

Here are selected passages that short track skaters and their parents should know. More complete information is available at [www.usspeedskating.org](http://www.usspeedskating.org).

**USS REGULATIONS AND RACING RULES FOR AGE CLASS MASS START COMPETITIONS Rev. P(1), 18-Apr-2008**

**ARTICLE VII EQUIPMENT OF SKATERS**

**ISU Rule 291**

1. All short track skaters must be equipped with:
  - a. The safety-type headgear shall have a complete hard shell with chin strap, have a regular shape and may not have protrusions. ASTM approved helmets are recommended but not mandatory.
  - 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 rounded off, with a radius of 10 mm.
  - g. For short track competition, blades must be fixed to the boot at a minimum of two points with no moveable parts.
  - h. Neck protection.
  
4. Numbers
  - a. Competitors shall obtain and wear the specified number assigned for the meet.

**ARTICLE IX RACING RULES**

**ISU Rules 297 & 298**

1. Conduct of the Race:
  - a. The most current ISU rules for short track competition for the conduct of races shall be used for all mass start competitions, currently as follows:
    - 1) Races are run counter-clockwise, that is to say the inner side of the track is on the left hand side of the skater.
    - 2) Overtaking is allowed at all times, but the responsibility for any obstruction or collision shall be upon the skater overtaking, provided the skater being overtaken does not act improperly.
    - 3) When a skater has been lapped once the skater may continue his race, preferably on the outside of the track, provided this does not interfere with nor impede other competitors.
    - 4)
      - a) 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 the 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 skater's control*, then the Referee may declare the skater having reached the finish but no time shall be recorded.
      - b) No skater will be required to leave the race if they are in a contending position, i.e. places 2nd–5th.
    - 5) A competitor or team has completed the distance when the skater has reached the finish line with the leading tip of the skate blade.
  - b. If in the opinion of the Referee and his Assistants, the skaters are “not racing” they shall stop the race and declare “no contest” and may disqualify competitors. All false starts or disqualifications will remain in force on the re-skate.

c. Competitors shall:

- 1) Report immediately to the Registrar of the meet upon arrival at the meet and receive their competitor's number from the Registrar of the meet.
- 2) Inform themselves of the times at which they must compete and report promptly to the heat area and starting line without waiting to be notified.
- 5) Be deemed lapped when the leader has gained a lap on them but has not actually passed them, and if it appears that they are in any way impeding or attempting to set pace for the leader or leaders, they shall be called out of the race by the Referee.
- 6) In races over 1500 meters, not be considered lapped until they enter the last 1500 meters of the race and are then a lap behind the leader. Under such conditions, the competitors may be called out of the race by the Referee.

2. Disqualification:

a. The most current ISU rules for Short Track competition for disqualification, currently as follows, shall be used for all mass start competitions.

- 1) The general racing rule is that the competitors by their way of skating shall contribute to the honest sporting and safe progress of the race in order to determine the result of the race on its merits.
- 2) Breaches of the racing rules are considered as follows:
  - OFF TRACK: Shortening the distance to be skated with one or both skates on the left side of the curve, marked by track marking blocks.
  - IMPEDING: Deliberately impeding, blocking, charging or pushing another competitor with any part of the body.
  - CROSS TRACK: Improperly cross the course of, or in any way interfering with another competitor.
  - ASSISTANCE: Permitting to give and/or receive physical assistance during a race. This will not apply to the push the skater receives from their teammate in a relay event.
  - TEAM SKATING: During a race any action that in any way is beneficial to the result of another skater is considered team skating and all involved shall be disqualified. This does not apply to relay races.
  - KICKING OUT: Deliberately kicking out any skate during any part of a race thereby causing danger including at the finish line or throwing the body across the finish line is forbidden and will lead to disqualification.

c. The Referee may disqualify any competitor from the entire meet or any part of the meet if the competitor:

- 1) At any time commits any acts unbecoming a gentleman or lady (such as use of profane language, engaging in fighting, causing undue disturbance), or commits any willful or deliberate act which results in damage, loss or injury to person or property, without regard to the location of the competitor's act from time for first check-in, during and until completion of presentation of awards.
- 2) Loafs, competes to lose, coaches during the race, or uses unfair team work by blocking or impeding other competitors.
- 3) Fails or refuses to compete in his first event on the meet program, or any subsequent event, after voluntarily entering, unless the competitor shows good cause for not competing.
- 4) For any action, either on or off ice, 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 action occurs during a race, the skater will receive no points for that race. 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. The Referee may also issue a yellow card and exclude any competitor from the entire

meet or any part of the meet if the competitor at any time commits any acts unbecoming a gentleman or lady (such as use of profane language, engaging in fighting, causing undue disturbance), or commits any willful or deliberate act which results in damage, loss or injury to person or property, without regard to the location of the competitor's act from time for first check-in, during and until completion of presentation of awards.

d. The Referee may also disqualify an entire team for any unfair team work by any of the members thereof, such as boxing, pushing, blocking, etc.

e. The Referee may call out of a heat or race any competitors who are disqualified.

f. The Referee may in his discretion disqualify a competitor for the violation of any rule or regulation not specifically designated as grounds for disqualification.

g. When a skater has fallen, and refuses or is unable to get up and continue the race, thereby endangering him or herself or other skaters by remaining on the track, the referee may stop the race and order an immediate restart. The skater for whom the race was stopped shall be excluded from the restart.

h. If during the race any irregularity affecting the result does take place, the Referee may stop the race and order an immediate re-start of the race. If the distance has been completed the Referee may order a re-run of the race. Should any of the skaters have been disqualified in the initial part of the race they will not take part in the re-start or re-run.

#### 6. Starting of Racing Events:

a. The most current ISU starting rule for Short Track competition, currently as follows, shall be used for all mass start competitions.

1) *On the command "go to the start" the skaters shall place themselves at their respective dot at the starting line. The skaters have to stand still until the starter calls "ready", whereupon they have to take their starting position with the center of the body over the respective dot and keep this position absolutely until the shot is fired.*

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

3) *If a false start takes place, the skaters will be recalled with a second shot, or blast with a whistle. The skaters must return to 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.*

4) *If the skaters remain at the start line despite a false start, the Starter may 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.*

5) *If more than one skater is responsible for a false start they shall be assessed a false start.*

6) *If one of the skaters breaks from his marks, thereby causing other skaters to follow him, only the skater at fault shall be assessed a false start.*

7) *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/she is disqualified.*

8) *Any skater that by his or her action, deliberately delays the start, shall be assessed a false start.*

b. *If a skater is interfered with and falls in the first 10 meters after the starting line in long track or before the first apex block of the turn after the starting line in short track, the starter may call the skaters back and make a new start.*

c. *In the event of a misfire by the Starter's gun, or an official's delay in the start of a race, the complete starting procedure with all verbal commands shall be used. If the skaters have left the starting area, the Starter shall command their return to the starting line with a whistle. Skaters shall return without delay. All false starts or disqualifications shall remain in effect.*