



NATIONAL ICE SKATING ASSOCIATION OF UK LTD

SHORT TRACK SPEED SKATING

REGULATIONS

Revised February 2009

NATIONAL ICE SKATING ASSOCIATION OF UK LTD

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The contents of this manual do not override, supersede or replace the Articles and memorandum of the NISA.

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

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PANEL OF REFEREES - FOR ISU CHAMPIONSHIPS

Ken Pendrey Gordon Barnes
 Peter Worth (temporarily removed due to conflict of interest)

PANEL OF REFEREES - FOR INTERNATIONAL COMPETITIONS

Ken Pendrey Peter Worth (W)
 Gordon Barnes Sue Williams

PANEL OF REFEREES - FOR NISA CHAMPIONSHIPS & COMPETITIONS

Ken Pendrey Gordon Barnes Peter Worth
 Sue Williams Peter Grewal Alex McGow
 *Sarah Henderson *Lorraine Logan *Brian Reid
 * Not NISA Championships can assist

PANEL OF STARTERS - FOR ISU CHAMPIONSHIPS

David Cox

PANEL OF STARTERS - FOR INTERNATIONAL COMPETITIONS

David Cox Peter Ellis (W)

PANEL OF STARTERS - FOR NISA CHAMPIONSHIPS & COMPETITIONS

David Cox Peter Ellis Alex McGow
 Gordon Barnes Peter Worth Peter Grewal
 *Jason Whelbourne *Murray Cochrane *Sam Wilson
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PANEL OF COMPETITORS' STEWARDS - FOR ISU CHAMPIONSHIPS

Ian Gooch Andrea Thornton

PANEL OF COMPETITORS' STEWARDS - FOR INTERNATIONAL COMPETITIONS

Ian Gooch Andrea Thornton Stuart Miller
 Barbara Heron

PANEL OF COMPETITORS' STEWARDS - FOR NISA CHAMPIONSHIPS & COMPETITIONS

Ian Gooch Alex McGow Andrea Thornton
 Jo Ellis Barbara Heron Tina Noble
 * Judi Lindsay * Carol Gallon Kim Horsepool
 David Upcot Stuart Miller Peter Worth
 Clinton Cast Kevin Waite
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 Martin Holtom

PANEL OF PHOTO FINISH TECHNICAL SPECIALISTS

Peter Worth Martin Holtom Stuart Miller

David Upcot

Mina Machin

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Héléna Jones
Paul Iveson
Carol Gallon
Andrew Heron
Jean Iveson
Pat Jones

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Tina Noble
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Sam Wilson
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Sue Williams

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Tina Noble

Peter Ellis

Mina Machin

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Paul Iveson
Benny. McCormack

Peter Ellis
Alex McGow

Peter Worth

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Peter Ellis
Mina Machin
Pam Brojaka

Ian Gooch
Gordon Barnes
Archie Marshall

Ken Pendrey
Gavin Williams
Hew Williams

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Peter Worth
Dr Chris Brookes
Peter Grewal
Paul Iveson

Pam Brojaka
Mina Machin
Judi Lindsay
Jean Iveson

Gordon Barnes
Pat Jones
Sue Williams
Tony Gallon

TRACK MAINTENANCE

Gordon Barnes
Chris Hodgson
Charlie Horsepool
Sam Wilson

Tony Gallon
Jason Whelbourne
Gavin Williams
David Wynne

Héléna Jones
Chris Nelson
Stewart Logan
Leanne Wynne

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 1 (c)

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 in 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 entrants for open events and those held under NISA/ST Rules and Regulations shall be current members of NISA. And in so competing in these events automatically agree to abide by the Association's Rules and Regulations including doping control.
- 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 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 1(c).
- b) Where a permit is granted and whenever possible, a NISA appointed Referee shall be in control of the meeting. The Referee shall have control of and 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 7(a).
- 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 skater or club team desiring to compete in a speed skating competition outside Great Britain shall submit a written application to the NISA. The NISA office must also receive proof of insurance

against accident whilst skating from any prospective competitors. e.g. copy of E111 form for competitions in EC countries or private medical insurance certificate for all other countries.

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. Failing to do so will incur a charge to the amount of the cost of the cover

9 Tests and Test Fees

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

During each skating season the STTC will organise appropriate Medal Tests, provided there are sufficient numbers of skaters available.

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) On 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 finished 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) separates timekeepers and signed by the chief timekeeper.

- v) **Approved ISU/NISA International events.**
The events 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 direct 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 10 of the NISA Memorandum & Articles. All entries must be sent to the STTC Secretary before due closing date.

The Senior 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 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 overall winner (final points total) from the individual distances (and 3000m if held) shall be the champion and hold 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.
 - Juveniles - 1000, 500 and 333 metres.
The overall Juvenile Champion shall hold the "John Fearn" Trophy for one year.
 - Pee Wees - 500, 333 and 222 metres.
The overall Pee Wee Champion shall hold the "Ken Pendrey" Trophy for one year.

Note – In the event that the Pee Wees boys and girls are run separately the trophy Presentation will be as follows.

Boys, Ken Pendrey Trophy.
Girls, Stuart Horsepool Trophy.

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

12 Scottish Short Track Championships

The following championships are organised by the Scottish Speed Skating Union. Open to all eligible skaters who 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 the SSSU.

13 Home International

An International match between selected skaters from England and Scotland may be organised by the SSSU or NISA at an English and 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, 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) A member, competitor, or official who either directly, or through a third party openly expresses them self in an improper manner, renders them self-labile to suspension.
- b) The penalty for infringement of any of the relevant racing byelaws is disqualification or suspension.
- 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 STTC discretion only.
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 Safety Protection Barrier Padding

- a) At all competitions it is recommended that a **minimum** of six protective safety padding 1 metre high x 2 metres long on the exit of each corner should be used. In addition 4 protective safety padding 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 15 cm.
- b) Half height padding may be used as an extra safety precaution in front of full height padding.
- c) All padding should ideally be covered in a water resistant material (PVC) and should have a fixing to the ice rink barrier.

18 Types 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**

Seniors	-	3000, 1500, 1000, 500 metres.
Juniors	-	1500, 1000, 500 metres.
Juveniles	-	1000, 500, 333 metres. Super final 1500 metres
Pee Wees	-	500, 333, 222 metres. Super final 1000 metres
Masters	-	1000,,800,500 metres

ii) **Relay**

Ladies	-	3000 metres.
Men	-	5000, 3000 metres.
Juniors	-	5000, 3000, 2000 metres.
Juveniles	-	3000, 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 age category 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 ten 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.

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.

c) This communication shall be set out as a **minimum** requirement with the following 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 **minimum** requirement shall be set out with the following information:

- i) List of Officials.
 - ii) Racing session times.
 - iii) Racing programme.
 - iv) Conditions of contest.
 - v) Awards.
 - vi) Points scoring (where applicable).
- 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 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**

Chief Referee	-	one NISA appointed
Starter	-	one NISA appointed
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):

Chief Referee	-	one
Referees	-	two
Competitors Steward	-	one
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) Chief Referee

The Chief Referee is the person who decides on all points of dispute, infringement of the rules, conduct of the competition, and all matters relating to disqualification. The Chief Referee's decision shall be final.

b) **The Chief 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 Chief 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 Chief Referee may:**

- i) Introduce an alternative to a programme insofar as these do not conflict with NISA/ST regulations.
- ii) If necessary to 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 Chief Referee's duties.
- vi) Advance a skater who was in a qualifying position to the next qualifying round if he feels that the skater was prevented from qualifying due to:
 - an offence resulting in a disqualification.
 - any other reason not resulting from any direct or indirect action of the skater concerned.

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

Any skater/s who causes a race to be stopped will not be allowed to take part in the re-run of that race. This skater's results will show did not finish.

d) The Chief 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) Referees

- i) A Referee may, when necessary, substitute for the Chief Referee when he, or she cannot continue due to injury or illness.

- ii) A Referee, when directed, shall advise the Chief Referee on matters relating to infringements of rules.
- iii) A Referee, if required, may direct the skaters to their starting positions and ensures 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 STTC define the start 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 Chief Referee may disqualify the offending skater/skaters.

g) **Competitors Steward**

- i) The Competitors' Steward is responsible for the coordination of all 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:.
- ii) The Competitors' Steward shall make up the races for each qualifying round.
- iv) The Competitors' Steward shall record inform the skaters of their qualification and the race in which they shall start.

h) **Heat Box Steward**

- i) The Heat Box Steward controls the area designated as the Heat Box.
- ii) The Heat Box Steward shall ensure all skaters are ready for each round, or race in competition in good time and assemble all those ready to compete.
- iii) There is an obligation on all skaters during a competition to report to the Heat Box Steward before the start of their races, ensuring that they are wearing the correct uniforms, racing numbers and safety equipment.
- iv) The Heat Box Steward may exclude, after consultation with the Chief 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) A maximum 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, disqualifications and general competition information.
- p) **On Ice Officials**
- i) Only the Chief Referee and Referees, Lap Scorer and Track Stewards may 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 leave the ice when possible after the start if completed.
 - iii) All on ice officials must be appropriately dressed.
 - iv) Only with the prior permission of the Chief 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 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:** Deliberately impeding, blocking, charging or pushing another competitor with any part of the body.
 - **Cross Track:** Improperly cross the course of, or in any way interfere with another competitor.
 - **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.
 - **Assistance:** Permitting to give and/or receive physical assistance during a race. This will not apply to the push the skater receives from their teammate in a relay event, or a fall resulting in attention to an injured skater by the officials or medical staff.
 - **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.

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) **Disqualifications**

- i) The Chief Referee decides whether an infringement of the racing rules has taken place and whether the competitors concerned shall be disqualified. If during the race any irregularity affecting the result does take place, the Chief Referee may stop the race and order a re-start, or order a re-run of the race, which shall take place immediately. If in the opinion of the Chief Referee the skaters are “not racing”, the Chief Referee shall stop the race and declare “no contest” and may disqualify competitor/s. The re-start shall take place immediately.
- ii) A disqualification shall be announced at the end of each race by the Chief Referee (or a Referee, if directed by the Chief Referee) to the competitor/s concerned and to the Competitors Steward. If possible, it should also be announced over the public address system for the benefit of the spectators.
- iii) 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. The only exceptions to this rule are those that are stated in the competitions conditions of contest.
- iv) Any skater or skaters disqualified during a race that is ordered to be re-started or re-run shall not be permitted to compete in the re-start or the new race.
- v) Protests against any decisions concerning infringements of the racing rules will not be accepted.

f) **Exclusions**

- i) For any action on or off the ice or if any disqualification or misconduct by a competitor, coach or team leader is deemed by the Chief Referee to be an intentional and serious offence, the Chief Referee will show the relevant person a yellow card.

If the Chief 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 Chief 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 yellow card has been issued. The STTC or Board of Directors may consider further disciplinary action.
- iii) This also applies to teams in relay races.

g) **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.

h) **Starting Procedure**

- i) On the command “go to 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 centre of the body over the respective dot and keep this position absolute until the shot is fired.
- ii) 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.
- iii) 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.

- iv) If a false start takes place, the skaters will be recalled with a second shot, or blast with a whistle. The skaters must return to their starting position without delay. The Starter shall identify the skaters by line position number and shall indicate to the skaters.
- v) If all the 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.
- vi) If more than one skater is responsible for a false start, they shall all be assessed a false start.
- vii) If one of the skaters breaks from his mark, thereby causing other skaters to follow him, only the skater at fault shall be assessed a false start.
- viii) The Starter shall tell a skater if he/she has a false start. In the event of a second false start by the same skater, the skater shall be disqualified from the distance concerned.
- ix) Any skater that by his or her action delays the start shall be assessed a false start.

23 Equipment of Skaters

- a) All skaters must be equipped with:
 - i) Safety type helmet (in compliance with the current ASTM standard for Short Track Speed Skating).
 - ii) Cut resistant 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.