



National Ice Skating Association of Great Britain & N.I.

NATIONAL ICE SKATING ASSOCIATION OF UK LTD

SHORT TRACK SPEED SKATING

REGULATIONS

Revised May 2015

**THE NATIONAL ICE SKATING ASSOCIATION OF UK LTD
GRAINS BUILDING, HIGH CROSS STREET, HOCKLEY, NOTTINGHAM, NG1 3AX**

NATIONAL ICE SKATING ASSOCIATION OF UK LTD

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NATIONAL ICE SKATING ASSOCIATION OF UK LTD

SHORT TRACK SPEED SKATING REGULATIONS

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The contents of this manual do not override, supersede or replace the Articles and Memorandum of the NISA and in event of conflict the Articles and Memorandum of the Association shall be decisive.

NISA/ISU Eligibility and Doping Control Regulations are mandatory for all athletes and officials participating in all NISA approved events including those that are listed and covered under these Regulations.

Eligibility and Doping regulations can be obtained from the NISA office or downloaded from the NISA Website.

SHORT TRACK SPEED SKATING OFFICIALS

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Sandra McArthur
Carol Miller
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Stuart Logan	Leanne Wynne	Mark Worth
Sam Wilson	David Wynne	Matt Wilson
Gerard Williams	Hew Williams	

REGULATIONS FOR SHORT TRACK SPEED SKATING

1 Events

All events authorised by the NISA and listed on the Short Track National Fixtures List require a permit to hold the event. For exceptions see rule 1 (c)

Short Track Ice Speed events shall be divided into four categories, as follows:

a) **Open Events**

Any events which may be entered by eligible skaters who are members of the Association.

b) **Restricted Events**

Any events which not being open as above, are not restricted to the Members of one affiliated club.

c) **Club Events**

Any events in which the competitors are restricted to members of one affiliated club.

d) **Professional Events shall be either:**

i) **Open Events**

Any events, which may be entered by any professional, irrespective of country or nationality.

ii) **Restricted Events**

Events, which are not open as above.

2 Entries for Open Events

a) All competitors and officials in open events and those held under NISA/ST Rules and Regulations shall be current eligible members of NISA and in so competing or officiating in these events automatically agree to abide by the Association's Rules and Regulations including doping and eligibility rules

b) No entry shall be accepted unless accompanied by the appropriate entrance fee if applicable.

c) Every entry shall be made in the real name of the competitor, no pseudonyms are permitted.

d) The promoting body shall have the right to refuse any entry without assigning a reason.

e) Entry forms shall be completed in block letters and signed by the entrant/club secretary. The club secretary shall be responsible for all statements therein, or omission there from. It should be noted that errors or omission might result in the refusal of the entry.

f) All entry forms shall be forwarded to the Secretary of the organising club before due closure date.

g) A skater may skate for only one club in any one season, unless permission is granted to change by the NISA.

3 Entries - Restricted Events

a) In all restricted events all sections of Regulation 2 shall apply.

b) The Association shall have the right to insist that any or all of the sections of the Regulations shall apply. Details of the Association's requirements shall be supplied when granting a permit for the event to be held.

4 Unattached Competitors

After a competitor's first season of racing in open events, held under NISA/ST rules, he or she must be a member of an affiliated club, unless authorised by the NISA.

5 Entry Fees

The relevant entry fees, when applicable, must be paid at the time of entry. Failure to comply with this rule can render the entry invalid.

6 Prizes

- a) A prize awarded to a successful competitor shall be deemed and taken to be so awarded, subject to such competitor being eligible to compete and to the statements in the entry form being strictly accurate. Should it be subsequently shown that he/she was not eligible to compete, or that any of the statements in the entry were inaccurate, any competitor who shall have received a prize he/she was not entitled to shall be required to return it forthwith?
- b) The NISA shall have the power to provide prizes of any description for such of the competitions as are held by them in addition to the trophies mentioned in Regulation 11, but no Association medals shall be given except for national championships or authorised international events.

7 Permits

- a) A permit shall be necessary for all speed skating events, for exceptions see Rule 1(c).
- b) Where a permit is granted and whenever possible, a NISA appointed Referee shall be in control of the meeting but in any case the Referees shall be members of NISA or a Referee on the ISU panel of International Referees. The Referee shall have control of and the right to change, any appointed official at the meeting.
- c) All applications for permits shall be made so as to reach the NISA office at least 21 days prior to the event, and stating:
 - i) Date, time and place of meeting.
 - ii) Format of racing.
 - iii) An undertaking to carry out the Rules of the NISA/ST in every detail and that the words "Under NISA/ST Regulations" be printed on all advertisements, entry forms, programmes and other printed matter.
 - iv) An undertaking that a representative of the Association is afforded free admission to the rink on the occasion of the event.
 - v) Except in the case of a club or association affiliated to the NISA, every application for a permit under this rule shall be accompanied by the appropriate fee as decided by the NISA exceptions see Rule 1(c).
- d) All permits shall be signed by the NISA office but in the event of a permit being refused the fee will be returned.
- e) No permits shall be granted to individuals except in cases where an event is held in aid of a stated charity, which must be approved by the NISA, in which case a balance sheet of accounts must be submitted by the applicant to the NISA office within one month after the date of the event.
- f) An affiliated club need not apply for a permit to hold a meeting confined to its own members.
- g) For all events for which a permit has been granted, and for all events held in public sessions, the promoting body must forward a copy of the programme with the results and times marked thereon within seven days to the Associations office.

- h) "Any individual Skater, Team or Club wishing to take part in any speed or short track speed competition outside of the UK must apply in writing to the NISA office for a permit and must include proof of the necessary NISA insurance requirements when skating abroad. E.g. a copy of the European Health/Medical Insurance Card for the skaters taking part in EU countries or private medical insurance for countries outside the EU. Permits will not be issued to any Skater, Team or Club that are not members of NISA or do not have the required insurance cover.
- i) If the competition outside the UK clashes with a domestic competition that is on the fixture list, then the permit applicant should seek permission from the home hosting club. The hosting club has the right to object to the issuing of the permit, but the final decision will be with the NISA/STTC.

8 Numbers and Registration

At the commencement of NISA Membership, every skater will receive an allocated racing number helmet cover. This helmet cover must be worn when competing in all NISA competitions. Exceptions to this rule are at the discretion of the referee in charge of the competition. The helmet cover must be returned to NISA on cessation of NISA membership. Failure to do so will incur a charge to the amount of the cost of the cover. Replacement of lost or damaged helmet covers will be at the skater's expense.

9 Tests and Test Fees

The STTC shall establish a level of fee for Tests administered by them.

During each skating season clubs may organise appropriate Medal Tests, provided there are sufficient numbers of skaters available and sufficient officials to ensure test conditions are met.

For Ice Speed Medal Tests, the STTC shall establish a range of times for Gold, Silver and Bronze Standard Tests. These times for each category of skater are available to each NISA Member on request from the STTC Secretary, or appointed STTC Test Organisers.

The full criteria for taking or organising tests can be obtained from the STTC Secretary.

10 Record Regulations

A record can only be made in:

- a) Competitions held by the Association, International Competitions or a NISA gold medal test attempt.
- b) Any claim for a record should be made within 1 calendar month from the date of the performance.
- c) The person's name shall be listed in the programme of the event at which the record is made.
- d) The track must be a 111.12 metres oval, with curves of 8 metres. No restriction shall be made on the width of the track.
- e) For a record claim in the UK, the names of the Referee, Starter, Timekeeper and Lap Scorers must be on the officials list approved by the STTC. For International events the officials on the protocol will be assessed by the STTC.
- f) For 1500 metres and over any claim for a record must be supported by the original lap-by-lap record as taken by the recorder.
- g) Timing equipment and criteria for record claims
 - i) Full electric timing with photo finish. Started by gun electronically and stopped by electronic beam Photo image with related times.
 - ii) Full electric timing. As (i) finished by electronic beam with timing printout
 - iii) Semi electric timing, (started electrically and stopped manually).

Timing printout showing the time of the skater recorded by three (3) separate timekeepers and signed by the chief timekeeper.

iv) Hand held watches.

Documentation confirming the time of the skater recorded by three (3) separate timekeepers and signed by the chief timekeeper.

v) Approved ISU/NISA International events.

The event's official protocol approved by the competitions organising committee.

Note: The NISA / STTC have the right to refuse any claim that they believe is not in accordance with the above requirements.

11 British Short Track Speed Skating Championships

All entrants for British Championships must be eligible members of the Association at the closing date for entries and must have obtained the necessary standard as laid down by the STTC. Entrants must also comply with General Rule 11 and 12 of the NISA Memorandum & Articles. All entries must arrive to the STTC Secretary before 5pm on the closing date.

The Men's British Championships will be staged at a venue decided by the NISA, resulting in individual distance champions and an overall Champion unless otherwise decided by the STTC:

- a) The 1500 metre distance. The winner shall hold for one year the "Hewitt" Challenge Cup.
- b) The 1000 metre distance. The winner shall hold for one year the "Alfred Baker" Challenge Cup.
- c) The 500-metre distance. The winner shall hold for one year the Shield presented by the Supporters Club of the Aldwych Speed Club.
- d) A 3000 metre Final Event (men only) for the top 8 final point scorers and ties (from the previous distances) will be held. The overall winner in the Men's Championships shall hold for one year the "Victor Ludorum" Trophy. During the Super Final over 3000 metres the 1st skater crossing the finish line after 1000 metres 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.
- e) The 5000 metre Inter-Club Relay Ice Speed Skating Championship of Great Britain is open to all eligible teams of five skaters who are members of the Association and of a Speed Skating Club affiliated to NISA. The winning club shall hold for one year the "Dundas" Challenge Trophy. See also Rule 22 c and d.
- f) The 3000 metre Inter-Club Relay Ice Speed Skating Championship for juniors. The winning club will hold for one year the "Ron Hargreaves" Trophy. Entry conditions are as in (e) above.
- g) The British Championship for Ladies over individual distances of 500, 1000, 1500 metres, and if decided by the STTC, a 3000 metre final for the top 8 final point scorers and ties (from the previous distances) will be held. The 1st, 2nd and 3rd from each distance will receive medals, with the overall winner (final points total) from the individual distances (and 3000m if held) awarded the "John Hurdis" Trophy for one year.
- h) British Junior Championship. Over the following categories and distances:

Juniors - 1500, 1000 and 500 metres
The overall Junior Champion shall hold the "Joe New" Trophy for one year

Note – In the event that the Junior boys and girls are run separately, the trophies presented will be as follows :

Boys - The "Joe New" Trophy
Girls - The "Archie Marshall" Trophy

Juveniles - 1000, 777 and 500 metres
The overall Juvenile Champion shall hold the "Joan Fearn" Trophy for one year

Note – In the event that the Juvenile boys and girls are run separately the trophies will be presented as follows :

Boys - The "Joan Fearn" Trophy
Girls - The "Pat Richardson" Salver

Pee Wees - 777, 500 and 333 metres.
The overall Pee Wee Champion shall hold the "Ken Pendrey" Trophy for one year

Note – In the event that the Pee Wee boys and girls are run separately the trophies presented will be as follows.

Boys - The "Ken Pendrey" Trophy
Girls - The "Stuart Horsepool" Trophy

Pee Wee 2's 500, 333, and 222 metres
The overall Pee Wee 2 Champion shall hold the "Jo Eley" Trophy for one year

- i) Masters, will compete over 500, 777 and 1000 metres
The overall Masters Champion shall hold the "Chris Brooks" Trophy for one year

Note - The Mens, Ladies, Masters, Juniors, Juveniles, Pee Wee and Pee Wee 2 Championships shall be staged together unless otherwise decided by the NISA and STTC. Minimum numbers in each category or gender will be at the discretion of the STTC. Included in these criteria are any other championships or events as decided by the NISA and STTC.

12 Scottish Short Track Speed Skating Championships

The following championships are organised by Sk8Scotland open to all eligible skaters who are Scottish or have resided in Scotland for three months prior to the date of entry.

- a) The 1500 metre Short Track Ice Speed Skating Championship of Scotland.
- b) The 1000 metre Short Track Ice Speed Skating Championship of Scotland.
- c) The 500 metre Short Track Ice Speed Skating Championship of Scotland.
- d) A 3000 metre Final Event for final point scorers only will be skated.
- e) The 5000 metre inter-club relay Speed Skating Championship of Scotland. Open to all eligible teams of four skaters being British subjects and who have resided in Scotland for three months prior to the date of entry and who are members of a Scottish Speed Skating Club. The winners shall hold the "William Fullerton" Commemoration Trophy.
- f) Any other Scottish Championship either short track or long track as decided upon by Sk8scotland.

13 Home International

An International match between selected skaters from England and Scotland may be organised by Sk8scotland or NISA at an English or Scottish rink alternating each year, and will be decided on a points scoring system. The winning team shall hold for one year the "Duncan" Trophy.

14 Protests/Complaints

All protests/complaints against any other competitor, award or other detail (for exceptions see Regulation 22(e) (v) must be made strictly in writing to the STTC Secretary and be strictly in accordance with the articles of the association and no later than 21 days after the event. The letter of

protest/complaint will be considered by the STTC at its next meeting and a reply forwarded to the aggrieved party.

15 Disqualifications or Suspension

- a) Any member, competitor, or official who either directly, or through a third party openly expresses themselves in an improper manner, renders themselves liable to sanctions and/or suspension. (see rule 22 (e), 22(f) and 22(g))
- b) The sanctions for infringement of any of the relevant racing rules is a penalty, disqualification or suspension (see rule 22 (e) and 22 (f)).
- c) Competitors are bound to obey implicitly the instructions of the officials in charge of the competition.
- d) A competitor committing an infringement of the racing regulations may, on sufficient evidence being furnished, be suspended from further participation in speed skating competitions held under the Association or ISU regulations for a period to be determined by the Association. Any person so reported shall be given the opportunity of stating his/her case.
- e) All sentences of disqualification or suspension shall be binding on all clubs affiliated to the NISA. All such sentences shall be notified by the secretary to the controlling Associations of other sports with whom the NISA have working agreements.

REGULATIONS FOR HOLDING COMPETITIONS AND CHAMPIONSHIPS IN GREAT BRITAIN

16 Tracks

- a) For domestic competition an oval track measuring 111.12 metres per lap shall be used. Unless otherwise decided by the STTC.
- b) The minimum measurement from the Apex Block to the barrier is recommended to be not less than 4 metres.
- c) Curves are symmetrical, constant single radius each end, as recommended on the track diagram.
- d) For British Championships, an oval track measuring 111.12 metres per lap with 8 metre curves on an ice surface of minimum measurements of 60 metres long x 30 metres wide shall be used. Exceptions to this Rule are at the discretion of the STTC.
Note: For International Competitions refer to ISU Rules.
- e) There shall be seven track-marking blocks equally spaced in each curve.
- f) It is recommended that on large rinks (60x30) five tracks be marked to ensure good ice conditions for all skaters. For semi-finals and final of 500 metres or less on rinks with five tracks marked, only the three middle tracks should be used. On small rinks (56x26) where there are three tracks marked only the centre track and the one behind should be used. See track diagram.
- g) The finish line is drawn from the barrier and will have a length of the actual width of the straight plus 1.5 metres.
- h) The starting lines are drawn from the barrier and will have a length equivalent to the actual width of the straight. Starting at 50 cm from the inner side of the track, dots of 2 cm diameter shall be marked every 1.3 metres in order to define the starting positions of the skaters. For tracks less than 7 metres in width, marking shall be at the referee's discretion.

17 Barrier Pads

- a) At all competitions it is recommended that a **minimum** of eight protected safety pads of 1.4 Metres (or to the barrier height), 2 metres long and placed at the exit of each corner should be used. In addition four protective safety pads of the same specification should be placed at the end of each straight.

The padding must be made of medium density polyurethane foam with a recommended minimum thickness of twenty five cm or ten inches.'

- b) All padding should ideally be covered in a water resistant material (PVC) and should have a fixing to the ice rink barrier.

18 Type of Races and Distances

a) **Individual Races (mass start)**

Consisting of a number of skaters racing over given distance; either in qualifying round, or as a member of a team in a Team Competition.

b) **Handicap Races (mass start)**

Skaters are given handicaps by the organisers based on the competitor's standard of skating.

c) **Devil take the Hindmost (mass start)**

A mass start race with elimination of one or more skaters at the end of each lap (after the first two laps), until **four** skaters are left in the race. These compete over the last two laps.

d) **Relay Races**

For up to 4 teams per race consisting of 5 skaters per competing team.

See Rule No. 22 c)

e) **Distances**

i) **Individual Distances (recommended)**

Seniors	-	3000, 1500, 1000 and 500 metres
Juniors	-	1500, 1000 and 500 metres
Juveniles	-	1000, 500 and 777 metres. Super final 1500 metres
Pee Wees	-	777, 500 and 333 metres. Super final 1000 metres
Pee Wee 2s	-	500, 333 and 222 metres. Super final 777 metres
Masters	-	1000, 777 and 500 metres

ii) **Relay**

Ladies	-	3000 metres
Men	-	5000 and 3000 metres
Juniors	-	5000, 3000 and 2000 metres
Juveniles	-	3000 and 2000 metres
Pee Wees	-	2000 metres

f) **Number of Skaters on Start Line**

- i) On short distances 222 to 1000 metres there shall be only four (4) skaters on the start line in final races.* With the exception of the Pee Wee and Pee Wee 2 age categories where in the case of the 500 metres 5 skaters will be permitted.

- ii) For 1500 metres Finals there shall be no more than six skaters on the start line*.

- iii) For 3000 metres Finals there shall be no more than eight skaters on the start line*.

*** For exceptions see Regulation No. 21 c) VI)**

g) **Rest Time between Races**

This is at the discretion of the Referee when discussing the racing schedule with the organisers. It is recommended that there should be twenty minutes between races.

19 Conduct of Competition

- a) Each competition shall be approved by the NISA and appear on the published National Fixture List.
- b) An announcement/letter of invitation shall be distributed to all concerned, i.e. clubs, individuals, referee and starter, etc, at least 14 days before the competition. This communication shall be set out as a requirement with the following **minimum** information:
- i) Held under NISA Rules and Regulations
 - ii) Name of competition
 - iii) Date and venue
 - iv) Closing date of entries
 - v) Type of racing
 - vi) Distances to be skated
 - vii) Time for reporting.
 - viii) Time for first session of racing
- d) A programme of competition shall be available at each event and as a requirement shall be set out with the following **minimum** information:
- i) List of Officials
 - ii) Racing session times
 - iii) Racing programme
 - iv) Conditions of contest
 - v) Awards
 - vi) Points scoring (where applicable)
 - vii) Time and place of the Team Leaders meeting
- e) Each competition shall have a minimum of one person who acts as competitors' steward and all skaters are to report to this person by the stated time.
- f) Subject to the approval of the Referee, racing age groups may be combined.

20 Officials

Note: In order to retain their positions, or be considered for promotion, all NISA appointed Officials must attend one seminar per season organised by the Association.

- a) Where possible for all the NISA competitions a nominated referee and starter shall be appointed by NISA.
- b) For all other officials the promoting club has the responsibility for ensuring the appointment of such officials is carried out in due time before the competition.
- c) **Recommended Minimum Number of Competition Officials**

Referee	-	one NISA appointed
Starter	-	one NISA appointed
Assistant Referees	-	minimum one per competition, but ideally two
Competitors Steward	-	one
Heat Box Steward	-	two
Finish Line Judges	-	four
Timekeepers	-	four
Lap Scorer	-	one
Co-ordinator	-	one
Track Stewards	-	two
Medical Attendant	-	one
Recorder	-	one
Announcer	-	one

d) For British Championships the following shall be used (all appointed by NISA):

Referee	-	one
Assistant Referees	-	two up to four
Competitors Steward	-	one up to two
Heat Box Steward	-	two
Starters	-	two
Chief Finish Line Judge	-	one
Finish Line Judges	-	four
Chief Timekeeper	-	one
Timekeepers	-	four
Electric Timekeeper	-	one
Lap Scorer	-	one
Lap Recorder	-	one
Track Stewards	-	four
Medical Attendants	-	two
Recorder	-	one
Announcer	-	one
Photo Finnish	-	three
Electronic Lap Board	-	one
Video Recording	-	one

21 Duties of Officials

a) Referee

The Referee is the person who decides on all points of dispute, infringement of the rules*, conduct of the competition, and all matters relating to sanctions. The Referees decision shall be final.

*other than matters relating to the starting procedure.

b) The Referee is responsible for:

- i) Ensuring that all skaters and officials are eligible to compete or participate in a competition.
- ii) Conduct the competition in accordance with the announcements and conditions of contest. This can include deciding how the programme will be compiled and how the qualifying procedure shall apply. The Referee will work in co-operation with the Competitors Steward (seeding) to achieve the qualification of skaters to each round of competition.
- iii) Ensuring that all NISA/ST regulations are observed for the applicable competition.
- (iv) Sending a report of the competition to the STTC secretary and the NISA office within 10 days of the event.

c) The Referee may:

- i) Introduce an alternative to a programme insofar as these do not conflict with NISA/ST regulations.
- ii) If necessary exclude skaters from a competition.
- iii) To change officials, when necessary, during the competition.
- iv) To suspend skating when a competition is interrupted by outside interference.
- v) To delegate any responsibility to other competition officials in order to assist in the Referee's duties.

- vi) Advance a skater who was in a qualifying position to the next qualifying round if he feels that the skaters was prevented from qualifying due to:
 - an offence resulting in a sanction
 - any other reason not resulting from any direct or indirect action of the skater concerned.

The Referee makes any advancement solely at his/her discretion.

- vii) If the Referee is in doubt concerning any action on the ice, the Referee is authorised, before a decision is made, to view the video replay system (if available) to resolve the situation. This does not include the starting procedure and the finishing order of the racing.'

d) **The Referee Decides Upon**

- i) All protests made and all matters in dispute except those concerning the start and the order of finish.
- ii) All matters concerning breaches of NISA /ST regulations during the competition.

Note: The STTC define "during the competition" to include all matters relating to the announcement/invitation, conditions of contest, the competition and conduct of skaters and officials before, during and after the competition.

e) **Assistant Referees**

- i) An Assistant Referee may, when necessary, substitute for the Referee when he or she cannot continue due to injury or illness.
- ii) An Assistant Referee, when directed, shall advise the Referee on matters relating to infringements of rules.
- iii) An Assistant Referee, if required, may direct the skaters to their starting positions and ensure that they are ready to start.

f) **Starter**

- i) The Starter shall decide all disputes relating to the start. He or she shall give all commands to the skaters clearly.
- Note:** the start is defined as from the start line through to the Apex Block on the first bend.
- ii) The Starter shall take his/her position so that he/she has a clear view of all skaters starting in the race.
- iii) During the Relay Race the Starter, having been advised by the Lap Scorer, that **three** laps remain in the race, shall fire the pistol once.
- iv) The Starter may ask an additional Starter to call skaters back in the case of false start.
- v) All skaters must return to the start line without delay on the sound of the whistle

Note: It is important to note that the starter has control of the start as defined earlier. However, if an infringement occurs during the start as in any other part of the race the Referee may award a penalty to the offending skater/skaters.

g) **Competitors Steward**

- i) The Competitors' Steward is responsible for the coordination of all racing administrative matters.
- ii) Based on the results of the races the Competitors Steward shall according to the official program, determine the skaters taking part in the next round.

- iii) The Competitor's Steward shall make up the races for each qualifying round.
- iv) The Competitors' Steward shall record and inform the skaters of their qualification and the race in which they shall start.

h) **Heat Box Steward**

- i) The Heat Box Steward shall work in a designated staging area called the heat box;
- ii) The Heat Box Steward shall call out the names of those about to compete;
- iii) 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 equipment (see Rule 23).
- iv) The Heat Box Steward may exclude, after consultation with the Referee, any skater who is either not present at the appropriate time, or properly attired, including all aspects of rule 23

Note: By definition a subsequent delay caused by the late arrival of a skater to the heat box, may result in exclusion from the race.

i) **Chief Finish Line Judge and Line Judges**

- i) The Chief Finish Line Judge shall assign finish position to the Finish Line Judges as follows, but he/she shall always pick **first** place skaters only. The Chief Finish Line Judge's decision regarding the finishing order of the races is final. For exceptions see Rule 21 i) iv). (photo finish)

Finish Line Judge No. 1	Picks skaters	1st and 2nd
Finish Line Judge No. 2	Picks skaters	2nd and 3rd
Finish Line Judge No. 3	Picks skaters	3rd and 4th
Finish Line Judge No. 4	Picks skaters	4th and 5th

When there are six or more skaters, other off ice competition officials may assist the Chief Finish Line Judge as necessary.

- ii) The definition of a finish is as follows:
A skater has completed the distance when he/she has touched, or reached the finish line with the leading tip of the skate blade.
- iii) On the 3000 metres and relay races the Finish Line Judges shall be assigned to a skater or team and record the number of laps skated and the place of the finish.
- iv) When Photo Finish with a timescale is used, the Chief Photo Finish Judge decides the order of finish and the skater's times.

j) **Chief Timekeeper and Timekeepers**

- i) The Chief Timekeeper is responsible for assigning positions for all Timekeepers and recording of all times. The Chief Timekeeper's decision regarding the competitor's times is final. For exceptions see Rule 21 (i) (iv).
- ii) The Chief Timekeeper and Timekeepers shall be positioned off the ice and adjacent to the finish line with clear view necessary to record the accurate time of all skaters.
- iii) When digital watches are used, times shall be recorded in hundredths of a second.
- iv) The Chief Timekeeper must read all watches, record the results and declare the official time. The Chief Timekeeper shall warn all Timekeepers that their watches **must** not be cleared until he/she has ordered them to do so.

v) Appointment of Timekeeper shall be as follows:

First Place Skater	2 Timekeepers plus 1 reserve
Second Place Skater	2 Timekeepers plus 1 reserve
Third Place Skater	1 Timekeeper
Fourth Place Skater	1 Timekeeper

vi) All watches should be pre-tested to ensure correct operation.

vii) The Chief Timekeeper shall call on each Timekeeper for their times immediately after the conclusion of each race and the Timekeeper must show the watch when instructed to do so by the Chief Timekeeper.

viii) The Chief Timekeeper shall be responsible for recording all the information from the Timekeepers and Finish Line judges.

Note: Where electric timing is used, this will take precedence over manual timing.

k) **Recorder**

The recorder shall collate the information from the timekeepers and line judges for the benefit of the Competitor Steward.

l) **Lap Scorer**

i) The Lap Scorer shall visibly show at all times the number of laps still to be skated by the **leading skater** and the lap scorer shall turn the lap counter each time the leading skater passes the lap board.

ii) As the leading skater approaches the last lap of each race, the Lap Scorer shall ring the bell.

iii) In relay races the Lap Scorer shall advise the Starter the last three laps are coming up.

m) **Lap Recorder**

i) For distances of 1500 metres and over, a Lap Recorder shall be appointed. He/she shall complete a lap-by-lap record with an accuracy of one second or less and keep a check on the Lap Scorer at all times.

ii) The Lap Recorder shall be off the ice but in close communication with the Lap Scorer.

n) **Track Stewards**

i) It is recommended that a minimum of **two** Track Stewards may be used at each end of the track. They should make sure the track is clean and watered as required.

ii) At no time should a Track Steward interfere with skaters or officials, but should be able to readily replace missing track marking blocks.

o) **Announcer**

The announcer, whenever possible, will keep the skaters and spectators fully informed regarding results, sanctions and general competition information.

p) **On Ice Officials**

i) Only the Referee, Assistant Referees, Lap Scorer and Track Stewards should be on the ice during the running of the race, but whenever possible the Lap Scorer should be off the ice.

ii) The Starter shall either conduct the start on or off the ice. But if on the ice during the start, shall if possible leave the ice after the start is completed.

iii) On-ice Officials shall be appropriately dressed and must wear skates.

- iv) Only with the prior permission of the Referee may other officials be on the ice during a race; i.e. to operate equipment, or in an emergency.

22 Racing Regulations

a) Individual Races

- i) Races are run counter-clockwise, that is to say the inner side of the track is on the left hand side of the skater.
- ii) Overtaking is allowed at all times, but until the Skaters are besides each other the responsibility for any obstruction or collision shall be upon the Skater overtaking, provided the Skater being overtaken does not act improperly;
- iii) When a skater has been lapped once the skater may continue in the race, provided the skater does not interfere with, nor impedes other competitors.
- iv) If a skater is lapped twice, the skater shall leave the race unless in a contending position.
- v) A competitor or team has completed the distance when he/she has reached the finish line with the leading tip of the skate blade.

b) Individual Racing Rules

- i) 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.
- ii) 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: Impeding, blocking, charging, or pushing another Competitor with any part of the body. Interfere with another Skater by crossing his/her course thereby causing contact;
 - ASSISTANCE: Each Skater shall compete as an individual. Any assistance from other Skaters will be cause for sanctions of all Skaters involved. This will not apply to the push the Skater receives from their Team-mate in a Relay race.
 - KICKING OUT: 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.

c) Relay Races

- i) Teams consist of maximum 5 competitors. In any race 4 competitors will skate as team members.
- ii) For each race the team can be composed of any four of the five skaters originally named.
- iii) Each of the four team-members must take part in the race.
- iv) All members of a team should be equally dressed. Teams, which do not comply with this, may be excluded from participation.
- v) A competitor will be in the race and be responsible for the team until a team member relays them. Relaying will be by touch, that is to say a competitor will not be in the race until they have been touched by, or have touched the competitor they are relieving.

- vi) A competitor may be relayed at any time except during the last two laps. These laps must be skated by one skater. A warning shot will be fired to indicate the start of the last three laps.
- vii) In the case of a fall during the last two laps, the skater may be relayed.

d) **Relay Racing Rules**

- i) All sections of the individual racing rules (22b) shall apply to all members of a team, both participating and those that have been relayed.
- ii) 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 Referees.
 - **Relaying during the last two laps:** The last relay has not been clearly started before the commencement of the final two laps.

e) **Sanctions for infringements of the Racing Rules**

- i) The term “Disqualification” as used in these regulations and defined in Rule 15. shall be understood to describe the various sanctions mentioned in this Rule including without limitation the following type of sanctions:
 - a) **PENALTY:** In the case of an infringement of the Racing Rules a penalty will be given. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred, and will be excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit the points/result accrued in that race alone. Points/results accrued prior to that race will not be affected.
 - b) **YELLOW CARD:**
If an infringement of the Racing Rules is deemed by the Referee to be an unsafe, harmful or hazardous offence, a yellow card will be shown to the infringing Skater. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred and excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit prior points/results accrued in all races over the distance concerned. Any Skater who is shown the yellow card twice in the same competition will be sanctioned by a red card will be excluded from the competition immediately and will not be ranked in the final classification.
 - c) **RED CARD**
 - 1) In the case of an infringement which is deemed by the Referee to be intentionally dangerous or grossly negligent, the Skater will be shown a red card.
 - 2) In the case a Skater is shown two yellow cards in the same competition, the Skater will be shown a red card.
 - 3) For any action, either on or off ice, not in compliance with the NISA Code of Conduct, a red card may also be shown to the Skater, Coach or Team Leader.

Any Skater who is shown a red card will be excluded immediately from the competition and will not be ranked in the final classification. In the case a Skater is shown a red card in a Relay race, his Relay Team will be excluded immediately from the Relay competition and will not be ranked in the final Relay classification. Individual sanctions for the Skater(s) concerned will also apply.
 - ii) The Referee’s decision that:
 - a) There was an infringement of the Racing Rules or decisions approving the announcement of the results showing that there was no infringement are final and no protests against such decision are allowed
 - b) If the Referee decides that an infringement of the Racing Rules has occurred, a sanction will be given as provided in these Rules.

f) **Sanctions for Coaches, Team leaders and Support Staff**

For any action, either on or off ice, not in compliance with the NISA Code of Conduct, a yellow card may also be shown to a Skater, Coach, Support Staff or Team Leader any such person shown a yellow card shall be suspended from the field of play for the remainder of the day.

Any coach, team leader or support staff shall be excluded from the field of play,

The Referee shall file a written report with the STTC whenever a red card is shown to any skater, coach, team leader or support staff

The "Field of Play" during Short Track Speed Skating competitions is the ice surface, the immediate surroundings, heat-box, coaches' box, Officials restricted area and any other so designated areas

g) **Exclusions**

- i) In respect of any action on or off the ice or if any skating offence or misconduct by a competitor, coach or team leader is deemed by the Referee to be an intentional or serious offence, the Referee will show the relevant person a red card.

If the Referee decides the offence is very grave, the person may be excluded immediately from the competition and if a skater will not be ranked in the final classification. Any competitor coach or team official who is shown the yellow card twice in the same competition shall be excluded from the competition immediately and if a skater, then the skater shall not be ranked in the final classification.

- ii) In addition, the Referee will file a written report within seven days of the event to the STTC secretary and the NISA office concerning any incident where a red card has been issued. The STTC or NISA Board of Directors may consider further disciplinary action.

- iii) This also applies to teams in relay races.

h) **Heat Box**

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.

i) **Starting Procedure**

- i) 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 immediately with the centre of the body over the respective dot and keep this position absolutely until the shot is fired. However, if more than 5 skaters are starting in a race, the starting dots will not be used, and the Starter will direct the skaters in the respective order of their position to the starting line. If due to the number of skaters in a race a second row is required at the start then the skaters at this line will be positioned as far as possible to the outside of the track in the order of the lane positions.

- ii) If a skater takes his/her starting position before the command "ready" or leaves his/her position or moves any part of his/her body after the command "ready" and before the shot is fired, it is a false start.

- iii) If a skater places his/her skate partially or completely on or over the starting line, it is a false start.

- iv) If a skater does not have both skates on the ice, i.e. full contact over the length of the blades, it is a false start (effective as of 1st July 2015).

- v) If a skater is interfered with and falls before the first apex block after the starting line the skaters shall be called back to make a new start accordingly to subparagraph (i).

- vi) 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.

- vii) 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.
- viii) If more than one skater is responsible for a false start they shall all be assessed a false start, 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.
- ix) After a race has been called back for a false start, then any subsequent false start by any of the skaters will result in a penalty for the skater(s) concerned.
- x) Any skater that by his action delays the start will receive a warning:
 - a. In the case of a false start or a second warning to a skater who has already received a warning, the Starter shall tell the skater that he/she gets a penalty.
 - b. Any warnings for delays do not affect the other skaters on the starting line.

23 Skaters Equipment

- 1.) a) All skaters must be equipped with:
 - i) Safety type helmet (in compliance with the current ASTM standard for Short Track Speed Skating).
 - ii) Neck protector.
 - iii) Cut resistant gloves or mitts of leather or synthetic non-woven material.
 - iv) Long sleeved and long legged clothing.
 - v) Shin protection of cut and puncture resistant material.
 - vi) Padded or padded hard shell knee protection.
 - vii) All speed skates must have the tubes closed and the blade ends must be rounded off, with a minimum radius of 10 mm.
- b) Skaters with defective skates (e.g. broken skate blade) will not be allowed to start or restart in any race.
- c) A skater who removes his/her equipment before the end of the race shall be disqualified.
- d) The Heat Box Steward shall determine whether a skater has complied with the safety conditions before entry onto the ice and if not shall immediately inform the Referee.
- 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.