

INTERNATIONAL SKATING UNION

**SPECIAL REGULATIONS  
SPEED SKATING  
and  
SHORT TRACK SPEED SKATING  
2004**

as accepted by the 50th Ordinary Congress  
June 2004

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

See also the ISU Constitution  
and General Regulations

## INTERNATIONAL SKATING UNION

### Regulations laid down by the following Congresses:

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

# Special Regulations for Speed Skating

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## A. Distances

### Rule 200

#### Distances and team competitions

1. International races may be held over the following distances: 100, 500, 1000, 1500 meters (called short distances), 3000, 5000, 10000 meters (called long distances) and either over each of these distances with an award of prizes for each distance, or over several distances with one prize.
2. In addition to the distances prescribed in paragraph 1, races may also be held over other shorter and longer distances, including pursuit races. Team competitions may be held as team pursuit races, relay races, etc. (see also Rule 256). Such races do not need to be held on the ordinary tracks. Specific regulations must be announced by the organizer, and should refer to relevant regulations or guidelines issued or endorsed by the ISU.
3. New methods may be tried out in International Competitions (with the exception of ISU Championships) provided the following directions are observed:
  - a) An application must be sent at least three (3) months in advance to the ISU Speed Skating Technical Committee and the approval of the latter obtained.
  - b) In the announcement of the competition a remark must be made as to the kind of innovation to be tried out.
  - c) The ISU Speed Skating Technical Committee will appoint a competent person to oversee the competition and report on the new method.
  - d) On conclusion of the competition the Organizing Member must submit a report on the new method to the ISU Speed Skating Technical Committee.
4. Modifications of a technical nature with respect to the Special Regulations of Speed Skating may be implemented by the Technical Committee on a trial basis in International Competitions. Members shall be notified of such modifications through an ISU Communication or Circular Letter.

### Rule 201

#### Distances at ISU Championships

##### World Allround Championships

1. The distances, and the order of races, for the World Allround Championships are for Ladies 500, 3000, 1500 and 5000 meters and for Men 500, 5000, 1500 and 10 000 meters.

2. The World Allround Championships are organized over two days. On the first day of the World Allround Championships the races are over 500 and 3000 meters for Ladies; over 500 and 5000 meters for Men. On the second day the races are over 1500 and 5000 meters for Ladies; over 1500 and 10000 meters for Men.

**European Championships**

3. The distances for the European Championships are for Ladies 500, 3000, 1500 and 5000 meters and for Men 500, 5000, 1500 and 10 000 meters.

4. The European Championships are organized over two or three days, at the option of the organizer in consultation with the ISU Council.

The distances may be run according to one of the following four programs at the option of the organizer in consultation with the ISU Speed Skating Technical Committee:

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

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

**World Sprint Championships**

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

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

### **World Junior Championships**

6. The distances for the World Junior Championships are:
- a) for Ladies: 500, 1000, 1500 and 3000 meters;
  - b) for Men: 500, 1500, 3000 and 5000 meters;
  - c) as team competition for Ladies: Team Pursuit race over 6 laps, for national teams consisting of 3 skaters per team;
  - d) as team competition for Men: Team Pursuit race over 8 laps, for national teams consisting of 3 skaters per team.
7. The World Junior Championships are organized over three days. The distances may be run according to one of the following three programs at the option of the organizer in consultation with the ISU Speed Skating Technical Committee:

A	B	C
a) first day:		
500 Men	500 Ladies	500 Men
500 Ladies	1500 Ladies	3000 Men
3000 Men		
b) second day:		
1000 Ladies	1000 Ladies	1500 Men
1500 Men	3000 Ladies	5000 Men
1500 Ladies	500 Men	500 Ladies
	3000 Men	1500 Ladies
c) third day:		
3000 Ladies	1500 Men	1000 Ladies
5000 Men	5000 Men	3000 Ladies

On the second day the order of races for programs B and C only may be changed at the option of the organizer in consultation with the ISU Speed Skating Technical Committee. The Team Pursuit races are to be held after the individual competitions have been completed.

### **World Single Distances Championships**

8. The distances for the World Single Distances Championships are:
- a) for Ladies:
    - Individual competitions: 500, 1000, 1500, 3000 and 5000 meters.
    - Team competition: Team Pursuit race over 6 laps for national teams.
  - b) for Men:
    - Individual competitions: 500, 1000, 1500, 5000 and 10 000 meters.
    - Team competition: Team Pursuit race over 8 laps for national teams.

The 500 meters for Ladies and Men will be skated twice. The classification will be based on the total time in the two races, see also Rule 260, paragraph 4.

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

- |                            |                         |
|----------------------------|-------------------------|
| a) first day               | b) second day:          |
| 1500 Ladies                | 500 Men (1)             |
| 5000 Men                   | 3000 Ladies             |
|                            | 500 Men (2)             |
| c) third day               | d) fourth day           |
| 500 Ladies (1)             | 1000 Ladies             |
| 1000 Men                   | 1500 Men                |
| 500 Ladies (2)             | 5000 Ladies             |
| 10 000 Men                 | <u>Team Pursuit Men</u> |
| <u>Team Pursuit Ladies</u> |                         |

**Distances with optional quartet starts.**

10. In ISU Championships the distances 3000 meters Ladies, 5000 meters Ladies and Men and 10 000 meters Men may be arranged with quartet starts (see Rule 275, paragraphs 2a and 2c).

## Rule 202

### Distances at Olympic Winter Games

- The distances for the Olympic Winter Games are:
  - for Ladies: 500, 1000, 1500, 3000 and 5000 meters;
  - for Men: 500, 1000, 1500, 5000 and 10 000 meters;
  - for Ladies' national teams of 3 skaters: Team Pursuit races over 6 laps;
  - for Men's national teams of 3 skaters: Team Pursuit races over 8 laps.
- The final results of the 500 meters Ladies and Men will be based on the total time in two races (see also Rule 260, paragraph 4). Both races will be skated on the same day.
- The program of the Speed Skating races of the Olympic Winter Games shall be drawn up by the Member concerned. The program must be approved by the Council of the ISU.

4. Subject to paragraph 3 above, the distances will be run in the following order:  
5000 meters Men, 3000 meters Ladies, 500 meters Men, 500 meters Ladies,  
1000 meters Men, 1000 meters Ladies, 1500 meters Men, 1500 meters Ladies,  
10000 meters Men, 5000 meters Ladies.

The Team Pursuit races will be included in the overall speed skating program on available competition days inside the period of the total speed skating program at the Olympic Winter Games.

## **B. Tracks**

### **Rule 203**

#### **Standard Tracks**

1. A Standard Speed Skating Track is an open, covered or closed ice rink with a double-laned competition track, maximum 400 meters, minimum  $333 \frac{1}{3}$  meters long, with two curved ends each of  $180^\circ$ , in which the radius of the inner curve should not measure less than 25 meters and not more than 26 meters.
2. The crossing area shall be the whole length of the straight from the end of the curve.
3. The width of each competition lane shall be 4 m, 4,5 m or 5 m. Both lanes must have the same width. The radius of the inner curve shall be 25 m, 25,5 m or 26 m (see examples on following pages).

# **TRACK DESIGN**

## Example of Standard Speed Skating Tracks

$$1 = 2 \times \text{mean axis} = 2 \times A \quad 3 = \text{Outer Curve} = C \times \pi$$

$$2 = \text{Inner Curve} = B \times \pi \quad 4 = \text{Crossing} = \sqrt{A^2 + (\text{width of track})^2} - A$$

### 400 m Tracks

<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 60%;">Radius inner curve</td><td style="width: 20%;"></td><td style="width: 20%; text-align: right;">25 m</td></tr> <tr><td>Width of each track</td><td></td><td style="text-align: right;">4 m</td></tr> <tr><td colspan="3"><hr/></td></tr> <tr><td>1 = 2 x 113.57</td><td style="text-align: center;">=</td><td style="text-align: right;">227.14 m</td></tr> <tr><td>2 = 25.5 x 3.1416</td><td style="text-align: center;">=</td><td style="text-align: right;">80.11 m</td></tr> <tr><td>3 = 29.5 x 3.1416</td><td style="text-align: center;">=</td><td style="text-align: right;">92.68 m</td></tr> <tr><td>4 = <math>\sqrt{113.57^2 + 4^2} - 113.57</math></td><td style="text-align: center;">=</td><td style="text-align: right;">0.07 m</td></tr> <tr><td colspan="2"></td><td style="text-align: right; border-top: 1px solid black;">400.0 m</td></tr> </table>	Radius inner curve		25 m	Width of each track		4 m	<hr/>			1 = 2 x 113.57	=	227.14 m	2 = 25.5 x 3.1416	=	80.11 m	3 = 29.5 x 3.1416	=	92.68 m	4 = $\sqrt{113.57^2 + 4^2} - 113.57$	=	0.07 m			400.0 m	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 60%;">Radius inner curve</td><td style="width: 20%;"></td><td style="width: 20%; text-align: right;">25 m</td></tr> <tr><td>Width of each track</td><td></td><td style="text-align: right;">4.5 m</td></tr> <tr><td colspan="3"><hr/></td></tr> <tr><td>1 = 2 x 112.78</td><td style="text-align: center;">=</td><td style="text-align: right;">225.56 m</td></tr> <tr><td>2 = 25.5 x 3.1416</td><td style="text-align: center;">=</td><td style="text-align: right;">80.11 m</td></tr> <tr><td>3 = 30 x 3.1416</td><td style="text-align: center;">=</td><td style="text-align: right;">94.25 m</td></tr> <tr><td>4 = <math>\sqrt{112.78^2 + 4.5^2} - 112.78</math></td><td style="text-align: center;">=</td><td style="text-align: right;">0.08 m</td></tr> <tr><td colspan="2"></td><td style="text-align: right; border-top: 1px solid black;">400.0 m</td></tr> </table>	Radius inner curve		25 m	Width of each track		4.5 m	<hr/>			1 = 2 x 112.78	=	225.56 m	2 = 25.5 x 3.1416	=	80.11 m	3 = 30 x 3.1416	=	94.25 m	4 = $\sqrt{112.78^2 + 4.5^2} - 112.78$	=	0.08 m			400.0 m
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## **Rule 204**

### **Other Speed Skating tracks**

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

## **Rule 205**

### **Demarcation of the competition track**

For the division between the two lanes and demarcation of the curves only blocks should be used, and always so in indoor rinks. (Snow may be used only if nothing else is available, but the snow must not be iced. The snow line must then lie along the whole of the stretch and the curve up to the crossing area). A set of painted marks and movable blocks of rubber, wood or other suitable material, 50 centimeters apart for the first 15 meters and the last 15 meters of the curves and 1 meter apart for the remaining sections of the curve, and 10 meters apart in the straight, may be used for demarcation between the lanes. In all ISU Championships, other ISU Events (like World Cup Competitions) and Olympic Winter Games that are held on indoor tracks, both a fully painted line and movable blocks must be used. Cones (minimum 20 centimeters high and maximum 25 centimeters high) shall be used as the first block at the entrance of each curve. The Referee decides if the demarcation is in conformity with the rules.

## **Rule 206**

### **Measures to protect safety of skaters**

#### **Measures to avoid accidents**

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

#### **Protection mats**

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

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

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

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

### **Protection mats at ISU Events and Olympic Winter Games**

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

a) protection mats or other suitable padding must be used also for the full length of the straights, i.e. for the whole outside of the track;

b) for the curves it is necessary to apply additional padding, e.g. an extra set of mats, or to apply mats with dimensions and material properties that will provide the same level of protection;

c) adequate protection must also be in place for the official training sessions.

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

## **Rule 207**

### **Measurement of the track**

1. The track must be measured by a qualified surveyor, detailed for the purpose, who must also fix the right position of all starting and finishing lines. A protocol signed by the surveyor shall be handed to the Referee before the start of the event. This protocol remains valid for one (1) year only, unless reconfirmed by a qualified surveyor on an annual basis.

2. The measurement of the track shall be made half a meter outside the inner edge.

### **Starting and finishing lines**

3. The starting and finishing lines are to be denoted by lines (scratched or colored) drawn at right angles to the straight or its extension and not more than 5 centimeters wide. A pre-start line shall be placed two (2) meters before the starting lines. For the last five (5) meters before the finishing line each meter of the track shall be clearly marked.

4. On standard 400 meters tracks, the starting line for the 500 and 1500 meters event shall be at right angles to the finishing straight. The finishing line for 1000 meters shall be placed in the middle of the finishing straight and the starting lines accordingly.

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

### **Coaches' area**

6. For coaches (maximum two (2) persons for each participating skater) there shall be a specially marked area on the crossing side of the track. A line of two (2) centimeters has to be drawn one meter from the outside edge of the track. The line begins 20 meters from the end of the curve and goes all along the crossing area until 10 meters before the entrance of the next curve. During the starting procedure the coaches must stay at least 20 meters away from both the Starter and the starting lines of the skaters. During Team Pursuit races the coaches' area for each team is on the opposite straight of where the respective team starts. The same applies for quartet starts conducted according to Method B of Rule 275, paragraph 1b).

## **Rule 208**

### **Track at ISU Championships**

The ISU Championships must be run on a 400 meters standard Speed Skating track.

## **Rule 209**

### **Track at Olympic Winter Games**

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

## **Rule 210**

### **Preparation of the ice**

1. The duty of the Referee at the ISU Championships, other ISU Events and Olympic Winter Games is to inform team leaders before the draw as to the procedure for ice preparation during the competition with an eye to giving the participants equal conditions.

### **ISU Ice Commission**

2. The special ISU Ice Commission at ISU Championships, other ISU Events and Olympic Winter Games shall consist of the Referee(s) for the Ladies' and for the Men's events and a Representative of the ISU Speed Skating Technical Committee (or, when not present, the ISU Representative) or the ISU Technical Delegate. The Ice Commission shall determine the ice preparation procedure in consultation with the technical expert of the ice rink. The procedure shall be announced at the draw meetings and must be entered in the starting protocol (see also Rule 231, paragraph 2 and Rule 237, paragraph 1 e).

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

### **Information from the ice technical expert**

4. The Technical Expert of the ice rink must submit to the special Ice Commission all relevant information on the refrigerating plant depending on meteorological conditions, air temperature, ice temperature, humidity of the air, snow, wind pressure, etc.

## **C. Organization of the Competitions**

### **Rule 211**

#### **Announcement and conduct of Championships**

(See General Regulations, Rule 129)

### **Rule 212**

#### **Communication during Championships**

(See General Regulations, Rule 132)

### **Rule 213**

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

(See General Regulations, Rules 110–112)

### **Rule 214**

#### **Late announcements**

(See General Regulations, Rule 113)

### **Rule 215**

#### **Postponement of dates of Competition**

(See General Regulations, Rule 114)

### **Rule 216**

#### **Entries, Nicknames, Post Entries**

(See General Regulations, Rule 115)

### **Rule 217**

#### **Withdrawals**

(See General Regulations, Rule 116)

### **Rule 218**

#### **Entrance fees**

There are no entrance fees for ISU Championships.

For International Competitions the entrance fees must not exceed Swiss Francs 20.

### **Rule 219**

#### **Validity of events**

(See General Regulations, Rule 118)

**Rule 220**  
**Entries for ISU Championships and ISU Events**

**Entries only through ISU Members**

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

**World Single Distances Championships**

2. a) Entries for World Single Distances Championships will be accepted only for skaters who are qualified through results achieved in the Speed Skating World Cup or in other World Championships during the season.

ISU Members may enter a maximum of 3 competitors in each distance. If more than 3 skaters from the same Member are among the qualified skaters according to subparagraph c) below, the final entries from that Member must indicate which of these skaters shall participate in the Championship. The remaining qualified skaters may be entered as substitutes for the distance concerned. If a Member has no qualified competitors this Member may enter one skater (one Lady or one Man) to the Championships on the condition that this skater is ranked among the six (6) best on the reserve list of some distance (see paragraph 2 f) below).

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

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

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

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

For the 3000 and 5000 meters Ladies and for the 5000 and 10 000 meters Men the World Cup classification on the two long distances (counted together) will count for qualification by World Cup ranking. For qualification by time ranking, only times achieved on the actual distance will count.

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

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

f) If an ISU Member has no qualified skater for the Championships, but has entered a skater placed on the reserve list for a distance, this skater will be allowed to start in replacement of the otherwise last qualified skater on this distance.

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

### **Qualifying times**

3. ISU Members are earnestly requested to enter only qualified competitors in all ISU Championships. Minimum qualifying times are required for entry in the World Allround, World Sprint and the European Championships. The qualifying times must have been achieved in ISU or National Championships, World Cup or International Competitions during the season concerned. The required qualifying times for the respective Championships, and the conditions under which they must have been achieved, are decided by the ISU Speed Skating Technical Committee and announced in an ISU Communication. The Members are responsible to submit verification of the best qualifying time achieved by each competitor entered for ISU Championships. If sufficient verification is missing, the entry will not be accepted.

### **World Allround Championships**

4. a) The number of participants in the World Allround Championships is 24 Ladies and 24 Men. The 24 start positions are shared between European Members and non-European Members with 4 start positions each plus as many as the number of skaters from European and non-European Members, respectively, among the 16 best in the final classification (see Rule 260, paragraph 4) from the preceding World Allround Championships. The maximum number of participants from one Member is four (4).

### **Entry quotas**

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

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

### **European Championships and other qualifying events for the World Allround Championships**

5. a) The regional qualifying events for the World Allround Championships (see paragraph 4b above) shall take place at least two weeks before the World Allround Championships, and shall be organized under the supervision of the ISU. For European Members the qualifying event is the European Speed Skating Championships. For the non-European Members there are two options: one qualifying event (Option A) or two separate events (Option B), one for North America including Oceania and one for Asia. In the case that the qualification for the World Allround Championships for the non-European Members is organized through two separate events (Option B) each of these two regions gets 2 start positions plus as many as the number of skaters from the region among the 16 best in the final classification from the preceding World Allround Championships. Non-European ISU Members from outside Asia and North America including Oceania must inform the ISU General Secretary at the latest by October 1st if they intend to participate in the qualification for the next World Allround Championships, and declare which of the qualifying events they would join. Such a Member will then be considered to belong to that region when the number of start positions for the region in the World Allround Championships is decided.

b) The regional qualifying events shall be held over the same four distances as the World Allround Championships. The order of distances, the grouping of skaters, the drawing and arrangement of pairs and the qualification for the last distance shall be according to the rules for the European Championships. (see Rule 201, paragraphs 3-4 and Rule 224, paragraph 5).

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

Members without skaters among the 20 best:	1 competitor;
Members with at least 1 skater among the 20 best:	2 competitors;
Members with at least 2 skaters among the 16 best:	3 competitors;
Members with at least 3 skaters among the 12 best:	4 competitors.

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

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

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

#### **World Sprint Championships**

6. Subject to paragraph 3 of this Rule, for World Sprint Speed Skating Championships each ISU Member may enter two (2) competitors plus as many as the number of competitors from this Member that were placed among the best 16 competitors in the final classification (see Rule 260, paragraph 4) in the same Championship the last time it was held, but not more than 4 competitors from one Member. Each Member may enter substitutes corresponding with the number of ordinary entries.

#### **World Junior Championships**

7. In the World Junior Championships each ISU Member may enter 3 Ladies and 3 Men and one substitute per category, and teams for the Team Pursuit events (Ladies and Men) composed of the skaters or substitutes entered for the individual competitions.

#### **Deadlines for entries**

8. The number of competitors and substitutes, if possible with a preliminary list of names, must be entered 18 days before the first day of the Championship. Post entries are not allowed. The ISU Members are seriously requested to enter only that number of skaters that they actually intend to send to the Championships concerned.

9. The names of the competitors and of a corresponding set of substitutes must be communicated to the organizing committee not later than three (3) days before the first day of the Championships.

## **Rule 221** **Entries for Olympic Winter Games**

### **Qualifying times**

1. A country may enter in the Olympic Winter Games only skaters who have achieved qualifying times set by the ISU for the respective distances. Times will be recognized only if skated during the season concerned at the following competitions:

- ISU Championships;
- World Cup Speed Skating Competitions;
- Other ISU Events;
- International Competitions open to all ISU Members;
- Country matches announced in accordance with Rule 110;
- National Championships (when announced according to Rule 104, paragraph 14).

The qualifying times, and the conditions under which they must have been achieved, shall be announced in an ISU Communication. The qualifying times may be differentiated, so that a faster time may be stipulated as a condition for accepting more than one entry per distance. In the case that IOC would stipulate a maximum total number of competitors in speed skating, and the total number of entered skaters would exceed this maximum number, ISU reserves the right to adjust the originally announced qualifying times proportionately in order to achieve the necessary reduction in the number of eligible entries.

### **Entry quotas and qualification criteria – individual distances**

2. The total number of competitors from any country may not exceed ten (10) Ladies and ten (10) Men.

3. For the 500, 1000 and 1500 meters for Ladies and Men a country may enter a maximum of four (4) competitors for each event. For these distances there is no specific upper limit to the total number of competitors in each event.

4. For 3000 and 5000 meters Ladies and 5000 and 10 000 meters Men a country may enter a maximum of three (3) competitors in each event.

5. For the 3000 meters Ladies and the 5000 meters Men, a maximum of 28 skaters will be permitted to participate in each event. If more than 28 skaters have been entered, the selection of 28 skaters will be made in the following steps, subject to paragraphs 1 and 4 above:

- a) Skaters who are among the 12 best in the current World Cup ranking for the long distances, by order of ranking.
- b) Additional skaters from a time ranking list for the distance based on results only from World Cup Competitions held during the season and prior to the final date of entry for the Olympic Winter Games, by order of ranking. When 24 skaters have been selected, skaters from countries that have not already been represented with a qualified skater, will be given priority.
- c) If some countries do not enter their qualified number of skaters, additional skaters will be selected from the time ranking list, with preference for skaters from countries that have not already been represented with a skater, until the number of 28 competitors is reached. If there is a tie in the last qualifying position, this start position will be decided by lot.
- d) A country may replace (only) one of its qualified skaters, according to subparagraphs a) and b) above, by another skater who has also achieved the qualifying time (see paragraph 1).

6. For the 5000 meters for Ladies and the 10 000 meters for Men, a maximum of 16 skaters will be permitted in each event. Countries having skaters among the 16 best placed skaters in the 3000 meters for Ladies and the 5000 meters for Men in the same Olympic Winter Games, have the right to enter a corresponding number of skaters, with the following exceptions:

- a) A country may enter at least as many skaters (maximum 3) as the number of skaters from the country among the eight (8) best in the current World Cup ranking for the long distances.
- b) If a country has not achieved an entry quota based on the criteria above, but the country has a skater among the top 10 in the points ranking or in the time ranking list for World Cup Competitions on the distance concerned (5000 m Ladies and 10000 m Men) during the season, this skater may be entered.
- c) Entries made according to a) and b) above will replace entries based on the last qualifying position(s) on the shorter long distance in the Olympic Winter Games.
- d) If some countries do not enter their qualified number of skaters, additional entries will be allowed based on the final classification in 3000 meters Ladies and 5000 meters Men, until a number of 16 competitors is reached in each event. If there is a tie in the last qualifying position, this start position will be decided by lot.

### **Qualification criteria - Team Pursuit events**

7. For the Team Pursuit events a maximum of 8 national teams (Ladies and Men) will be allowed. The qualification of teams will be based on the results from Team Pursuit races held at World Cup Competitions during the season. The 8 top ranked countries from these competitions will qualify, with the next ranked countries in reserve positions. However, the Host country, as well as any country with a team among the 3 best in one of these competitions, will be given priority in the selection of the 8 teams. The schedule and the competition format of the qualification races, as well as the detailed rules for establishing a country ranking, will be announced in an ISU Communication. A country may compose their pursuit teams differently for the different phases (rounds) included in the Team Pursuit event (see Rule 225, paragraph 4), but can only use a maximum of 5 different skaters for the complete set of races.

8. The competitors shall be entered according to the I.O.C. Rules.

9. The names of the competitors and substitutes for each distance shall be presented to the organizing committee not later than three (3) days before the distance will be skated.

### **Rule 222**

**Expenses at ISU Championships, Reimbursement to skaters and Officials**  
(See General Regulations, Rule 137)

### **D. Drawing Procedures**

#### **Rule 223**

#### **Public meeting for announcements and draws**

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

#### **Drawing at ISU Championships**

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

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

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

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

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

a) When the composition of pairs is decided by lot, the first drawn skater in the pair shall start in the inner lane.

b) When the composition of pairs is based on ranks obtained in preceding distances or competitions, the skater with the better rank shall be placed first in the pair and accordingly start in the inner lane. However, for the draw for World Single Distances Championships, see Rule 224, paragraph 6 b), and for the second day's distances in sprint competitions see Rule 226, paragraph 2.

c) If a skater withdraws from start after the draw has taken place and some pairs are rearranged because of this, Rule 229, paragraphs 3 and 4 apply.

## **Rule 224**

### **Drawing at World Allround Championships**

1. When drawing the first two distances in World Allround Championships the competitors shall be placed in three groups, based on their best approved qualifying times for Ladies on 500 and 3000 meters, for Men on 500 and 5000 meters.

GROUP I: The skaters with the 8 best qualifying times;

GROUP II: The skaters with qualifying times ranked 9 to 16;

GROUP III: The remaining skaters.

### **First draw**

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

2. The competitors placed in the same group shall be paired together by drawing their starting numbers, observing Rule 223, paragraph 4. The first two drawn skaters from Group III form the first pair on the distance concerned. However, if there are an odd number of skaters entered, the first drawn skater from Group III shall skate single in the first pair. After Group III has been drawn, Group II follows, etc.

**Further draw**

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

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

**Qualification for the fourth distance**

4. a) In the fourth distance only 12 skaters shall start. The selection of qualified skaters are based on two different ranking lists: The final classification in the longest of the three skated distances (i.e. 3000 m Ladies and 5000 m Men, respectively), and the classification in total points after three distances. Skaters who are among the 12 best in both of these ranking lists are directly qualified for the fourth distance. Among the skaters who are placed among the 12 best in only one of these ranking lists, the next to qualify is the skater with the best position in either of the two lists. If two skaters have equal position in the two ranking lists, the skater in the classification in total points after three distances is the first of them to qualify. If two skaters share the same position in one of the ranking lists, the skater who is better placed in the other ranking list, will qualify first. However, a skater who has been disqualified in a distance or has not completed all the three preceding distances of the Championship (see also Rule 261, paragraph 2 and Rule 270, paragraph 3) loses the right to start in the final distance.

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

- c) In each group the starting order of the pairs shall be based on the ranking in total points after 3 distances in the following way:
- The skater with the best rank shall start in the last pair;
  - If the second ranked skater has not been paired with the best ranked skater, this skater shall start in the second last pair, etc;
  - All the pairs of Group 2 shall start before the pairs of Group 1.
- d) If a skater, who has been entitled to start in the fourth distance, withdraws after the draw, this skater may be replaced by the next qualified skater according to the criteria given in paragraph a) above.

#### **European Championships and regional qualifying events**

5. For the European Championships and for other regional qualifying events for the World Allround Championships the drawing shall be made according to paragraph 1- 4 above. However, if the number of start positions for the region in the World Allround Championship is more than 8, the number of skaters qualified for the last distance should be 16 rather than 12. In this case paragraph 4 above applies with the number of 16 instead of 12.

#### **World Single Distances Championships**

6. a) For each distance in the World Single Distances Championships the arrangement of pairs will be based on a ranking list of all participants. Skaters qualified by World Cup ranking shall be ranked first. The remaining participants shall be ranked according to their position in the time ranking list (see Rule 220, paragraph 2 c). If some skaters have equal rank in the World Cup classification, the ranking between those skaters shall be decided by their position in the time ranking list, and vice versa.

b) When a complete ranking list of the participants has been established, the best ranked skater shall be paired with the second best skater, the 3rd ranked skater shall be paired with the 4th ranked skater, and so on. The lanes, in which the skaters shall start, will be decided by lot at the draw meeting.

c) For the second race of the 500 meters for Ladies and Men the skaters shall be paired according to the time classification from the first race, in such a way that the participants change starting lanes in the second race (see Rule 226, paragraph 2). If some skaters with the same starting lane in the first race get the same finishing time, the ranks of those skaters shall be according to their initial ranking.

d) The starting order of the pairs shall be opposite to the ranking order of the skaters. Therefore, the two best ranked skaters shall skate in the last pair, and the lowest ranked skater(s) in the first pair, subject to paragraph c) above.

### **Team Pursuit**

e) For the Team Pursuit events the sequence and composition of races (heats) will be based on a ranking list of the participating teams (ISU Members) from the qualifying competitions held (see Rule 220, paragraph 2). The teams from the two best ranked ISU Members will start in the last heat; the teams from the third and fourth best ranked ISU Members will start in the second last heat, etc. The result of the Team Pursuit event is determined by one set of races only (no elimination phases), and the winner of the event will be the team with the best time achieved.

## **Rule 225**

### **Drawing at Olympic Winter Games**

1. The draw for the starting order at the Olympic Winter Games shall take place for each single distance (see Rule 223), with the exception of the second 500 meters for Ladies and Men. For the second 500 meters race, the skaters will be paired according to the time classification from the first race, in such a way that the participants change starting lanes in the second race. If some skaters with the same starting lane in the first race get the same finishing time, the ranks of those skaters shall be decided by lot. The starting order of the pairs shall be opposite to the ranking order: The skater with the best time of those who started in the first inner lane shall skate in the last pair against the skater with the best time of those who started in the first outer lane.

2. a) For each draw the competitors shall be placed in groups, based on an individual ranking of the skaters according to the times they have achieved only in World Cup Competitions or World Championships during the season. Skaters without results from World Cup Competitions or World Championships will be ranked thereafter, according to their best approved qualifying time.

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

- GROUP I: The eight (8) best ranked skaters;
- GROUP II: The skaters ranked 9 to 16;
- GROUP III: The skaters ranked 17 to 24;
- GROUP IV: The remaining skaters.

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

c) In case of a tie in the time ranking list, the skater with the better position in the current World Cup ranking is considered to be better ranked. If still equal, the internal ranking between these skaters is decided, if necessary for the grouping, by lot.

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

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

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

b) The competition starts with a set of "Time trial" races, with the purpose of establish a ranking among the teams as a basis for the composition of heats in the first elimination phase (the quarter-finals). The composition of the heats of the time trial races (the preliminaries) will be determined by an initial ranking of the teams derived from the qualifying competitions. The details will be published in an ISU Communication.

c) The quarter-finals (QF) will be organized according to the time ranking of the teams from the time trial races:

QF 1: \_\_\_\_\_ Team 3 vs. Team 6;

QF 2: \_\_\_\_\_ Team 2 vs. Team 7;

QF 3: \_\_\_\_\_ Team 4 vs. Team 5;

QF 4: \_\_\_\_\_ Team 1 vs. Team 8.

d) The preliminaries and the quarter-finals are skated on the first competition day of the Team Pursuit; the semi-finals and finals (including placement races) are skated on a following day.

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

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

SF 2: \_\_\_\_\_ Winner of QF 3 vs. Winner of QF 4.

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

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

## **Rule 226**

### **Drawing at World Sprint Championships**

1. For the first day's distances in World Sprint Championships the skaters will be placed in three groups, based on their best approved qualifying times on the distance concerned. For grouping and drawing of pairs Rule 224, paragraphs 1 and 2 apply.
2. In the third and the fourth distance the arrangement of pairs shall be based on the ranking in total points after two and three distances, respectively. If some skaters are equal in total points, the skater with the better time in the last skated distance is considered to be better ranked. However, the arrangement of pairs for each distance shall be made in such a way that all participants change their starting lanes the second day; i.e. skaters who started in the inner lane the first day against skaters who started in the outer lane. The starting order of pairs shall be opposite to the ranking order of the skaters: The skater ranked first in overall points shall skate in the last pair together with the next ranked skater, subject to the principle of changed lanes in the second race, and so on.

### **Drawing at International Sprint Competitions**

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

## **Rule 227**

### **Drawing at World Junior Championships**

1. When drawing the first two distances (both for Ladies and Men) in the World Junior Championships the competitors shall be placed into groups, based on their best approved qualifying times for the distance concerned. For grouping and drawing of pairs Rule 224, paragraphs 1 and 2 apply.
2. For the third and fourth distance (both for Ladies and Men) Rule 224, paragraphs 3 and 4 apply. However, 24 skaters shall qualify for the last distance; therefore Rule 224, paragraph 4a) applies with the number of 24 instead of 12.
3. Quartet starts should be used over 3000 meters Ladies and Men and 5000 meters Men. Information on this shall be given in the announcement for the Championships.
4. For the Team Pursuit events the teams shall be seeded based on the ranks of the second best skater from the ISU Members concerned in the 1500 meters for Ladies and the 3000 meters for Men, respectively. The two best seeded teams shall skate at the end.

## **Rule 228**

### **Drawing at International Competitions**

1. In an international competition the organizing committee gives each competitor a number which is to be used at the draw for the starting order.
2. The organizing committee has the right to divide the skaters entered into two or three groups for the first draw. If any group thus arranged should comprise an unequal number of competitors, the competitor whose starting number is drawn last shall compete with the first drawn skater from the following group. If a skater is left over because of an odd number of competitors, he will skate alone in the group with the lowest ranked skaters.

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

3. If a competition extends over two distances with one award of prizes, the arrangements of the pairs shall be determined by lot for both distances.
4. If a competition extends over three distances with one award of prizes, the arrangement of the pairs shall be determined by lot only for the first of the distances to be skated. For the second distance the skaters will be paired according to the rank obtained in the first distance. For the third distance the skaters will be paired according to their rank in total points after two (2) distances. The starting order of the pairs for the second and the third distance shall be opposite to the ranking order of the skaters (see Rule 224, paragraphs 3 and 4).
5. If a competition extends over four distances with one award of prizes, the arrangement of pairs will be determined by lot separately for the first two distances. For the third and the fourth distance the arrangements of pairs will be determined by Rule 224, paragraphs 3 and 4, with the exception that more than 12 skaters may start on the fourth distance.

## **Rule 229**

### **Withdrawal from start after draw, Entry of substitutes**

1. If a competitor in a competition over several distances with one award of prizes withdraws from a distance after the draw for the distance has taken place, this competitor is not allowed to be entered again for this or any other distance.
2. a) If a skater is not able to start on a distance due to illness after the drawing took place, that competitor may be replaced by a substitute.

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

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

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

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

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

3. If the pairs were initially decided by lot, and no substitute is being entered according to paragraph 2, the skater whose opponent has withdrawn, may skate alone in the pair. However, if another skater had been drawn to skate alone because of an odd number of competitors, this skater should then replace the one who has withdrawn, in order to complete the pair. If two skaters are left to skate alone because of withdrawals after the draw, they should be paired together. When a new pair is thus formed, the skaters shall start in the later pair. The moved skater shall start in the outer lane (see also Rule 223, paragraph 4). The skater who is moved to another pair must be informed of this at least 15 minutes before the scheduled start of his originally drawn pair.

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

### **Rule 230**

#### **Adjustment of pairs**

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

## **E. Officials and their duties**

### **Rule 231**

#### **Officials necessary**

1. The following Officials are at least necessary:
  - a) one Referee;
  - b) one Assistant Referee;
  - c) one Starter and his Assistant;
  - d) one Finishing line judge;
  - e) one Chief Timekeeper and (when manual as well as automatic timekeeping is used) two Assistant Chief Timekeepers, one for the automatic and one for the manual timekeeping, and a minimum of four Manual Timekeepers;
  - f) Lap Scorers;
  - g) Track Officials: one in each curve (for ISU Championships and Olympic Winter Games two in each curve) and a crossing controller;
  - h) necessary substitutes for these Officials;
  - i) one Ice Technical Expert.
  
2. For ISU Championships and Olympic Winter Games the Ladies' events and the Men's events shall each have a separate team of Referees and Starters. Each team consists of:

one Referee, one Assistant Referee and two Starters.

In ISU Championships both Referees shall take part in decisions taken by the special ISU Ice Commission responsible for the preparation of the ice (see Rule 210).

### **Rule 232**

#### **Appointment of Officials**

The ISU Member or affiliated club holding the competition is entitled to appoint the Officials (for exception in ISU Championships see Rule 235; in Olympic Winter Games see Rule 236). All Officials must be eligible persons.

### **Rule 233**

#### **Nomination of Referees and Starters for ISU Championships and Olympic Winter Games**

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

- a) Referee for ISU Championships and Olympic Winter Games (not more than four);
  - b) Starter for ISU Championships and Olympic Winter Games (not more than three).
- Nominations accompanied by the official form duly completed must be submitted separately for the two categories.

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

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

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

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

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

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

#### **Rule 234**

##### **Nomination of Referees and Starters for International Competitions and National Championships**

Every Member of the ISU shall before April 15th announce to the ISU General Secretary the names of Referees and Starters approved by the Member to officiate as Referees and Starters in International Competitions and National Championships for the coming season.

## **Rule 235**

### **Appointment of Referees, Starters and other Officials for ISU Championships**

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

## **Rule 236**

### **Appointment of Officials for Olympic Winter Games**

1. The Referees, Assistant Referees and Starters for the Speed Skating events of the Olympic Winter Games, must be Referees and Starters for ISU Championships and shall be appointed according to Rule 126, paragraph 8.
2. The appointments will be made in accordance with Rule 235, paragraph 2.
3. The appointed Referees, Assistant Referees and Starters must be invited by the organizing committee not less than 60 days before the start of the Olympic Winter Games.
4. All other Officials required (other than the ISU Technical Delegates) shall be appointed by the ISU Member of the country in which the Olympic Winter Games are held.
5. The names of the Officials appointed in accordance with paragraph 1 of this Rule must be communicated by the ISU to the organizing committee of the National Olympic Committee as well as to the ISU Member concerned.

6. The Officials appointed are not permitted to wear national team emblems or uniforms while officiating.

### **Rule 237**

#### **Duties and powers of Referees**

1. The Referee is responsible for:
  - a) checking the eligibility of Officials and skaters;
  - b) drawing or arranging pairs, in accordance with Rules 223 to 228;
  - c) adjusting and rearranging pairs, according to Rules 229 and 230;
  - d) seeing that all applicable Rules be observed for the competition;
  - e) in ISU Championships, Olympic Winter Games, World Cup and International Competitions, giving information as to the preparation of the ice (see Rule 210).
  
2. The Referee is empowered:
  - a) to introduce alterations in the announced program of the competition, in so far as these do not conflict with the Regulations. For ISU Events such alterations can only be made in consultation with the ISU Representative(s) assigned for the competition;
  - b) to decide whether the condition of the ice permits the holding of the event;
  - c) if unfavorable circumstances arise, to alter the shape and size of the track and to change the distances;
  - d) to accept, in agreement with the organizing Member or affiliated club, another rink for the holding of the event;
  - e) to decide whether, where and when, a race that has been declared invalid, shall be rerun;
  - f) if necessary, to exclude skaters from the competition and coaches from the coaches' area (see Rule 207, paragraph 6);
  - g) to replace the Starter or other Officials;
  - h) to suspend skating until order is restored, in the case that the public interrupts the competition or interferes with its orderly conduct;
  - i) to cancel or postpone the competitions in case of extremely cold weather (see also paragraph 4 b) below).
  
3. The Referee decides upon:
  - a) all protests made, and other matters in dispute, except those concerning the start (see Rule 238, paragraph 1) and the decisions of the judge at the finishing line (see Rule 241, paragraph 1);
  - b) all matters concerning any breaches of the Constitution or the Regulations, even if no protest has been made.

4. a) In the World Sprint, the World Allround and the European Championships a maximum of two distances (for Ladies or for Men) may be raced on each day of a Championship, also in the case that the Referee decides that the original program cannot be completed because of exceptional circumstances or unfavorable conditions.

b) If on one day of a Championship one of the distances (or the first race of a distance to be skated twice) has been properly completed and the second distance (or race), by decision of the Referee, is postponed to a following day, the completed distance (or race) shall not be rerun. If the Referee for any reason has to stop the race over one distance and postpone the competition to a following day before all the entered competitors have completed the distance (or race), all competitors have to start again on that distance on the following day.

c) For ISU Championships and ISU Events (incl. World Cup Competitions) the Referee should recognize an air temperature limit of -20° C (-4° F) as a reason to postpone races until later in the day or the following day. It is important to take into consideration that wind increases the danger of hypothermia by lowering the effective temperature.

d) In case of unfavorable weather or other exceptional circumstances the Referee can decide to postpone some races to a following day in order to secure the completion of a Championship. The organizer of the Championship has to pay the lodging expenses for the additional days (see Rule 137, paragraph 14).

### **Rule 238**

#### **Duties and powers of the Starter**

1. a) The Starter initiates the starting procedure by calling the skaters on to the track after having received the confirmation that the timekeepers are ready. The Starter shall give the starting orders in English (see Rule 250, paragraph 2).

b) The skaters stay under the command and control of the Starter during the whole starting procedure, i.e. till a valid start of the pair or heat has been completed. The Starter shall decide all disputes relating to the starting procedure. However, exceptions to this may apply if equipment to disclose false starts is used (see paragraph 3 below).

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

#### **Starting equipment**

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

3. Electronic equipment, like photocells or sensitive cameras, may be used to disclose false starts. Such instruments may be used for the sole purpose of supporting the Starter during the starting procedure. However, they may also be used to verify a false start in the case that the skater has left the starting line without having been recalled by the starter. If, in such a case, an invalid start is disclosed, this decision may be taken by a specially assigned official in charge of observing the evidence given by the detection instrument.

4. At ISU Events and Olympic Winter Games, the Starter gives the orders by means of a microphone connected to two loudspeakers placed near the starting lines.

#### **Rule 239**

##### **Track Officials**

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

2. The crossing controller shall stay inside the inner track lane and check the correctness of the skaters changing from one lane to the other.

#### **Rule 240**

##### **Lap scorers**

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

#### **Rule 241**

##### **Finishing line judge**

1. The Finishing line judge shall determine which of the skaters is the winner, or if they are equal. There is no appeal from his decision. But if automatic timekeeping is being used according to Rule 246, the time recorded in hundredths of a second shall decide which of the skaters is the winner, or if they are equal.

2. When the difference between the skaters is less than 5 meters the Finishing line judge shall report to the (Assistant) Chief Timekeeper the distance between the two skaters in the pair at the moment the winner passes the line.

3. If two competitors, who have skated in the same pair, have the same time and the finishing line judge has decided one of the skaters to be the winner, this skater occupies in the ranking over this distance (see Rule 260, paragraph 1) one rank before the other skater. If also other competitors, who have skated in other pairs, both have obtained the same time, winners will be ranked with winners and seconds will be ranked with seconds.

### **Rule 242**

#### **Automatic and manual timekeeping**

1. Two methods of timekeeping exist, automatic timekeeping (as specified in Rule 246) and manual timekeeping (as specified in Rules 243 and 245).
2. The use of an automatic timekeeping system is compulsory for ISU Championships, World Cup Competitions, regional qualifying events, other ISU Events and Olympic Winter Games.
3. In any competition a manual timekeeping procedure has to be put in place (see Rule 243). If the automatic timekeeping system partly fails, the missing times will be established based on the manual timekeeping procedure according to Rule 246, paragraph 6 and Rule 255, paragraph 4.

### **Rule 243**

#### **Position of the timekeepers**

1. Timekeepers are to stand at the finishing line and start their watches at the moment of the shot (smoke fire) fired by the Starter. Only in case of fog, snow, darkness, etc., the timekeepers shall take their stand at the starting line and start their watches at the moment of the shot.

#### **Chief timekeeper**

2. At the conclusion of each race, the (Assistant) Chief timekeeper will read the watches in consistent order (i.e. 1st, 2nd, 3rd watch for the 1st skater, then for the 2nd placed skater) and will observe that the times are being duly recorded. Under the supervision of the (Assistant) Chief Timekeeper the official time for each skater, will then be determined and recorded in the timekeeping protocol. The (Assistant) Chief timekeeper has the option to be assisted by a Time recorder official.
3. The time of the skater finishing second in a pair is to be decided by the (Assistant) Chief Timekeeper in agreement with the Finishing line judge when the second skater is less than 5 meters behind the first skater.
4. The times are considered official when the Referee has signed the timekeeping protocol. The official times may not be questioned.

## **Rule 244**

### **Watches**

1. For the automatic timing system a watchmaker in the country concerned or a qualified authority shall check the timing system prior to the event and issue a certificate stating that the system is in good function. Such a certificate shall be presented to the Referee before the competition and is valid for a maximum of three months.
2. Digital electronic watches must be used for the manual timekeeping in any competition where an automatic timekeeping system is used. On the request of the Referee a certificate from a watchmaker shall be produced stating that these watches are in good working order.
3. For mechanical watches used for manual timekeeping at International Competitions, a certificate from a watchmaker must be produced confirming that the watches do not vary more than a second in the hour from standard time.

## **Rule 245**

### **Manual timekeeping procedure**

1. For every race in which digital electronic watches are used, three timekeepers and one substitute timekeeper must be appointed. Independently of one another they shall take the time of both skaters (see also Rule 243, paragraph 3). Only if one or more timekeepers have not taken the time for any reason, the time taken by the substitute timekeeper shall be recorded.
2. Each timekeeper should use only one watch.
3. The times of each timekeeper shall be recorded, with the accuracy of one hundredth of a second. If the watches used display the times in thousands of a second, any decimal digits giving precision beyond a hundredth of a second shall be ignored.
4.
  - a) When two watches show the same time and the third a different one, the time of those in agreement shall be taken as the result.
  - b) When all watches show different times, the time of the intermediate watch is to be taken as the result.
  - c) If two timekeepers have not taken the time for any reason, the mean time of the other two watches shall be taken as the result. If the mean time is not a multiple of one hundredth of a second, the lower hundredth of a second is taken.

5. If only manual timekeeping is used at the competition, the official times (see Rule 246, paragraph 7) shall be determined and announced in tenths of a second. In the result based on paragraph 4 above, any decimal digits giving precision beyond a tenth of a second shall therefore then be ignored.

## **Rule 246**

### **Automatic timekeeping procedure**

1. The term automatic timekeeping denotes a time-measuring system that is started automatically by the firing of a starting-gun and that records automatically the reaching of the finishing line by each competitor.

2. For the automatic timekeeping system two complete sets of photo cells may be installed between the lanes, as close as possible to the ice. Also photo finish equipment or a transponder system may be used to determine the time and the order of finish of skaters or teams. If a transponder system is used, the definition (in Rule 255, paragraph 1) as to when a skater is considered to have completed the race, may need to be adjusted in order to be compatible with the actual implementation of the transponder system.

3. Over all distances the time shall be measured and recorded in the protocol to the accuracy of one hundredth of a second. If the watches used display an accuracy beyond one hundredth of a second, these decimals shall be ignored when deciding the official time.

4. The Chief Timekeeper shall after each race check the times recorded as well as the correct entries in the protocol. The Assistant Chief Timekeeper for the automatic timekeeping shall control the time tape immediately after each distance is finished.

5. If a duplicate automatic timing system has been installed, the results from this reserve system shall be used in the cases that the main system fails to operate properly.

6. In order to secure a safe timekeeping there must be three manual timekeepers and one substitute with double watches (see Rule 245). The manually taken times will not be taken into consideration unless the automatic timekeeping fails. If it fails, the official time will be based on the result from the manual timekeeping, recorded with the accuracy of one hundredth of a second, with 20 hundredths of a second added. However, other readily available evidence, for example video or photo finish recordings, that would make it possible to check or improve the accuracy of the manually taken times, shall be taken into account when the official time is determined. In particular, this applies to situations covered by Rule 255, paragraphs 2 through 4.

### **Official times**

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

### **Rule 247**

#### **Times for individual laps**

In races over several laps, the time must be taken and recorded for each lap. Also the accumulated lap times shall be recorded in units of a hundredth of a second when automatic timekeeping is used and in units of a tenth of a second for the manual timekeeping.

## **F. Racing Rules**

### **Rule 248**

#### **Counter-clockwise skating**

1. Races are run counter-clockwise, which means that the inner side of the track is on the left hand side of the skater.
2. All international races must be run on a standard track, in pairs and against time, with exceptions as stated in Rule 200, paragraphs 2 and 3, in Rule 248, paragraph 4 and in Rule 256 (team competitions).

#### **Changing lanes**

3. a) The competitor who skates on the inner lane shall change to the outer lane each time he arrives at the crossing straight and vice versa for the competitor who skates in the outer lane (for exception see paragraph b) below). A breach of this Rule constitutes a foul, and the penalty shall be a disqualification (see Rule 270).  
b) In the first straight of the 1000 meters and the 1500 meters when racing on a 400 meters standard track there is no changing of lanes. Similar exceptions may have to be made on tracks of other sizes for these or other distances.

#### **Competitions and distances with special rules**

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

b) Competitions may be organized as mass start races (in "pack style format"), for which the track will be laid out with only one competition lane. Rule 254 ("pace-making") will not apply for mass start races. Special rules must be announced in order to prevent that skaters may obstruct or impede other competitors in the race. The result of such races may be based on a system adding points for intermediate ranks at certain stages of the race and points for the ranks at the finish. The competition rules may stipulate that one or more skaters placed last at certain stages of the race will be taken out of the race at that stage.

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

When mass start races are included in International competitions on standard speed skating tracks, special regulations should be issued in accordance with Rule 200, paragraphs 2-4.

### **Rule 249**

#### **Call to the start**

1. Previous to each start the names of those about to compete are to be clearly called at the starting point itself and in the dressing rooms.
2. Failure to appear promptly at the start is equivalent to withdrawal from the distance.

### **Rule 250**

#### **Starting procedure**

1. The skaters starting in the inner and outer lanes shall be identified by white and red armbands, respectively. In the case of 100m or shorter distances being arranged in heats of 3 skaters, the skater in the middle lane shall wear a yellow armband. The skater themselves are responsible for having the correct armband and to report in the correct starting lane.
2. a) When the Starter orders "Go to the start" the skaters shall place themselves between the pre-start line and the starting line. The distance between these two lines shall be two (2) meters. The skaters have to take a stable position before the Starter calls "Ready", whereupon they are to take their starting position and keep this position absolutely until the shot is fired. Skaters must keep all of their skates entirely behind the starting line and may not have their skates on or over the starting line. In addition, skaters may not touch the starting line or be in contact with the ice beyond the starting line with any parts of their body or equipment.

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

### **False start**

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

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

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

c) When a skater leaves the starting position after the word "Ready", but before the shot is fired (see also Rule 238, paragraph 3).

4. In the event of a false start, the skaters shall be recalled by a second shot or a whistle from the Starter. On the order of the Starter the skaters will also receive a stop signal, at a distance of 50-60 meters from the starting line. The stop signal may be given by an assistant to the Starter with a red flag in front of the skaters, or it may be in the form of a red light clearly visible for the skaters. However, in competitions over 100m (or shorter) with up to 3 skaters per heat, the Starter may not recall the skaters in the case of a false start. The disqualification will then be announced to the skater(s) after the completion of the race.

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

6. If light signs are used to indicate which skater is given a false start, a white light should indicate the first false start and a red light should be used to indicate a disqualification. The light pedestals for the starting lanes should have colors corresponding to the colors of the armbands of the respective skaters.

## **Rule 251**

### **Cutting the lines**

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

### **Leaving inner curve**

2. If a skater, due to high speed, cannot hold the inner curve into the finishing straight, but does not interfere with the skater on the outer lane, he must return to his lane and will then not be disqualified.

## **Rule 252**

### **Responsibility in cases of collision**

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

### **Responsibility when overtaking**

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

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

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

3. If the Referee confirms a breach of this Rule, the offending skater shall be disqualified.

## **Rule 253**

### **Distance between skaters after overtaking**

1. On a double-laned track where the leading skater has overtaken his opponent and passed him, the latter skater must remain at least 10 meters behind. But he is permitted to overtake the leading skater if he finds this is possible without impeding the leading skater, but he must not act as a pacemaker to the skater who is leading.

2. If the skater being passed or the skater having passed acts in an improper manner, he shall be disqualified.

#### **Rule 254**

##### **Pace-making**

To precede or accompany a skater (pace-making) is not allowed. However, for team pursuit races (see Rule 256) this rule does not apply for skaters belonging to the same team.

#### **Rule 255**

##### **Finishing line**

1. A skater has completed a distance when the tip of a skate has touched or reached the finishing line after the prescribed number of laps.
2. If a skater falls just short of the finish, the time will be taken at the moment the tip of the skate reaches the finishing line or its extension (if the skater is out of his lane).
3. If automatic timekeeping is used and this is stopped at the finish by other means than the skate, the official time of the skater shall be recorded as the slower time of the manual time (with 0.20 seconds added, according to Rule 246, paragraph 6) and the automatic time.
4. In case the skater, after a fall, is out of both lanes, his official time is recorded based on the manual timekeeping. If automatic timekeeping is used in the competition, 0.20 seconds shall be added to the manual time.

#### **Rule 256**

##### **Team Pursuit racing rules**

1.
  - a) Team competitions may be announced for pursuit races with either 3 or 4 skaters in each team. In both cases the finishing time (see Rule 255) of the team will be determined as the finishing time of the third skater in the team. If less than three skaters of the team finish the race, the team is considered not to have completed the race and shall be disqualified.
  - b) In Team Pursuit races the two teams shall start simultaneously at each side of the track, at the middle of the straights.
  - c) The track must be laid out with only one competition lane, e.g. by making use of the demarcation between the inner lane and the warm-up lane on a standard track.
  - d) If some skater(s) of a team is overtaken by skaters from the other team, Rule 253, paragraph 2, applies.

e) If the competition format for the Team Pursuit competition is based on elimination races to promote teams to the next phase of races, a team overtaking the other team before the full distance has been skated in an elimination race, will already at that moment be declared the winner of the race (heat). The definition of overtaking is in this case that the third positioned skater of the team has overtaken the third positioned skater of the other team.

### **Relay races**

2. Team competitions may be announced for relay races with either 3 or 4 skaters in each team. The distances for each leg of the relay may vary, but recommended distance for each leg is 400 or 800 meters (1 or 2 laps on a standard track). Relay races may be skated in different formats. Two recommended formats (A and B) are described in paragraph b) and c) below.

a) Competition format A for relay races:

Two teams are competing in pairs, starting in separate lanes and changing lanes according to Rule 248, paragraph 3, throughout the race. Each leg shall consist of 1 or 2 full laps. The race will start and finish at the 1000m finishing line. The exchange zone will have a length of 40 meters, extending from 20 meters before and up to 20 meters after the 1000m finishing line. The start and finish of the 40 meters exchange zone should be marked with orange cones. Relaying will take place when the skater completing a leg is passing the skater who is about to start the next leg. A team relaying outside the exchange zone will be disqualified.

b) Competition format B for relay races:

Maximum 4 teams compete in the same heat. In the first part of the first leg (through the first curve) the ordinary separate lanes (inner and outer) are used, with up to two skaters starting in each lane. After the exit of the first curve, only the inner lane is used. The race will start at the 1500m starting lines and finish at the finishing line of the 500 and 1500m. The distance of the first leg should in this case be either 700m or 300m. The length of the following legs should be 1 or 2 full laps. The exchange zone will have a length of 75 meters, ending at the finishing line. The start of the exchange zone should be marked with orange cones. Relaying will take place when the skater completing a leg has touched the skater who is about to start the next leg. A team relaying outside the exchange zone will be disqualified. For overtaking, the principles of Rule 252, paragraph 2 will apply.

### **Disqualification and fresh starts in team competitions**

3. If a skater of a pursuit or relay team is disqualified for violation of racing rules according to Rules 250, 251, 252, 253 or 276, the disqualification also applies for the team. A disqualification for the team will follow also if a member of the team is disqualified according to ISU General Regulations (e.g. because of breaches of eligibility rules or the ISU Anti-Doping code).

4. The rules concerning fresh starts given in Rule 257 apply also for Team pursuit and relay races. Therefore, the team shall be allowed a fresh start if one of the skaters of the team is interfered with as described in Rule 257, paragraphs 1-3.

### **Rule 257**

#### **Allowance of fresh start**

1. A competitor who is interfered with, through no fault of his own, shall be allowed by the Referee to make a fresh start. The best time of the two races shall count.

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

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

#### **Required rest time**

4. The skater shall have the right to have a rest of 30 minutes between the ordinary race and the fresh start decided by the Referee.

#### **Starting lanes for fresh starts**

5. In the case of a fresh start the skater shall normally start in the same lane as in the ordinary race, and always so in the second race over 500 or 1000 meters in a sprint competition decided by total points or by the total time from two races. If more than one skater is allowed a fresh start, pairs shall be formed in order to avoid several races with only a single skater. If the two skaters forming a new pair started in different lanes in the ordinary race, they shall start in the same lanes in the new race as in the first race. But if they both started in the same lanes in the ordinary race, the skater from the lower numbered pair shall start in outer lane in this new race (see Rule 223, paragraph 4 and Rule 229).

### **Rule 258**

#### **Doping**

(See General Regulations, Rule 139)

## **G. Results of the Competition**

### **Rule 259**

#### **Announcement of results**

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

### **Rule 260**

#### **Results of events over single distances**

1. In competitions with award of prizes for single distances, the winner of the distance is the skater with the best achieved time. If several skaters obtain the same (best) time, each of them is to be considered a winner for this distance. The succeeding places will also be determined according to the times achieved only, but Rule 241, paragraph 3 must be observed. For competitions over 500 meters with two counting races, the total time in the two races determine the final classification, with tie-breaking rules according to paragraph 2 below.

#### **Results of event over several distances**

2. In competitions over two or more distances with a single award of prizes, the winner is the skater who has completed all distances and obtained the lowest total of points, according to paragraphs 3 and 4 below. If two skaters have the same total of points, the winner is the skater with the better result in the last distance skated.

The same rules apply for the results of a distance with two or more counting races (e.g. 500 meters competitions with two races counting).

#### **Calculation of points**

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

#### **Final classification in competitions over several distances**

4. The final classification in the competition is determined according to the grand total of points over all distances. If some skaters have the same total of points, the skater with the better result in the last distance skated shall be better ranked. If the number of skaters in the last distance is limited, the classification between the remaining skaters are determined by their total of points in the preceding races.

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

### **Rule 261**

#### **Participation in all distances**

1. To be qualified to start in the final distance in a Championship or in other competitions where only a limited number of competitors are allowed to compete in the final distance, the skater must have completed all the previous distances in the competition concerned (See also Rule 270, paragraph 3).

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

### **Rule 262**

#### **Titles**

(See General Regulations, Rule 133)

### **Rule 263**

#### **Winners**

1. a) The winner of the World Allround, World Sprint, World Junior or European Championship is the skater who has completed all distances and obtained the lowest total of points. In the case of ties in total points Rule 260, paragraph 2, applies.

b) The winner of the World Single Distances Championships is for 500 meters the skater with the best total time over the two races skated. In the case of ties Rule 260, paragraph 2 applies. For the other distances the winner is the skater with the best time achieved in the single race skated.

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

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

3. The winner of each distance (in the World Allround, World Junior or European Championship) shall be awarded the small ISU Championship medal in gold, the second and third shall be awarded the same medal in silver and bronze respectively.

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

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

#### **Rule 264**

##### **Medals**

(See General Regulations, Rule 134)

#### **Rule 265**

##### **Prizes**

(See General Regulations, Rule 120)

#### **Rule 266**

##### **Awarding of medals**

(See General Regulations, Rule 134)

#### **Rule 267**

##### **Results of Championships**

(See General Regulations, Rule 135)

#### **Rule 268**

##### **Official protocol**

1. The official protocol must contain:
  - a) every draw by lot and arrangement of pairs which has taken place;
  - b) the times of automatic timekeeping, recorded in hundredths of a second, on tapes or in a printed protocol;
  - c) the times of manual timekeeping:
    - accumulated lap times in tenths of a second (see Rule 247),
    - finishing times in hundredths of a second (see Rule 245 and 246).

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

3. For International Competitions the protocol must be filled out by the organizers at least 6 months after the completion of the competition. However, for World Records, see Rule 273, paragraph 3. If called for, the protocol must be submitted to the ISU Council or the ISU Speed Skating Technical Committee

## **H. Protest and Disqualifications**

### **Rule 269**

#### **Protests**

(See General Regulations, Rule 123)

### **Rule 270**

#### **Disqualification**

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

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

3. A skater who is disqualified in a race, loses the right to start in the final distance in a Championship or other competitions where only a limited number of the competitors are allowed to start in the final distance (see also Rule 224).

### **Rule 271**

#### **Appeals**

(See General Regulations, Rule 124)

### **Rule 272**

#### **Exclusion of competitors, etc**

(See General Regulations, Rule 125)

## I. World Records

### Rule 273

#### World Records

1. World records will be registered by the ISU:
  - a) For Men over distances of 500, 1000, 1500, 3000, 5000 and 10 000 meters and for the combined result of 2 x 500 meters (only from competitions where the final result of the 500 m is determined by the total time after 2 races of 500 m); for the total number of points over 4 distances in one and the same competition: Allround combination 500, 5000, 1500, 10 000 meters; Allround combination 500, 3000, 1500, 5000 meters; and Sprint combination 500, 1000, 500, 1000 meters.; for National teams: for Team Pursuit races over 8 laps.
  - b) For Ladies over distances of 500, 1000, 1500, 3000 and 5000 meters, and for the combined result of 2 x 500 meters (only from competitions where the final result of the 500 m is determined by the total time after 2 races of 500 m); for the total number of points over 4 distances in one and the same competition: Allround combination 500, 3000, 1500, 5000 meters; Allround combination 500, 1500, 1000, 3000 meters; and Sprint combination 500, 1000, 500, 1000 meters; for National teams: for Team Pursuit races over 6 laps.
  - c) For Junior Men over distances of 500, 1000, 1500, 3000 and 5000 meters, for the total number of points in one and the same competition over 500, 3000, 1500 and 5000 meters (Allround combination) and over 500, 1000, 500, 1000 meters (Sprint combination); for National teams: for Team Pursuit races over 8 laps.
  - d) For Junior Ladies over distances of 500, 1000, 1500, 3000 meters; for the total number of points in one and the same competition over 500, 1500, 1000, 3000 meters (Allround combination) and over 500, 1000, 500, 1000 meters (Sprint combination); for National teams: for Team Pursuit races over 6 laps.
  - e) World records over 3000 and 5000 meters Ladies and over 5000 and 10 000 meters Men may be recognized also for times achieved in quartet starts in ISU Championships, World Cup Competitions and other ISU Events.
  - f) World records over 3000 meters Junior Ladies and 5000 meters Junior Men may be recognized also for times achieved in quartet starts in ISU Championships, World Cup Competitions and other ISU Events.
2. The ISU Council will only recognize as World records times skated in competitions listed in Rule 107, paragraphs 1-6, or in properly announced National Championships, approved by the ISU Speed Skating Technical Committee.

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

b) Distances to be skated and starting times must be in accordance with the announcement. The only exception is changes according to Rule 237, paragraph 4.

#### **Documents to be submitted**

3. The original official ISU Protocol (see Rule 268) of the event, together with certificates regarding watches and automatic timekeeping equipment, and a program of the event must be forwarded with the application by the organizing Member to the ISU General Secretary not later than May 1st each year. The documents must confirm that all conditions listed in paragraph 2 above and paragraph 4 below have been fulfilled.

#### **Conditions to be observed**

4. Further conditions for recognition of World records are:

a) The track must be a Standard Speed Skating Track of 400 meters, as per conditions given in Rule 207.

b) Automatic timekeeping must have been used, and the conditions of Rules, 244, 245 and 246 must have been observed.

c) World records in total points in All Round combinations over four distances can only be recognized if the competition is held over a maximum of three days, and the distances are skated in an order of sequence that is an allowed option for ISU Championships (see Rule 201, paragraphs 4 and 7). Moreover, the distances must have been skated in the order indicated in the announcement.

d) World records in total points in the Sprint combination over four distances can only be recognized if the competition is over two days, with each individual distance skated only once each day and changed starting lanes (see Rule 226) on the second day.

e) Records made in National Championships must also be recognized by the National Association concerned.

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

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

6. Any competitor who equals an existing World record shall have his name entered in the ISU list of World records, subject to paragraph 5 above.
7. For each record obtained, or the equaling of any record, the ISU shall issue a diploma to the skater.

## **J. World Cup**

### **Rule 274**

#### **World Cup**

1. A World Cup for Ladies and Men will be organized as an ISU Event under the responsibility of the ISU Speed Skating Technical Committee.
2. The Speed Skating World Cup is a series of International Competitions. World Cup points are awarded in each Competition. The final World Cup standings for each distance, or distance category, and for Team events will be decided by World Cup points accumulated by each competitor or national team during the season.
3. The Rules and the program will be issued in a special ISU Communication for the World Cup.

## **K. Quartet Starts**

### **Rule 275**

#### **Competition formats**

1. Quartet starts denotes a competition format where (up to) four skaters compete on the track at the same time in two pairs, with a difference of about half a lap between the pairs at the start.  
Quartet starts may be conducted by two alternative methods:
  - a) Method A): Both pairs in the quartet start in the same starting area, with half a lap staggered start. The starting area is located at the normal starting area for the distance concerned. The second pair of a quartet should preferably start at a moment that will result in half a lap interval between the pairs as soon as they have reached their normal speed. In case of a false start in the second pair of a quartet, the interval between the pairs after the start of the second pair should be one and a half lap.

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

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

b) Information that quartet starts will be used shall be given at the latest at the drawing for the distance. In the official protocol, as well as in the list of results, it shall be clearly stated which times have been recorded under quartet start conditions. The protocol must contain all items mentioned in Rule 268.

c) For ISU Championships quartet starts may be used only when it has been agreed between the Organizing Committee, the ISU Council and the ISU Speed Skating Technical Committee and it has been published in the announcement.

### **Starting procedures and composition of quartets**

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

1<sup>st</sup> drawn skater: Inner lane in first pair (white armband);

2<sup>nd</sup> drawn skater: Outer lane in first pair (red armband);

3<sup>rd</sup> drawn skater: Inner lane in second pair (yellow armband);

4<sup>th</sup> drawn skater: Outer lane in second pair (blue armband)

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

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

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

e) In the case of withdrawals from the start after the draw, the Referee has the right to rearrange the pairs forming the quartets (see Rules 229 and 237). However, a skater should not be moved to another quartet than the one originally designated, unless the number of quartets will then be reduced.

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

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

6. World records from quartet starts can only be recognized for times achieved in World Cup Competitions, ISU Championships or other ISU Events. See also Rule 273, paragraphs 1e), 1f) and 2).

## **L. Equipment of skaters**

### **Rule 276**

#### **Racing and warming-up suits**

##### **Racing suits**

1 a) Racing suits shall conform to the natural shape of the body of the skater. Insertion or attachment of forms or devices to create different shape is not permitted. No attachments except for permanently attached stripes with a maximum height of 0.5 cm and a maximum width of 2.5 cm are allowed. Further specifications concerning allowable racing suits may be issued by the ISU and shall then be announced in an ISU Communication or ISU Circular Letter.

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

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

##### **Warming-up suits**

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

### **Skates**

2. a) A skate is a passive mechanical extension of the leg, meant to facilitate the gliding technique. The skate consists of a blade and a shoe of any material with dimensions which do not change significantly during a competition, and a construction which connects the shoe to the blade. This construction may allow any translation and rotation of the shoe relative to the blade, in order to enable an optimal utilization of the physical capacity of the skater, as far as it does not jeopardize the safety of the skaters.

The skate does not contain any element that would violate the requirement that all energy expended during the speed skating exercise originates from metabolic work liberated by the skater during the race. There is no connection between the skater and the skate, and no transmission of energy, matter or information to the skate, other than via the anatomical structures of the lower leg and foot. In particular, it is not permitted to heat the blades of the skates from any external source or by means of any artificial mechanisms.

b) If deemed necessary in order to avoid confusion as to what kind of equipment is permitted for speed skating competitions, the ISU may issue further specifications concerning the definition of allowable skates, which shall then be announced in an ISU Communication or ISU Circular Letter.

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

### **Communication equipment**

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

Rules 277 - 279 are reserved for possible further Special Regulations for Speed Skating.