

INTERNATIONAL SKATING UNION

SPECIAL REGULATIONS & TECHNICAL RULES

SPEED SKATING

and

SHORT TRACK SPEED SKATING 2008

as accepted by the 52nd Ordinary Congress
June 2008

In the ISU Constitution and Regulations, the masculine gender used in relation to any physical person (for example, Skater/Competitor, Official, member of a Member etc. or pronouns such as he, they, them) shall, unless there is a specific provision to the contrary, be understood as including the feminine gender.

See also the ISU Constitution
and General Regulations

INTERNATIONAL SKATING UNION

Regulations laid down by the following Congresses:

1 st	Scheveningen	1892	27 th	Salzburg	1957
2 nd	Copenhagen	1895	28 th	Tours	1959
3 rd	Stockholm	1897	29 th	Bergen	1961
4 th	London	1899	30 th	Helsinki	1963
5 th	Berlin	1901	31 st	Vienna	1965
6 th	Budapest	1903	32 nd	Amsterdam	1967
7 th	Copenhagen	1905	33 rd	Maidenhead	1969
8 th	Stockholm	1907	34 th	Venice	1971
9 th	Amsterdam	1909	35 th	Copenhagen	1973
10 th	Vienna	1911	36 th	Munich	1975
11 th	Budapest	1913	37 th	Paris	1977
12 th	Amsterdam	1921	38 th	Davos	1980
13 th	Copenhagen	1923	39 th	Stavanger	1982
14 th	Davos	1925	40 th	Colorado Springs	1984
15 th	Luchon	1927	41 st	Velden	1986
16 th	Oslo	1929	42 nd	Davos	1988
17 th	Vienna	1931	43 rd	Christchurch	1990
18 th	Prague	1933	44 th	Davos	1992
19 th	Stockholm	1935	45 th	Boston	1994
20 th	St. Moritz	1937	46 th	Davos	1996
21 st	Amsterdam	1939	47 th	Stockholm	1998
22 nd	Oslo	1947	48 th	Québec	2000
23 rd	Paris	1949	49 th	Kyoto	2002
24 th	Copenhagen	1951	50 th	Scheveningen	2004
25 th	Stresa	1953	51 st	Budapest	2006
26 th	Lausanne	1955	<u>52nd</u>	<u>Monaco</u>	<u>2008</u>

I. Special Regulations for Speed Skating

INDEX

			Page
		A. Distances	
Rule No.	200	Distances and team competitions	11
	201	Distances and team competitions at ISU Championships	12
		World Allround Championships	12
		European Championships	12
		World Sprint Championships	13
		World Junior Championships	13
		World Single Distances Championships	13
		Distances with optional quartet starts	14
	202	Distances at Olympic Winter Games	14
		B. Tracks	
Rule No.	203	Standard tracks	15
	204	Other Speed Skating tracks	15
	205	Track at ISU Championships and ISU World Cup Competitions	15
	206	Track at Olympic Winter Games	16
		C. Organization of the Competitions	
Rule No.	207	Entrance fees	16
	208	Entries for ISU Championships & ISU Events	16
		Entries only through ISU Members	16
		World Single Distances Championships	16
		Qualifying times	18
		World Allround Championships	18
		Entry quotas	18
		European Championships & other qualifying events for the World Allround Championships	18
		World Sprint Championships	20
		World Junior Championships	20
		Deadlines for entries	20
	209	Entries Olympic Winter Games	21
		Entry quotas	21
		Qualification system	21

D. Officials and their duties

Rule No.	210	Officials necessary	27
	211	Appointment of Officials	27
	212	Nomination of Referees and Starters for ISU Championships and Olympic Winter Games	28
	213	Nomination of Referees and Starters for International Competitions and National Championships	29
	214	Appointment of Referees, Starters and other Officials for ISU Championships	29
	215	Appointment of Officials for Olympic Winter Games	29
	216	Duties and powers of Referees	30
	217	Duties and powers of the Starter Starting equipment	31 32
	218	Duties of Track Officials	32
	219	Duties of Lap scorers	32
	220	Duties of Finishing line judge	32

E. World records

Rule No.	221	World Records	33
		Documents to be submitted	34
		Conditions to be observed	34

F. World Cup

Rule No.	222	World Cup	35
----------	-----	-----------	----

G. Equipment of Skaters

Rule No.	223	Racing suits and head protection	35
		Warming-up suits	36
		Skates	36
		Communication equipment	37

II. Technical Rules for Speed Skating

	A. Tracks	Page
Rule No.	226 Demarcation of the competition track	41
	227 Measures to protect safety of Skaters	41
	Measures to avoid accidents	41
	Protection mats	41
	Protection mats at ISU Events and Olympic Winter Games	42
	228 Measurement of the track	42
	Starting and finishing lines	42
	Coaches' area	43
	229 Preparation of the ice	43
	ISU Ice Commission	43
	Information from the ice technical expert	43
	 B. Organization of the Competitions	
Rule No.	230 Announcement and conduct of Championships (General Regulations, Rule 129)	44
	231 Communication during ISU Championships (General Regulations, Rule 132)	44
	232 Date and contents of Announcements	44
	Obligatory number of copies	44
	Supplementary conditions (General Regulations, Rules 110–112)	44
	233 Late announcements (General Regulations, Rule 113)	44
	234 Postponement of dates of competition	44
	Withdrawal of an announcement (General Regulations, Rule 114)	44
	235 Entries, Nicknames, Post Entries (General Regulations, Rule 115)	44
	236 <i>Reserved</i>	44
	237 Validity of events (General Regulations, Rule 118)	45
	238 Expenses at ISU Championships	45
	Reimbursements of expenses to Skaters and Officials (General Regulations, Rule 137)	45

C. Drawing Procedures

Rule No.	239	Public Meeting for announcements and draws	45
		Drawing at ISU Championships and other ISU Events	45
	240	Drawing at World Allround Championships	46
		First draw	46
		Further draw	46
		Qualification for the fourth distance	47
		European Championships and regional qualifying events	47
		World Single Distances Championships	48
		Team Pursuit	48
	241	Drawing at Olympic Winter Games	48
	242	Drawing at World Sprint Championships	51
		Drawing at International Sprint Competitions	51
	243	Drawing at World Junior Championships	51
	244	Drawing at International Competitions	52
		Events with one award of prizes, drawing and composition of pairs	53
	245	Withdrawal from <u>the</u> start after draw	53
		Entry of substitutes	53
	246	Adjustment of pairs	54

D. Timekeeping

Rule No.	247	Automatic and manual timekeeping	54
	248	Watches	55
	249	Official times	55
	250	Manual timekeeping procedure	55
	251	Automatic timekeeping procedure	56
	252	<u>Split times and</u> times for individual laps	58

E. Racing Rules

Rule No.	253	Counter-clockwise skating	58
		Changing lanes	58
		Competitions and distances with special rules	59
	254	Call to the start	59
	255	Starting procedure	59
		False start	60
	256	Cutting the lines	61
		Leaving inner curve	61
	257	Responsibility in cases of collision	61
		Responsibility when overtaking	61
		Disqualifications	62
	258	Distance between Skaters after overtaking	62
	259	Pace-making	62

	260	Finishing line	62
	261	Racing rules for team competitions	63
		Team Pursuit races	63
		Relay races	63
		Disqualification and fresh starts in team competitions	64
	262	Allowance of fresh start	64
		Required rest time	64
		Starting lanes for fresh starts	65
	263	Doping (General Regulations, Rule 139)	65
		F. Results of the Competition	
Rule No.	264	Announcement of results	65
	265	Results of events over single distances	65
		Results of events over several distances	66
		Calculation of points	66
		Final classification in competitions over several distances	66
		Results of Team Pursuit events	66
	266	Participation in all distances	66
	267	Titles (General Regulations, Rule 133)	67
	268	Winners	67
	269	Medals (General Regulations, Rule 134)	68
	270	Prizes (General Regulations, Rule 120)	68
	271	Awarding of medals (General Regulations, Rule 134)	68
	272	Results of Championships (General Regulations, Rule 135)	68
	273	Official protocol	68
		G. Protests and Disqualifications	
Rule No.	274	Protests (General Regulations, Rule 123)	69
	275	Disqualification	69
	276	Appeals (General Regulations, Rule 124)	69
	277	Exclusion of competitors, etc. (General Regulations, Rule 125)	70
		H. Quartet starts	
Rule No.	278	Competition formats	70
		Starting procedures and composition of quartets	71

III. Special Regulations for Short Track Speed Skating

INDEX

	A. Tracks	Page
Rule No. 280	Track	73
	Track markers	73
	Rink Board padding	74
	Facilities at rink	74
	B. World Championships	
Rule No. 281	Distances and program	74
	Entries	75
	Drawing and seeding procedure	76
	Conditions of contest	76
	Winner(s)	76
	C. World Team Championships	
Rule No. 282	Distances and program	76
	Brackets	77
	Entries	77
	Conditions of contest	77
	Winner	78
	D. World Junior Championships	
Rule No. 283	Distances and program	78
	Entries	79
	Drawing and seeding procedure	79
	Conditions of contest	79
	Winner	80
	E. Olympic Winter Games	
Rule No. 284	Distances	80
	<u>Entry quotas</u>	80
	<u>Qualification system</u>	80
	<u>Process of confirmation of places</u>	82
	<u>Reallocation of unused quota positions</u>	82
	<u>Qualifying timeline</u>	83
	<u>Medal assignments at Olympic Winter Games</u>	83

F. European Championships			
Rule No.	285	Distances and program	84
		Entries	85
		Drawing and seeding procedure	85
		Conditions of contest	85
		Winner(s)	85
G. World Cup Competitions			
Rule No.	286	Conditions of contest	86
H. Competitions			
Rule No.	287	Competitions	87
I. Officials and their duties			
Rule No.	288	Representative of the Technical Committee	88
	289	Nomination and Appointment of Officials	88
		Nominations of Officials	88
		Appointment of Officials	90
	290	Officials necessary	91
		Medical	91
		Referee	91
		Assistant Referee	93
		Starter	93
		Assistant Starter	93
		Competitors Steward	93
		<u>Heat Box Steward</u>	94
		Photo Finish Judge	94
		Chief Finish Line Judge and Finish Line Judges	94
		Chief Timekeeper and Timekeepers	95
		Lap scorer	95
		Lap recorder	95
		Announcer	95
		Track Steward	96
		On-ice Officials	96
	291	Equipment of Skaters	96
	292	World Records	97

IV. Technical Rules for Short Track Speed Skating

Rule No.		A. Races	Page
294	Type of races		99
B. Definitions			
295	General conditions/Definitions		99
	Program		99
	Announcements		100
	Entries		100
	Points and classifications		101
	Uniforms		102
	Helmet Covers		102
296	Drawing and seeding procedure		102
C. Racing Rules			
297	Individual races		103
	Individual racing rules		104
	Relay races		104
	Relay racing rules		105
	Disqualification		105
	Exclusion		106
298	Heat box		106
	Starting procedure		107

I. SPECIAL REGULATIONS SPEED SKATING

A. Distances

Rule 200

Distances and team competitions

1. International races may be held over the following distances: 100, 500, 1000, 1500 meters (called short distances), 3000, 5000, 10000 meters (called long distances) and either over each of these distances with an award of prizes for each distance, or over several distances with one prize.
2. In addition to the distances prescribed in paragraph 1, races may also be held over other shorter and longer distances, including pursuit races. Team competitions may be held as Team Pursuit races, relay races, etc. (see also Rule 261). Such races do not need to be held on the ordinary tracks. Specific regulations must be announced by the organizer, and should refer to relevant regulations or guidelines issued or endorsed by the ISU.
3. New methods may be tried out in International Competitions (with the exception of ISU Championships) provided the following directions are observed:
 - a) An application must be sent at least three (3) months in advance to the Speed Skating Technical Committee and the approval of the latter obtained;
 - b) In the announcement of the competition a remark must be made as to the kind of method to be tried out;
 - c) The Speed Skating Technical Committee will appoint a representative to oversee the competition and report on the new method;
 - d) On conclusion of the competition the Organizing Member must submit a report on the new method to the Speed Skating Technical Committee.
4. Modifications of a technical nature with respect to the Special Regulations and Technical Rules of Speed Skating may be implemented by the Technical Committee on a trial basis in International Competitions. Members shall be notified of such modifications through an ISU Communication or Circular Letter.

Rule 201
Distances and team competitions at ISU Championships

World Allround Championships

1. The distances for the World Allround Championships are for Ladies 500, 3000, 1500 and 5000 meters and for Men 500, 5000, 1500 and 10 000 meters.
2. The World Allround Championships are organized over two or three days, at the option of the organizer in consultation with the ISU Sports Directorate. The distances may be run according to one of the following five programs at the option of the organizer in consultation with the Speed Skating Technical Committee.

	A	B	C	D	E
a) first day:					
	500m Men	500m Ladies	500m Men	500m Ladies	500m Men
	500m Ladies	3000m Ladies	5000m Men	500m Men	5000m Men
	5000m Men			3000m Ladies	
				5000 Men	
b) second day:					
	1500m Ladies	1500m Ladies	1500m Men	1500m Ladies	500m Ladies
	1500m Men	5000m Ladies	10 000m Men	1500m Men	1500m Men
	3000m Ladies	500m Men	500m Ladies	5000m Ladies	3000m Ladies
		5000m Men	3000m Ladies	10 000m Men	
c) third day:					
	5000m Ladies	1500m Men	1500m Ladies		1500m Ladies
	10 000m Men	10 000m Men	5000m Ladies		10 000m Men
					5000m Ladies

The order of races for program D and the order of races for the second day only for programs B and C may be changed at the option of the organizer in consultation with the Speed Skating Technical Committee.

European Championships

3. The distances for the European Championships are for Ladies 500, 3000, 1500 and 5000 meters and for Men 500, 5000, 1500 and 10 000 meters.
4. The European Championships are organized over two or three days, at the option of the organizer in consultation with the ISU Sports Directorate.

The distances may be run according to one of the five programs outlined in Rule 201, paragraph 2 at the option of the organizer in consultation with the Speed Skating Technical Committee.

World Sprint Championships

5. The distances for the World Sprint Championships are for Ladies and Men 500 and 1000 meters.

On the first day of the World Sprint Championships the races are over 500 and 1000 meters; on the second day also over 500 and 1000 meters.

World Junior Championships

6. The distances for the World Junior Championships are:

- a) for the allround combination over 4 distances for Ladies: 500, 1000, 1500 and 3000 meters;
- b) for the allround combination over 4 distances for Men: 500, 1500, 3000 and 5000 meters;
- c) as team competition for Ladies: Team Pursuit race over 6 laps, for national teams consisting of three Skaters;
- d) as team competition for Men: Team Pursuit race over 8 laps, for national teams consisting of three Skaters;
- e) for single distance competitions for Ladies: 500 (skated twice), 1000, 1500 and 3000 meters;
- f) for single distance competitions for Men: 500 (skated twice), 1000, 1500 and 5000 meters.

7. The World Junior Championships are organized over three days. The distances will be run according to the following program:

a) first day:	b) second day:	c) third day:
500m Ladies	<u>500m Men (2nd race)</u>	<u>500m Ladies (2nd race)</u>
500m Men	1000m Ladies	<u>1000m Men</u>
1500m Ladies	1500m Men	Team Pursuit Ladies (<u>qual. phase</u>)
3000m Men	3000m Ladies	Team Pursuit Men (<u>qual. phase</u>)
	5000m Men	Team Pursuit Finals Ladies
		Team Pursuit Finals Men

Quartet starts should be used over the distances 3000m (Ladies and Men) and 5000m (Men).

World Single Distances Championships

8. The distances for the World Single Distances Championships are:

- a) for Ladies:
Individual distances: 500, 1000, 1500, 3000 and 5000 meters.
Team Pursuit race over 6 laps for national teams, consisting of three (3) Skaters per team;
- b) for Men:
Individual distances: 500, 1000, 1500, 5000 and 10 000 meters.
Team Pursuit race over 8 laps for national teams, consisting of three (3) Skaters per team.

The 500 meters for Ladies and Men will be skated twice. The classification will be based on the total time in the two races, see also Rule 265, paragraph 1.

9. The World Single Distances Championships are organized over four days. The distances will be run in the following order:

a) first day:
1500m Men
3000m Ladies

b) second day:
1000m Men
1500m Ladies
5000m Men

c) third day:
1000m Ladies
10 000m Men
5000m Ladies

d) fourth day:
500m Ladies (1)
500m Men (1)
500m Ladies (2)
500m Men (2)
Team Pursuit Ladies
Team Pursuit Men

Distances with optional quartet starts

10. In ISU Championships the distances 3000 meters Ladies, 5000 meters Ladies and Men and 10 000 meters Men may be arranged with quartet starts (see Rule 278, paragraphs 2 a) and 2 c).

Rule 202

Distances at Olympic Winter Games

1. The distances for the Olympic Winter Games are:
 - a) for Ladies: 500, 1000, 1500, 3000 and 5000 meters;
 - b) for Men: 500, 1000, 1500, 5000 and 10 000 meters;
 - c) for Ladies' national teams of 3 Skaters: Team Pursuit races over 6 laps;
 - d) for Men's national teams of 3 Skaters: Team Pursuit races over 8 laps.
2. The final results of the 500 meters Ladies and Men will be based on the total time in two races (see also Rule 265, paragraph 1). Both races will be skated on the same day.
3. The program of the Speed Skating races of the Olympic Winter Games shall be drawn up by the Member concerned. The program must be approved by the Council of the ISU.
4. Subject to paragraph 3 above, the distances will be run in the following order: 5000 meters Men, 3000 meters Ladies, 500 meters Men, 500 meters Ladies, 1000

meters Men, 1000 meters Ladies, 1500 meters Men, 1500 meters Ladies, 10000 meters Men, 5000 meters Ladies.

The Team Pursuit events will be run after the completion of the individual Speed Skating events.

B. Tracks

Rule 203 Standard Tracks

1. A Standard Speed Skating Track is an open, covered or enclosed ice rink with a double-laned competition track, maximum 400 meters, minimum 333 1/3 meters long, with two curved ends each of 180°, in which the radius of the inner curve should not measure less than 25 meters and not more than 26 meters.
2. The crossing area shall be the whole length of the straight from the end of the curve.
3. The width of the inner competition lane shall be 4 meters. The width of the outer competition lane must be at least 4 m. The radius of the inner curve shall be 25 m, 25,5 m or 26 m (see examples in the Technical Rules).

Rule 204 Other Speed Skating tracks

Speed Skating tracks which do not comply with the form or length of the standard track shall be arranged as a double-laned competition track at least 200 meters long, with an inner radius of at least 15 meters, and a crossing area of length not less than 40 meters and competition lane widths of at least 2 meters. For competitions not following the general racing rules (see Rule 200, paragraphs 2 and 3) the track may be arranged without separate competition lanes.

Rule 205 Track at ISU Championships and ISU World Cup Competitions

The ISU Championships and ISU World Cup Competitions must be run on a 400 meters standard Speed Skating track. Inside the competition lanes the track should have a warm-up lane with a width of minimum 4 m.

Rule 206
Track at Olympic Winter Games

The Speed Skating Competitions of the Olympic Winter Games must be skated on a standard ISU 400 meters Speed Skating track on artificially frozen ice. The track must be laid out in accordance with ISU Regulations, and must have a warming-up lane of minimum width 4 meters inside the competition lanes. The track must be enclosed within a building to be protected from wind and weather. The area inside the track (infield) must be accessible without crossing the surface of the ice. A reasonable number of spectator seats must be provided, together with proper facilities for competitors, Officials, guests, television and other media.

C. Organization of the Competitions

Rule 207
Entrance fees

There are no entrance fees for ISU Championships.

Rule 208
Entries for ISU Championships and ISU Events

Entries only through ISU Members

1. Entries for ISU Championships and ISU Events can be made only through the respective ISU Members (for exceptions see Rule 109, paragraph 5).

World Single Distances Championships

2. a) Entries for World Single Distances Championships will be accepted only for skaters and pursuit teams who are qualified through results achieved in the Speed Skating World Cup or in other World Championships during the season. ISU Members may enter a maximum of 3 competitors in each distance. If more than 3 Skaters from the same Member are among the Skaters qualified or placed in the respective reserve list according to subparagraphs c) and d) below, the final entries from that Member must indicate which of these Skaters shall participate in the Championship. The remaining qualified Skaters may be entered as substitutes for the distance concerned.

b) The total number of participants on the distances will be limited as follows:

500 meters Ladies and Men:	24
1000 meters Ladies and Men:	24
1500 meters Ladies and Men:	24
3000 meters Ladies and 5000 meters Men:	24
5000 meters Ladies and 10 000 meters Men:	16

c) Skaters may qualify for a distance by World Cup ranking (their ranking in the final World Cup classification on the distance), or by Time ranking (based on times achieved in World Cup Competitions or in World Championships). For the Time ranking only the best time of a Skater will count. The following number of Skaters will be qualified for entry:

Distances	By World Cup ranking	By Time ranking	Total
500m, 1000m, 1500m (Ladies and Men)	14	10	24
3000m Ladies, 5000m Men	14	10	24
5000m Ladies, 10000m Men	8	8	16

For the 3000 and 5000 meters Ladies and for the 5000 and 10 000 meters Men a special World Cup classification based only on World Cup points achieved for the distance concerned will count for the qualification by World Cup ranking. For qualification by Time ranking, only times achieved on the actual distance will count;

d) If not all Skaters who are qualified according to paragraph 2 c) above are entered for a distance, entries of a corresponding number of the next placed Skaters in the Time ranking list for the distance will be accepted. This reserve list shall be announced by the ISU prior to the deadline for final entries, and it shall include only six (6) reserve positions per distance;

e) If, for a certain distance, the ISU Member hosting the Championships has no qualified Skater, but has a Skater on the reserve list, then this Skater may be entered in replacement of the otherwise last qualified Skater;

f) If an ISU Member has no qualified Skater for the Championships, but has entered one or more Skaters placed on some reserve list(s), the highest ranked such skater (one Lady or one Man) will be allowed to start in the distance concerned, in replacement of the otherwise last qualified Skater (considering also replacements according to subparagraph e) above);

g) For the Team Pursuit events a maximum of 8 national teams (Ladies and Men) will be allowed to start, based on the results from Team Pursuit races held at World Cup Competitions during the season. The 8 top ranked ISU Members from these competitions will qualify, with the next ranked ISU Members in reserve positions. However the ISU Member hosting the Championship will have the right to enter a team. For each pursuit team, at least one of the Skaters must be among the qualified or reserve listed Skaters for an individual distance.

Qualifying times

3. Minimum qualifying times are required for entry in all ISU Speed Skating Championships, except for the World Single Distances Championships, where all participants have to qualify based on their achievements in other ISU Championships and ISU World Cup Competitions. The required qualifying times for the respective Championships, the qualifying period, the category of competitions and other conditions under which the times must have been achieved, are decided by the Speed Skating Technical Committee and will be announced in an ISU Communication. The ISU Members are responsible to submit verification of the best qualifying time achieved by each competitor entered for ISU Championships. If sufficient verification is missing, the entry will not be accepted.

World Allround Championships

4. a) The number of participants in the World Allround Championships is 24 Ladies and 24 Men. The 24 start positions are shared between European Members and non-European Members with 4 start positions each plus as many as the number of Skaters from European and non-European Members, respectively, among the 16 best in the final classification (see Rule 265, paragraph 4) from the preceding World Allround Championships. The maximum number of participants from one ISU Member is four (4);

Entry quotas

b) The entry quotas for the ISU Members in the World Allround Championships are determined by the results in regional qualifying events (see paragraph 5 a) below) in the same season. The number of start positions for each region will be distributed between the Members participating in the regional qualifying event according to the ranking of their Skaters in the final classification from the competition. However, the Member hosting the World Allround Championships has the right to a minimum entry quota of 1 Skater per category, subject to paragraph 3 above (achieved qualifying times). If the hosting Member of the World Allround Championships fails to qualify for a start position through the qualifying event, but exercises its right to enter one Skater, then the entry quota of the Member with the last qualified start position from the same qualifying event, will be reduced by one Skater;

c) Within its entry quota for the World Allround Championships an ISU Member may enter any Skaters, and a corresponding number of substitutes, who have achieved the required qualifying times (see paragraph 3 above).

European Championships and other qualifying events for the World Allround Championships

5. a) The regional qualifying events for the World Allround Championships (see paragraph 4 b) above) shall take place at least two weeks before the World Allround Championships, and shall be organized under the supervision of the ISU. For

European Members the qualifying event is the European Speed Skating Championships. For the non-European Members there are two options: one qualifying event (Option A) or two separate events (Option B), one for North America including Oceania and one for Asia. In the case that the qualification for the World Allround Championships for the non-European Members is organized through two separate events (Option B) each of these two regions gets 2 start positions plus as many as the number of Skaters from the region among the 16 best in the final classification from the preceding World Allround Championships. Non-European ISU Members from outside Asia and North America including Oceania must inform the Director General at the latest by October 1st if they intend to participate in the qualification for the next World Allround Championships, and declare which of the qualifying events they would join. Such a Member will then be considered to belong to that region when the number of start positions for the region in the World Allround Championships is decided;

b) The regional qualifying events shall be held over the same four distances as the World Allround Championships. The order of distances, the grouping of skaters, the drawing and arrangement of pairs and the qualification for the last distance shall be according to the rules for the European Championships (see Rule 201, paragraphs 3-4 and Rule 240, paragraph 5);

c) Subject to paragraph 3 of this Rule, the maximum entry quota for each Member in the regional qualifying event is four (4) Ladies and four (4) Men, with exceptions as stated below. The entry quotas for each Member will be determined according to the results in the preceding qualifying event as follows:

- | | |
|--|----------------|
| Members without Skaters among the 20 best: | 1 competitor; |
| Members with at least 1 Skater among the 20 best: | 2 competitors; |
| Members with at least 2 Skaters among the 16 best: | 3 competitors; |
| Members with at least 3 Skaters among the 12 best: | 4 competitors. |

However, the hosting Member may enter the minimum of two (2) Ladies and two (2) Men. Moreover, if the total number of competitors based on these entry quotas is not expected to be more than 12 Ladies or 12 Men, the entry quotas for each Member may be increased with maximum 2 competitors for the category concerned. The decision to allow increased entry quotas will be at the option of the organizer in consultation with the Speed Skating Technical Committee. In any case, only the four best competitors from a Member will count for the assignment of entry quotas for the World Allround Championships;

d) Each ISU Member may enter substitutes corresponding with the number of ordinary entries;

e) The organizer of a regional qualifying event is responsible for paying room and meals for competitors and team leaders as specified in Rule 137, paragraph 10.

World Sprint Championships

6. Subject to paragraph 3 of this Rule, the entry quotas for the World Sprint Speed Skating Championships will be determined according to the results in the preceding Championship as follows:

<u>Members without Skaters among the 28 best:</u>	<u>1 competitor;</u>
<u>Members with at least 1 Skater among the 28 best:</u>	<u>2 competitors;</u>
<u>Members with at least 2 Skaters among the 22 best:</u>	<u>3 competitors;</u>
<u>Members with at least 3 Skaters among the 16 best:</u>	<u>4 competitors.</u>

The maximum number of participants from one ISU Member is four (4).

Each Member may enter substitutes corresponding with the number of ordinary entries.

World Junior Championships

7. In the World Junior Championships each ISU Member may enter a total of maximum 5 Ladies and 5 Men. For the distances 500, 1000 and 1500 meters and for the Team Pursuit events a maximum of 4 Skaters may be entered (In each race of the Team Pursuit event, however, each team must consist of 3 Skaters). For the distances 3000 and 5000 meters and for the allround combination a maximum of 3 Skaters may be entered. Except for the 500 meters, Skaters competing in the allround combination count against the entry quotas for the respective single distance competitions. For each distance, the allround combination as well as the team pursuit event, substitutes can only be named among the maximum 5 Skaters entered for the Championships.

Deadlines for entries

8. The number of competitors and substitutes, if possible with a preliminary list of names, must be entered 18 days before the first day of the Championship. The ISU Members are seriously requested to include in their preliminary entries only the number of Skaters that they actually intend to send to the Championships concerned. For Championships where the ISU Rules set a specific limit on the total number of competitors, and a reserve list of entry quotas or qualified Skaters has been issued by the ISU, ISU Members concerned must confirm as soon as possible (and well before the deadline for final entries) to the ISU Secretariat whether they will make use of their full entry quotas, and if Skaters in reserve position will be available to compete in case of withdrawals.

9. The names of the competitors and of a corresponding set of substitutes must be communicated to the organizing committee not later than three (3) days before the first day of the Championships. For post entries Rule 115, paragraph6, of the General Regulations will apply.

Rule 209

Entries for Olympic Winter Games

1. Entry quotas

For each edition of the Olympic Winter Games, the International Olympic Committee (IOC) stipulates an overall maximum number of Skaters to be entered into Speed Skating events (IOC Quota), with a target number for each gender. If for either Ladies or Men the respective IOC Quota target number would not be reached according to the qualifying system described in the ISU Regulations, the respective unused number of quota places would be credited and added to the quota of the other gender.

a) The total overall number of entered Speed Skaters per ISU Member, respectively National Olympic Committee (NOC) will be maximum 20 Skaters; maximum 10 Ladies and maximum 10 Men. The overall quota for an ISU Member/NOC will be further restricted, depending on the allocated ISU Member/NOC event quota places, as follows:

- Maximum 10 for Ladies and 10 for Men for ISU Members/NOCs that have been allocated quota places for all events/distances, including the Team Pursuit events.
- Maximum 8 for Ladies and 8 for Men for other ISU Members/NOCs.
- The total number of entered Skaters (for Ladies and Men, respectively) cannot exceed the total number of allocated quota places in the individual events/distances for the ISU Member/NOC concerned.

b) The maximum number of participating Skaters per ISU Member/NOC per event/distance may not exceed:

- four (4) in each of the individual events/distances 500, 1000 and 1500 meters.
- three (3) in each of the individual events/distances 3000 (Ladies), 5000 (Ladies and Men) and 10 000 meters (Men).
- four (4) in each of the Team Pursuit events. The maximum of one team per ISU Member/NOC may be entered in each event (Ladies and Men).

c) The maximum number of Skaters per event/distance (event/distance quota) will be:

- 500, 1000 and 1500 meters for Ladies: 36
- 500, 1000 and 1500 meters for Men: 40
- 3000 meters for Ladies and 5000 meters for Men: 28
- 5000 meters for Ladies and 10000 meters for Men: 16
- Team Pursuit events: 8 teams, each team consisting of maximum 4 Skaters.

2. Qualification System

a) The qualification system is based on three key elements:

- i) Allocation of ISU Member/NOC event quotas (qualification places for each event) according to Special Olympic Qualification Classifications

(SOOCs) based on results from designated ISU World Cup Competitions. These qualification places are earned by the ISU Members, respectively National Olympic Committees (NOCs), based on the Special Olympic Qualification Classifications (SOOC) per event/distance resulting from the ISU World Cup Speed Skating Competitions designated by the ISU to be held during the Olympic Winter Games' season. There will be SOOCs for Team Pursuit Ladies and Men, and for each of the individual distances (500 meters, 1000 meters, 1500 meters, 3000 meters and 5000 meters for Ladies; 500 meters, 1000 meters, 1500 meters, 5000 meters and 10000 meters for Men).

ii) Achievement of Qualifying Times: To be eligible to be entered for the Olympic Winter Games within the qualification places earned by the respective ISU Member/NOC, Skaters must have achieved ISU Qualifying Times during a period between July 1 the year preceding the Olympic Winter Games and the deadline for entry for the Olympic Winter Games. The applicable qualifying time standards and conditions for approval of achieved qualifying times will be announced in an ISU Communication not later than July 1 the year preceding the Olympic Winter Games.

iii) Use of allocated quota places (entries by name for each event/distance): Upon confirmation by the ISU of the quota places earned by the ISU Members/NOCs, the subsequent entries by name to the Olympic Winter Games (to be made within the applicable deadlines) are at the discretion of the respective ISU Member/NOC. All entries are subject to the entered Skaters being eligible according to ISU and IOC rules as well as having reached the Qualifying Times set by the ISU for the respective events/distances.

b) Definition of Special Olympic Qualification Classification (SOOC)

i) SOOCs will be calculated according to criteria based on the ISU rules for the ISU Speed Skating World Cup classification and the ISU rules for qualification for the ISU World Single Distances Championships as published in the ISU Regulations and dedicated ISU Communications. Each SOOC will be combined of two sets of rankings:

- a ranking according to the World Cup points earned on the occasion of the designated World Cup Competitions (“SOOC points ranking”);
- a ranking based on the best times per Skater achieved on the occasion of the designated World Cup Competitions (“SOOC times ranking”).

ii) In case of a tie in either of the two ranking lists the Skater with the better rank in the other list will get the higher rank in the SOOC. However, ties in the SOOC points ranking should first be resolved by the ISU World Cup ranking rules, if possible.

iii) For each event/distance the highest ranked SOOC positions will consist of a certain number of Skaters/teams (for each ISU Member/NOC, counting only Skaters inside the maximum ISU Member/NOC quota for the

event/distance concerned) from the SOQC points ranking as follows for each event/distance:

- for 500, 1000 and 1500 meters (Ladies and Men) 20 Skaters;
- for 3000 meters Ladies, 5000 meters Men 16 Skaters;
- for 5000 meters Ladies and 10000 meters Men 10 Skaters;
- for Team Pursuit Ladies and Men 6 Teams.

iv) The remaining part of the SOQC will be based on the SOQC times ranking.

v) For the long distances (3000 and 5000 meters for Ladies, 5000 and 10000 meters for Men) the SOQC points ranking will be based on the total of World Cup points achieved for both of the two distances, in accordance with ISU World Cup rules. The SOQC times ranking will be based on times achieved in the distance concerned only.

c) Allocation of quota places to ISU Members/NOCs

The ISU Member/NOC quota places for each event/distance will be allocated according to the Special Olympic Qualification Classification (SOQC) for the event/distance, based on results from designated ISU World Cup Competitions.

The event/distance quotas are:

- for 500, 1000 and 1500 meters: 36 Ladies and 40 Men, out of which maximum 4 per event/distance per ISU Member/NOC;
- for 3000 meters Ladies and 5000 meters Men: 28 each, out of which maximum 3 per event/distance per ISU Member/NOC;
- for 5000 meters Ladies and 10000 meters Men: 16 each, out of which maximum 3 per event/distance per ISU Member/NOC;
- for Team Pursuit: 8 Ladies' team and 8 Men's team, out of which maximum 1 Ladies' team and 1 Men's team per ISU Member/NOC, with each team consisting of maximum 4 Skaters.

For each event, quota places for each ISU Member/NOC will be allocated according to the position of Skaters or team from the ISU Member/NOC concerned in the SOQC for the event, respecting the following conditions and exceptions:

i) When an ISU Member/NOC has been allocated the maximum allowed ISU Member/NOC event quota (4 for 500, 1000 and 1500 meters; 3 for 3000 & 5000 meters Ladies and 5000 & 10000 meters Men), additional Skaters from this ISU Member/NOC will not be considered in the further allocation of quota places.

ii) An ISU Member/NOC that has achieved no quota place for an event/distance according to the respective SOQC, will be allocated one quota place, to the disfavour of the last qualification place based on the SOQC, in the following cases:

- For 500, 1000, 1500 meters (Ladies & Men), 3000 meters Ladies, 5000 meters Men;

If a Skater from the ISU Member/NOC was placed among the top 16 in the final World Cup ranking (for 3000m Ladies and 5000m Men, the World Cup Ranking for the long distances

apply) or among the top 16 in the World Single Distances Championships for the distance concerned, in the season prior to the Olympic Winter Games;

- For 5000 meters Ladies, 10 000 meters Men (distance quotas of only 16):

If a Skater from the ISU Member/NOC was placed among the top 8 in the final World Cup ranking (for the long distances) or among the top 8 in the World Single Distances Championships for the distance concerned, in the season prior to the Olympic Winter Games;

- For Team Pursuit (quota of 8 teams, 1 team per ISU Member/NOC):

The Host ISU Member/NOC of the Olympic Winter Games has the right to enter a team for each of the Team Pursuit events.

iii) If there would be a tie in the SOQC determining the last quota place for an event/distance, this position will be decided by a random draw done by the ISU Director General, at the ISU Secretariat, in presence of an independent auditor.

iv) When the maximum total quota places for an event/distance (as specified above) has been reached, the next SOQC positions per event/distance will constitute a reserve list of quota places. For the individual events/distances the reserve list consists of 6 reserve quota places. For the Team Pursuit events the reserve list consists of 3 reserve quota places.

d) Reallocation of quota places

When some ISU Members/NOCs will reject the use of allocated quota places, unused quota places will be reallocated on the condition that the IOC quota for Speed Skating will not be exceeded. The reallocation will be done according to the ranking order in the SOQC reserve list, but with the exception that priority shall be given to ISU Members/NOCs that have not already been allocated a quota place for the event/distance concerned.

e) Use of allocated quota places (entries by name for each event/distance)

Upon confirmation by the ISU of the quota places earned by the ISU Members/NOCs per event and in total, the subsequent “entries by name” to the Olympic Winter Games to be made within the applicable deadlines, are at the discretion of the respective ISU Member/NOC. All entries are subject to the entered Skaters being eligible according to ISU and IOC rules, as well as Skaters having achieved the Qualifying Times set by the ISU for the respective events/distances.

The “entries by name” to be submitted before the deadline for entries of Skaters for the Olympic Winter Games, must indicate in which event(s) each Skater is considered for participation. For each event/distance, the number of Skaters indicated can be maximum one more than the allocated ISU Member/NOC quota

for the event/distance. When on site of the Olympic Winter Games, the final entries for each individual event/distance shall be made (deadline: 3 days prior to the event), the ISU Member/NOC can only enter Skaters according to these indications in the “entries by name”. For the Team Pursuit events the ISU Members/NOCs may select their team (consisting of 3 or 4 Skaters) at their discretion among Skaters who have been entered for the Olympic Winter Games, but it is expected that all members of the team have been entered for the Olympic Winter Games with the intention also to fill an allocated quota place for at least one individual event/distance.

f) Host ISU Member/NOC qualification

The host ISU Member/NOC will be subject to the same qualification procedure and rules for the allocation of quota places as other ISU Members/NOCs, except for the Team Pursuit events where the host ISU Member/NOC will have the right to enter a team, only subject to the general conditions for entry of Skaters and teams.

g) Qualifying Times

Only Skaters having achieved the ISU Qualifying Times in accordance with specifications announced by the ISU not later than by July 1 in the year preceding the Olympic Winter Games, may be entered as competitors for the Olympic Winter Games. To be entered for an individual event/distance, a Skater must have achieved the Qualifying Time for the event/distance concerned. To be entered for the Team Pursuit event, a Skater must have reached the Qualifying Time for at least one of the individual events/distances.

h) Conditions for recognition of achieved Qualifying Times

The period permitting Skaters to achieve Qualifying Times shall be announced in an ISU Communication. Only the following competitions will be considered for achievement of Qualifying Times:

- ISU Championships and qualifying events for ISU Championships;
- ISU World Cup Speed Skating Competitions (to be announced in an ISU Communication no later than August 1 prior to the Olympic Winter Games);
- International Competitions open to all ISU Members, announced according to ISU Regulations, Rule 110, paragraph 2;
- Country matches announced according to ISU Regulations, Rule 110, paragraph 2;
- National Championships organized by the ISU Members, including competitions officially declared by the ISU Member concerned as National Olympic Trials.

For Country matches and National Championships/National Olympic Trials to be considered for achievement of Qualifying Times, the organizing ISU Member must announce to the ISU Secretariat by October 1 (see Rule 104, paragraph 14 c) the program as well as the planned date and place for such competitions. A copy of the announcement for the competition must be sent to the ISU Secretariat not later than two weeks before the first competition day.

Moreover, ISU Regulations must be respected and in particular, but not limited to, the following conditions must be met in order for competitions to be recognized for achievement of Qualifying Times:

- Automatic timekeeping equipment must have been used at the competition;
- The Referees and Starters at the competition must be included in the lists of ISU recognized Speed Skating Referees and Starters for the season concerned, as published in the annual ISU Communication, or any amendments to this Communication;
- Anti-Doping tests in accordance with the valid ISU Anti-Doping Rules must be organized at the competition.

i) Verification and approval of achieved Qualifying Times

The ISU Speed Skating Technical Committee is responsible for the approval of achieved Qualifying Times.

The ISU Members are responsible for submitting to the ISU verification of the best achieved Qualifying Time per event/distance for each Skater intended for participation in the Olympic Winter Games. The verification shall include the date and venue where the time has been achieved. Unless the time has been achieved at an ISU Championship or an ISU World Cup Competition, a copy of the list of results must be enclosed. Furthermore, the verification must include a statement from the organizing ISU Member that all conditions for recognition of achieved Qualifying Times (as stated above) have been fulfilled. The deadline to submit such information shall be communicated in an ISU Communication.

j) Confirmation/rejection/adjustment of quota places

After the conclusion of the qualification process for allocation of quota places for the respective events, the ISU will announce provisionally allocated quota places. NOCs will have to confirm and/or reject their use of these quota places to the ISU Secretariat.

If these responses from the NOCs would indicate that the overall IOC Speed Skating quota for the Olympic Winter Games will be exceeded, the maximum number of Skaters for individual events/distances will be adjusted, with the consequence that some NOCs will lose provisionally allocated quota places for the events concerned. In the first step, adjusted quota places will be based on a reduction in the maximum number of Skaters in the events starting with 500m, then 1000m and then 1500m by one Skater until the IOC quota is reached. The respective quota place having been earned last for the respective event/distance would be eliminated first. If necessary, the next step will be to adjust quota places in the same manner as described above based on a further reduction in the maximum number of Skaters in the same events/distances.

k) Reallocation of unused quota places

Unused quota places will be reallocated on a continuous basis for each event/distance, based on the reserve lists and other criteria and conditions given above.

l) Additional Regulations

The ISU Special Regulations and Technical Rules for Speed Skating give details concerning the submission of final entries for each event/distance, for the seeding of Skaters and the drawing of pairs/heats.

D. Officials and their duties

Rule 210 Officials necessary

1. The following Officials are at least necessary:
 - a) one Referee;
 - b) one Assistant Referee;
 - c) one Starter and his Assistant;
 - d) one Finishing line judge;
 - e) one Chief Timekeeper for manual timekeeping and a minimum of four Manual Timekeepers; and (when automatic timekeeping is used) one Chief Timekeeper for the automatic timekeeping and Assistant Chief Timekeepers for each of the automatic timekeeping systems (i.e. photo cell, photo finish and transponders) in use;
 - f) Lap Scorers;
 - g) Track Officials: one in each curve (for ISU Championships and Olympic Winter Games two in each curve) and a Crossing Controller;
 - h) necessary substitutes for these Officials;
 - i) one Ice Technical Expert.

2. For ISU Championships and Olympic Winter Games the Ladies' events and the Men's events shall each have a separate team of Referees and Starters. Each team consists of:

one Referee, one Assistant Referee and two Starters.

In ISU Championships both Referees shall take part in decisions taken by the special ISU Ice Commission responsible for the preparation of the ice (see Rule 229).

Rule 211 Appointment of Officials

The ISU Member or affiliated club holding the competition is entitled to appoint the Officials (for exception in ISU Championships see Rule 214; in Olympic Winter Games see Rule 215). All Officials must be eligible persons.

Rule 212
Nomination of Referees and Starters for ISU Championships and Olympic Winter Games

1. Every Member of the ISU shall before April 15th announce to the ISU Secretariat the names of those individuals whose service is recommended as:

- a) ISU Referee, see Rule 121, paragraph 1 b), (not more than four);
- b) ISU Starter, see Rule 121, paragraph 1 b), (not more than three).

Nominations accompanied by the official form duly completed must be submitted separately for the two categories.

2. Referees/Starters nominated by an ISU Member should in general have the nationality of the country of the nominating Member.

3. If a Member nominates a Referee/Starter of a foreign nationality, the Referee/Starter concerned can be accepted only with the approval of the Member of the country of which he is a national. The name of such Referee/Starter is to be entered in the list of the Member nominating the Referee/Starter. A Referee/Starter so nominated is counted in the quota of the nominating Member.

4. Members of the ISU should exercise the utmost care to nominate as Referees and Starters only fully experienced, reliable and entirely impartial individuals who possess a thorough knowledge of the appropriate ISU Rules and the English language. See also Rule 122, paragraph 1 c).

5. a) No person who has reached the age of 65 before July 1st shall thereafter be eligible to be an ISU Referee in ISU Championships and Olympic Winter Games. This age limit will be enforced as from July 1st, 2010;

b) No person who has reached the age of 60 before July 1st shall thereafter be eligible to be an ISU Starter in ISU Championships and Olympic Winter Games.

6. Among the nominated Referees/Starters the Speed Skating Technical Committee recognizes for one year a maximum of 25 individuals who may officiate as ISU Referees or Assistant Referees (A) and a maximum of 25 individuals who may officiate as ISU Starters.

7. The full list of Referees and Starters approved by the Speed Skating Technical Committee must be communicated to the ISU Members by August 1st every year.

Rule 213
Nomination of Referees and Starters for International Competitions and National Championships

Every Member of the ISU shall before April 15th announce to the ISU Secretariat the names of Referees and Starters approved by the Member to officiate as International Referees and International Starters, see Rule 121, paragraph 1 b).

Rule 214
Appointment of Referees, Starters and other Officials for ISU Championships

1. The Referees, Assistant Referees and Starters for ISU Championships shall be appointed according to Rule 129, paragraph 5 of the General Regulations.
2. The Referee and the Assistant Referee for each category of Championships events (Ladies' events and Men's events, respectively) shall be of different nationalities. The same applies for the two Starters for each category. The appointments should be made with due consideration of requests made by the organizing Member in their nominations, which must be submitted to the ISU not later than August 15th.
3. For ISU Championships the appointed Referees, Assistant Referees and Starters, as well as the ISU Representative and the Representative of the Speed Skating Technical Committee, must be invited by the organizing Member not less than 60 days before the start of the Championships.
4. For ISU Championships all other Officials required (except the ISU Representative and the Representative of the Speed Skating Technical Committee) shall be appointed by the organizing Member.

Rule 215
Appointment of Officials for Olympic Winter Games

1. As per Rule 121, the Referees, Assistant Referees and Starters for the Speed Skating events of the Olympic Winter Games, must be ISU Referees and ISU Starters.
2. The appointments will be made in accordance with Rule 126, paragraph 8 and Rule 214, paragraph 2.
3. The appointed Referees, Assistant Referees and Starters must be invited by the organizing committee not less than 60 days before the start of the Olympic Winter Games.

4. All other Officials required (other than the ISU Technical Delegates) shall be appointed by the ISU Member of the country in which the Olympic Winter Games are held.
5. The names of the Officials appointed in accordance with paragraph 1 of this Rule must be communicated by the ISU to the organizing committee of the National Olympic Committee as well as to the ISU Member concerned.
6. The Officials appointed are not permitted to wear national team emblems or uniforms while officiating.

Rule 216 **Duties and powers of Referees**

1. The Referee is responsible for:
 - a) checking the eligibility of Officials and Skaters;
 - b) drawing or arranging pairs, in accordance with Rules 239 to 244;
 - c) adjusting and rearranging pairs, according to Rules 245 and 246;
 - d) seeing that all applicable Rules be observed for the competition;
 - e) in ISU Championships, Olympic Winter Games, World Cup and International Competitions, giving information as to the preparation of the ice (see Rule 229).
2. The Referee is empowered:
 - a) to introduce alterations in the announced program of the competition, in so far as these do not conflict with the Regulations. For ISU Events such alterations can only be made in consultation with the ISU Representative(s) assigned for the competition;
 - b) to decide whether the condition of the ice permits the holding of the event;
 - c) if unfavorable circumstances arise, to alter the shape and size of the track and to change the distances;
 - d) to accept, in agreement with the organizing Member or affiliated club, another rink for the holding of the event;
 - e) to decide whether, where and when, a race that has been declared invalid, shall be rerun;
 - f) if necessary, to exclude Skaters from the competition and coaches from the coaches' area (see Rule 228, paragraph 6);
 - g) to replace the Starter or other Officials;
 - h) to suspend skating until order is restored, in the case that the public interrupts the competition or interferes with its orderly conduct;
 - i) to cancel or postpone the competitions in case of extremely cold weather (see also paragraph 4 c) below).

3. The Referee decides upon:
 - a) all protests made, and other matters in dispute, except those concerning the start (see Rule 217, paragraph 1) and the decisions of the finishing line judge (see Rule 220, paragraph 1);
 - b) all matters concerning any breaches of the Constitution or the Regulations, even if no protest has been made.

4.
 - a) In the World Sprint, the World Allround and the European Championships a maximum of two distances (for Ladies or for Men) may be raced on each day of a Championship, also in the case that the Referee decides that the original program cannot be completed because of exceptional circumstances or unfavorable conditions;
 - b) If on one day of a Championship one of the distances (or the first race of a distance to be skated twice) has been properly completed and the second distance (or race), by decision of the Referee, is postponed to a following day, the completed distance (or race) shall not be rerun. If the Referee for any reason has to stop the race over one distance and postpone the competition to a following day before all the entered competitors have completed the distance (or race), all competitors have to start again on that distance on the following day;
 - c) For ISU Championships and ISU Events (incl. World Cup Competitions) the Referee should recognize an air temperature limit of -20°C (-4°F) as a reason to postpone races until later in the day or the following day. It is important to take into consideration that wind increases the danger of hypothermia by lowering the effective temperature;
 - d) In case of unfavorable weather or other exceptional circumstances the Referee can decide to postpone some races to a following day in order to secure the completion of a Championship. The organizer of the Championship has to pay the lodging expenses for the additional days (see Rule 137, paragraph 14).

Rule 217

Duties and powers of the Starter

1.
 - a) The Starter initiates the starting procedure by calling the Skaters to their starting lanes after having received the confirmation that the timekeepers are ready. The Starter shall give the starting orders in English (see Rule 255, paragraph 2);
 - b) The Skaters stay under the command and control of the Starter during the starting procedure, i.e. from the moment the skaters are going to their starting lane until a valid start of the pair or 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 paragraph 3 below);

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

Starting equipment

2. When using an electronic start pistol the synthetic sound of the "gun fire" should be the same as the shot from an ordinary start revolver/powder gun. The smoke fire must be replaced with a visual flash different from a photoflash. The electronic pistol should have a firm trigger point.

3. 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. If, in such a case, an invalid start is disclosed, this decision may be taken by a specially assigned official in charge of observing the evidence given by the detection instrument. See also Rule 255, paragraph 4.

4. 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.

Rule 218

Duties of Track Officials

1. At ISU Championships and Olympic Winter Games there shall be two Track Officials at each curve who shall watch for any infringement of the Regulations by the Skaters and inform the Referee as soon as possible.

2. The Crossing Controller shall stay inside the inner track lane and check the correctness of the Skaters changing from one lane to the other.

Rule 219

Duties of Lap scorers

Lap scorers must display visibly the number of laps still to be skated. 20 to 30 meters before the beginning of the last lap a signal by bell shall be given to the Skaters.

Rule 220

Duties of Finishing line judge

1. The Finishing line judge shall determine which of the Skaters is the winner, or if they are equal. There is no appeal from his decision. However, if automatic

timekeeping is being used according to Rule 251, the time recorded shall decide which of the Skaters in a pair is the winner, or if they are equal (see also Rule 265).

2. When the difference between the Skaters is less than 5 meters the Finishing line judge shall report to the Chief Timekeeper for manual time-keeping the distance between the two Skaters in the pair at the moment the winner passes the line.

3. If two competitors, who have skated in the same pair, have the same time and the finishing line judge has decided one of the Skaters to be the winner, this Skater occupies in the ranking over this distance (see Rule 265, paragraph 1) one rank before the other Skater. If other competitors, who have skated in other pairs, both have obtained the same time, winners will be ranked with winners and seconds will be ranked with seconds.

E. World Records

Rule 221 World Records

1. World Records will be registered by the ISU:

a) For Men over distances of 500, 1000, 1500, 3000, 5000 and 10 000 meters and for the combined result of 2 x 500 meters (only from competitions where the final result of the 500 m is determined by the total time after 2 races of 500 m); for the total number of points over 4 distances in one and the same competition: Allround combination 500, 5000, 1500, 10 000 meters; Allround combination 500, 3000, 1500, 5000 meters; and Sprint combination 500, 1000, 500, 1000 meters.; for National teams: for Team Pursuit races over 8 laps;

b) For Ladies over distances of 500, 1000, 1500, 3000 and 5000 meters, and for the combined result of 2 x 500 meters (only from competitions where the final result of the 500 m is determined by the total time after 2 races of 500 m); for the total number of points over 4 distances in one and the same competition: Allround combination 500, 3000, 1500, 5000 meters; Allround combination 500, 1500, 1000, 3000 meters; and Sprint combination 500, 1000, 500, 1000 meters; for National teams: for Team Pursuit races over 6 laps;

c) For Junior Men over distances of 500, 1000, 1500, 3000 and 5000 meters, for the total number of points in one and the same competition over 500, 3000, 1500 and 5000 meters (Allround combination) and over 500, 1000, 500, 1000 meters (Sprint combination); for National teams: for Team Pursuit races over 8 laps;

d) For Junior Ladies over distances of 500, 1000, 1500, 3000 meters; for the total number of points in one and the same competition over 500, 1500, 1000, 3000 meters (Allround combination) and over 500, 1000, 500, 1000 meters (Sprint combination); for National teams: for Team Pursuit races over 6 laps;

e) World Records over 3000 and 5000 meters Ladies and over 5000 and 10 000 meters Men may be recognized also for times achieved in quartet starts in ISU Championships, World Cup Competitions and other ISU Events;

f) World Records over 3000 meters Junior Ladies and 5000 meters Junior Men may be recognized also for times achieved in quartet starts in ISU Championships, World Cup Competitions and other ISU Events.

2. The ISU Council will only recognize as World Records times skated in competitions listed in Rule 107, paragraphs 1-6, or in properly announced National Championships, approved by the Speed Skating Technical Committee.

a) For International Competitions open to all ISU Members (Rule 107, paragraphs 5 a) and 6 a) the official announcement must have been published according to Rule 110. The detailed announcement for National Championships and International Competitions restricted in any way (Rule 107, paragraphs 5 b) and 6 b) must have been received by the ISU Director General at least four weeks before the event;

b) Distances to be skated and starting times must be in accordance with the announcement. The only exception is changes according to Rule 216, paragraph 4.

Documents to be submitted

3. The original official ISU Protocol (see Rule 273) of the event, together with certificates regarding watches and automatic timekeeping equipment, and a program of the event must be forwarded with the application for recognition of a new World Record by the organizing Member to the ISU Director General not later than May 1st each year. The documents must confirm that all conditions listed in paragraph 2 above and in paragraph 4 below have been fulfilled.

Conditions to be observed

4. Further conditions for recognition of World Records are:

a) The track must be a Standard Speed Skating Track of 400 meters, as per conditions given in Rule 228;

b) Automatic timekeeping must have been used, and the conditions of Rules 248, 250 and 251 must have been observed;

c) World Records in total points in Allround combinations over four distances can only be recognized if the competition is held over a maximum of three days, and the distances are skated in an order of sequence that is an allowed option for ISU Championships (see Rule 201, paragraphs 2 and 7). Moreover, the distances must have been skated in the order indicated in the announcement;

d) World Records in total points in the Sprint combination over four distances can only be recognized if the competition is over two days, with each individual distance skated only once each day and changed starting lanes (see Rule 242) on the second day;

e) Records made in National Championships must also be recognized by the National Association (ISU Member) concerned;

f) Any competitor who achieves a World Record time must have been selected for doping control and have tested negative on the day of the race in order to have the World Record ratified.

5. If the existing World Record is broken more than once on the same day in competition(s) at the same venue, only the best time obtained shall be recognized as a World Record. However, when the final classification for the 500 meters is decided based on the total time in two races, each 500 meters race is considered as a separate competition.

6. Any competitor who equals an existing World Record shall have his name entered in the ISU list of World Records, subject to paragraph 5 above.

7. For each record obtained, or the equaling of any record, the ISU shall issue a diploma to the Skater.

F. World Cup

Rule 222 World Cup

1. A World Cup for Ladies and Men will be organized as an ISU Event under the responsibility of the Speed Skating Technical Committee.

2. The Speed Skating World Cup is a series of International Competitions. World Cup points are awarded in each Competition. The final World Cup standings for each distance, or distance category, and for Team events will be decided by World Cup points accumulated by each competitor or national team during the season.

3. The Rules and the program will be issued in a special ISU Communication for the World Cup.

G. Equipment of Skaters

Rule 223

Racing suits and head protection

1. a) Racing suits shall conform to the natural shape of the body of the Skater. Insertion or attachment of forms or devices to create different shape is not permitted. No attachments except for permanently attached stripes with a maximum height of 0.5 cm and a maximum width of 2.5 cm are allowed. For the purpose of protection against injuries, Skaters may wear a helmet outside the racing suit. Only

helmets with a regular shape (conforming to the natural shape of the head) and in accordance with the specifications approved for Short Track Speed Skating (Rule 291, paragraph 1 a) will be allowed.

Further specifications concerning allowable racing suits and the use of head protection (helmets) may be issued by the ISU and shall then be announced in an ISU Communication or ISU Circular Letter;

b) The use of racing suits that do not conform to the above given requirements is a cause for a disqualification;

c) In ISU Championships and ISU Events Skaters of the same national team (i.e. competitors entered by the same ISU Member) must wear racing uniforms with identical design, which display the name of the country or its official ISU abbreviation. The name of the athlete may be displayed near the name of the country. (See also General Regulations, Rule 102, paragraph 6);

Warming-up suits

d) During ISU Championships, World Cup Competitions, other ISU events and Olympic Winter Games the warming-up suits of all Skaters belonging to the same national team must display the name of the country or its official ISU abbreviation. During ISU Championships, World Cup Competitions and other ISU events the name of the athlete may be displayed near the name of the country. (See also General Regulations, Rule 102, paragraph 6).

Skates

2. a) A skate 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 generated 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, which shall then be announced in an ISU Communication or ISU Circular Letter;

c) The use of skates that do not conform to the above definition and requirements is a cause for disqualification.

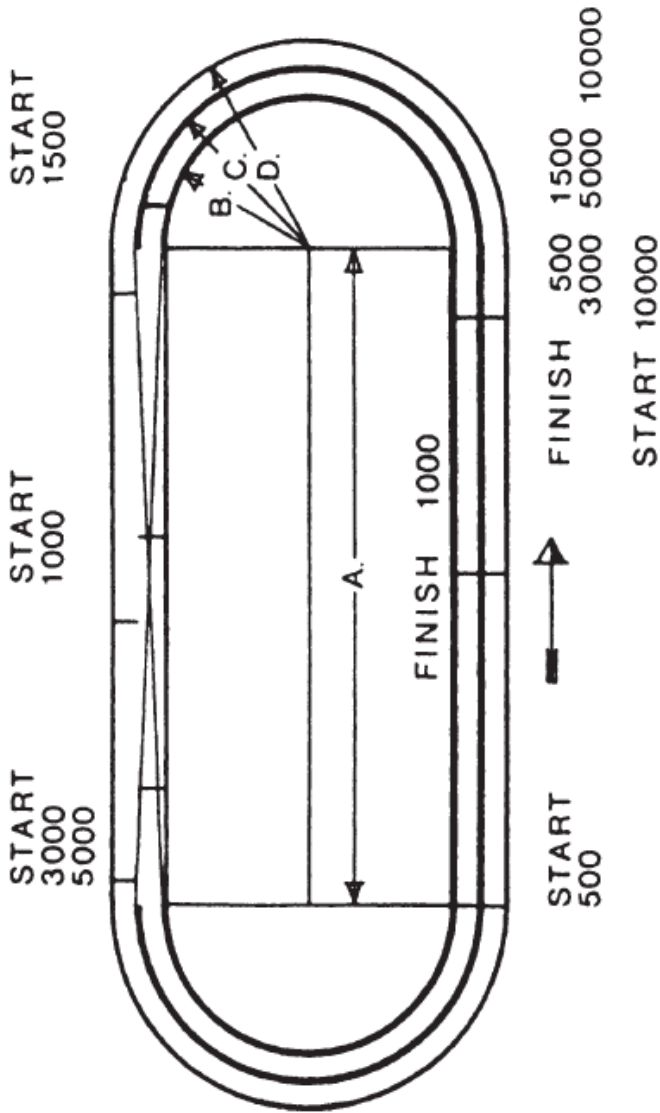
Communication equipment

3. While competing, the Skater is not allowed to wear any technical communication equipment for the purpose of having contact with or receiving information from other persons or sources.

Rules 224 - 225 are reserved for possible further Special Regulations Speed Skating.

II. TECHNICAL RULES SPEED SKATING

A. Tracks



C-B = 4 meters
D-C = minimum 4 meters

Example of Standard Speed Skating Tracks

$$\begin{array}{ll}
 1 = 2 \times \text{mean axis} & = 2 \times A & 3 = \text{Outer Curve} & = C \times \pi \\
 2 = \text{Inner Curve} & = B \times \pi & 4 = \text{Crossing} & = \sqrt{A^2 + (\text{width of track})^2} - A
 \end{array}$$

400 m Tracks

Radius inner curve	25 m	
Width of each track	4 m	
1 = 2 x 113.57	=	227.14 m
2 = 25.5 x 3.1416	=	80.11 m
3 = 29.5 x 3.1416	=	92.68 m
4 = $\sqrt{113.57^2 + 4^2} - 113.57$	=	0.07 m
		400.0 m

Radius inner curve	25.5 m	
Width of each track	4 m	
1 = 2 x 112.00	=	224.00 m
2 = 26 x 3.1416	=	81.68 m
3 = 30 x 3.1416	=	94.25 m
4 = $\sqrt{112^2 + 4^2} - 112$	=	0.07 m
		400.0 m

Radius inner curve	26 m	
Width of each track	4 m	
1 = 2 x 110.43	=	220.86 m
2 = 26.5 x 3.1416	=	83.25 m
3 = 30.5 x 3.1416	=	95.82 m
4 = $\sqrt{110.43^2 + 4^2} - 110.43$	=	0.07 m
		400.0 m

333 1/3 m Tracks

Radius inner curve	26 m	
Width of each track	4 m	
1 = 2 x 77.08	=	154.16 m
2 = 26.5 x 3.1416	=	83.25 m
3 = 30.5 x 3.1416	=	95.82 m
4 = $\sqrt{77.08^2 + 4^2} - 77.08$	=	0.10 m
		333.33 m

Radius inner curve	25 m	
Width of each track	4 m	
1 = 2 x 80.22	=	160.44 m
2 = 25.5 x 3.1416	=	80.11 m
3 = 29.5 x 3.1416	=	92.68 m
4 = $\sqrt{80.22^2 + 4^2} - 80.22$	=	0.10 m
		333.33 m

Rule 226

Demarcation of the competition track

(See also Rules 203 and 204 in the Special Regulations)

For the demarcation of the inner competition lane and between the two competition lanes snow may only be used on open-air tracks, but the snow must not be iced. The snow line must then lie along the whole competition track except the crossing straight.

Normally, and always on indoor tracks, the demarcation of the curves should be by a set of painted marks and movable blocks of rubber or synthetic material, 50 centimeters apart for the first 15 meters and 2 meters apart for the remaining part of the curve. For demarcation of the lanes in the straights, only painted marks, 10 meters apart, should be used. In all ISU Championships, other ISU Events (like World Cup Competitions) and Olympic Winter Games that are held on indoor tracks, a fully painted line must be used instead of painted marks, both in the curves and the straights. Closed cones (20-25 centimeters high) shall be used as the first block at the entrance of each curve. The Referee decides if the demarcation is in conformity with the rules.

Rule 227

Measures to protect safety of Skaters

Measures to avoid accidents

1. Measures must be taken to avoid all accidents. The Referee has to approve such measures before the competition starts. The demarcation of the skating tracks and lanes by fixed stakes is not permitted. All standards on the inner ice surface must be at least three meters from the inner demarcation line and stand free where possible.

Protection mats

2. The organizer of the competition shall provide at the curves and at the straight some form of protection against accidents. On open-air tracks a sufficient amount of snow may be used, on the condition that the snow is not iced.

If sufficient amount of snow of adequate quality is not available, the use of protection mats is mandatory with the following minimum requirements:

a) The protection mats shall be at least 80 cm high and at least 15 cm thick. The mats must be used in the curves and at least 12 meters after the end of each curve on to the straight. For the remaining part of the straight, where there are obstacles (e.g. fences, benches or poles) within 3 meters from the outside of the ice surface, the same kind of protection mats should also be used. The outside material of the mats should be water and cut resistant;

b) The protection must be fixed in such a way that the construction cannot cause a serious injury in case of a collision between a Skater and the protection.

Protection mats at ISU Events and Olympic Winter Games

3. In ISU Championships, other ISU Events and Olympic Winter Games the minimum requirements for safety measures as described in paragraph 2 a) above, are not considered as sufficient for an adequate protection. In these competitions the following additional measures must be taken:

- a) protection mats or other suitable padding must be used also for the full length of the straights, i.e. for the whole outside of the track;
- b) for the curves it is necessary to apply additional padding, e.g. an extra set of mats, or to apply mats with dimensions and material properties that will provide the same level of protection;
- c) adequate protection must also be in place for the official training sessions.

The organizers of the above events must submit a technical description of their plans for installation of protection in due time for the plans to be reviewed by the ISU Representative/Technical Delegate for the event for approval. More detailed specifications of adequate safety measures may be given in an ISU Communication and/or in the relevant Memoranda for organizing the respective events.

Rule 228 Measurement of the track

1. The track must be measured by a qualified surveyor, detailed for the purpose, and with the correct position of all starting and finishing lines fixed. A protocol signed by the surveyor shall be handed to the Referee before the start of the event. This protocol remains valid for one (1) year only, unless reconfirmed by a qualified surveyor on an annual basis.
2. The measurement of the track shall be made half a meter outside the inner edge.

Starting and finishing lines

3. The starting and finishing lines are to be denoted by colored lines drawn at right angles to the straight or its extension and not more than 5 centimeters wide. 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 shall be clearly marked.
4. 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 races and for quartet starts races skated according to the method ("method B") defined in Rule 278, paragraph 1 b), 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.

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

Coaches' area

6. For coaches (maximum two (2) persons for each participating Skater or Team) there shall be a specially marked area on the crossing side of the track. A line of two (2) centimeters has to be drawn one meter from the outside edge of the track. The line begins 20 meters from the end of the curve and goes all along the crossing area until 10 meters before the entrance of the next curve. During the starting procedure the coaches must stay at least 20 meters away from both the Starter and the starting lines of the Skaters. During Team Pursuit races the coaches' area for each Team is on the opposite straight of where the respective team starts. The same applies for quartet starts conducted according to Method B of Rule 278, paragraph 1b).

See also Rules 205 and 206 in the Special Regulations.

Rule 229

Preparation of the ice

1. The duty of the Referee at the ISU Championships, other ISU Events and Olympic Winter Games is to inform at a team leaders' meeting before the draw for each day of competition about the procedure for ice preparation during the competition with the aim to give the participants equal conditions.

ISU Ice Commission

2. The ISU Ice Commission at ISU Championships, other ISU Events and Olympic Winter Games shall consist of the Referee(s) for the Ladies' and for the Men's events and a Representative of the Speed Skating Technical Committee (or, when not present, the ISU Representative) or the ISU Technical Delegate. The Ice Commission shall determine the ice preparation procedure in consultation with the technical expert of the ice rink. The procedure shall be announced at the draw meetings and must be entered in the starting protocol (see also Rule 210, paragraph 2 and Rule 216, paragraph 1 e).

3. The ISU Ice Commission has the right to alter the announced procedure of the preparation of the ice. In this case the team leaders will be immediately informed about all changes in the procedure.

Information from the ice technical expert

4. The technical expert of the ice rink must submit to the ISU Ice Commission all information that is relevant to decide the ice preparation procedure and to monitor the ice and racing conditions at any stage during the competition. This shall include

historical data on ice preparation procedures at the ice rink under different climatic conditions, capacity and performance data for the refrigerating plant depending on climatic and meteorological conditions (air temperature, ice temperature, air humidity, snow, wind, air pressure, etc.), amount and quality (temperature, any chemical additives etc.) of water used during ice cleanings, statistics on ice temperatures and climatic conditions.

B. Organization of the Competitions

Rule 230

Announcement and conduct of ISU Championships

(See General Regulations, Rule 129)

Rule 231

Communication during Championships

(See General Regulations, Rule 132)

Rule 232

Date and contents of Announcements, Obligatory number of copies, Supplementary conditions

(See General Regulations, Rules 110–112)

Rule 233

Late announcements

(See General Regulations, Rule 113)

Rule 234

Postponement of dates of Competition

Withdrawal of an announcement

(See General Regulations, Rule 114)

Rule 235

Entries, Nicknames, Post Entries

(See General Regulations, Rule 115)

Rule 236

Reserved

Rule 237

Validity of events

(See General Regulations, Rule 118)

Rule 238

Expenses at ISU Championships, Reimbursement to Skaters and Officials

(See General Regulations, Rule 137)

C. Drawing Procedures

Rule 239

Public meeting for announcements and draws

1. On the evening (not earlier than 6 p.m.) before the start of the competition concerned, the organizing committee has the responsibility to hold a meeting for the opening draw. The entries of competitors, the competition schedule, the names of the main officials and the draw for the starting order shall be announced publicly by the Referee at this meeting.

Drawing at ISU Championships and other ISU Events

2. At ISU Championships and other ISU Events the Referee shall conduct a team leaders' meeting to be held at least two hours before the opening draw. Also for the following competition days the draw meetings shall be preceded by a team leaders' meeting. At the team leaders' meeting the final entries for the competition shall be confirmed, and the Referee shall be informed of any withdrawals or entries of substitutes.

The Referee shall present the grouping of Skaters for the draw or (if applicable) the composition of pairs based on seeding of the Skaters. Each ISU Member that has entered participants for the competition is required to attend the team leaders' meeting with a designated team official.

3. a) Each competitor will be assigned a starting number by the organizing committee for use in the program, in the list of results and at the drawing;

b) Under the supervision of the Referee the draws for the pairs shall be made by individuals attending the draw meeting (for example by ISU Officials, competitors, official representatives of ISU Members and members of the organizing committee). Alternatively the pairs may be drawn by a computer, which is programmed to make a random selection among applicable starting numbers.

4. Which of the Skaters shall have the inner and which the outer lane shall be decided in the following way:

- a) When the composition of pairs is decided by lot, the first drawn Skater in the pair shall start in the inner lane;
- b) When the composition of pairs is based on ranks obtained in preceding distances or competitions, the Skater with the better rank shall be placed first in the pair and accordingly start in the inner lane. However, for the draw for World Single Distances Championships, see Rule 240, paragraphs 6 a) and b), and for the second day's distances in sprint competitions see Rule 242, paragraph 2;
- c) If a Skater withdraws from the start after the draw has taken place and some pairs are rearranged because of this, Rule 245, paragraphs 3 and 4 apply.

Rule 240

Drawing at World Allround Championships

1. When drawing the first two distances in World Allround Championships the competitors shall be placed in three groups, based on their best approved qualifying times for the distance concerned.

- GROUP I: The Skaters with the 8 best qualifying times;
- GROUP II: The Skaters with qualifying times ranked 9 to 16;
- GROUP III: The remaining Skaters.

First draw

For the drawing of the first distance the grouping will be based on the qualifying times on 500 meters, for the second distance on the qualifying times on 3000 respectively 5000 meters. The Speed Skating Technical Committee is responsible for the approval of qualifying times and of the time ranking lists deciding the grouping. If there is a tie in the 8th or 16th position in the time ranking list, it shall be decided by lot which Skaters are to be placed in which groups

2. The competitors placed in the same group shall be paired together by drawing their starting numbers, observing Rule 239, paragraph 4. The first two drawn Skaters from Group III form the first pair on the distance concerned. However, if there are an odd number of Skaters entered, the first drawn Skater from Group III shall skate single in the first pair. After Group III has been drawn, Group II follows, etc.

Further draw

3. a) In the third distance the arrangement of pairs shall be based on the ranking in total points after two distances. If some Skaters are equal in total points, the Skater with the better time in the first distance is considered to be better ranked;

b) The starting order of the pairs shall be opposite to the ranking order of the Skaters: the Skaters ranked 1 and 2 after two distances will skate in the last pair, the Skaters ranked 3 and 4 will skate in the next to the last pair, and so on.

Qualification for the fourth distance

4. a) In the fourth distance only 12 Skaters shall start. The selection of qualified Skaters are based on two different ranking lists: The final classification in the longest of the three skated distances (i.e. 3000 m Ladies and 5000 m Men, respectively), and the classification in total points after three distances. Skaters who are among the 12 best in both of these ranking lists are directly qualified for the fourth distance. Among the Skaters who are placed among the 12 best in only one of these ranking lists, the next to qualify is the Skater with the best position in either of the two lists. If two Skaters have equal position in the two ranking lists, the Skater in the classification in total points after three distances is the first of them to qualify. If two Skaters share the same position in one of the ranking lists, the Skater who is better placed in the other ranking list, will qualify first. However, a Skater who has been disqualified in a distance or has not completed all the three preceding distances of the Championship (see also Rule 266, paragraph 2 and Rule 275, paragraph 3) loses the right to start in the final distance;

b) For the arrangement of the pairs for the last distance the Skaters are placed in two groups, with the same number of Skaters in each group. The Skaters with the best rank after 3 distances are placed in Group 1, the remaining Skaters are placed in Group 2. If some Skaters are equal in total points, the Skater with the better time in the longest of the three skated distances is considered to be better ranked. In each group the Skaters are paired according to their ranks in the longest of the three distances already skated, so that the Skater with the best rank in this distance is paired with the second ranked Skater in this distance, etc;

c) In each group the starting order of the pairs shall be based on the ranking in total points after 3 distances in the following way:

- The Skater with the best rank shall start in the last pair;
- If the second ranked Skater has not been paired with the best ranked Skater, this Skater shall start in the second last pair, etc;
- All the pairs of Group 2 shall start before the pairs of Group 1;

d) If a Skater, who has been entitled to start in the fourth distance, withdraws after the draw, this Skater may be replaced by the next qualified Skater according to the criteria given in paragraph a) above.

European Championships and regional qualifying events

5. For the European Championships and for other regional qualifying events for the World Allround Championships the drawing shall be made according to paragraphs 1- 4 above.

World Single Distances Championships

6. a) For each distance in the World Single Distances Championships the drawing of pairs will be based on a ranking list of all participants. Skaters qualified by World Cup ranking shall be ranked first. The remaining participants shall be ranked according to their position in the Time ranking list (see Rule 208, paragraph 2 c). If some Skaters have equal rank in the World Cup classification, the ranking between those Skaters shall be decided by their position in the Time ranking list, and vice versa;

b) When a complete ranking list of the participants has been established, the Skaters shall be placed in groups of 4 Skaters each. The group with the 4 best ranked Skaters shall be drawn to form the two last pairs, and so on. If there would be an odd number of participants, the first pair shall consist of a single Skater;

c) For the second race of the 500 meters for Ladies and Men the Skaters shall be paired according to the time ranks from the first race, in such a way that the participants change starting lanes in the second race (see Rule 242, paragraph 2). If some Skaters with the same starting lane in the first race get the same finishing time, the ranks of those Skaters shall be according to their initial ranking. The starting order of the pairs shall be opposite to the ranking order of the Skaters in the first race. Therefore, the two Skaters with the best ranks from each starting lane shall skate in the last pair, and the lowest ranked Skater(s) in the first pair;

Team Pursuit

d) For the Team Pursuit events the sequence and composition of races (heats) will be based on a ranking list of the participating teams (ISU Members) from the qualifying competitions held (see Rule 208, paragraph 2). The teams from the four best ranked ISU Members shall be drawn to form the two last heats, and the remaining teams shall be drawn to form the two first heats. The result of the Team Pursuit event is determined by one set of races only (no elimination phases), and the winner of the event will be the team with the best time achieved.

Rule 241

Drawing at Olympic Winter Games

1. The draw for the starting order at the Olympic Winter Games shall take place for each single distance (see Rule 239), with the exception of the second 500 meters for Ladies and Men. For the second 500 meters race, the Skaters will be paired according to the time classification from the first race, in such a way that the participants change starting lanes in the second race. If some Skaters with the same starting lane in the first race get the same finishing time, the ranks of those Skaters shall be decided by lot. The starting order of the pairs shall be opposite to the ranking order: The Skater with the best time of those who started in the first inner lane shall skate in the last pair against the Skater with the best time of those who started in the first outer lane.

2. a) For each draw the competitors shall be placed in groups, based on their individual ranking in the Special Olympic Qualification Classification (SOOC), as defined in Rule 209, for the event concerned. Competitors without results from SOOC competitions will be ranked thereafter, according to their best approved qualifying time.

b) Based on their individual ranking the entered Skaters are placed in four groups:

GROUP I: The eight (8) best ranked Skaters;

GROUP II: The Skaters ranked 9 to 16;

GROUP III: The Skaters ranked 17 to 24;

GROUP IV: The remaining Skaters.

However for the 5000 meters Ladies and the 10 000 meters Men there will be four (4) Skaters in each group; the four best ranked Skaters are placed in Group I, the four next in Group II, etc;

c) In case of a tie in the SOOC ranking list, the internal ranking between the Skaters concerned is decided, if necessary for the grouping, by lot.

3 a) The competitors placed in the same group shall be paired together by drawing their starting numbers. The starting order of the pairs shall be as follows: The first two drawn Skaters from Group IV form the first pair on the distance concerned. However, if there is an odd number of Skaters entered, the first drawn Skater from Group IV shall skate single in the first pair. After Group IV has been drawn, Group III follows, etc.

b) Two competitors representing the same ISU Member/NOC (country) shall not start in the same pair, unless the majority of the competitors in the Group represent this ISU Member/NOC, in which case there will be an open draw. The following scenarios may therefore have to be dealt with:

(i) At the moment when the second Skater in a pair is about to be drawn, the number of remaining Skaters from one country is higher than the remaining number of pairs (in the group). The drawing shall then proceed as follows:

- o If the next drawn Skater is *not* from the country concerned, the drawn Skater will be moved to the next available spot in the start list (i.e. the inner lane of the following pair).
- o This procedure is repeated until a Skater from the country concerned has been drawn, observing that the same situation will not occur for other countries in a later pair. If that would be the case, the drawn Skater must then be moved to the next following available spot in the start list.

(ii) The second drawn (or moved) Skater in a pair is from the same country as the first drawn Skater. The Skater will then be moved to the next available spot in the start list, observing potential situations as described in (i) above.

4. The Team Pursuit event will be organized with a set of elimination phases, so that the final race will be a deciding race for the Olympic gold and silver medals.

a) For each phase of races (quarter-finals, semi-finals, the finals and other placement races) the races both for Ladies and Men are completed before the next phase of races;

b) The competition starts with the quarter finals. The composition of the heats of the quarter finals will be determined by the SOQC rankings (as defined in Rule 209) of the entered teams, as follows (Team <n> denotes Team with SOQC rank <n>):

QF 1: Team 3 vs. (as determined by draw) Team 5 or Team 6

QF 2: Team 2 vs. (as determined by draw) Team 7 or Team 8;

QF 3: Team 4 vs. (as determined by draw) Team 5 or Team 6

QF 4: Team 1 vs. (as determined by draw) Team 7 or Team 8;

c) The winners of each of the 4 quarter-finals qualify for the semi-finals. The semi-finals (SF) will be skated as follows:

SF 1: Winner of QF 1 vs. Winner of QF 2;

SF 2: Winner of QF 3 vs. Winner of QF 4;

d) After the completion of the semi-finals, the 4 teams that did not qualify from the quarter-finals will skate placement races for the final ranks 5-8. At first, a D-final will be skated between the two slowest losers from the quarter-finals to determine final ranks 7 and 8, and thereafter a C-Final will be skated between the two fastest losers from the quarter-finals to determine final ranks 5 and 6;

e) The winners of each semi-final will advance to the A-final to compete for the gold and silver medals. The losers will compete in the B-final for the bronze medal (the loser ending up at rank 4). The B-final will be skated first.

f) The quarter-finals for Ladies and Men and the semi-finals for Men are skated on the first competition day of the Team Pursuit; the semi-finals for Ladies and all the finals (including placement races) for Ladies and Men are skated on a following day;

Rule 242

Drawing at World Sprint Championships

1. For the first day's distances in World Sprint Championships the Skaters will be placed in groups, each group consisting of 8 Skaters, based on their best approved qualifying times on the distance concerned. For drawing of pairs Rule 240, paragraphs 1 and 2 apply, except for the number of groups.

2. a) In the third and the fourth distance the arrangement of pairs shall be based on the ranking in total points after two and three distances, respectively. If some Skaters are equal in total points, the Skater with the better time in the last skated distance is considered to be better ranked. However, the arrangement of pairs for each distance shall be made in such a way that all participants change their starting lanes the second day; i.e. Skaters who started in the inner lane the first day against Skaters who started in the outer lane. The starting order of pairs shall be opposite to the ranking order of the Skaters: The Skater ranked first in overall points shall skate in the last pair together with the next ranked Skater, subject to the principle of changed lanes in the second race, and so on.

b) In the last distance a maximum of 24 Skaters will be admitted. The qualification for the last distance (the second 1000 meters race) will be based on two different ranking lists: The ranking of the first 1000 m race, and the ranking in total points after three distances. Skaters placed among the 16 best in both ranking lists will be directly qualified for the last distance. The next to qualify is the Skater with the highest rank in either of the two lists, with preference for the ranking in total points after three distances if some Skaters have the same rank in different ranking lists. However, when 12 Skaters from the same starting lane in the first 1000 m race have been selected, preference will be given to Skaters with the opposite starting lane in the first 1000 m race, until 24 Skaters have been selected.

c) If a Skater, who has been entitled to start in the fourth distance, withdraws after the draw, this Skater may be replaced by the next qualified Skater according to the criteria given in paragraph b) above.

Drawing at International Sprint Competitions

3. Paragraph 2 of this Rule applies to international sprint competitions over two times 500 meters and two times 1000 meters.

Rule 243

Drawing at World Junior Championships

1. a) For all distances included in the allround competition of the World Junior Championships, the Skaters entered for the allround competition will skate in the first block of pairs, followed by the Skaters entered only for the single distance competition (3000 m Men is only part of the allround competition).

b) For the drawing of pairs, the Skaters entered only for the single distance competition will be grouped according to their best approved qualifying times, in groups of 8 Skaters each. For the two first distances in the allround competitions the Skaters entered for the allround competition will be grouped, also in groups of 8 Skaters each, according to their best approved qualifying times. Except for the number of the groups, Rule 240, paragraphs 1 and 2 apply for the grouping and drawing of pairs.

c) For the third and fourth distance in the allround competition Rule 240, paragraphs 3 and 4 apply. However, 16 Skaters shall qualify for the last distance; therefore Rule 240, paragraph 4 a) applies with the number of 16 instead of 12.

d) The single distance competition over 500m (Ladies and Men) will be determined by the combined result after two races. Maximum 24 Skaters, based on the result from the first race (12 fastest Skaters from each starting lane), will be admitted in the second race. Pairs will be arranged according to Rule 240, paragraph 6 c).

2. Quartet starts should be used over 3000 meters Ladies and Men and 5000 meters Men. Information on this shall be given in the announcement for the Championships.

3. a) For the Team Pursuit events the teams shall be seeded based on the ranks of the second best Skater from the ISU Members concerned in the 1500 meters for Ladies and the 3000 meters for Men, respectively. The two best seeded teams shall skate at the end;

b) After all teams have completed their race, the four teams with the fastest times will skate deciding races for the medals. Teams with the third and fourth fastest time will skate for the bronze medal. Teams with the two best times will skate for gold and silver medals.

Rule 244

Drawing at International Competitions

1. In an International Competition the organizing committee gives each competitor a number which is to be used at the draw for the starting order.

2. The organizing committee has the right to divide the Skaters entered into two or three groups for the first draw. If any group thus arranged should comprise an unequal number of competitors, the competitor whose starting number is drawn last shall compete with the first drawn Skater from the following group. If a Skater is left over because of an odd number of competitors, he will skate alone in the group with the lowest ranked Skaters.

Events with one award of prizes, drawing and composition of pairs

3. If a competition extends over two distances with one award of prizes, the arrangements of the pairs shall be determined by lot for both distances.

4. If a competition extends over three distances with one award of prizes, the arrangement of the pairs shall be determined by lot only for the first of the distances to be skated. For the second distance the Skaters will be paired according to the rank obtained in the first distance. For the third distance the Skaters will be paired according to their rank in total points after two (2) distances. The starting order of the pairs for the second and the third distance shall be opposite to the ranking order of the Skaters (see Rule 240, paragraphs 3 and 4).

5. If a competition extends over four distances with one award of prizes, the arrangement of pairs will be determined by lot separately for the first two distances. For the third and the fourth distance the arrangements of pairs will be determined by Rule 240, paragraphs 3 and 4, with the exception that more than 12 Skaters may start on the fourth distance.

Rule 245

Withdrawal from the start after draw, Entry of substitutes

1. If a competitor in a competition over several distances with one award of prizes withdraws from a distance after the draw for the distance has taken place, this competitor is not allowed to be entered again for this or any other distance.

2. a) If a Skater is not able to start on a distance due to illness after the drawing took place, that competitor may be replaced by a substitute.

If certain qualification criteria have been set for the competition, the sick Skater can only be replaced by a substitute who also fulfils these criteria. However, if the competition is over several distances with one award of prizes, a substitute may be entered only before the start of the first distance;

b) In the case that a withdrawn Skater is replaced by a substitute, the following procedure shall apply:

i) If the pairs have been decided by lot (by a draw with no grouping of the Skaters) the substitute shall start in the same pair and lane as the withdrawn Skater would have started;

ii) If the pairs have been drawn based on a grouping of the Skaters, the substitute shall start in the group where he would have been placed (for example based on qualifying time or other ranking) if he had been entered for the competition. If the group of the substitute is not the same as the group of the withdrawn Skater, a rearrangement of the grouping is necessary. The Skater(s) moved to another group will start in the vacant place(s) in that group;

iii) If the pairs have been arranged based on a seeding or ranking of the participants, the pairs shall be rearranged, taking into account the seeding or ranking of the substitute.

3. If the pairs were initially decided by lot, and no substitute is being entered according to paragraph 2, the Skater whose opponent has withdrawn, may skate alone in the pair. However, if another Skater had been drawn to skate alone because of an odd number of competitors, this Skater should then replace the one who has withdrawn, in order to complete the pair. If two Skaters are left to skate alone because of withdrawals after the draw, they should be paired together. When a new pair is thus formed, the Skaters shall start in the later pair. The moved Skater shall start in the outer lane (see also Rule 239, paragraph 4). The Skater who is moved to another pair must be informed of this at least 15 minutes before the scheduled start of his originally drawn pair.

4. If the pairs have been arranged based on a seeding or ranking of the participants, and no substitute is being entered according to paragraph 2, the pairs shall be rearranged based on the seeding or ranking of the remaining Skaters.

Rule 246

Adjustment of pairs

The Referee must adjust the starting order of pairs in such a way that each competitor who has skated in the previous distance has a period of rest of at least 30 minutes.

D. Timekeeping

Rule 247

Automatic and manual timekeeping

1. Two methods of timekeeping exist, automatic timekeeping (as specified in Rule 251) and manual timekeeping (as specified in Rule 250).

2. A manual timekeeping procedure (see Rule 250) has to be put in place for all competitions. If an automatic timekeeping system is in use, the purpose of the manual timekeeping procedure is to serve as a backup in case the automatic timekeeping system(s) fails, partly or completely. (See Rule 251, paragraph 5).

3. An automatic timekeeping procedure (see Rule 251) has to be put in place for Olympic Winter Games, ISU Championships, World Cup Competitions and other ISU Events, see also Rule 251, paragraph 2 d).

Rule 248

(previous Rule 249)

Watches

1. For automatic timekeeping systems a certificate stating the reliability and accuracy of the system shall be presented to the Referee before the competition. Such a certificate is valid for a maximum of three months.
2. For manual timekeeping only digital electronic watches shall be used. On the request of the Referee a certificate from a watchmaker shall be produced stating that the watches are in good working order.
3. All watches used must have the capability to measure and display times with an accuracy level of at least one hundredth of a second.

Rule 249

(previous Rule 248, paragraph 4)

Official times

The times are considered official when the Referee has signed the timekeeping protocol. The official times may not be questioned.

Rule 250

(previous Rule 248 and Rule 250)

Manual timekeeping procedure

1. A Chief Time keeper, three timekeepers and one substitute timekeeper must be appointed. The Chief Timekeeper has the option to be assisted by a Time recorder official.
2. The timekeepers are to be positioned at the finishing line and start their watches at the moment when smoke or flash from the shot fired by the Starter becomes visible. Only in case of fog, snow, darkness, etc. the timekeepers may take their position at the starting line and start their watches at the moment of the shot. Each timekeeper should use only one watch.
3. Independently of one another the timekeepers shall take the time of both Skaters in the pair.
4. At the conclusion of each race, the Chief Timekeeper shall read the watches in consistent order (i.e. 1st, 2nd, 3rd watch for the first Skater, then for the second placed Skater) and observe that the times are being duly recorded. Only if one or more timekeepers have not taken the time (for any reason), the time taken by the substitute timekeeper shall be recorded.
5. The times of each timekeeper shall be recorded with the accuracy of one hundredth of a second. If the watches display times in thousandths of a second, any digits giving precision beyond a hundredth of a second shall be ignored.

6. Under the supervision of the Chief Timekeeper the time for each Skater will then be determined and recorded in the timekeeping protocol as follows:
- a) When two watches show the same time and the third watch a different time, the time of those watches in agreement will determine the result;
 - b) When all watches show different times, the time of the intermediate watch will determine the result;
 - c) If two timekeepers have not taken the time for any reason, the mean time of the other two watches will determine the result. If the mean time is not a multiple of one hundredth of a second, the lower hundredth of a second is taken.
 - d) The time of the Skater finishing second in a pair is to be determined by the Chief Timekeeper in agreement with the Finishing line judge when the second Skater is less than 5 meters behind the first Skater (see Rule 220).
7. When determining the official times (according to the manual timekeeping procedure) of the Skaters, 20 hundredths of a second shall be added to the manual times recorded in accordance with paragraph 6 above.
8. If the manual timekeeping procedure is the source for the results of the competition or the results of some Skaters, the official protocol and the published list of results should clearly indicate that the results have been based on a manual timekeeping procedure, see Rule 273, paragraph 1 d).

Rule 251 **Automatic timekeeping procedure**

1. The term automatic timekeeping denotes a time-measuring system that is started automatically by the firing of a starting-gun and that records automatically the reaching of the finishing line by each competitor.
2. a) Different technologies/technical solutions may be used to establish automatic timekeeping:
 - o An electronic system based on optical sensors to record the finish of the Skaters (with one or two complete sets of photo cells installed between the lanes, as close as possible to the ice, (“photo-cells system”));
 - o A transponder-based system using signals from a transmitter worn by the Skaters to record the finish of the Skaters (“transponder system”);
 - o A system using photographic evidence of the finish of the Skaters, in such a way that an undistorted image containing a time scale can be reproduced immediately after the finish (“photo-finish system”).

For each of these categories of systems the definition of the finish (Rule 260, paragraph 1) may need to be adjusted to the operational characteristics of the system. Guidelines for this may be issued by ISU.

- b) If several automatic timekeeping systems are available, the Referee must declare before the start of the Competition which system is the primary system, and which system serves as a backup solution, respecting subparagraph c) below. If there would be several backup systems available, their order of preference should be declared prior to the start of the Competition. The Chief timekeeper must constantly monitor both the primary system and the backup system(s) in order to reveal any indications of malfunctioning of the primary system. If the primary system incidentally fails, the result of the Skater(s) involved in the incident will be determined by the backup system.
- c) If a photo-finish system is in use, the official protocol will be formed by the times and order of finish recorded by the photo finish system. The times from a photo-cells system or a transponder system may be displayed “live” on the scoreboard, but if the times of the systems in use differ, the times and order of finish of Skaters or teams from the photo-finish system determine the final results. ISU may issue further technical and procedural guidelines in this matter.
- d) The use of a photo-finish system is mandatory for ISU Championships, ISU World Cup Competitions and Speed Skating Events at the Olympic Winter Games.

3. Over all distances the times shall be measured and recorded in the protocol to the accuracy of one hundredth of a second. If the watches used display accuracy beyond one hundredth of a second, these decimals shall be ignored. However, if a photo-finish system with resolution of one thousandth of a second is in use, the third decimal digit shall be recorded for the purpose of breaking ties in accordance with Rule 265, paragraph 1.

4. Chief Timekeeper and Assistant Chief Timekeepers.

a) A Chief Timekeeper for the automatic timekeeping procedure, and one Assistant Chief Timekeeper for each automatic timekeeping system in use (i.e. photo cell, photo finish and transponder), must be appointed.

b) The Chief Timekeeper shall after each race check the time(s) recorded for each Skater by the systems in use, with the purpose of identifying any inconsistencies or malfunctions. The Assistant Chief Timekeeper(s) shall immediately after the conclusion of the distance control the complete set of times recorded by the system and inform the Chief Timekeeper of any indications or evidence of incidental malfunctioning of the system.

The Chief Timekeeper has the responsibility to prepare the timekeeping protocol that will form the basis for the official results to be submitted to the Referee for approval. The timekeeping protocol shall identify all cases where results have not been based on times from the primary system, and specify the backup system used to establish the results in those cases.

5. If the primary system incidentally fails, and no other automatic timekeeping system is available as backup, the results from the manual timekeeping procedure, according to Rule 250, paragraph 6 and 7, will be used to determine the official time. However, other readily available evidence, for example video recordings, that would make it possible to check or improve the accuracy of the manually taken times, shall be taken into account when the official time is determined. In particular, this applies to situations covered by Rule 260, paragraph 2 and 3.

Rule 252

Split times and times for individual laps

In races over several laps, the time must be taken and recorded for each lap. The accumulated lap times (split times) shall be recorded with the accuracy of a hundredth of a second, and the individual lap times shall be calculated and recorded in the protocol with the same level of accuracy.

E. Racing Rules

Rule 253

Counter-clockwise skating

1. Races are run counter-clockwise, which means that the inner side of the track is on the left hand side of the Skater.
2. All international races must be conducted on a standard track, in pairs and against time, with exceptions as stated in Rule 200, paragraphs 2 and 3, in Rule 253, paragraph 4 and in Rule 261 (team competitions).

Changing lanes

3. a) The competitor who skates on the inner lane shall change to the outer lane each time he arrives at the crossing straight and vice versa for the competitor who skates in the outer lane (for exception see paragraph b) below). A breach of this Rule constitutes a foul, and the penalty shall be a disqualification (see Rule 275);
b) In the first straight of the 1000 meters and the 1500 meters when racing on a 400 meters standard track there is no changing of lanes. Similar exceptions may have to be made on tracks of other sizes for these or other distances.

Competitions and distances with special rules

4. a) For sprint competitions over the distance 100 meters or shorter distances, there may be three Skaters in each heat, with separate lanes for each Skater. These competitions may be organized with elimination phases, where Skaters will advance to the next phase based on their placing in the heat and/or their achieved time;

b) Competitions may be organized as mass start races (in "pack style format"), for which the track will be laid out with only one competition lane. Rule 259 ("pace-making") will not apply for mass start races. Special rules must be announced in order to prevent that Skaters may obstruct or impede other competitors in the race. The result of such races may be based on a system adding points for intermediate ranks at certain stages of the race and points for the ranks at the finish. The competition rules may stipulate that one or more Skaters placed last at certain stages of the race will be taken out of the race at that stage.

Mass start races may be organized as pursuit races, i.e. with staggered starts where the Skaters have predefined "handicaps", for example based on results from previous races in the competition.

When mass start or relay races are included in International Competitions on standard Speed Skating tracks, special regulations should be issued in accordance with Rule 200, paragraphs 2-4.

Rule 254 Call to the start

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. Failure to appear promptly at the start is equivalent to withdrawal from the distance.

Rule 255 Starting procedure

1. The Skaters 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 Skaters, the Skater in the middle lane shall wear a yellow armband. The Skater 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.

2. a) When the Starter orders "Go to the start" the Skaters shall place themselves between the pre-start line and the starting line. The distance between these two lines shall be two (2) meters. The Skaters 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. Skaters 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. Skaters must keep all of their skates entirely behind the starting line.

b) There shall be a distinct interval between the moment when the Skaters have taken their starting position and the firing of the shot. This distinct interval should be between 1 and 1.5 seconds.

False start

3. In the following situations the Starter shall declare a false start:

a) When one or both (all) Skaters intentionally are slow in taking their starting position, the offending Skater(s) shall be given a false start;

b) When one of the Skaters breaks from his mark, thereby causing the other Skater to follow; only this Skater shall be given a false start;

c) When a Skater leaves the starting position after the word "Ready", but before the shot is fired (see also Rule 217, paragraph 3).

4. In the case of a false start, the Skaters shall be recalled by a second shot or a whistle from the Starter. On the order of the Starter the Skaters 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 Skaters, or it may be in the form of a red light clearly visible for the Skaters. However, in competitions over 100m (or shorter) with up to 3 Skaters per heat, the Starter may not recall the Skaters in the case of the second false start. The disqualification will then be announced to the Skater(s) after the completion of the race.

5. The Starter shall warn the Skater committing the first false start. If both Skaters are responsible for a false start, they shall both be warned so by the Starter. When the Starter calls the Skaters of the pair/heat for a new start after a false start has been declared, then a Skater committing a next false start of this pair/heat shall be disqualified from the race concerned.

6. If light signs are used to indicate which Skater 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 Skaters.

Rule 256

Cutting the lines

1. When entering the curve, in the curve and going off the curve, the Skater is forbidden to cross the inner line of the curve, as defined by movable blocks or snow. This offence may result in the Skater being disqualified.

Leaving inner curve

2. If a Skater, due to high speed, a fall or other incidents, cannot keep inside the inner lane of the curve or the first part of the finishing straight, and interferes with the Skater in the outer lane, this will result in a disqualification. However, if the Skater does not immediately return to the inner lane from the curve leading on to the finishing straight, this will result in a disqualification even if there is no interference with the Skater in the outer lane.

3. A Skater, who for some reason crosses the line between the inner lane and the outer lane on the finishing straight and interferes with the Skater in the other lane, will be disqualified.

Rule 257

Responsibility in cases of collision

1. When leaving the curve at the beginning of the crossing straight (where the snow line or line of movable blocks is discontinued), the Skater who is changing from the inner to the outer lane shall not hinder the Skater changing from the outer to the inner lane. This applies even if this is a Skater from another pair in a quartet. The Skater leaving the inner lane is also responsible for collisions, unless the other Skater acts in an obstructive way.

Responsibility when overtaking

2. Overtaking in the same lane: In situations when a Skater is about to overtake another Skater in the same lane (e.g. when the distance between two Skaters in the same pair has increased to one lap, or in quartet starts when a Skater in one of the pairs has caught up with the Skater who started in the same lane in the other pair of the quartet), both Skaters have a responsibility that the overtaking can take place in a smooth way and that collisions are avoided.

a) When a situation of overtaking is approaching, the Skater in front (i.e. the Skater who is about to be overtaken) must keep his line (the relative position) in the lane. If the Skater has moved to the outer part of the lane in order to facilitate the overtaking, the Skater must stay in this part of the lane until the overtaking Skater has passed on the inner side;

b) The overtaking Skater has the better view of the situation and is responsible that a collision is avoided as long as the Skater in front maintains his relative position in the lane.

Disqualifications

3. If the Referee confirms a breach of this Rule (see paragraphs 1 and 2 above), the offending Skater shall be disqualified.

Rule 258

Distance between Skaters after overtaking

1. On a double-laned track where the leading Skater has overtaken his opponent and passed him, the latter Skater must remain at least 10 meters behind. But he is permitted to overtake the leading Skater if he finds this is possible without impeding the leading Skater, but he must not act as a pacemaker to the Skater who is leading.
2. If the Skater being passed or the Skater having passed acts in an improper manner, he shall be disqualified.

Rule 259

Pace-making

To precede or accompany a Skater (pace-making) is not allowed, and a Skater making such an offence will be disqualified (see also Rule 258). However, for Team Pursuit races (see Rule 261) this rule does not apply for Skaters belonging to the same team, unless a Skater has been overtaken (lapped) by his team-mates.

Rule 260

Finishing line

1. A Skater has completed a distance when the front tip of the blade of the first arriving skate has touched or reached the finishing line after the prescribed number of laps. However, adjusted definitions may be applied in accordance with Rule 251, paragraph 2 a).
2. If a Skater falls just short of the finish, so that the first skate will arrive outside the competition lanes, the time shall be taken at the moment the front tip of the blade of this skate reaches the extension of the finishing line.
3. If the automatic timekeeping system(s) in use is stopped at the finish by other means than the skate, the official time of the Skater shall be recorded as the slower time of the times determined by the manual timekeeping procedure (according to Rule 250, paragraph 7) and the time from the automatic timekeeping system.

Rule 261

Racing rules for team competitions

Team Pursuit races

1. a) Team competitions may be announced for pursuit races with either 3 or 4 Skaters in each team. In both cases the finishing time (see Rule 260) 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;

b) 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;

c) 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;

d) If some Skater(s) of a team is overtaken by Skaters from the other team, Rule 258, paragraph 2, applies;

e) 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.

Relay races

2. 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.

a) 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;

b) 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 257, paragraph 2 will apply.

Disqualification and fresh starts in team competitions

3. If a Skater of a pursuit or relay team is disqualified for violation of racing rules according to Rules 233, 255, 256, 257 or 258, 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).

4. The rules concerning fresh starts given in Rule 262 apply also for Team Pursuit 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 262, paragraphs 1-3.

Rule 262 Allowance of fresh start

1. A competitor who is interfered with, through no fault of his own, shall be allowed by the Referee to make a fresh start. If the Skater has completed the initial race, the best time of the two races shall count as the result of the Skater.

2. A competitor who is unable to complete a race due to an obstacle on the track, shall be allowed to start again. A broken skate or dirty ice shall not be accepted as an obstacle. Also the opinion of the Skater that he has been interfered with, but not directly stopped, by individuals or incidents at the side of the racing track cannot be accepted as a reason for fresh start.

3. If the obstacle is a fallen competitor, or is due to a fault of the other Skater in the pair, who has violated a rule, such as an incorrect change of lane at the crossing straight or leaving his lane at any time, then the Referee cannot deny the right to make a fresh start. If a competitor is allowed a fresh start, the Referee has to communicate it to the Skater concerned.

Required rest time

4. The Skater shall have the right to have a rest of at least 30 minutes between the initial race and the fresh start decided by the Referee, unless the Skater has agreed to start in less than 30 minutes.

Starting lanes for fresh starts

5. In the case of a fresh start the Skater shall normally start in the same lane as in the ordinary race, and always so in the second race over 500 or 1000 meters in a sprint competition decided by total points or by the total time from two races. If more than one Skater is allowed a fresh start, pairs shall be formed in order to avoid several races with only a single Skater. If the two Skaters forming a new pair started in different lanes in the ordinary race, they shall start in the same lanes in the new race as in the first race. But if they both started in the same lanes in the ordinary race, the Skater from the lower numbered pair shall start in outer lane in this new race (see Rule 239, paragraph 4 and Rule 245).

Rule 263

Doping

(See General Regulations, Rule 139)

F. Results of the Competition

Rule 264

Announcement of results

The results of a competition shall be announced immediately after the competition.

Rule 265

Results of events over single distances

1. a) In competitions with award of prizes for single distances, the winner of the distance is the Skater with the best achieved time. If several skaters obtain the same (best) time as determined according to Rule 250, paragraph 7 (manual timekeeping procedure) or Rule 251 (automatic timekeeping procedure), each of them is to be considered a winner for the distance, but Rule 220, paragraph 3 must be observed if the results have been determined by manual timekeeping procedure.

However, if a photo-finish system (as specified in Rule 251, paragraph 2) with a time scale showing time resolution in thousandths of seconds is in use, the recorded times from the photo-finish system in thousandths of seconds will be used to determine the order of Skaters (or teams) in the final results. In this case the official protocol shall indicate tie-breaks by displaying the recorded time for the Skaters (teams) concerned in thousandths of a second.

b) For competitions over 500 meters with two counting races, the total time in the two races determine the final classification, and Skaters with the same total time will get the same rank. However, if a photo-finish system is in use (as specified in

subparagraph a) above) the total times as recorded by the photo-finish system in thousandths of seconds will be used to determine the order of Skaters in the final results. In this case the protocol shall indicate tie-breaks by displaying the total times for the Skaters concerned in thousandths of a second.

Results of event over several distances

2. In competitions over two or more distances with a single award of prizes, the winner is the Skater who has completed all distances and obtained the lowest total of points, according to paragraphs 3 and 4 below. If several Skaters have the same total of points, these Skaters will get the same rank.

Calculation of points

3. The points are calculated as follows: For a 500 meters race the number of seconds counts as the number of points, for 1000 meters one half of the number of seconds, for 1500 meters one third, for 3000 meters one sixth, for 5000 meters one tenth and for 10 000 meters one twentieth of the number of seconds. The number of points must be calculated to three decimals, omitting the fourth decimal.

Final classification in competitions over several distances

4. The final classification in the competition is determined according to the total of points over all distances. If the number of Skaters in the last distance is limited, the classification between the remaining Skaters shall be determined by their total of points in the preceding races.

5. If a Skater fails to complete the last distance, due to disqualification or some other reason, the ranking of this Skater in the final classification will be determined as if the Skater had not started in the last distance.

Results of Team Pursuit events

6. For results of the Team Pursuit event at the Olympic Winter Games see Rule 241, paragraph 4; at World Single Distances Championships, see Rule 240, paragraph 6 d); and at World Junior Speed Skating Championships, see Rule 243, paragraph 4 b).

Rule 266

Participation in all distances

1. To be qualified to start in the final distance in a Championship or in other competitions where only a limited number of competitors are allowed to compete in the final distance, the Skater must have completed all the previous distances in the competition concerned (See also Rule 275, paragraph 3).

2. In ISU Championships where the results of the Championships are based on total points or total times from all distances or races skated, a Skater who has not completed all preceding distances or races with a valid result, will not be allowed to start in the last distance (race) of the Championships. This applies also for the 500 meters at Olympic Winter Games.

Rule 267

Titles

(See General Regulations, Rule 133)

Rule 268

Winners

1. a) The winner of the World Allround, World Sprint, World Junior or European Championship is the Skater who has completed all distances and obtained the lowest total of points. In the case of ties in total points Rule 265, paragraph 2, applies;

b) The winner of the World Single Distances Championships and of the individual distances of the World Junior Championships is for 500 meters the Skater with the best total time over the two races skated. In the case of ties Rule 265, paragraph 1 b) applies. For the other distances the winner is the Skater with the best time achieved in the single race skated;

c) The winner of the Team Pursuit event at the World Single Distances Championships is the team with the best time achieved.

d) The winner of the Team Pursuit event in the World Junior Championships is the team winning the deciding race between the two teams with the two fastest times achieved in the first round of the event.

2. If several Skaters obtain the best time over any distance, they are all to be considered as winners over this distance.

3. The winner of an ISU Championship shall be awarded a prize and an ISU gold medal, the second Skater a silver medal and the third Skater a bronze medal.

4. All the winners, even if there are more than three, shall receive gold medals. If there are two winners, no silver medal is awarded. If there are three winners, no silver and bronze medals are awarded. If there are two winners, the next placed Skater(s) shall be awarded bronze medal(s). If there is one winner and a tie between two or more Skaters for the second place, all the latter shall receive silver medals, and no bronze medal is awarded. If there is one winner and one Skater in second place, all the Skaters having obtained the third place shall be awarded bronze medals.

Rule 269

Medals

(See General Regulations, Rule 134)

Rule 270

Prizes

(See General Regulations, Rule 120)

Rule 271

Awarding of medals

(See General Regulations, Rule 134)

Rule 272

Results of Championships

(See General Regulations, Rule 135)

Rule 273

Official protocol

1. The official protocol must contain:
 - a) the starting list for each distance;
 - b) the times of automatic timekeeping, recorded in hundredths of a second;
 - c) the times of manual timekeeping:
 - accumulated lap times in hundredths of a second (see Rule 252),
 - finishing times in hundredths of a second (see Rule 250, paragraphs 5 and 6);
 - d) The following notations shall be used to specify extraordinary situations and invalid race results:
 - DNF: Did not finish (started in the race, but did not finish, without having violated any racing rule, e.g. by being interfered with by a competitor);
 - DQ: Disqualified (due to violation of a racing rule or other offence leading to a disqualification);
 - DNS: Did not start (was included in the draw and listed in the final pairings, but did not appear at start);
 - WDR: Withdrawn (was included in the initial draw, but withdrew from start, with the consequence that pairs were rearranged);

- RS: Reskate (after having been allowed a fresh start);
MT: Time determined by manual timekeeping procedure according to Rule 250, paragraphs 7 and 8.

2. For ISU Championships the official protocol must be published according to specifications in the ISU Memorandum and must be sent to the ISU Director General by the ISU Members concerned.

3. For International Competitions the protocol must be filled out by the organizers at least 6 months after the completion of the competition. However, for World Records, see Rule 221, paragraph 3. If called for, the protocol must be submitted to the ISU Sports Directorate or the Speed Skating Technical Committee.

G. Protests and Disqualifications

Rule 274

Protests

(See General Regulations, Rule 123)

Rule 275

Disqualification

1. A foul by a Skater, if confirmed by decision of the Referee, results in a disqualification of the Skater from the distance concerned.

2. If the foul, in the opinion of the Referee, was intentional, the Skater may take no further part in the competitions announced. The Skater may then also be disqualified for the distances already run, in the case of a competition over several distances with one award of prizes.

3. A Skater who is disqualified in a race loses the right to start in the final distance in a Championship or other competitions where only a limited number of the competitors are allowed to start in the final distance (see also Rule 240).

Rule 276

Appeals

(See General Regulations, Rule 124)

Rule 277
Exclusion of competitors, etc
(See General Regulations, Rule 125)

H. Quartet Starts

Rule 278

Competition formats

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.

Quartet starts may be conducted by two alternative methods:

a) Method A): Both pairs in the quartet start in 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;

b) Method B): Both pairs in the quartet start at the same time (on the same shot), in the middle of the ordinary finishing and crossing straight, respectively. (On a standard 400 m track in the ordinary start area and finish area of the 1000 meters distance). The Starter is positioned in the middle of the inner part of the oval track, and must be assisted by two recall Starters observing one pair each. In case of a false start, both pairs are recalled to a new start. Changing of lanes shall be done in the ordinary crossing area of the track. However, the Skaters in the pair finishing their distance at the ordinary crossing area must stay within the same lane as in the last curve when they approach the finish. Method B is only applicable for distances where the Skaters can finish the distance in the middle of the straights.

2. a) Quartet starts may be used in International and World Cup Competitions and in ISU Championships. Recommended distances for quartet starts are 1500 meters and longer. In ISU Championships quartet starts may be used only for distances 3000 meters and longer (see Rule 201, paragraph 10);

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 Directorate and the Speed Skating Technical Committee and it has been published in the announcement.

Starting procedures and composition of quartets

3. a) Starting positions within each quartet are determined as follows:

1st drawn Skater: Inner lane in first pair (white armband);

2nd drawn Skater: Outer lane in first pair (red armband);

3rd drawn Skater: Inner lane in second pair (yellow armband);

4th drawn Skater: Outer lane in second pair (blue armband);

b) If the pairs are arranged according to a ranking of the Skaters, each quartet shall have the two best ranked Skaters as the second pair in the quartet;

c) If quartet starts are conducted according to method B) in paragraph 1 b) above, the second pair is defined as the pair who will finish the race at the (ordinary) finishing straight of the track;

d) If the participating Skaters cannot form a set of full quartets (with 4 Skaters in all quartets), only the first quartet may be incomplete. (The first quartet may even consist of one single Skater);

e) In the case of withdrawals from the start after the draw, the Referee has the right to rearrange the pairs forming the quartets (see Rules 216 and 245). However, a Skater should not be moved to another quartet than the one originally designated, unless the number of quartets will then be reduced.

4. All Skaters in the same quartet must collectively prepare for the start. Armbands are to be worn according to paragraph 3 a).

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

6. 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 1e), 1f) and 2).

Rule 279 is reserved for possible further Technical Rules Speed Skating.

III. SPECIAL REGULATIONS SHORT TRACK SPEED SKATING

A. Tracks

Rule 280

Track

1. a) For ISU Events and the Olympic Winter Games the track shall be an oval of 111.12 meters on an ice rink with minimum measurements of 60 x 30 meters (see diagram in the Technical Rules);

b) The width of the straight shall not be less than 7 meters;

c) The measurements from the apex block of the bends to the barrier shall not be less than 4 meters;

d) Curves and turns should be made symmetrically, there should be a symmetrical curve from the end of one straight to the point where the next straight begins;

e) Besides the standard track there will 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 will be used. For the starting lines see diagram in the Technical Rules;

f) In semi-finals and finals of 500 meters only the three (3) middle tracks as marked on the diagram shall be used. This does not apply to Team Championships.

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;

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) 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.

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.

Track markers

4. Track marking blocks of an approved design by the ISU Short Track Speed Skating Technical Committee shall be used and seven (7) must be used in curves (see Handbook).

Rink Board padding

5. Protections must be installed to cover the boards. All measures must be taken to improve the safety of the Skaters. Mats must be covered with water and cut resistant material. Mats must be attached to the boards and to each other, with their weight on the ice. For minimum specifications see the respective Communication. A technical description of material properties and drawing of the construction of the mats must be submitted with the initial application.

Facilities at rink

6. a) For ISU Events and the Olympic Winter Games, electronic equipment capable of producing an image of the finish and the times of the competitors shall be used. Times shall be produced in thousands of a second. These results shall be considered Official Results;

b) For International Competitions a manual procedure explained in Rule 290, paragraphs 13 and 14 may be used, if the above equipment is not available;

c) For ISU Events and the Olympic Winter Games, only computer software approved by the Short Track Speed Skating Technical Committee shall be used to document the results of races, prepare the make-up of the next round of races, and produce the final results and Protocol of the competition;

d) For International Competitions a manual procedure explained in Rule 290, paragraph 10 and Rule 296 may be followed;

e) All technical equipment shall be located in areas restricted to public access.

B. World Championships

Rule 281

Distances and program

1. a) The distances will be: 500, 1000, 1500 and 3000 meters individual, 3000 meters relay for Ladies and 5000 meters relay for Men;

b) On the distances 500, 1000 and 1500 meters there may be qualifying rounds depending on the number of entries, e. g. preliminary heats, heats, quarter-finals and semi-finals, in which the competitors qualify for the final according to Rule 295, paragraph 2. The 3000 meters distance will be skated as a Super-Final;

c) Based upon the number of competitors entered, the qualifying procedure shall be decided by the Referee after consultation with the Competitors Steward and the Representative of the Short Track Speed Skating Technical Committee;

d) The World Championships are held over three (3) days;

e) The order of the finals and their respective preceding qualifying rounds will be 1500, 500, 1000 and 3000 meters;

f) The finals of the relays will be held after the conclusion of the individual races. Qualifying rounds of the relays may be held on each day of the Championships provided they are held after the conclusion of the individual races of the day;

g) For World Championships the program will be:

First day:	heats	1500 meters Ladies/Men
	semi-finals	1500 meters Ladies/Men
	finals	1500 meters Ladies/Men
	semi-finals	3000 meters relay Ladies
Second day:	heats	500 meters Ladies/Men
	quarter-finals	500 meters Ladies/Men
	semi-finals	500 meters Ladies/Men
	finals	500 meters Ladies/Men
	semi-finals	5000 meters relay Men
Third day:	heats	1000 meters Ladies/Men
	quarter-final	1000 meters Ladies/Men
	semi-finals	1000 meters Ladies/Men
	finals	1000 meters Ladies/Men
	Super-Finals	3000 meters Ladies/Men
	final	3000 meters relay Ladies
	final	5000 meters relay Men

h) The starting times on each day may be determined by the organizing committee. Each days program can be divided in two parts. Semi-finals and finals must be in one part and not separate. When each part (session) starts it will be held without any intermission or breaks other then to resurface the ice or give the athletes the rest time according to Rule 295, paragraph 2.

Entries

2. a) Each Member has the right to enter at least two competitors in each category. If a Member had more than one Skater amongst the best 16 competitors in the final classification of the same preceding Championships of which one or more scored Final Points that Member may enter 3 competitors in total in the respective category;

b) Each Member may enter the names of substitutes corresponding with the number of ordinary entries;

c) ISU Members who qualify amongst the best 7 relay teams from the Relay Ranking (see Rule 286) and the host country may enter a team in the respective category in the relay competition. If the three (3) teams with the best (fastest) times, skated at World Cup Competitions, are not among these 7 teams they will replace the lowest ranked teams respectively. See Rule 286, paragraph 3, for entry requirements which also apply to the Host Member.

Members entering a relay team must use those Skaters who are entered for the relay also for the individual competition. In this respect the Members entering a relay team can only enter a maximum number of 5 Skaters which will include all participants and substitute for both competitions: individual and relay;

d) If a Skater is not able to start on the first day due to illness after the names have been officially presented to the Competitors Steward in accordance with Rule 295, paragraph 4 f), that Skater may be replaced by another entered Skater of the Member concerned. The Competitors Steward may change the make up of the races according to the seeding procedure, Rule 296;

e) In cases when a competitor withdraws after the names have officially been presented to the Competitors Steward in accordance with Rule 295, paragraph 4 f), this competitor is not allowed to be entered again in the individual part of the Championships.

Drawing and seeding procedure

3. See Rule 296

Conditions of contest

4. a) Only the top 8 points scorers and ties on the 8th position, on the basis of Final Points after the previous finals, are eligible to compete in the 3000 meters Super-Final;

b) The final classification will be made according to Rule 295, paragraph 8;

c) For each of the distances a classification will be made according to Rule 295, paragraph 6 and 7.

Winner(s)

5. a) The overall winner is the Skater having attained the highest rank according to Rule 295, paragraph 8, at the conclusion of the Championships;

b) The winning team of the World Short Track Speed Skating Championships for the relay competition is the one which has been declared winner of the final race;

c) The winner of the World Short Track Speed Skating Championships 500/1000/1500 meters is the Skater being declared winner of the final race of the distance concerned;

d) For titles see Rule 133.

C. World Team Championships

Rule 282

Distances and program

1. a) The duration of the program shall be two days during which five (5) competitions (bracket) will take place. Each Bracket will consist of a competition with four (4) Teams participating;

b) Qualifying brackets will take place on the first day;

c) The A- and B- Final of the Team Championship will take place on the second day;

- d) For each bracket the distances will be:
- | | |
|---|------------------------------|
| 500 meters for Ladies and Men (individual) | 4 races; |
| 1000 meters for Ladies and Men (individual) | 4 races; |
| 3000 meters for Ladies and Men (individual) | 1 race (2 Skaters per Team); |
| 3000 meters for Ladies (relay) | 1 race; |
| 5000 meters Men (relay) | 1 race, |
- e) The order of the distances shall be 1000, 500, 3000 meters for Ladies and Men, and 3000 meters relay for Ladies followed by 5000 meters relay for Men.

Brackets

2. The winning team of each Qualifying bracket on the first day qualifies directly to the final of the Team Championship. The teams finishing second and third in the Qualifying brackets skate the Repechage bracket. The winning team and the second placed team of this Repechage bracket qualify for the final of the Team Championship.

Entries

3. The best 7 teams Ladies and best 7 teams Men on the basis of the World Team Ranking plus the host country will be allowed to participate. The teams ranked first (1), third (3), fifth (5) and seventh (7) will skate in the first qualifying competition. The teams ranked second (2), fourth (4), sixth (6) and eighth (8) will skate in the second qualifying competition.

If the host country is not ranked among the top 8 teams of the World Team Ranking they shall replace the eighth position in the World Ranking in determining the participation in the qualifying groups. See Rule 286, paragraph 3, for entry requirements which also apply to the Host Member.

Conditions of contest

4. In all races over 500 and 1000 meters each country shall be represented by one Skater. In the race over 3000 meters each country shall be represented by two Skaters.

The order in which the races are to be skated is not drawn. Prior to the respective bracket the Competitors Steward and the Referee shall draw the start position for the first race of each distance using the names of the participating countries. For all other races on the distance concerned each country will move to the next lane position. The country that was in the last lane position will move to the first start position.

Before the start of each distance the team leader will report with his complete team in the heat-box. For each race the coaches will announce over a special PA-System the Skater of his team that will start in the upcoming race. Every race another coach will be asked first for his Skater following the order of start positions.

5. a) On the distances 500 and 1000 meters 4 Skaters will skate for the team. On the 3000 meters 2 Skaters will skate for the team. For all distances there will be finals only. Races of 500 and 1000 meters shall have up to 4 Skaters participating. For the 3000 meters distance there shall be 8 Skaters participating. All teams participate in the relay race;

- b) Points in individual races 5, 3, 2, 1
- Points in relay 10, 6, 4, 2

Winner

6. a) Winner is the team having attained the highest total of points after all parts of the Final Team Competition;

- b) The other teams will be ranked according to their total points;
- c) In case of a tie the results in the relay race will prevail.

D. World Junior Championships

Rule 283

Distances and program

1. a) The distances will be: 500, 1000 and 1500 (twice) meters individual. Relay races over 3000 meters. Each Relay team shall consist of four (4) Skaters per Member;

b) On the distances 500, 1000 and 1500 meters there may be qualifying rounds depending on the number of entries, e. g. preliminary heats, heats, quarter-finals and semi-finals, in which the competitors qualify for the final according to Rule 295, paragraph 2. The second 1500 meters distance will be skated as a Super-Final;

c) Based upon the number of competitors entered, the program and qualifying procedure shall be decided by the Referee after consultation with the Competitors Steward and the Representative of the Short Track Speed Skating Technical Committee;

d) The Championships are held over three (3) days with the following program:

First day:	heats	1500 meters Ladies/Men
	semi-finals	1500 meters Ladies/Men
	finals	1500 meters Ladies/Men
	heats	<u>3000</u> meters relay Ladies/Men

Second day:	heats	500 meters Ladies/Men
	quarter-finals	500 meters Ladies/Men
	semi-finals	500 meters Ladies/Men
	finals	500 meters Ladies/Men
	semi-finals	<u>3000</u> meters relay Ladies/Men

Third day:	heats	1000 meters Ladies/Men
	quarter-finals	1000 meters Ladies/Men
	semi-finals	1000 meters Ladies/Men
	finals	1000 meters Ladies/Men
	Super-Finals	1500 meters Ladies/Men
	final	<u>3000</u> meters relay Ladies
	final	<u>3000</u> meters relay Men

e) The starting times on each day may be determined by the organizing committee. Each day's program can be divided in two parts. Semi-finals and finals must be in one part and not separate. When each part (session) starts it will be held without any intermission or breaks other than to resurface the ice or give the athletes the rest time according to Rule 295, paragraph 2.

Entries

2. a) Each Member has the right to enter three (3) competitors in each individual category. Members entering a Relay team may enter four (4) competitors in the respective category:

b) Each Member may enter the names of substitutes corresponding with the number of ordinary entries;

c) Members participating in the relay competition must use those Skaters that are entered for the individual competition;

d) If a Skater is not able to start on the first day due to illness after the names have been officially presented to the Competitors Steward in accordance with Rule 295, paragraph 4 f), that Skater may be replaced by another entered Skater of the Member concerned. The Competitors Steward may change the make up of the races according to the seeding procedure, Rule 296;

e) In cases when a competitor withdraws after the names have officially been presented to the Competitors Steward in accordance with Rule 295, paragraph 4 f), this competitor is not allowed to be entered again in the individual part of the Championships.

Drawing and seeding procedure

3. See Rule 296.

For Skaters without a World Ranking, the best season time over 1000 meters will be used to determine a ranking for the make up of the first round of the first distance. These times must be submitted with the final entry. See the respective ISU Communication for further details.

Conditions of contest

4. a) Only the top 6 points scorers and ties on the 6th position, on the basis of Final Points after the previous finals, are eligible to compete in the 1500 meters Super-Final on the third day;

b) The final classification will be made according to Rule 295, paragraph 8;

c) For each of the distances a classification will be made according to Rule 295, paragraphs 6 and 7;

Winner

5. a) The winner is the Skater having attained the highest rank according to Rule 295, paragraph 8, at the conclusion of the Championships.

b) The winning team of the World Junior Short Track Speed Skating Championships for the relay competition is the one which has been declared winner of the final race.

c) For Titles see Rule 133.

E. Olympic Winter Games

Rule 284

Distances

1. For the Olympic Winter Games the distances are:

a) 500, 1000 and 1500 meters individual distances for Ladies and Men;

b) 3000 meters relay for Ladies;

c) 5000 meters relay for Men;

Entry quotas

2. a) For each edition of the Olympic Winter Games, the International Olympic Committee (IOC) stipulates an overall maximum number of Skaters to be entered into Short Track Speed Skating events (IOC Quota), with a target number for each gender. If for either Ladies or Men the respective IOC quota would not be reached according to the Qualifying System described in the ISU Regulations, the respective unused number of quota places would be credited and added to the quota of the other gender.

b) The total overall number of entered Short Track Speed Skaters per ISU Member, respectively National Olympic Committee (NOC quota) will be maximum 10 Skaters; maximum 5 Ladies, respectively 5 Men (for ISU Member/NOC qualified for the relay event) and maximum 3 Ladies, respectively 3 Men (for ISU Member/NOC not qualified for the relay event).

Qualification system

3. a) General

Quota places are earned by the ISU Members (by IOC called “NFs”) respectively National Olympic Committees (NOCs) based on the results achieved by the ISU Members in the four (4) Special Olympic Qualification Classifications (SOQC) resulting from the two (2) ISU World Cup Competitions designated by the ISU to be held during October – December prior to the Olympic Winter Games. The four (4) SOQCs will be for 500, 1000 and 1500 meters each for Ladies and Men, 3000

meters relay Ladies and 5000 meters relay Men. As per ISU Regulations, only ISU Members are allowed to enter ISU sanctioned competitions which include ISU World Cup Short Track Speed Skating Competitions.

Upon confirmation by the ISU of the quota places earned by the ISU Members/NOCs, the subsequent entries by name to the Olympic Winter Games to be made within the applicable deadlines, are at the discretion of the respective ISU Member/NOC subject to the entered Skaters being eligible according to ISU and IOC rules.

These SOQCs will be calculated following the same rules and principles as the ISU World Cup Short Track Speed Skating classifications, i.e. using the World Cup points earned at the designated World Cup competitions (for details please refer to the respective ISU Rules and ISU Communications). In the case of a tie in the SOQC, the following tie breaking system will be used:

- i) Best place on the distance in one of the designated World Cups;
- ii) Best time on the distance;
- iii) Second (or if needed third, fourth etc) best times on the distance.

b) Host ISU Member/NOC

If not qualified through the qualifying procedure, the host ISU Member/NOC will be entitled to enter 10 Skaters (5 Ladies and 5 Men) in all events together, as follows:

- Ladies and Men relay;

- 1 Skater in each individual event/distance both Ladies and Men.

If the host ISU Member/NOC forfeits its right to participate in the relay event(s), the host ISU Member/NOC may nevertheless enter one (1) Skater in each of the individual distances.

c) Relay

The ISU Members/NOCs with the top 8 placed relay teams in the SOQC for relay qualify for participation in the Olympic Winter Games relay events. If the host ISU Member/NOC of the Olympic Winter Games is not amongst those qualified on the basis of the relay SOQC, the respective relay team of the host ISU Member/NOC will replace the ISU Member/NOC ranked 8th in the SOQC for the relay.

d) Individual distances

ISU Members/NOCs qualified for the relay events may enter a maximum of 5 Skaters in total. The Skaters competing in the individual events must be among the Skaters in the relay team.

For the individual distances, taking into account the above-mentioned ramification from the relay qualification, which for the IOC quota will have priority, the quota places are assigned to ISU Members/NOCs in the order of the respective SOQC. All ISU Members/NOCs having Skaters ranked first over the distances 500, 1000 and 1500 meters get one starting place on the respective distance. Following that the ISU Members/NOCs having Skaters ranked 2nd get one starting place, etc. until the following criteria are met:

- i) the number of quota places per ISU Member/NOC has reached the maximum of 3 Skaters per distance;

ii) the number of Skaters on the respective distances has reached the maximum number of Skaters for that distance; i.e. the maximum number of Skaters over 500 and 1000 meters will be 32. The maximum number of Skaters over 1500 meters will be 36;

iii) the total number of Skaters per category (Ladies/Men) has reached the IOC quota;

iv) if the number of athletes per distance has not reached the maximum number of Skaters (32 for 500 and 1000 meters and 36 for 1500 meters) on one or more distances, and the process of simultaneously qualifying can not be continued without exceeding the IOC quota, then Skaters will be added on a one-by-one basis until the IOC quota has been reached. The next available skater(s) per distances with the highest rank will be added on the respective distance. In the case of a tie the shortest distance will prevail.

v) If according to sub-paragraph i), ii), iii), iv) above the number of actually entered Skaters by name has not reached the maximum per distance (32 for 500 and 1000 meters and 36 for 1500 meters) then the ISU Member/NOCs having Skaters entered as per sub-paragraphs i), ii), iii) and iv) above, will be allowed to enter the same Skaters in the respective distance(s) in the order of the respective SOQC, up to the maximum of 3 Skaters per distance. Consequently this will not affect the total number of entered Skaters and the IOC quota remains respected.

vi) In the exceptional case that the number of skaters per distance can not be filled (32 for 500 and 1000 meters and 36 for 1500 meters) after applying the procedures in the sub-paragraphs i), ii), iii), iv) and v) above then ISU Members/NOCs who have qualified for the Relay but who have no individual competitors will be allowed to enter Skaters on the respective distance(s). In the case of a tie the Relay team with the highest rank will prevail. Consequently this will also not affect the total number of entered Skaters and the IOC quota remains respected.

Process of confirmation of places

4. After the designated ISU World Cup Competitions will be completed and based on the resulting SOQC, the ISU will inform the ISU Members/NOCs of their respective total number of quota places and the number of Skaters each ISU Member/NOC can enter per individual distance. NOCs will be requested to confirm to the ISU the use of quota places within a specific deadline to be announced through an ISU Communication.

Reallocation of unused quota positions

5. Unused quota places will be redistributed to ISU Members/NOCs based on the different SOQCs. NOCs will be requested to confirm within 3 days whether they accept the offered reallocation of quota places, but at the latest within the deadline to be announced through an ISU Communication.

Unused relay quota places will be replaced with the next best placed team based on the results of the relay SOQC.

Qualifying Timeline

6. Qualifying timelines will be defined and communicated through a specific ISU Communication.

Medal assignments at Olympic Winter Games

7. a) For the Olympic Winter Games only, Finals A and B will take place for the 500, 1000 and 1500 meter individual final races, and for the Ladies 3000 meter relay and Men's 5000 meter relay final races.

b) The Finals A and B are created so that, to the extent possible, the three IOC medals with accompanying diplomas and the five additional IOC diplomas (together referred to as the "IOC Awards") available for each race are actually awarded to eight skaters or eight relay teams.

c) The eight IOC Awards are conferred on skaters or teams in the order of finish (from first to last), starting with the Final A, and thereafter, as necessary to fill the IOC Award positions, continuing with skaters or teams (from first to last) finishing the Final B.

d) Vacancies in the eight IOC Award positions may be created in the Final A or B race by: (i) skater or team disqualification (DQ), (ii) skater or team did not start (DNS) or (iii) skater or team did not finish (DNF).

e) A DQ, DNS or DNF skater or team in the Final A or Final B is not eligible to receive an IOC Award. The next finishing skater or team, and the succeeding finishing skaters or teams, whether in the Final A or the Final B, considered in their respective finishing sequence (from first to last), move up. Finishing time established by any skater or team is not a qualifying factor.

f) For the avoidance of doubt, vacancies in the eight IOC Award positions due to DQ, DNS or DNF shall be filled as follows:

i) If a DQ, DNS or DNF occurs in the Final A creating a vacancy in the IOC Award positions, the next-ranking skater or team who finished the Final A race, moves up to fill the vacancy. This advancement procedure is followed in like manner for additional vacancies in IOC Award positions until no finishing skaters or teams from the Final A remain available to be advanced.

ii) If one or more of the IOC Award positions remains vacant after the above procedure for filling IOC Award vacancies with Final A finishers is completed, the next-ranking skater or team (or skaters or teams as the case may be) finishing the Final B moves up to fill the IOC award vacancy or vacancies.

g) Any skater or team not finishing the Final A or Final B is not eligible for an IOC Award, and if this results in less than eight skaters or teams being available for an IOC Award, the vacant IOC Award position(s) shall not be filled and the award(s) shall not be conferred.

F. European Championships

Rule 285

Distances and program

1. a) The individual distances will be 500, 1000, 1500 and 3000 meters. For all relay races the distances will be 3000 meters for Ladies and 5000 meters for Men;

b) In the distances 500, 1000 and 1500 meters there may be qualifying rounds depending on the number of entries, e. g. preliminary heats, heats, quarter-finals and semi-finals, in which the competitors qualify for the final according to Rule 295, paragraph 2. The 3000 meters distance will be skated as a Super-Final;

c) Based upon the number of competitors entered, the qualifying procedure shall be decided by the Referee after consultation with the Competitors Steward and the Representative of the Short Track Speed Skating Technical Committee;

d) The European Championships are held over three (3) days;

e) The order of the finals and their respective preceding qualifying rounds will be 1500, 500, 1000 and 3000 meters;

f) The finals of the relays will be held after the conclusion of the individual races. Qualifying rounds of the relays may be held on each day of the Championships provided they are held after the conclusion of the individual races of the day;

g) For European Championships the program will be:

First day:	heats	1500 meters Ladies/Men
	semi-finals	1500 meters Ladies/Men
	finals	1500 meters Ladies/Men
	heats	relay Ladies/Men

Second day:	heats	500 meters Ladies/Men
	quarter-finals	500 meters Ladies/Men
	semi-finals	500 meters Ladies/Men
	finals	500 meters Ladies/Men
	semi-finals	relay Ladies/Men

Third day:	heats	1000 meters Ladies/Men
	quarter-finals	1000 meters Ladies/Men
	semi-finals	1000 meters Ladies/Men
	finals	1000 meters Ladies/Men
	Super-Finals	3000 meters Ladies/Men
	final	3000 meters relay Ladies
	final	5000 meters relay Men

h) The starting times on each day may be determined by the organizing committee. Each day's program can be divided in two parts. Semi-finals and finals must be in one part and not separate. When each part (session) starts it will be held

without any intermission or breaks other than to resurface the ice or give the athletes the rest time according to Rule 295, paragraph 2.

Entries

2. a) Each European Member has the right to enter two competitors in each category. If a Member had one or more Skaters among the best 8 competitors in the final classification in the same preceding Championships that Member may enter 3 competitors in total in the respective category;

b) Each Member may enter the names of substitutes corresponding with the number of ordinary entries;

c) The Members entering a relay team can only enter a maximum number of 5 Skaters which will include all participants and substitute for both competitions: individual and relay;

d) If a Skater is not able to start on the first day due to illness after the names have been officially presented to the Competitors Steward in accordance with Rule 295, paragraph 4 f), that Skater may be replaced by another entered Skater of the Member concerned. The Competitors Steward may change the make up of the races according to the seeding procedure, Rule 296;

e) In cases when a competitor withdraws after the names have been officially presented to the Competitors Steward in accordance with Rule 295, paragraph 4 f), this competitor is not allowed to be entered again in the individual part of the Championships.

Drawing and seeding procedure

3. See Rule 296.

Conditions of contest

4. a) Only the top 8 points scorers and ties on the 8th position, on the basis of Final Points after the previous finals, are eligible to compete in the 3000 meters Super-Final;

b) The final classification will be made according to Rule 295, paragraph 8;

c) For each of the distances a classification will be made according to Rule 295, paragraph 6 and 7.

Winner(s)

5. a) The overall winner is the skater having attained the highest rank according to Rule 295, paragraph 8, at the conclusion of the Championships. The distance winner 500/1000/1500 meters is the skater being declared winner of the final race;

b) The winning team of the European Short Track Speed Skating Championships for the relay competition is the one which has been declared winner of the final race.

G. World Cup Competitions

Rule 286

Conditions of contest

1. A World Cup for Ladies and Men will be organized as an ISU Event under the responsibility of the Short Track Speed Skating Technical Committee. Additional rules and details are published each season in an ISU Communication.

2. a) During a season 6 World Cup Competitions are scheduled. In the season in which the Olympic Winter Games are being held 4 World Cup Competitions will be scheduled.

b) The World Cup Competitions designated for Olympic Qualification may have a different competition format.

3. The World Cup is a series of International Competitions held each season, open to ISU Members, with the following criteria;

- Entries from at least 4 ISU Members;
- The Competitions must follow the rules in the appropriate Communication. The Short Track Speed Skating Technical Committee may if needed modify the World Cup Communication after the second and fourth World Cup Competition in a season;
- No other race categories shall be allowed during these Competitions;
- Each ISU Member may enter six (6) competitors for the individual part of the competition and a relay team for the relay part of the competition. Participation in relays only is not allowed;
- All Officials appointed by the ISU must be ISU Officials.

All Assistant Referees, Starters and Competitors Stewards must be at least on the List of International Officials with a mark "W" for World Cups.

For World Cups designated for Olympic qualification, all Assistant Referees, Starters and Competitors Stewards must be on the List of ISU Officials;

- At least three (3) qualified Officials from other Members shall be included amongst those appointed.

4. a) The World Cup determines the entries for the relay at the World Championships, Rule 281, paragraph 2 and the entries for the World Team Championships, Rule 282, paragraph 3.

By entering participants for the respective parts of any World Cup the Members making the entry confirms automatically to participate in the respective Championship if qualified. The Member may forfeit these rights by notifying the ISU Council and the Short Track Speed Skating Technical Committee in writing before the last World Cup Competition of the season;

b) Following the General Regulations, the ISU Council shall impose penalties upon any Member for not being in compliance with this requirement.

5. The program of each World Cup Competition must include the following items:
- Single distances for individuals: 500, 1000, 1500 meters. One of these distances will be skated twice.
 - Relay: 3000 meters for Ladies
 5000 meters for Men
6. Entries must be made by the ISU Members in accordance with criteria confirmed in the appropriate ISU Communication.
7. For the purpose of establishing the World Cup Classifications only the best six (6) results from the World Cup Competitions will be considered.
8. At each World Cup Competition a Team Classification will be calculated by adding the 2 best results on all individual distances and the relay together. In the case of a tie the results in the relay will prevail.
9. Points shall be awarded during all World Cup Competitions for:
- World Cup Individual Distance Classifications;
 - World Cup Relay Classification (for World Championship Relay qualification and first round rankings see Rule 281, paragraphs 2 and Rule 296). In the case of a tie the best time skated in any of the World Cup Competitions will be taken to decide the Classification;
 - World Cup Team Classification (for World Team Championship qualification, see Rule 282, paragraph 2). In the case of a tie in the World Cup Team Classification the World Cup Relay Classification will prevail.
10. These current World Cup Classifications as specified shall be circulated by the Short Track Speed Skating Technical Committee each time results of World Cup Competitions are received. The World Cup Classifications commence with the first World Cup Competition each season and then maintained throughout the series of World Cup Competitions. The Classifications will be concluded with final standings after the last World Cup Competition.

H. Competitions

Rule 287

The Global Club Competition can be organized biannually under the responsibility of the Short Track Speed Skating Technical Committee. Basic principle of the Competition is one overall club classification so that only a club can win this Competition. Every club affiliated to an ISU Member is eligible to participate. Conditions of contest, entries, additional rules and details are published in the Announcement.

I. Officials and their duties

Rule 288

Representative of the Technical Committee

1. The Representative of the Short Track Speed Skating Technical Committee will make at least one consultation and inspection visit during the two years before the ISU Event. The Representative of the Short Track Speed Skating Technical Committee will be present at the ISU Event and check all technical matters concerning the condition, adequacy and scheduling for use of all skating facilities used in connection with the ISU Event. In addition, as necessary, he will act as a liaison between the Referee and the organizers.
2. The Representative of the Short Track Speed Skating Technical Committee must not be an Official or member of the ISU Member organizing the particular ISU Event.
3. The Representative of the Short Track Speed Skating Technical Committee shall not also serve as a Referee, Assistant Referee, Starter or Competitors Steward in the same ISU Event except in an emergency.
4. The Representative of the Short Track Speed Skating Technical Committee or his Assistant must be present from the beginning of the official training for all competitors.
5. The Representative of the Short Track Speed Skating Technical Committee shall conduct inquiries during a competition regarding any omissions or failure to observe the regulations with the Officials and/or organizers concerned.
6. The Representative of the Short Track Speed Skating Technical Committee shall submit a written report to the Technical Committee regarding his observations.
7. The Chair of the Short Track Speed Skating Technical Committee shall conduct inquiries regarding any reported omissions or failure to observe the regulations.

Rule 289

Nomination and Appointment of Officials

Nominations of Officials

1. a) Every ISU Member may submit applications to the Director General of the ISU the names of up to 10 individuals within their Association qualified to serve as Referees, Starters and Competitors Stewards at International Competitions;
- b) These completed applications may be made at anytime during the year so long as they do not exceed 10 individuals per category;

c) Once an individual is approved by the Short Track Speed Skating Technical Committee and placed on the International List, that individual shall remain on the list and does not require re-nomination annually;

d) Removal from the ISU List or International List shall occur only if:

- a written resignation, signed by the individual concerned, is received from the Member announcing the individual's retirement, or
- the Short Track Speed Skating Technical Committee removes the individual from the List as the result of an imposed penalty, or a written request, with reasoning, is received from the Member concerned;

e) To qualify as an International Official the individual shall have at least the following experience at competitions and courses conducted in accordance with ISU Regulations. The Member is responsible to check the following requirements and must confirm in writing to the Short Track Speed Skating Technical Committee.

- Served at two (2) National Championships in the position being nominated for;
- Attended at least one (1) Officials Course conducted by the Member within the past 36 months;
- Served as an Official in any capacity at an International Competition in the past 36 months;

f) For each of the International Officials, proof of their activities as an Official in Short Track Speed Skating Competitions during the preceding three (3) years must be submitted on an annual basis to the Short Track Speed Skating Technical Committee. In the case of non-compliance the Short Track Speed Skating Technical Committee may remove the Official from the List.

2. These Officials should in general have the nationality of the country of the Member nominating them.

3. If an Official is of a foreign nationality, he can be accepted only with the approval of the Member of the country of which he is a national. The name of this Official is to be entered in the list of the nominating Member. An official so nominated is counted in the quota of the nominating Member.

4. Members of the ISU should exercise the utmost care to nominate as Referees, Starters, and Competitors Stewards only fully experienced, reliable and entirely impartial individuals who possess a thorough knowledge of the appropriate ISU Rules and fluent ability in the English language.

5. a) Among the nominated Referees, Starters and Competitors Stewards the Short Track Speed Skating Technical Committee shall recognize a maximum of 25 individuals who shall officiate as Referees or Assistant Referees, 25 individuals who shall officiate as Starters and 25 individuals who shall act as Competitors Stewards in ISU Events and the Olympic Winter Games;

b) The Short Track Speed Skating Technical Committee may mark individuals on the List of ISU Officials with an “A” indicating that they may only officiate in an assisting capacity at ISU Events;

c) The Short Track Speed Skating Technical Committee may mark individuals on the List of International Officials with a “W” indicating that they may officiate at World Cups also.

6. a) To be considered as ISU Referees, ISU Starters and ISU Competitors Stewards, those individuals on the International list shall have at least fulfilled the following requirements:

- Served in his nominated category at least twice at International Competitions during the past 36 months;
- Have satisfactory reports from Referees at these International Competitions;
- Attended an ISU course for International Officials within the past 36 months;
- For Referees: have passed the appropriate examination during the past 36 months;
- Must have been listed on the respective List of International Officials for at least 2 consecutive years with a "W" indication, immediately prior to a promotion to the List of ISU Officials;

b) To be reconsidered as an ISU Official the individual shall maintain the following qualifications:

- Attend the ISU course for Officials conducted by the Short Track Speed Skating Technical Committee every 2 years during the period of 90 - 120 days following a Congress;
- Submit a report to the Short Track Speed Skating Technical Committee each time the individual serves as a Referee;
- Conduct an International Course for International Officials during the past 24 months;
- Successfully completed the appropriate examination within the past 24 months;

c) No person who has reached the age of 70 years shall after the following July 1st be eligible to be a Referee, Starter or Competitors Steward in ISU Events and Olympic Winter Games. The age limit will be enforced as of July 1st, 2012;

d) The full list of Referees, Starters and Competitors Stewards approved by the Short Track Speed Skating Technical Committee shall be communicated to the Members by the Director General of the ISU by August 1st every year.

Appointment of Officials

7. a) - The Officials are appointed in accordance with Rule 126, paragraph 7, 8 and 9 for the Olympic Winter Games and in accordance with Rule 129, paragraph 5 for the ISU Championships;

- The Referee, one Assistant Referee, Starters and one Competitors Steward for each World Cup Competition shall be appointed by the President;
- b) Appointed Officials must be invited by the organizing Member not less than 60 days before the start of the respective Competition;
 - c) At least three qualified Officials, from other Members than the Member of the country in which the Competition is held, shall be among those appointed;
 - d) During ISU Events the maximum number of Officials (Referees, Starters and Competitors Stewards) per country that can officiate at the same time is four (4). In each category not more than half of the Officials can be of the same country.
 - e) For ISU Events and the Olympic Winter Games all Officials required (other than the Representative of Short Track Speed Skating Technical Committee and the Technical Delegate), not appointed by the President, shall be appointed by the Member in which the Competition is held;
 - f) Any ISU Official who is appointed and/or invited for more than three ISU Events in one season must inform the ISU Secretariat immediately and ask for approval;
 - g) For ISU Events and the Olympic Winter Games all Referees, Starters and Competitors Stewards must be selected from the current List of ISU Officials.

8. All activities of Officials shall be observed by the Short Track Speed Skating Technical Committee. In case of failure to comply with or observe a rule the Official will be subjected to a system for recommendation of sanctions and penalties. See the respective ISU Communication.

Rule 290

Officials necessary

1. The following Officials for ISU Events, and the Olympic Winter Games must be appointed; Referee, 4 Assistant Referees, 2 Competitors Stewards; Heat Box Steward; 2 Starters, Photo Finish Judge, Lap Scorers, Announcer and Track Stewards.

Medical

2. A Medical Doctor and First Aid attendants must be in attendance.

Referee

3. The Referee shall be the chief executive officer, and shall decide all points of dispute and infringements of rules, which can result in disqualification. His decision shall be final (see Rules 123 and 124 about protests and appeals).

4. The Referee is responsible for:

- a) Checking the eligibility of Officials and Skaters;

b) Deciding the program and qualifying procedure in consultation with the Competitors Steward and the Representative of the Short Track Speed Skating Technical Committee;

c) See that all applicable rules be observed for the competition he is conducting;

d) In ISU Championships, to give information as to the preparation of the ice (see the Handbook);

e) Reporting within 30 days to the Short Track Speed Skating Technical Committee on the officiating at the Competition using the Report for ISU Events or the Report for International Competitions;

f) Conducting a Competition review meeting with all major Officials to evaluate all decisions and activities.

5. The Referee is empowered to:

a) Introduce alteration in the program, in so far as these do not conflict with the Regulations;

b) Decide whether the conditions of the rink permits the holding of the Competition;

c) Accept, in agreement with the organizing Member or affiliated club, another rink for the holding of the Competition;

d) If necessary, to exclude Skaters, coaches, team leaders and other team officials from the competition (see Rule 124);

e) Remove the Starter, Competitors Steward or other Officials;

f) Suspend skating until order is restored when the public interrupts the competition or interferes with its orderly conduct;

g) Delegate responsibility to other Officials in order to assist him to carry out his duties;

h) 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.

The Referee makes any advancement solely at his discretion;

i) If the Referee is in doubt concerning any action on the field of play before a decision is made, then the Referee is authorized to view the Instant Digital Replay at full speed, slow motion or still picture, with the exception of matters concerning the starting procedure.

6. The Referee decides upon:

a) All protests made, and other matters in dispute, except those concerning the start (Rule 298), the make-up of races (Rule 296) and the order of finish (paragraphs 12 and 13).

Protests must be made to the Referee. All discussions concerning a protest will be held in private. All applicable paragraphs of Rule 123 shall apply;

- b) All matters concerning any breaches of the Constitution and Regulations of the ISU, even though no protest has been made;
- c) The Referee shall decide when a touch has been "obvious" in relay racing and should observe all relaying for this particular purpose, with the assistance of the Assistant Referees.

Assistant Referee

- 7. a) The Assistant Referee appointed by the President will substitute in case the Referee is no longer able to do his job due to illness or injury;
- b) The Assistant Referees shall report to the Referee on each part of the competition of any infringement of the rules;
- c) Two Assistant Referees are positioned off ice, one at each end near the beginning or end of the curves;
- d) An Assistant Referee directs the Skaters to their starting positions over their starting dot and ensures that they are ready to start.

Starter

- 8. a) The Starter shall decide all disputes relating to the start. He shall give his starting commands in English;
- b) The Starter shall take his position, so that he has a clear view of all Skaters starting in the race;
- c) In the relay race, the Starter having been warned by the lap scorer, will fire the pistol signifying the last three laps;
- d) The Starter may designate the Assistant Starter to call the Skaters back in case of a false start.

Assistant Starter

- 9. a) The Assistant Starter may, if directed by the Starter, recall the race if a false start occurs, this action will be taken by firing a pistol or a blast with a whistle;
- b) The Assistant Starter, shall on the order of the Starter, give a stop signal in front of the Skaters.

Competitors Steward

- 10. a) The Competitors Steward is responsible for the coordination of all administrative matters and shall observe Rule 296 completely;
- b) Based on the results of the races the Competitors Steward shall, according to the official program, determine the Skaters taking part in the next qualifying round;
- c) The Competitors Steward shall make-up the races for each qualifying round and draw the order of the races;
- d) The Competitors Steward shall inform those Skaters of their qualification and the race in which they shall start.

Heat Box Steward

11. a) The Heat Box Steward shall work in a designated staging area called heat box;
- b) The Heat Box Steward shall call out the names of those about to compete;
- c) Skaters shall report to the Heat Box Steward before the start of each race and he shall be responsible for seeing that the Skaters are wearing their racing numbers and correct uniforms (see the Memorandum).

Photo Finish Judge

12. a) The Photo Finish Judge shall read the photo finish. He shall report the order of finish and times of each competitor to the Competitors Steward or electronic equipment recording the results of each race. The results shall be considered official.

This official may be the person operating the photo finish equipment described in Rule 280, paragraph 6;

- b) For International Competitions photo finish equipment may be used in determining the order of finish of all Skaters;
- c) The term photo finish equipment denotes a system that records the order of finish in such a way that it can be reproduced immediately after the race concerned. The equipment must be able to reproduce a clear and undistorted photo of the finish of each race;
- d) If the photo finish equipment is able to produce a time scale on the finish photo, the times read of this scale be taken as official times;
- e) If it is not possible to record times with the photo finish equipment then electronic time keeping equipment, according to Rule 251, may be used to record the times of all Skaters.

Chief Finish Line Judge and Finish Line Judges

13. For International Competitions without photo finish equipment:

- a) The official order of finish is determined by the Chief Finish Line Judge;
- b) The order of all finishers shall be recorded;
- c) The Chief Line Judge shall assign finish positions to the Finish Line Judges. The Chief Finish Line Judge shall pick first place only;
- d) There shall be four Finish Line Judges: Judge No. 1 picks Skaters 1st and 2nd; Judge No. 2 picks Skaters 2nd and 3rd; Judge No. 3 picks Skaters 3rd and 4th; and Judge No. 4 picks Skaters 4th and 5th;
- e) In case of six or more Skaters, the Starter or his Assistant shall act as Judge No. 5 and pick 6th place only;
- f) In the 3000 meters and relay races the Finish Line Judges will be assigned to a Skater or team and record the number of laps skated and the place on the finish.

Chief Timekeeper and Timekeepers

14. For International Competitions without photo-finish equipment;

a) The chief timekeeper is responsible for the recording of times and shall comply with all sections of Rules 247 and 250 that apply to Short Track Speed Skating;

b) The chief timekeeper will ensure that he and the timekeepers are positioned off the ice and adjacent to the finish line necessary to record the accurate time of the Skaters;

c) When digital watches are used, the times will be recorded in hundredths of a second;

d) The chief timekeeper must read each watch, record the results, and declare the official time. He will warn the timekeepers not to clear their watches until he has ordered them to do so;

e) A minimum of 2 timekeepers plus one reserve on first and second place and one timekeeper on third position is required;

f) They will also pretest their watches in accordance with standard procedures;

g) The timekeepers must not clear their watches until such time as they have been instructed by the chief timekeeper;

h) Timekeepers should not call out their times but if requested by the chief timekeeper show their watch.

Lap scorer

15. a) The lap scorer shall visibly show the number of laps still to be skated by the leading Skater at all times and he will turn the lap-board each time the leading Skater passes;

b) The lap scorer will ring the bell to signify the last lap of each race;

c) In relay races the lap scorer will advise the Starter that the last three laps are coming up;

d) In relay races a lap scorer shall be assigned to each team.

Lap recorder

16. a) The lap recorder shall complete a lap by lap record in writing of the lap times of the leading Skater with an accuracy of one second or less and keep check on the lap scorer at all times;

b) The lap recorder shall be positioned off the ice but near the lap scorer.

Announcer

17. The announcer will keep the spectators fully informed throughout the competition. In addition, if requested by the Referee, he will announce disqualifications specifying where and how the Skater(s) concerned made an infringement and whether there is an advancement.

The announcer shall also ensure that all Officials, team leaders, coaches and Skaters are kept fully informed by public announcements regarding competition details.

All announcements are in English. If applicable the same announcements may be made in a second language.

Track Steward

18. Preferably two, but at least one, track steward shall work at each end of the track. The track stewards must be experienced Skaters and have knowledge of the English language. If possible the track steward should be positioned so that he will not interfere with the Skaters and Officials but can readily replace missing blocks.

On-ice Officials

19. a) Only the Referee, two Assistant Referees 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 skates;

c) Only with the permission of the Referee other Officials may be on the ice during a race, i. e. to operate equipment if necessary;

d) At ISU Events and the Olympic Winter Games the Referee and his Assistants shall use radio equipment to communicate provided this equipment is protected against third party intrusion.

Rule 291

Equipment of Skaters

1. All Skaters must be equipped with:

a) Safety type headgear that is in compliance with the current ASTM standard for Short Track Speed Skating. The helmets must have a regular shape and may not have protrusions;

b) Gloves or mitts;

c) Shin protection;

d) Long sleeved and long legged clothing;

e) Padded or padded hard shell knee protection;

f) All speed skates must have the tubes closed and the blade ends must be rounded off, with a minimum radius of 10 mm. Blades must be fixed to the boot at a minimum of two points with no moveable parts;

g) Neck protection.

2. Each Skater is solely responsible that his personal equipment meets the highest safety criteria in order to obtain the utmost safety of the Skaters.

3. Further specification concerning the equipment described in paragraph 1), which may include enforcement of a world-wide accepted industry standard, may be issued by the ISU and shall then be announced in an ISU Communication or ISU Circular Letter.

This applies only to ISU Events and the Olympic Winter Games. Use of equipment according to these specifications is recommended for International Competitions.

4. The Heat Box Steward in the heat box shall determine whether a Skater has respected the safety conditions, so that they can start a race. Skaters whose equipment is not in compliance with these rules shall be excluded from participation.

5. A Skater who removes his equipment before the end of the race shall be disqualified.

6. While competing, the skater is not allowed to wear any technical communication equipment for the purpose of having contact with or receive information from other persons or sources. In case of violation the Skater shall be disqualified.

Rule 292

World Records

- a) World Records will be registered by the ISU:
- For Ladies over distances of 500, 1000, 1500 and 3000 meters;
 - For Men over distances of 500, 1000, 1500 and 3000 meters;
 - For Junior Ladies over distances of 500, 1000 and 1500 meters;
 - For Junior Men over distances of 500, 1000 and 1500 meters;
 - For Ladies Teams over distances of 3000 meters relay;
 - For Men Teams over distances of 3000 meters relay and 5000 meters relay;
- b) World Records will be considered in thousands of seconds provided such times have been established:
- on an official ISU track as listed in Rule 280, paragraph 1;
 - that photo finish and/or electronic timing has been used, proved by original outputs of the respective equipment;
 - an ISU Referee and Starter are officiating;
 - that lap record times were duly recorded for distance of 1500 meters or over;
 - for International Competitions open to all ISU Members: the announcement was published as laid down in Rule 110;
 - for National Championships and International Competitions restricted in any way: the detailed announcement was received by the ISU Director General at least four weeks before the event;
 - that the distances skated and the starting times were in accordance with the announcement;

- that the original official ISU Protocol of the event, together with certificates regarding the watches and track and a program of the event are available;
- c) Junior World Records can only be accepted provided these times have been established in a competition open only to Juniors;
- d) Any competitor who achieves a World Record must have been tested negative for doping at the time of the race to have this record ratified;
- e) If the existing World Record is broken more than once on the same distance in a competition only the best time obtained shall be considered as a World Record;
- f) Any competitor who equals an existing World Record shall have his name entered in the list of records;
- g) For each record obtained, or the equaling of any record, the ISU shall issue a diploma to the Skater;
- h) All respective documents must be submitted by the organizing committee to the ISU Director General within 30 days following the competition.

Rule 293 is reserved for possible further Special Regulations Short Track Speed Skating.

IV. TECHNICAL RULES

SHORT TRACK SPEED SKATING

A. Races

Rule 294

Type of races

1. Short Track Speed Skating Competitions consist of races with mass start:
 - a) Individual races;
 - b) Relay races.
2. For ISU Events and the Olympic Winter Games the progression on each distance from first round to the final will be by elimination.
3. For International Competitions an All Finals progression system may be used, in which all skaters qualify for final races in different levels.

B. Definitions

Rule 295

General conditions/Definitions

1. a) Race: A single distance held between Skaters or teams to determine a finish position;
 - b) Qualifying Rounds: A group of preliminary series of races held to determine by progression, finalists for any given distance: i.e. preliminaries, heats, quarter-finals, semi-finals;
 - c) Competition: A competition is the complete series of distances to determine a winner;
 - d) Coach/team leader/support staff: eligible persons appointed by the respective ISU Member to support and represent the athlete/team of the Member. During each qualifying round there shall be allowed only one person per participating athlete in the designated coaching area.

Program

2. a) Individual races are held over 500, 1000, 1500 and 3000 meters;
 - b) Short distances: 500 and 1000 meters;
Long distances: 1500 and 3000 meters;
 - c) Relay races will be held as follows:

Ladies	3000 meters;
Men	5000 meters;

For International Competitions relay races for Men may also be held over 3000 meters;

d) Semi-final and final races of 500 to 1000 meters and quarter-final races of 500 meters shall have up to 4 Skaters participating. For the 1500 meters distance there shall be up to 6 Skaters participating. For exception see Rule 290, paragraph 5. See Rule 281, paragraph 4, and Rule 285, paragraph 4, for the 3000 meters Super-Final. See Rule 283, paragraph 4, for the 1500 meters Super-Final. These Super-Finals are non-medal races;

e) Race winners and second placed Skaters in the races will move forward to the next round. The fastest thirds may be used if there are an odd number of competitors. For World Cup Competitions Skaters may also qualify through a repechage process;

f) Competitors shall be allowed a minimum rest of 20 minutes between races.

Announcements

3. a) For the announcement of ISU Championships see Rule 129, for International Competitions see Rule 110 and for Olympic Winter Games see Rule 126. The announcement should also contain supplementary items, see Rule 112;

b) The conditions of contest shall be set out in the published program.

Entries

4. a) Entries for ISU Events can be made only through the respective Members;

b) The number of competitors, substitutes, coaches and team leaders shall be entered at least four weeks before the first day of the ISU Event concerned. The number of other personal traveling with the team shall also be communicated separately at least four weeks before the ISU Event concerned. Members are seriously requested to enter only the number of Skaters they actually intend to send to the ISU Event concerned;

c) The names of the competitors and substitute names per category with their International Registration Numbers shall be communicated to the organizing committee at the latest on the fifth day before the first day of the ISU Event concerned;

d) The date and time of arrival and departure of competitors and those accompanying them shall be included when sending in the Final Entries;

e) For post entries Rule 115, paragraph 6 of the General Regulations applies

f) The names of the competitors for each of the respective individual distances, if applicable, shall be communicated to the Competitors Steward at the latest at 18:00 hours in the evening two days before the Competition;

g) The composition of the races shall be published at the latest at 15h00 on the day before the Competition;

h) Any comments regarding the make up of the races can be addressed to the Competitors Steward up to 18h00 hours on the day before the Competition;

i) Competitors must be present at the site of the ISU Event at 18:00 hours on the day before the Competition, or the Organizing Committee must confirm their arrival in the city of the ISU Event concerned;

j) Any financial requirements imposed by the Organizing Committee for making on-site arrangements shall be communicated in the Announcement.

Points and classifications

5. a) Final Points will be awarded in the final races only. No points will be awarded to Skaters or teams in case of disqualification or failing to finish the race;

b) The points 34, 21, 13, 8, 5, 3, 2 and 1 are awarded in descending order commencing with first place;

c) 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.

d) During Super Finals over 3000 meters the 1st skater crossing the finish line after 1000 m will be entitled to 5 extra points. These points will be awarded upon completion of the race. If the skater concerned is disqualified or does not finish, then no extra points will be awarded to any skater.

6. For each of the distances a classification will be made in which the participants are ranked:

- by group/block; Finalists, Semi-Finalists, Quarter-Finalists, etc.;

- by position (finish place) within the respective group;

- by position (finish place) within the subsequent previous qualifying round;

- by best time in any race over the distance concerned.

7. Skaters who are disqualified or failed to finish in the first round will be ranked last with a ranking equivalent to the number of competitors plus 1.

8. a) For the Final Classification (and the current overall classification) the Skaters having scored Final Points and having qualified for the Super Final, are ranked first:

- by total number of Final Points;

- by position on the last distance, e.g. Super Final (finish place);

b) For the Final Classification (and the current overall classification) the remaining Skaters are ranked:

- by total number of Final Points;

- by combined ranking over all Distance Classifications;

- by the highest ranking achieved in one of the distances;

- by best time over the longest distance on the program.

9. For the purpose of making up the first Qualifying Round at any ISU Event World Ranking Lists shall be maintained over all individual distances, combined individual distances and relay.

The Ranking shall be based on the 4 best results in the 6 (six) previously skated World Cups. Details are specified in an ISU Communication.

10. a) Teams consist of 4 or 5 Skaters, which are all considered as participants. During any relay race in a competition, a maximum of 4 shall compete. Entries of teams with less than 4 or more than 5 Skaters shall not be accepted;

b) Teams for the World Team Championships are further defined in Rule 282;

c) The names of substitutes corresponding with the number of ordinary entries may be entered;

d) All Skaters of a team must belong to one and the same ISU Member.

Uniforms

11. During ISU Events and the Olympic Winter Games all Skaters, members of the same national team (individual and relay) must wear identical uniforms. The racing uniforms shall show on the external part of both lower legs the name of the country or the official abbreviation. The size of the characters not to be smaller than 5 cm high. The racing uniforms and the warming-up uniforms may show the name of the athlete.

Helmet Covers

12. a) Helmet-covers, yellow with black numbers, supplied by Organizers of ISU Events and the Olympic Winter Games, clearly mentioning the Skaters number, must be worn;

b) After each distance of an ISU Championship the organizers will supply to the Skater having attained the highest total of Final Points a helmet cover with a contrasting color. If a tie exists then the Skater with the higher rank will carry this special helmet cover.

Rule 296

Drawing and seeding procedure

1. A draw shall take place to establish the starting order of each race.

2. The composition of the first qualifying round of the first distance, both individual and relay, is made up by the Competitors Steward in consultation with the Referee and the Representative of the Short Track Speed Skating Technical Committee in accordance with the respective World Cup Ranking (see Rule 286).

3. The composition of the races in each qualifying round is based on a Seeding List of all Skaters. For the first round of the first distance of ISU Championships the current Overall World Cup Ranking List will be used as Seeding List. The unranked Skaters will be given a ranking by means of a Draw, conducted by the Competitors Steward. For all other qualifying rounds the current overall classification according

to Rule 295 paragraph 8, based on the results of all distances including the current distance, will be used as Seeding List. For World Cup Competitions and Olympic Winter Games the current Distance Ranking will be used.

4. The composition of the races in each qualifying round shall be made by the Competitors Steward by placing the Skaters in the races by means of the Skaters current ranking in the Seeding List, e.g. the number one (1) ranked Skater will be placed in the first race, the number two (2) ranked Skater will be placed in the second race etc., filling the races from the first race to the last race in the first instance. The second row, i.e. the second Skater in each race, will be filled from the last race to the first race. The next rows will be filled alternating from the first race to the last race, and from the last race to the first race until all Skaters have been placed.

5. If any Skater is to be placed in a race which contains a Skater from the same country, that Skater will be moved to the next available race, unless the Skater would be placed in a race on the next row. In that case the Skater will be exchanged with the previously placed Skater, or with his predecessors on the same row, if necessary to avoid placement of Skaters of the same country in a race. If there are no more races available to move a Skater to, then the Competitors Steward, with the approval of the Referee, may reverse Skaters on a previous line, but only within that line, commencing with the lowest ranked, to solve the matter. Reversing Skaters between lines is not allowed. If the matter can not be solved then the Skater will be placed in the originally designated race.

6. The Competitors Steward will draw the starting order for all races immediately after the make-up of the round is completed. The lane positions of the first qualifying round of a distance will be drawn by the Competitors Steward. For each subsequent round the lane positions will not be drawn but be decided by the times skated in the preceding qualifying round. The Skaters will be assigned the lane positions from the inside of the track to the outside in the order of their times commencing with the fastest time.

C. Racing Rules

Rule 297

Individual races

1. a) Races are run counter-clockwise, that is to say the inner side of the track is on the left hand side of the Skater;
- b) 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;

c) 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 impedes other competitors;

d) If a Skater is lapped twice, that Skater shall leave the race unless there are one or more other Skaters very close to his current race position. Skaters who have left the race on basis of this rule shall be recorded as not finished. If the Referee, at his discretion, feels that the Skater was prevented from finishing due to reasons beyond the Skaters control, then the Referee may declare the Skater having reached the finish but no time shall be recorded;

e) A competitor or team has completed the distance when the Skater has reached the finish line with the leading tip of the skate blade.

Individual racing rules

2. a) 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;

b) 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;

-CROSSTRACK: Improperly cross the course of, or in any way interfere with another competitor;

-ASSISTANCE: Permitting to give and/or receive assistance during a race. This will not apply to the push the Skater receives from their team-mate 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 of 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.

Relay races

3. a) Teams consist of maximum 5 competitors. In any race 4 competitors will skate as team members;

b) For each race the team can be composed of any four of the five Skaters originally named;

c) Each of the four team-members must take part in the race;

d) All members of a team shall be equally dressed. Teams which do not comply with this shall be excluded from participation;

e) A competitor will be in the race and be responsible for the team until that Skater is relayed by 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 is relieving;

f) 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;

g) In the case of a fall during the last two (2) laps, the Skater may be relayed.

Relay racing rules

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 laps.

Disqualification

5. a) The Referee's decision that there was an infringement and decisions approving the announcement of the results showing that there was no infringement are final and no protests against such decision are allowed (See Rule 123, paragraph 4 c).

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 competitor(s).

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 after respecting the rest time according to Rule 295, paragraph 2.

Should any of the Skaters have been disqualified in the initial part of the race then they will not take part in the re-start or re-run.

Any Skater who deliberately causes the race to be stopped will not be allowed to take part in the re-start. This does not apply to the starting procedure. The results of Skater(s) excluded from a re-start will show 'no finish';

b) A disqualification must be announced at the end of each race, both to the competitor(s) team leader or coach, Competitors Steward, and over the public address system for the benefit of the spectators, specifying where and how the Skater(s) concerned made an infringement and whether there is an advancement;

c) A disqualification in any race means that the Skater will be excluded from participating in the next round and that they will forfeit the points accrued in that race only. The points accrued before that race will not be affected.

Exclusion

6. a) For any action, either on or off ice, not in compliance with Rule 125 or a disqualification which is deemed by the Referee to be an intentional and serious offence, the Referee will show the Skater a yellow card. If the Referee decides the offence is very grave, the Skater also may be excluded immediately from the competition and not be ranked in the final classification. Any Skater who is shown the yellow card twice in the same competition shall be excluded from the competition immediately and shall not be ranked in the final classification;

b) In addition the Referee shall file a written report to the Short Track Speed Skating Technical Committee concerning any Skater who received a yellow card. If a Skater has accumulated two (2) yellow cards in one (1) competition or within 12 months, that Skater shall be automatically suspended from all ISU Events, the Olympic Winter Games, and International Competitions for at least two (2) months or three (3) applicable Events whichever is the longer period.

Upon receipt of the Report of the Referee the Short Track Speed Skating Technical Committee will decide on any further disciplinary action before the end of the previously specified period. Any disciplinary action including a further suspension of the athlete will start at the end of the previously specified period.

The decision of the Short Track Speed Skating Technical Committee including a notice specifying the additional disciplinary action, if any, will be communicated to the Skaters Member Association, which if accepted, will terminate the matter;

c) If the Short Track Speed Skating Technical Committee's proposal is not accepted by the Member Association, the Short Track Speed Skating Technical Committee may refer the matter to the Council in accordance with Rule 125, paragraph 5, with a recommendation;

d) This also applies to teams in relay races.

Rule 298

Heat Box

1. Previous to each start the names of those about to compete are to be clearly called at the heat box. Failure to appear promptly is equivalent to withdrawal from the competition concerned, except for medical reasons.

2. Skaters with defective skates (e.g. broken skate blade) will not be allowed to start or re-start in any race.

3. 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.

Prior to the start of a final over an individual distance, the participants are introduced by the announcer stating their full name, country, current position in the Championships and current position on the World Ranking List (see Rule 286).

Starting procedure

4. a) 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;

b) If a Skater takes his starting position before the command "ready" or leaves his position or moves any part of his body after the command "ready" and before the shot is fired, it is a false start;

c) 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 according to subparagraph a);

d) 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 the start line without delay. The Starter shall identify the Skaters by line position number and shall indicate to the Skater(s) that they made a false start.

e) If all skaters remain in the starting position despite a false start, the Starter shall re-start the race using only the command 'ready'. If the Skaters must be re-assembled for the start, the complete starting procedure shall be respected. The Skater or Skaters who made the false start, will be assessed a false start;

f) If more than one Skater is responsible for a false start they shall all be assessed a false start;

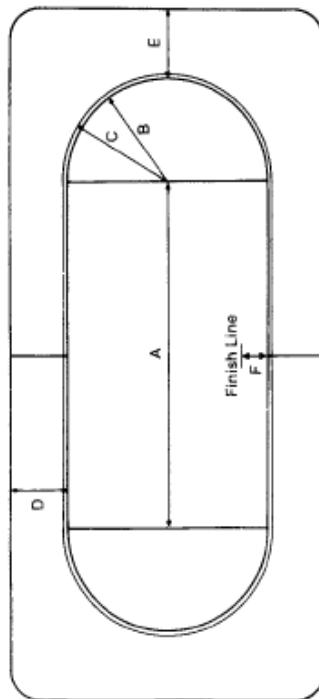
g) If one of the Skaters breaks from his marks, thereby causing other Skaters to follow him, only the Skater at fault shall be assessed a false start;

h) After a false start the Starter shall tell a Skater that he has made a false start. In the case of a second false start by the same Skater the Starter shall tell the Skater that he is disqualified;

i) Any Skater that by his action, deliberately delays the start, shall be assessed a false start.

Rule 299 is reserved for possible further Technical Rules Short Track Speed Skating.

Start for 1500 meters
500 meters

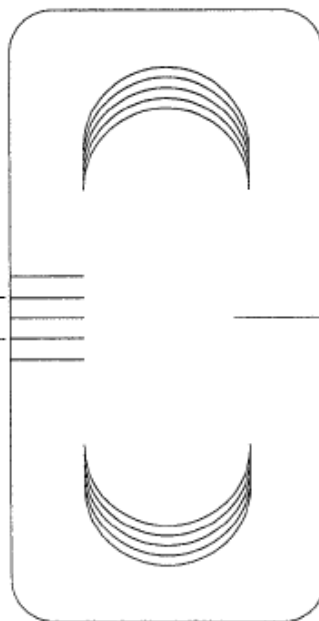


Start for 1000 meters
3000 meters
5000 meters

Track 60 x 30 meters rink

A = Length of straight	28.85 meters
B = Curve	8.00 meters
C = Measuring curve	8.50 meters
D = Straight width	7.00 meters minimum
E = Width from apex block	7.57 meters
F = Actual width of straight + 1.5 meters	

To be used for semi-finals and
finals of 500 meters.



111.12 meters track

2 x A	57.71 meters
2 x 8,50 x π	53.41 meters
One lap =	111.12 meters

Laps in different distances: 1000 m = 9 laps 3000 m = 27 laps
1500 m = 13 1/2 laps 5000 m = 45 laps

INTERNATIONAL SKATING UNION

Founded: July 23rd, 1892, at Scheveningen (Netherlands)

MEMBERS

AND	Andorra	Federacio Adorrana d'Esports de Gel
ARG	Argentina	Argentine Ice Speed Skating Union (Speed) <i>(provisional Member Speed as of July 2006)</i> Federacion Argentina de Patinaje Sobre Hielo (Figure)
ARM	Armenia	Armenia Skating Federation
AUS	Australia	Australian Ice Racing Inc. (Speed) Ice Skating Australia Incorporated (Figure)
AUT	Austria	Österreichischer Eisschnellauf Verband (Speed) Österreichischer Eiskunstlauf Verband (Figure)
AZE	Azerbaijan	The Skating Federation of Azerbaijan Republic
BLR	Belarus	Skating Union of Belarus
BEL	Belgium	Fédération Royale Belge de Patinage de Vitesse (Speed) Fédération Royale Belge de Patinage Artistique (Figure)
BIH	Bosnia and Herzegovina	Skating Federation of Bosnia and Herzegovina
BRA	Brazil	Brazilian Ice Sports Federation
BUL	Bulgaria	Bulgarian Skating Federation
CAN	Canada	Speed Skating Canada (Speed) Skate Canada (Figure)
CHN	China	Chinese Skating Association
TPE	Chinese Taipei	Chinese Taipei Skating Union
CRO	Croatia	Croatian Skating Federation
CZE	Czech Republic	Czech Speed Skating Federation (Speed) Czech Figure Skating Association (Figure)
DEN	Denmark	Dansk Skøjte Union
PRK	D.P.R. Korea	Skating Association of the Democratic People's Republic of Korea
EST	Estonia	The Estonian Skating Union
FIN	Finland	Suomen Luisteluliitto (Speed) Suomen Taitoluisteluliitto (Figure)
FRA	France	Fédération Française des Sports de Glace
GEO	Georgia	Georgian Figure Skating Association
GER	Germany	Deutsche Eisschnellauf-Gemeinschaft (Speed) Deutsche Eislauf Union e.V. (Figure)
GBR	Great Britain	National Ice Skating Association of U. K. (Limited)

GRE	Greece	Hellenic Ice Sports Federation
HKG	Hong Kong/ China	Hong Kong Skating Union Ltd
HUN	Hungary	Hungarian National Skating Federation
ISL	Iceland	Icelandic Skating Association (Figure)
IND	India	Ice Skating Association of India
IRL	<u>Ireland</u>	<u>Ice Skating Association of Ireland</u> <i>(Provisional Figure Skating Member)</i>
ISR	Israel	Israel Ice Skating Federation
ITA	Italy	Federazione Italiana Sport del Ghiaccio
JPN	Japan	Japan Skating Federation
KAZ	Kazakhstan	Kazakhstan Skating Federation
LAT	Latvia	The Latvian Skating Association
LTU	Lithuania	Lithuanian Speed Skating Association (Speed) Lithuanian Skating Federation (Figure)
LUX	Luxembourg	Union Luxembourgeoise de Patinage de Vitesse (Speed) Union Luxembourgeoise de Patinage (Figure)
MEX	Mexico	Federacion Mexicana de Patinaje Sobre Hielo y Deportes de Invierno, A. C.
MON	Monaco	Fédération Monegasque de Patinage (Figure)
MGL	Mongolia	Skating Union of Mongolia
MNE	<u>Montenegro</u>	<u>Skating Association of Montenegro</u>
NED	Netherlands	Koninklijke Nederlandsche Schaatsenrijders Bond
NZL	New Zealand	Ice Speed Skating New Zealand Inc (Speed) New Zealand Ice Skating Association Inc. (Figure)
NOR	Norway	Norges Skøyteforbund
PHI	Philippines	Philippine Skating Union (Figure)
POL	Poland	Polish Speed Skating Association (Speed) Polish Figure Skating Association (Figure)
PUR	Puerto Rico	Puerto Rican Figure Skating Federation (Figure)
KOR	Rep. of Korea	Korea Skating Union
ROU	Romania	Romanian Skating Federation
RUS	Russia	Russian Skating Union (Speed) The Figure Skating Federation of Russia (Figure)
SRB	Serbia	Association of Skating Sports of Serbia
SIN	<u>Singapore</u>	<u>Singapore Ice Skating Association</u> <i>(Provisional Figure Skating Member)</i>
SVK	Slovak Republic	Slovak Speed Skating Union (Speed) Slovak Figure Skating Association (Figure)

SLO	Slovenia	Slovene Skating Union
RSA	South Africa	South African Speed Skating Association (Speed) South African Figure Skating Association (Figure)
ESP	Spain	Federacion Española de Deportes de Hielo
SWE	Sweden	Svenska Skridskoförbundet (Speed) Svenska Konstakningsförbundet (Figure) Stockholms Allmänna Skridskoklubb (Club Member)
SUI	Switzerland	Schweizer Eislauf-Verband Internationaler Schlittschuh-Club Davos (Club Member)
THA	Thailand	Figure and Speed Skating Association of Thailand
TUR	Turkey	Turkish Ice Skating Federation
UKR	Ukraine	Ukrainian Speed Skating Federation (Speed) Ukrainian Figure Skating Federation (Figure)
USA	USA	US Speedskating (Speed) The United States Figure Skating Association (Figure)
UZB	Uzbekistan	Figure Skating Federation of the Republic of Uzbekistan

INTERNATIONAL SKATING UNION

Headquarter: Registered postal address:

Ch. de Primerose 2, 1007 Lausanne, Switzerland, Phone: (+41) 21 612 66 66,
Fax: (+41) 21 612 66 77, E-Mail: info@isu.ch

OFFICE HOLDERS 2006-2010

Council:

President:		Ottavio Cinquanta	Italy
1st Vice President:	Speed Skating:	Gerhard Zimmermann	Germany
2nd Vice President:	Figure Skating:	David M. Dore	Canada
Members:	Figure Skating:	Marie Lundmark	Finland
		Tjasa André-Prosenč	Slovenia
		Courtney J.L. Jones OBE	Great Britain
		Phyllis Howard	USA
	Speed Skating:	Jan Dijkema	Netherlands
		German Panov	Russia
		Myong-Hi Chang	Republic of Korea
		György Martos	Hungary
Director General:		Fredi Schmid	Switzerland
Treasurer:		Ulf Linden	Sweden
Legal Advisors:		Gerhardt Bubnik	Czech Republic
		James L. Hawkins	USA
Chair Sports Directorate:		Peter Krick	Germany
Figure Skating Sports Director:		Felicita Babusikova	Slovak Republic
Speed Skating Sports Director:		Hugo Herrnhof	Italy

Technical Committees:

Single & Pair Skating:	Chair:	Alexander Lakernik	Russia
	Members:	Junko Hiramatsu	Japan
		Fabio Bianchetti	Italy
		Rita Zonnekeyn	Belgium
	Appointed Skater:	Matthew Savoie	USA
	Appointed Coach:	Oleg Vassiliev	Russia
Ice Dance:	Chair:	Alexandr Gorshkov	Russia
	Members:	Halina Gordon-Poltorak	Poland
		Olga Gilardini	Italy
		Robert Joseph Horen	USA
	Appointed Skater:	Sylwia Nowak-Trebacka	Poland
	Appointed Coach:	Krisztina Regöczy	Hungary
Synchronized Skating:	Chair:	Ulrich Linder	Switzerland
	Members :	Joanne Shaw	Canada
		Helen Volgushev	Great Britain
		Karen Wolanchuk	USA
	Appointed Skater:	Inka Bister	Finland
	Appointed Coach:	Cathy Dalton	Canada

INTERNATIONAL SKATING UNION

Speed Skating:	Chair:	Tron Espeli	Norway
	Members:	Roland E. Maillard	Switzerland
		Jan Marmstål	Sweden
		Nick Thometz	USA
Appointed Skater:	Pawel Zygmunt	Poland	
Appointed Coach:	Günter Schumacher	Germany	
Short Track Speed Skating	Chair:	Andy Gabel	USA
	Members:	Stoytcho G. Stoytchev	Bulgaria
		Lan Li	China
		Reinier Oostheim	Netherlands
	Appointed Skater:	Mathieu Turcotte	Canada
	Appointed Coach:	Ji-Hoon Chae	Republic of Korea

Disciplinary Commission:

Chair:	Béatrice Pfister	Switzerland
Members:	Egbert Schmid	Austria
	Fred Benjamin	USA
	Allan Böhm	Slovak Republic
	Volker Waldeck	Germany

Medical Commission:

Chair:	Jane M. Moran	Canada
Members:	David Mitchell	Great Britain
	Sanda Dubravcic-Simunjak	Croatia
	Joel C. Shobe	USA
	Harm Kuipers	Netherlands
	Hiroya Sakai	Japan
	Ruben Ambartsumov	Ukraine

Development Coordinator: György Sallak Hungary

Honorary Presidents:

		Year of election
Viktor Gustaf Balck †	Sweden	1925
Emerich von Szent Györgyi †	Hungary	1933
Herbert J. Clarke †	Great Britain	1955
James Koch †	Switzerland	1967
Jacques Favart †	France	1982
Olaf Poulsen	Norway	1994

Honorary Vice Presidents:

Sven Låftman †	Sweden	1971
Hendrik Roos †	Netherlands	1977
John R. Shoemaker †	USA	1980
Hermann Schiechtl	F.R.G.	1984
Georg Pettersson †	Sweden	1986
Jean Heckly	France	1992
Josef Dedic †	Czech Republic	1994
Lawrence Demmy M.B.E.	Great Britain	1998

INTERNATIONAL SKATING UNION

Honorary Secretary:

Georg Häsler † Switzerland 1975

Honorary Members:

		Year of election
Hans Pfeiffer †	Austria	1939
Gustavus F. C. Witt †	Netherlands	1953
Marcel Nicaise †	Belgium	1959
Friedrich Kachler †	Austria	1959
Walter S. Powell †	USA	1961
Reginald J. Wilkie †	Great Britain	1963
Georg Krog †	Norway	1969
Ernest Labin †	Austria	1969
Harald Halvorsen †	Norway	1969
Ernest J. G. Matthews †	Great Britain	1977
Heinz Dragunsky †	G.D.R.	1980
Oskar Madl †	Austria	1980
George Blundun †	Canada	1980
Emil Skäkala †	Czechoslovakia	1980
Viktor Kapitonov †	U.S.S.R.	1984
Arne Kvaalen †	Norway	1984
Icilio Perucca †	Italy	1988
Elemér Tertak †	Hungary	1988
Donald H. Gilchrist	Canada	1992
Herman J. van Laer †	Netherlands	1992
Benjamin T. Wright	USA	1992
John Hurdis	Canada	1992
Charles A. De More	USA	1994
Hans Kutschera	Austria	1996
Jean Grenier	Canada	1996
Jürg Wilhelm	Switzerland	1998
Lars-Olof Eklund	Sweden	1998
Jan W.P. Charisius †	Netherlands	1998
Wolfgang Kunz	Germany	1998
Joyce Hisey	Canada	2002
Walburga Grimm	Germany	2002
John Hall †	Great Britain	2002
Maria Bialous-Zuchowicz	Poland	2006
Claire Ferguson	USA	2006
Monique Georgelin	France	2006

Past Presidents

		Years of service
Willem H.J. Mulier †	Netherlands	1892–1894
Viktor Gustav Balck †	Sweden	1895–1924
Ulrich Salchow †	Sweden	1925–1937
Gerrit W.A. van Laer †	Netherlands	1937–1945
Herbert J. Clarke †	Great Britain	1945–1953
James Koch †	Switzerland	1953–1967
Ernest Labin †	Austria	1967
Jacques Favart †	France	1967–1980
Olaf Poulsen	Norway	1980–1994

INTERNATIONAL SKATING UNION

Jacques Favart Trophy

Year of award

established 1981

Irina Rodnina	U.S.S.R.	1981
Eric Heiden	USA	1983
Jayne Torvill / Christopher Dean	Great Britain	1986
Scott Hamilton	USA	1987
Katarina Witt	G.D.R.	1988
Karin Kania	G.D.R.	1990
Natalia Bestemianova / Andrei Bukin	Russia	1992
Tomas Gustafson	Sweden	1993
Gaétan Boucher	Canada	1994
Bonnie Blair	USA	1998
Kurt Browing	Canada	1998
Johann Olav Koss	Norway	1998
Ludmila & Oleg Protopopov	Switzerland	1998

Georg Häslser Medal

established 1985

Zoltán Balázs †	Hungary	1987
Willi Zipperlen †	Switzerland	1987
F. Ritter Shumway †	USA	1988
Herbert Kunze	F.R.G.	1989
Assen Pavlov	Bulgaria	1989
W. Thayer Tutt †	USA	1989
Victor Blinov †	U.S.S.R.	1990
Andrea Ehrig	G.D.R.	1990
Radovan Lipovscak	Yugoslavia	1990
Courtney J. L. Jones O.B.E.	Great Britain	1991
Milan Duchon	Czechoslovakia	1992
Klaas Schipper	Canada	1992
Lysiane Lauret	France	1993
Anna Sinilkina †	Russia	1993
George Howie	USA	1993
Pamela E.L. Davis, M.B.E.	Great Britain	1994
Jurjen Osinga	Netherlands	1994
Ivan Mauer	Slovak Republic	1995
Florea Gamulea	Romania	1996
David E. Morgan	Australia	1996
Beat Häslser	Switzerland	1998
Mitsuo Matsumoto	Japan	2000
Robert Moir	USA	2002
Valentin Piseev	Russia	2002

ISU Gold Award of Merit

established 2004

Lysiane Lauret	France	2006
<u>Lucy Brennan</u>	<u>USA</u>	<u>2007</u>
<u>Susan Johnson</u>	<u>USA</u>	<u>2007</u>
<u>Joachim Franke</u>	<u>Germany</u>	<u>2008</u>
<u>Ann Shaw</u>	<u>Canada</u>	<u>2008</u>