. This individual shall be called the Organizer, who must be a member of the USS and shall be responsible for the overall success of the event, keeping in mind the interest of the skaters, the USS, the volunteers and the sponsors.
 - In the 50K race, a Feed Zone shall be provided by the organizer.

ARTICLE V CONDUCT OF RACES

1. **Entries:**
 - a. Entries must be accompanied by the \$35 fee for National Long Track, National Short Track, North American Long Track, and North American Short Track meets. The entry fee for the National Marathon and North American Marathon meets shall be not more than \$35 for one race, and not more than \$50 for two races. The host shall pay no sanction fees to U.S. Speedskating. The USS National Office shall process all entry fees for National and North American meets held in the United States. The host shall receive 80% of these fees from USS. For meets held in Canada, the fees shall be paid to the Speedskating Canada.
 - b. All entries shall be made upon official entry blanks with the name of the competitor, the age, address, name of club, Association, and the membership number of the competitor. The Association shall furnish the skater's best time and date of the two shortest distances in his class.
 - c. National Championships and North American Long Track and Short Track meet, held in the United States, entries must be received 10 days prior to the event to avoid a late fee. Late entries (with a \$50

late fee) must be received by 48 hours (by 6 PM) prior to the draw/seeding for that event. Entries shall be approved by the Association President or Secretary. National Marathon and North American Marathon entries must be received at least 48 hours prior to the start of the first race to avoid a late fee. Late entries (with a \$10 late fee) may be accepted up to and including the day of the race, at the discretion of the host club. Late entrants must supply proof of membership in USS or an ISU member organization; or must supply the following three (3) items:

- (1) a signed USS membership application
- (2) proof of age and citizenship (birth certificate or passport)
- (3) payment of the applicable membership dues.

2. Numbers:

- a. Competitors shall obtain and wear the specified number assigned for the meet. Short Track helmet numbers shall be issued in pairs.
- b. Bibs of Lycra material with numbers will be worn as issued by the Organizer for the National and North American Long Track Championships. Helmet covers with numbers shall be worn as issued by the Organizer for National and North American Short Track Championships. Each skater at the National and North American Championships will leave a refundable deposit for bibs or helmet covers at registration.
- c. Helmet numbers shall have a minimum height of 2½ inches and a maximum height of 4 inches.
- d. The following are recommendations for meets other than the Nationals and North Americans:
 - 1) For long track meets the number shall be worn on the lower back at or above the waistline and below the shoulder area. These numbers shall be of a Tyvek or other tear resistant material.
 - 2) For short track meets the number may be issued as a helmet cover, stick-on helmet numbers, or as a back number.
 - 3) Number worn on the back shall have a minimum height of 5 inches and a maximum height of 7 inches. The numbers shall be black on a white background and must have at least ½ inch white background around the number.
 - 4) Stick-on helmet numbers shall have a minimum height of 3 inches and a maximum height of 4½ inches. The numbers shall be black on a white background and must have at least ½ inch white background around the number. These numbers shall be issued in pairs.
 - 5) Any helmet number previously on the competitor's helmet shall be totally covered prior to the issuance of a new stick-on helmet number or a back number.

3. Apparel Parameters

- a. Abide by the following apparel parameters when competing in any sanctioned USS speed skating meet:
 - 1) The skater and uniform must be neat and clean, at least at the start of a race. Torn, discolored or uniforms in disrepair, may not be used.
 - 2) The only lettering that may appear on the uniform is that of (1) skater's name and club (2) club or team sponsor (3) individual sponsor (4) club or association patch (5) competition number (6) USA.
 - 3) If a team or club name appears on uniform, that team or club must be a duly registered member in good standing of: (1) USS and (2) state association.
 - 4) If advertising appears on a skater's uniform, it must comply with the following standard: the total maximum surface area of all advertising markings shall not exceed 550 cm²; the maximum number of advertising markings shall not exceed four (4) on the upper body (above the waist) and two (2) on the lower body (below the waist) and shall be dignified; arms are to be excluded from any

late fee) must be received by 4:30 hours (by 6 PM) prior to the draw. Entries for that event. Entries shall be approved by the Association. Location of Secretary, National Association and North American Federation entries must be received in least 48 hours prior to the start of the first race in event a late fee. Late fee (with a \$10 late fee) may be accepted up to and including the day of the race, in the discretion of the host club. Late entrants must supply proof of membership in USS or an ISS member organization or must supply the following: (a) name (1) a signed USS membership application (2) proof of age and citizenship (birth certificate or passport) (3) payment of the applicable membership dues.

5. Numbers:

- a. Competition shall obtain and wear the specified number assigned for the meet. Short Track helmets numbers shall be issued in pairs.
- b. Bits of Lycra material with numbers will be worn as issued by the Organizer for the Nationals and North American Long Track Championships. Helmet covers with numbers shall be worn as issued by the Organizer for Nationals and North American Short Track Championships. Each rider at the Nationals and North American Championships will have a refundable deposit for loss or helmet covers in registration.
- c. Helmet numbers shall have a minimum height of 2 1/2 inches and a maximum height of 4 inches.
- d. The following are recommendations for needs other than the Nationals and North Americans:
 - (1) For long track meets the number shall be worn on the lower back, in or above the waistline and below the shoulder area. These numbers shall be of a Lycra or other tear resistant material.
 - (2) For short track meets the number may be issued as a helmet cover, stick-on helmet number, or as a back number.
 - (3) Number worn on the back shall have a minimum height of 2 inches and a maximum height of 7 inches. The numbers shall be black on a white background and must have at least 1/2 inch white background around the number.
 - (4) Stick-on helmet numbers shall have a minimum height of 2 inches and a maximum height of 4 inches. The numbers shall be black on a white background and must have at least 1/2 inch white background around the number. These numbers shall be issued in pairs.
- e. Any helmet number previously on the competition helmet shall be totally covered prior to the issuance of a new stick-on helmet number or a back number.

6. Apparel Restrictions:

- a. Abide by the following apparel parameters when competing in sanctioned USS speed skating events:
 - (1) The skates and uniform must be worn and clean in least in the front of a race. Total disclosed in uniform in discipline may not be used.
 - (2) The only coloring that may appear on the uniform is that of (1) skater's name and club (2) club or team sponsor (3) individual sponsor (4) ISS or Association logo (5) competition number (6) USA.
 - (3) If a team or club name appears on uniform that team or club must be duly registered and in good standing in (1) ISS and (2) the Association.
 - (4) If advertising appears on a skater's uniform it must comply with the following standards: the maximum surface area of all advertising messages shall not exceed 500 cm²; the maximum number of advertising messages shall not exceed four (4) on the upper body (above the waist) and two (2) on the lower body (below the waist) and shall be digitized and set to be legible from any angle.

advertising markings in long track; the maximum surface area for a single marking is 45 cm² for the upper body and 30 cm² on the cap for Long Track; the maximum surface area for a single advertising marking on the lower body is 200 cm². One manufacturer's trademark may appear on each piece of equipment and clothing (skin suits being considered as two pieces; one piece upper body and one piece lower body) and shall reflect standard commercial practices and not exceed 20 cm².

- b. An elite team uniform, even if modified, shall only be worn by the competitor to whom it was originally issued or a qualified teammate. This includes foreign elite team uniforms. An elite team is defined as one whose members are chosen based on skating ability.

ARTICLE VI AGE CLASSIFICATIONS

1. The following definitions shall prevail to establish the age classification of skaters:

The age of the skater shall be that age the competitor is on July 1st preceding the competition.

Master 70+ - 70 years of age or older.

Master 60-69 - 60 years of age or older.

Master 50-59 - 50 years of age or older.

Master 40-49 - 40 years of age or older.

Master 30-39 - 30 years of age or older.

Senior - 18 years of age or older. (Note: For the U.S. National Short Track Championships combined event, the Senior division is the Elite skaters (top 16 in the 1000m time trial).

Intermediate - 17 years of age or younger. (Note: For the U.S. National Short Track Championships combined event, the Intermediate division is 16 years of age or older, including those who did not make the top 16 in the 1000m time trial in this age range).

Junior - 15 years of age or younger (Note: For the U.S. National Short Track Championships combined event, the Junior division is 15 years of age or younger, including those who did not make the top 16 in the 1000m time trial in this age range).

Juvenile - 13 years of age or younger (Note: For the U.S. National Short Track Championships combined event, the Juvenile division is 13 years of age or younger, including those who did not make the top 16 in the 1000m time trial in this age range).

Midget - 11 years of age or younger.

Pony - 9 years of age or younger.

Age classifications are different for North American Championships. See Articles of Alliance section.

2. At National and North American meets, a skater may compete in an advanced age class up to and including the Senior Class (Intermediate Class for U.S. National Short Track Championships combined event) only, but in the event a skater scores points, he shall be disqualified from competing in lower age group classes. This disqualification shall not apply to Master skaters scoring points in one of the Master classes. Skaters scoring points in a Master class may skate in a lower age class down to and including the Senior class (Intermediate class for U.S. National Short Track Championships combined event, *not* including the Senior class) only. The class changes permitted by this paragraph are the only ones that shall be allowed. This does not apply open, local or exhibition meets. In such non-national meets, a skater may compete in advanced age class providing the skater has obtained the permission of the referee or Competitors Steward of the meet. The Competitors Steward or referee may combine classes if competitive conditions warrant without jeopardy to a skater's class status.
3. At North American meets, skaters who are members of the current United States World Team may compete in the Senior Class in the competition area to which selected, i.e. Short Track or Long Track, without jeopardizing their current or future age classification even though they may have scored points in an advanced age class.

4. A skater may compete in an advanced age class in National and North American Short Track competition without jeopardizing his current or future lower age status in National and North American Long Track competition and vice versa. However, a skater so competing and scoring points may not compete in a lower age class in National and North American Short Track competition, or vice versa. If a skater is placed in an advanced age class as a result of combining classes but did not sign up for that class and scores points, they will not be required to skate in that advanced age class for future National or North American Championships.
5. A skater may compete in only one competitor class at a meet.

ARTICLE VII CHAMPIONSHIP EVENTS

1. Distances to be skated in National Long Track Championships (All in meters).

Master 70+	500	800	1000	1500	3000
Master 60-69	500	800	1000	1500	3000
Master 50-59	500	800	1000	1500	3000
Master 40-49	500	800	1000	1500	3000
Master 30-39	500	800	1000	1500	3000
Senior	500	800	1000	1500	3000
Intermediate	500	800	1000	1500	3000
Junior	500	800	1000	1500	3000
Juvenile	300	500	800	1000	1500
Midget	300	400	500	600	800
Pony	200	300	400	500	600

2. Distances to be skated at National Short Track Championships (All in meters).

Master 70+	500	777	1000	1500
Master 60-69	500	777	1000	1500
Master 50-59	500	777	1000	1500
Master 40-49	500	1000	1500	3000
Master 30-39	500	1000	1500	3000
Senior	500	1000	1500	3000
Intermediate	500	1000	1500	3000
Junior	500	1000	1500	3000
Juvenile	500	777	1000	1500
Midget	333	500	777	1000
Pony	222	333	500	777

For all divisions, the longest distances shall be skated as a super final only. 777, 1000, and 1500 meter super finals shall include the top 6 final point scorers plus ties for 6th position; 3000 meter super finals shall include the top 8 final point scorers plus ties for 8th position.

3. The above distances are mandatory for National competition. Distances for the North American Competition are as specified in the Articles of Alliance.
4. The distance for relay races will be 3000 meters for both heats and finals. Relay races shall be limited, for safety reasons, to Juvenile Class and up.
5. The distances for the National Marathon Championships shall be 25 kilometers and 50 kilometers for the following classes:
 - Master 60-69 Men and Women
 - Master 50-59 Men and Women
 - Master 40-49 Men and Women
 - Master 30-39 Men and Women
 - Senior Men and Women

Junior Men and Women (Intermediates and under)

6. a. All championship events shall be determined by the greatest number of points won in all final events by one of the contestants; points shall be awarded in each final event as follows:

1 st	34
2 nd	21
3 rd	13
4 th	8
5 th	5
6 th	3
7 th	2
8 th	1

- b. In the case of a tie, the points are determined by combining the points of the positions involved and equally distributing to the respective participants. In the case of a tie on Final Points, the finishing order of the last distance on the program shall decide the final order and classification.
- c. The contestant having the greatest number of points at the completion of the scheduled events shall be the champion and shall receive an award emblematic of the championship.
- d. In the event the meet is canceled, the point standings at the time of cancellation shall determine the class champion, provided at least 50% of the class's final events have been completed.
- e. For each race in the National Marathon Championships, the Class Champion will be the contestant who completes the course in the fastest time. (Points do not apply).
- f. To award a class champion medallion at the National Long Track or Short Track Age Class Championships, the class must have at least three participants. If the class does not have three participants then the class will be combined with other classes. Competitors will still be awarded records for the class in which they entered. They will not be awarded records for the class they are now combined with.
7. The sponsoring Association of a National or North American meet shall submit a report of the competition to the Committee Chair within ten days after the conclusion of the meet. The report shall include the distances skated, time of the winner, full name of the competitors who placed in the final of each event, and the identity of his or her Association.

ARTICLE VIII PROTESTS

1. Protests against any decisions concerning infringements of the racing rules will not be accepted.
2. Protests must be lodged with the referee in writing.
3. Protests may be lodged only by the competitor, coach, or another competitor entered in the competition.
4. Protests must be made immediately after the specific race which the protest pertains to.
5. Any later protest will not be considered.
6. The referee decides upon all protests, except those concerning the start, the make up of races, and the order of finish. There is no appeal from the decision.
7. All discussions concerning a protest shall be held in private.
8. If an immediate decision cannot be reached, the competitor is permitted to start, but the announcement of the result and the distribution of the prizes shall be deferred until a decision has been reached.

9. Video replays of any sort and from any source shall not be used by the Referee.

ARTICLE IX TRACK LAYOUT AND MEASUREMENTS

1. Definitions
 - a. Survey Lines - Those lines (or points) that define the track by positioning lines, marks or blocks on the ice.
 - b. Skater's Path - 0.5 meter outside the survey line. This is to be used when calculating distances skated.
2. The two track measurers or surveyors shall certify all track measurements consistent with the following:
3. Tracks to be utilized are those approved by the USS Board of Directors. Other tracks are published for local Association use but may be used in case of emergency upon the prior approval of the Chief Referee for a National or North American meet.
4. For long track meets, the survey line may be marked by a snowline or by blocks set on the ice. If blocks are used, they shall be set so that their outside edge is on the survey line and shall be spaced 1.0 meter apart for the first 10 meters of the turn, 2.0 meters apart on the remainder of the turn, and 5.0 meters apart on the straight-aways.
5. Start lines shall be a minimum of 0.006 meter (approximately 1/4 inch) to a maximum of 0.06 meter (approximately 2 inches) in width. Finish lines shall be a minimum of 0.02 meter (approximately 3/4 inch) to 0.06 meter (approximately 2 inches) in width. The line shall have its upstream side (approaching side) as the measured-to side. The short track starting line shall be divided into 6 equal spaces; the midpoint of each space shall be marked with a dot to mark the midpoint of the lane. These starting lanes shall be a minimum of 0.75 meter to a maximum of 1.0 meter to suit the ice dimensions.
6. "Fall-down" marks shall be used only on long tracks and shall be placed 10 meters (32 feet 9 3/4 inches) downstream of the starting line.
7. All marks in the ice shall be laid into the ice under the skating surface.
8. For short track meets, the blocks shall be placed as indicated on the drawings with the outside edge on the marks on the ice. The blocks shall be ISU approved or unweighted rubber toilet plungers with a hole drilled in them to prevent sticking.
9. For short track meets, the spots marking the block location shall be a minimum of 0.02 meter (approximately 3/4 inch) in diameter with the outside edge marking the survey line.
10. For the USS National Short Track Championships the track shall be an oval of 111.12 meters on an ice rink with minimum measurements of 60 x 30 meters (approximately 196.85 x 98.43 feet). Besides the standard track there shall be four other tracks laid out which are moved one and two meters in either direction of the standard track to preserve good ice conditions. For all tracks one finish line shall be used.
11. If the rink is shorter than 60 meters only the three middle tracks shall be laid.
12. The tolerance for any individual measurement in track layout shall be ± 3 mm or $\pm 1/8$ inch.

ARTICLE X SHORT TRACK PADDING

1. The padding shall be at least as high as the standard hockey board.

2. The pads must be covered with a suitable material so as not to allow any padding particle or materials to come in contact with the ice.
3. The pads must have adequate tabs so they can be firmly tied down so as not to fall onto the skating track when hit by a fallen skater.
4. Enough padding must be provided to cover the walls around the entire end of the rink to a point 15 feet behind the center red line on a standard hockey rink. It shall not be padded any closer than 15 feet unless the rink is 93 feet or wider. The walls shall have a double layer of padding from the end red line to a point no more than 30 feet behind the center red line.

RACING RULES

ARTICLE I CONDUCT OF RACES

1. Competitors shall:
 - a. Report immediately to the Registrar of the meet upon arrival at the meet and receive their competitor's number from the Registrar of the meet.
 - b. Inform themselves of the times at which they must compete and report promptly to the heat area and starting line without waiting to be notified.
 - c. In Long Track, not intentionally skate inside the blocks on the straightaway.
 - d. In long track races of 1500 meters or less, keep within one lap of the leader in the race; and when passed by the leader and lapped, competitors shall be declared distanced and shall be called out of the race by the Referee unless such competitor shall be finishing in a position for which a prize is offered.
 - e. Be deemed lapped when the leader has gained a lap on them but has not actually passed them, and if it appears that they are in any way impeding or attempting to set pace for the leader or leaders, they shall be called out of the race by the Referee.
 - f. In races over 1500 meters, not be considered lapped until they enter the last 1500 meters of the race and are then a lap behind the leader. Under such conditions, the competitors may be called out of the race by the Referee.
 - g. All short track skaters must be equipped with:
 - 1) The safety-type headgear shall have a complete hard shell with chin strap, have a regular shape and may not have protrusions. ASTM approved helmets are recommended but not mandatory.
 - 2) Gloves or mitts.
 - 3) Shin protection.
 - 4) Long sleeved and long legged clothing.
 - 5) Padded or padded hard shell knee protection.
 - 6) All speed skates must have the tubes closed and the blade ends rounded off, with a radius of 10 mm.
 - 7) For short track competition, blades must be fixed to the boot at a minimum of two points with no moveable parts.

- 8) Neck protection.
- h. All long track skaters must be equipped with:
- 1) Gloves or mitts
 - 2) Long sleeved and long legged clothing
 - 3) Skates that conform to the most current ISU regulations, *currently as follows*:
 - (a) *A skate that is a passive mechanical extension of the leg, meant to facilitate the gliding technique. The skate consists of a blade and a shoe of any material with dimensions which do not change significantly during a competition, and a construction which connects the shoe to the blade. This construction may allow any translation and rotation of the shoe relative to the blade, in order to enable an optimal utilization of the physical capacity of the skater, as far as it does not jeopardize the safety of the skaters. The skate does not contain any element that would violate the requirement that all energy expended during the speed skating exercise originates from metabolic work liberated by the skater during the race. There is no connection between the skater and the skate, and no transmission of energy, matter or information to the skate, other than via the anatomical structures of the lower leg and foot. In particular, it is not permitted to heat the blades of the skates from any external source or by means of any artificial mechanisms.*
 - (b) *If deemed necessary in order to avoid confusion as to what kind of equipment is permitted for speed skating competitions, the ISU may issue further specifications concerning the definition of allowable skates.*
 - (c) *The use of skates that do not conform to the above definition and requirements, is a cause for disqualification.*

2. Starting of Racing Events:

- a. The most current ISU starting rule for Short Track competition, *currently as follows*, shall be used for all mass start competitions.
 - 1) *On the command "go to the start" the skaters shall place themselves at their respective dot at the starting line. The skaters have to stand still until the starter calls "ready", whereupon they have to take their starting position with the center of the body over the respective dot and keep this position absolutely until the shot is fired.*
 - 2) *If a skater takes his starting position before the command "ready" or leaves his position or moves any part of this body after the command "ready" and before the shot is fired, it is a false start.*
 - 3) *If a false start takes place, the skaters will be recalled with a second shot, or blast with a whistle. The skaters must return to their starting position between the lines without delay. The Starters shall identify the skaters by line position and shall indicate to the skaters.*
 - 4) *The skaters will receive no more words of instruction once the commands "go to the start" and "ready" have been given. The skater or skaters, who made the false start, will be assessed a false start. The skaters must stand in their same starting position at the line and wait for the new starting shot.*
 - 5) *If more than one skater is responsible for a false start they shall all be assessed a false start.*
 - 6) *If one of the skaters breaks from his marks, thereby causing other skaters to follow him, only the skater at fault shall be assessed a false start.*
 - 7) *The Starter shall tell a skater after a false start. In the event of a second false start by the same*

skater the Starter shall tell the skater that he/she is disqualified.

- 8) *Any skater that by his or her action, deliberately delays the start, shall be assessed a false start.*
- b. If a skater is interfered with and falls in the first 10 meters after the starting line in long track or before the first apex block of the turn after the starting line in short track, the starter may call the skaters back and make a new start.
- c. In the event of a misfire by the Starter's gun, or an official's delay in the start of a race, the complete starting procedure with all verbal commands shall be used. If the skaters have left the starting area, the Starter shall command their return to the starting line with a whistle. Skaters shall return without delay. All false starts or disqualifications shall remain in effect.
3. Disqualification:
- a. The most current ISU rules for Short Track competition for disqualification, *currently as follows*, shall be used for all mass start competitions.
- 1) *The general racing rule is that the competitors by their way of skating shall contribute to the honest sporting and safe progress of the race in order to determine the result of the race on its merits.*
- 2) *Breaches of the racing rules are considered as follows:*
- **OFF TRACK:** *Shortening the distance to be skated with one or both skates on the left side of the curve, marked by track marking blocks.*
 - **IMPEDING:** *Deliberately impeding, blocking, charging or pushing another competitor with any part of the body.*
 - **CROSS TRACK:** *Improperly cross the course of, or in any way interfering with another competitor.*
 - **ASSISTANCE:** *Permitting to give and/or receive physical assistance during a race. This will not apply to the push the skater receives from their teammate in a relay event.*
 - **TEAM SKATING:** *During a race any action that in any way is beneficial to the result of another skater is considered team skating and all involved shall be disqualified. This does not apply to relay races.*
 - **KICKING OUT:** *Deliberately kicking out any skate during any part of a race thereby causing danger including at the finish line or throwing the body across the finish line is forbidden and will lead to disqualification.*
- b. For Long Track Mass Start Competition, the Referee may disqualify a competitor for failure to observe the following passing rules:
- 1) Upon gaining the inside or pole position, the skater has the right of way and may be passed on the right side; but should the skater stray from the pole position, any competitor has the privilege of passing such skater on the left providing there is ample room. When passing, the responsibility for collision or obstruction is upon the passing skater, provided that the skater being passed does not act improperly.
- 2) Keep in their respective positions from the start to finish in all races on straightaway track. In all races with one or more turns, competitors shall not cross to the inner edge of the track except when they can do so without interfering with other competitors.
- 3) Upon entering the homestretch, competitors must stay in a straight line without deviation to the right or left until reaching the finish line. If the skater is far enough ahead so that his changing lanes will not interfere with the following skater, he may cross to another lane.
- c. The Referee may disqualify any competitor from the entire meet or any part of the meet if the competitor:

- 1) At any time commits any acts unbecoming a gentleman or lady (such as use of profane language, engaging in fighting, causing undue disturbance), or commits any willful or deliberate act which results in damage, loss or injury to person or property, without regard to the location of the competitor's act from time for first check-in, during and until completion of presentation of awards.
 - 2) Loafs, competes to lose, coaches during the race, or uses unfair team work by blocking or impeding other competitors.
 - 3) Fails or refuses to compete in his first event on the meet program, or any subsequent event, after voluntarily entering, unless the competitor shows good cause for not competing.
- d. The Referee may also disqualify an entire team for any unfair team work by any of the members thereof, such as boxing, pushing, blocking, etc.
 - e. The Referee may call out of a heat or race any competitors who are disqualified.
 - f. The Referee may in his discretion disqualify a competitor for the violation of any rule or regulation not specifically designated as grounds for disqualification.
 - g. When a skater has fallen, and refuses or is unable to get up and continue the race, thereby endangering him or herself or other skaters by remaining on the track, the referee may stop the race and order an immediate restart. The skater for whom the race was stopped shall be excluded from the restart.
 - h. If during the race any irregularity affecting 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. Should any of the skaters have been disqualified in the initial part of the race they will not take part in the re-start or re-run.
4. Conduct of the Race:
- a. The most current ISU rules for short track competition for the conduct of races shall be used for all mass start competitions, *currently as follows*:
 - 1) *Races are run counter-clockwise, that is to say the inner side of the track is on the left hand side of the skater.*
 - 2) *Overtaking is allowed at all times, but the responsibility for any obstruction or collision shall be upon the skater overtaking, provided the skater being overtaken does not act improperly.*
 - 3) *When a skater has been lapped once the skater may continue his race, preferably on the outside of the track, provided this does not interfere with nor impede other competitors.*
 - 4) *If a skater is lapped twice, that skater shall leave the race unless he/she is in a contending position.*
 - 5) *A competitor or team has completed the distance when the skater has reached the finish line with the leading tip of the skate blade.*
 - b. If in the opinion of the Referee and his Assistants, the skaters are "not racing" they shall stop the race and declare "no contest" and may disqualify competitors. All false starts or disqualifications will remain in force on the re-skate.
 - c. ISU Rules regarding rest times between races shall not apply to Age Class Mass Start Competition.

5. Suspension and Permanent Exclusion:

Whenever a competitor has been disqualified from an entire meet, the Referee, within ten days from the termination of said meet, shall file a written report with the Executive Director of USS, either personally or by certified or registered mail, which report shall contain the full facts and circumstances concerning the disqualification, the name of the competitor so disqualified, the names of any witnesses, and the Referee's recommendation with respect to what suspension, if any, should be considered by USS, in accordance with USS By-Laws and Code of Conduct.

6. While suspended, a competitor may not compete in local, regional, U.S Championships, National or North American meets or races.

ARTICLE II RELAY RACING

1. Relay racing consisting of teams from each Association is a part of North American and National Short Track Championships. Medals are of the official North American and National designs.
2. Teams shall consist of one (1) Male and one (1) Female team from each Association, of five (5) skaters, Juvenile Class or above, four (4) of whom shall take part in the race.
3. Each of the four team members must take part in the race.
4. All members of a team shall be uniformly dressed to the point of having a jersey, bib, or helmet cover of the same color. Teams which do not comply with this may be excluded from the relay event.
5. The most current ISU Rules regarding relay racing, *currently as follows*, shall apply except where stated to the contrary.
 - a) *A competitor will be in the race and be responsible for the team until that skater is relayed a team member. Relaying will be by touch, that is to say a competitor will not be in the race until that skater has been touched by, or has touched the competitor he/she is relieving.*
 - b) *A competitor 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.*
 - c) *In the case of a fall during the last two (2) laps, the skater may be relayed.*
 - d) *Rules for disqualifications, Article V paragraph 5(a), shall apply to relay races, that is to say for all members of the team, both participating and relayed team members.*
 - e) *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 laps.*

Rev A, 2/16/01, Original issue

Rev B, 4/1/01, Incorporate comments.

Rev C, 4/4/01, Incorporate comments.

Rev O, 8/14/01, Incorporate comments.

Rev E, 8/24/01, Incorporate comments; submit for Board approval.

Rev F, 12/8/02, Changes adopted at 9/28/02 Board meeting and 2002 ISU Rule changes

Rev G, 4/26/03, Revisions approved by Board

Rev H, 9/20/03, Revisions approved by Board

Rev I, 11/25/03, Revisions approved by Board

Rev. J, 5/05/04, Revisions approved by Board