



SPEED SKATING RULES

(Based on World Skate Regulations)

Updated – April 2022

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SECTION 1. GENERAL

100 Definitions

Judge: As per World skate definitions, officials are referred to as Judges

NZFRS Event: Any race or competition that is run with an NZFRS issued sanction

Protest: When a skater feels they have been aggrieved by the race result a skater may make a statement noting an objection and request a review of the result

101 General

New Zealand Road and Banked Track Speed Skating Rules (Rules) are based on the World Skate Regulations with adaptations, to suit the New Zealand competitors, conditions, and environment.

At any time prior to the closing date for a competition the Speed Sports Committee(SSC) may change the race specifications to align them with changes to World Skate Regulations rules. Where such a change is made after the entry forms have been issued, Club Secretaries will be advised of the changes.

All changes shall be made in line with NZFRS Policy 1.17.

As per NZFRS bylaw 3.02, where a specific rule does not exist World Skate Rules Apply.

102 Event conduct

Refer NZFRS bylaw 9.01

- a) These Rules cover Flat Track, Banked Track, Road, and any other event sanctioned by the NZFRS.
- b) Skaters are strictly forbidden to accept any sort of unauthorised help.
- c) Skaters are to reach the finish line along the shortest imaginary line, without loops or lateral diversions.
- d) In no case shall the passing of other skaters cause difficulty to other skaters.
- e) In no case can skaters push other skaters or cut in front of them. It is also forbidden to let oneself be taken in tow, to push, obstruct, or help any other skater.
- f) Skaters who are being passed/lapped shall not obstruct the pass or help another skaters.
- g) Skaters must skate the designated course.
- h) Skaters can repair a damaged skate, being careful not to obstruct the race or any other skater or official. They can be handed tools or replacement skate parts but must carry out the repair themselves.
- i) In the case of a fall, skaters who are still able to continue the race must stand up without any assistance from a third party. Otherwise they may be disqualified and excluded from that event.

- j) All skaters must take part in races fairly and enthusiastically. Those showing a clear negative attitude may be disqualified and excluded from the event.
- k) Skaters who withdraw during the race should report to the Referee.
- l) A skater who voluntarily withdraws from a race (other than a race categorised as “optional”) before the race has started will be withdrawn from the rest of the competition unless the skater has notified the race secretary prior to the commencement of that session of his/her intentions. Skaters who become ill or who are injured during a skating session and who notify the race secretary of this may be allowed to continue skating in the remainder of the competition.
- m) If a skater does not answer the starting judge after being called twice, at one-minute interval from each other, they are marked as Do Not Start (DNS). This skater is not ranked.
- n) Team Fault
When one skater makes a fault in order to let their team-mate win:
 1. The skater who commits the fault is disqualified. and may be excluded by the Race Referee from the event.
 2. The skater who benefits from the fault must be reduced in rank.
- o) For events over 20km, the skater is allowed to take the start with small plastic bottle of water or hydration adapted equipment (World Skate Rule: 99.5).
- p) If a skater is withdrawn from an event at the team managers meeting, or thereafter, that skater cannot re-enter the event.
- q) All skaters, officials and team management must conduct themselves in a fair, positive and a manner befitting our sport, both on the race course and within NZFRS event areas.

103 Classification of Events

- a) Time Trial
Races against time may take place either on Flat Track, Banked Track, or Road. Skaters cover a set distance, while their times are taken by timekeepers or time apparatus.
- b) For distances up to but not including 2000m
May take place on Flat Track, Banked Track, or Road. Skaters may progress through heats, semi-finals till a final is reached.
- c) 2000m and longer
May take place on Flat Track, Banked Track, or Road. The entire number of competitors shall participate without qualifying heats, unless conditions compel the Race Referee to use discretion in the interest of safety.
- d) Points
May take place on Banked Track or Road. This competition sees the awarding of points on predetermined laps through the race, and on the last lap, placings being awarded to the skaters that complete the race and have the highest tally of points.
- e) Elimination
May take place on Banked Track or Road. Elimination of skaters will take place on predetermined laps during the race, to leave 5 skaters to complete the last lap.

- f) Points - Elimination
May take place on Banked Track or Road. Points will be assigned and eliminations will take place on alternate laps. The last elimination will be three laps to go. 10 skaters will remain competing.
- g) Two Person Sprints
Skaters are drawn in pairs to race over a set distance, the winners advancing to the next round until a winner is found.
- h) Stage Competitions
This is an event where a number of races are held at different venues. Each race is called a stage. These events contain a combination of distances and are skated with points awarded for placings in each race. The winner of the event will be the skater who has accumulated the most points over a set number of stages.
- i) Relays
For the New Zealand Championships, Club teams only will compete. Clubs may enter multiple teams.

NOTE See Rule 314 "General" for the running of these events.

104 Classification of Skating Surfaces

- (a) A race course may be either "Flat Track", "Banked Track", or "Road Course"
 - (1) Flat Track
 - (i) Shall be defined as a race course within an outdoor or indoor facility, and shall comprise 2 equal length straights and 2 corners of the same size.
 - (ii) The skating shall be outside 4 pylons, located on floor markings, and within the remaining skating surface.
 - (iii) The track shall be a maximum length of 100 metres as per layout in Appendix A.
 - (2) Banked Track
 - (i) The total length of track cannot be less than 165 metres or longer than 200 metres. Minimum track width, where possible, to be 6 metres.
 - (ii) Banking is to be gradual and uniform rising from the inside to the outside of the course. Straights may have banking in order to allow the introduction of bend banking. However straights are to be level longitudinally, to a maximum of 33% of their total length.
 - (iii) The start line must not be on a bend unless it is impossible to do otherwise.
 - (iv) The finish line will be at least 8 metres before the beginning of the bend and be marked with a white line, 50 millimetres wide.
 - (v) External fencing bordering the tracks must be protected through suitable materials in order to avoid dangers due to its presence.
 - (vi) The measurement of the track shall be in accordance with the World Skate Regulations rules.

(3) Road Course

- (i) In 'open road' competitions, start and finish lines do not coincide.
- (ii) A 'closed circuit' race course is a road course consisting of an asymmetrically closed circuit which competitors are to cover one or more times according to the distance of the event.
- (iii) A 'closed circuit' road race course, for events other than a marathon, wherever possible should not be shorter than 300 metres or longer than 1000 metres. If a marathon is raced on a closed circuit, the circuit should be, wherever possible, at least 4 km in length
- (iv) The road course, wherever possible, should not be less than 5 metres wide at any point on the course.
- (v) The start line must not be placed on a bend except where it is impossible to do otherwise.
- (vi) The finish line shall be placed at not less than 50 metres after the bend leading to the finish line, and shall be marked as a white line 50 millimetres wide.
- (vii) The measurement of the road circuits shall be measured in accordance with the World Skate Regulations rules.

(b) Direction of Travel

For 'Flat Track', 'Banked Track', and 'Road closed circuit' competitions, competitors are placed so that their "left" hands are located facing the inside edge of the track or road. The direction of the race shall be counter clockwise.

(c) Suitability of Race Course / Circuit

Any decision regarding the suitability of a racecourse is up to the Race Referee before and after the start of the competition itself. When the ground or weather conditions hinder the normal performance of a competition or the continuation of the same, the Race Referee can interrupt the competition for a given period or cancel it. The competition shall start or continue once the ground condition is suitable for safe skating. When the competition, which was interrupted, starts again only the skaters who were competing at the moment of interruption shall participate again. Skaters who withdrew or were disqualified continue to be excluded.

105 Qualifications for New Zealand Championships

- a) All eligible skaters wishing to compete at any New Zealand Championships, Road, Banked Track or Flat track, need to achieve a qualifying standard on any surface (under rule 104) at any permitted event. See times below.
- b) An Official holding a number 3 or higher can sign off qualification times at a permitted event.
- c) Skaters need to achieve the qualifying standard only once for each grade.

Primary	Boys	200m tt	46 sec	300m tt	58 sec
	Girls		46 sec		58 sec
Juvenile	Boys	200m tt	42 sec	300m tt	55 sec
	Girls		42 sec		55 sec
Cadet	Boys	200m tt	37 sec	300m tt	50 sec
	Girls		39 sec		52 sec
Junior	Men	200m tt	31 sec	300m tt	43 sec
	Ladies		32 sec		45 sec
Senior	Men	200m tt	23 sec	300m tt	35 sec
	Ladies		26 sec		39 sec
Masters	Men	200m tt	38 sec	300m tt	50 sec
	Ladies	200m tt	40 sec	300m tt	53 sec

- d) While Areas are no longer a requirement for qualification to Flat Track Nationals, NZRFS and SSC strongly encourage all clubs/areas to hold an interclub competition to strengthen the quality of skating throughout New Zealand.
- e) People that have not competed for 24 months from their last NZFRS or World Skate Event need to requalify

106 Requirements for NZFRS and Approved Events

- a) Skating surfaces shall be measured and marked accurately to dimensions provided by the Speed Sport Committee. Markings shall be clearly shown on the surface. No Flat Track circuit less than 100m shall be used for Area and New Zealand Championships unless there is no other surface available.
- b) Corner pylons (4) of an approved design shall be provided and positioned as per the track plan (refer to Appendix A).
- c) A scoreboard indicating the number of laps to be still covered and if possible a separate backup scoreboard or hand held counter.
- d) Timing Equipment. Either a minimum of 3 Stop Watches or Electronic Timing Equipment, calibrated in 100th of seconds, shall be provided.

- e) A non-ejecting type starting gun with sufficient ammunition.
- f) A whistle.
- g) A bell and Chequered flag.
- h) A bottle and marbles for drawing lane positions.
- i) Protest forms.
- j) Current set of these Rules.
- k) Table and chair for the Race Secretary.
- l) Video Camera for the filming of the finish of all New Zealand Championship events (Flat Track, Banked Track, Road, and Marathon).
- m) Floor Marking shall indicate
 - i. Position of pylons
 - ii. Start line with lane positions
 - iii. Finish line
 - iv. Penalty break line.

107 Minimum Officials for New Zealand Championships

- a) New Zealand Championships
 - i. 1 Referee
 - ii. 1 Assistant Referee (may double as one of 4 Track Stewards)
 - iii. 1 Starter (may double as one of 4 Track Stewards)
 - iv. 1 Lap Scorer
 - v. 1 Assistant Lap Scorer
 - vi. 4 Track Stewards
 - vii. 1 Chief Place judge
 - viii. 2 Place Judges
 - ix. 1 Chief Time Keeper
 - x. 2 Time Keepers (extras may be required for heats, semi-finals and back up)
 - xi. 1 Marshall
 - xii. 1 Race Secretary
 - xiii. 1 Video camera operator
 - xiv. 1 Announcer
- b) Area Championships
 - i. 1 Referee
 - ii. 1 Starter (may double as one of 2 Track Stewards)
 - iii. 1 Lap Scorer
 - iv. 2 Track Stewards
 - v. 1 Race Secretary
 - vi. 1 Chief Place Judge
 - vii. 2 Place Judges
 - viii. 1 Time Keeper (extras may be required for heats and semi-finals)

If Electronic timing equipment(ETE) is not used a minimum of 3 watches is required if any records are to be recognised.

For Time Trials, if stopwatches are used, place judges may act as Timekeepers.

108 Medical

The Referee may request a medical certificate approving racing, before a skater races/continues to race at a competition, if there is a concern about their health.

Skaters who have plaster, or similar, must produce a medical certificate if required by the Chief Referee, approving racing, and that plaster (or similar), is covered by a soft covering which is securely fastened.

109 Event Management

- (a) Any change to the programme must be with the approve by the Event Manager, ie. deleting, combining, adding, or altering events. The Referee will be the final arbiter on matters of skater safety, where track and surface conditions dictate.

The Event Manager will liaise with Team Managers to notify changes. Where skaters are potentially impacted there must be consensus of all impacted teams.

- (b) The Championship Manager shall appoint 5 persons at the start of a competition from which a Protest Committee will be formed.

SECTION 2. AGES AND DISTANCES

201 Ages

The competition year for all speed events is defined as the period running from 1 July to 30 June of the following year. Skaters shall be graded according to their age as at the 31st December the following year. Eg: If the skating year is 1 July 2020 – 30 June 2021 it is the skaters age as at 31 December 2021. Skaters required to move by age to a new grade shall do so at the commencement of the competition year eg 1 July 2020.

- a) Any skater in the last year of their correct grade may apply to skate in the next higher grade. This application shall be in writing, through their club, to the Speed Sport Committee.
- b) Any skater attaining the age of 13 years may be approved to skate Senior. To gain this approval they shall apply in writing, through their club, to the Speed Sport Committee.
- c) Any skater voluntarily moving between grades, i.e. to a more advanced grade, will not normally be permitted to return to a less advanced grade.

201 Grades

a) Individual races

Primary	Not yet 10 years
Juvenile	Not yet 12 years
Cadet	Not yet 15 years
Junior	Not yet 19 years
Senior	19 years and over
Masters Women	30 years and over
Masters Men	35 years and over

b) Relays

Flat, Road and Banked Track	
Junior	10 years and not yet 15 years
Senior	15 years and over

202 Distances

Distances for Flat Track, Banked Track, and Road are listed in Appendix C – Race Schedules.

SECTION 3. TECHNICAL SECTION

301 Skates and Uniforms

a) Skates

Skates with 2 pairs of wheels fastened parallel to each other, or skates having a maximum of 5 wheels fastened in line are permitted. The skates must not exceed 500mm in length. Skates must be firmly attached to the boots, with axles not protruding from the wheels. Brakes are not permitted.

For Marathon events only, Junior, Senior and Master skaters may use wheels of up to, but not exceeding 125mm in diameter.

Wheel sizes per grade for non marathon events:

Primary	Not yet 10 years	Up to 90mm
Juvenile	Not yet 12 years	Up to 100mm
Cadet	Not yet 15 years	Up to 100mm
Junior plus	15 years +	Up to 110mm

b) Numbers

Skaters are identified by means of 3 clearly displayed numbers, 1 applied to each hip and 1 on the lower back. These numbers are supplied on application on payment of a fee set annually by the Speed Sport Committee. A fourth number may be worn on the helmet.

c) Lap Counter Chips

When supplied, lap chips must be worn. Chips are to be worn on the ankle.

d) Skating Uniform

At NZFRS Regional, Area, and National events all skaters are required to wear the official approved racing colours of the club they represent. (Colours and styles are to be approved by the SSC)

Uniforms must conform to the following regulations, be clean and modest and worn correctly while on the skating surface:

- (i) SHORTS: Any recognised style of sporting short is acceptable.
- (ii) TIGHTS: The same colour as the club shorts may be worn.
- (iii) SHIRTS: Any recognised style of racing shirt with long or short sleeves shall be worn. (No singlet type tops shall be worn).
- (iv) SKINSUITS: A one piece racing suit is permitted.
- (v) SAFETY EQUIPMENT: Protective helmets are compulsory for all skaters at all events. Protective gloves are compulsory for Road and Banked Track events. Helmets are not to be modified in any way which affects the safety of the helmet. Helmets are to remain on and correctly fastened at all times while on the skating surface.

NOTE 1: All skating attire is to remain on and correctly worn while on the skating surface. Skaters who present themselves to the Referee contrary to the above may be given a warning (in accordance with rule 311(a)(ii) or disqualified (refer World Skate rule 96).

NOTE 2: Skaters must wear their correct uniform (helmet excepted) when they are called up to the dais for presentations.

NOTE 3: For safety reasons some watches and jewellery may need to be removed before races. Some types of glasses shall have ties. Electronic entertainment devices are not to be worn during warm-up, training, and racing activities. Refer to World Skate Regulations Rules Article 109 (1) and (2).

e) Sponsorship

May be worn on uniforms as per the current NZFRS sponsorship Policy 1.13.

302 Starts and False Starts

a) Race Starts

- i. All races shall begin from a standing start. Only starts without fixed supports on the surface are permitted.
- ii. For Flat Track only: All races shall start from the “start” line, at the beginning of the straight. Timing will start when the first part of the first skate crosses the timing line. See track plan in Appendix A.
- iii. The Referee or Assistant Referee shall line up the skaters across the line ensuring that all skates are behind the starting line. For mass starts the rows of competitors shall be approximately 500mm apart.
- iv. Sprint races (1000m and less) shall start:
 - (i) Called to the start line by saying “in position”. The skaters have five (5) seconds to take their position in the starting box.
 - a. standing up
 - b. The first skate must be in the box, not touching any line
 - c. The second skate can be in or out of the boxWhen all the skaters are immobile, the starter will call “set”, and then the whistle/gun will start the race.
Each skater gets one opportunity to indicate they are not set, by raising their arm, for each sprint start. Resets, (from a false start), does not constitute a new sprint start.
- v. Distance races (over 1000m) shall start:

All distances over 1000m, will be started on the start line. Once all skaters are on the start line, the starter will call “Attention”, then the gun/whistle will start the race.
- vi. A false start shall be signalled by one or two firings of the gun or by two whistle blasts. Skaters must resume their positions and the start is repeated.
- vii. Falls. Should a skater fall through interference from another skater, in the first straight on Flat Track, or in the first, 200 metres on Road or first (1st) lap of the Banked Track. The field shall be recalled and a fresh start given.
- viii. When using Electronic Timing Equipment (ETE), both skates must be in contact with the ground and not moving. The first movement of either skate must be in the direction of the race.

- ix. The beam for the start shall be between 100 mm and 300 mm above the skating surface.
- x. The beam will be lined up on the front edge of the start line

b) Time Trial Starts

For Time Trial competitions, the start will be as follows:

- i. Both skates or parts of these must touch the ground and must not be moving. The oscillation of the skaters' body is allowed.
- ii. A dashed line must be drawn 500mm overall back from the starting line. The skater must have at least one skate within the two lines.
- iii. The first movement of the skate must be in the direction of the race.
- iv. The starter authorises the skater to go. The skater has 15 seconds to start the trial. If they do not go in that time, a false start is declared. Neither the attention order nor the gun is required.
- v. If ETE is used the beam shall be between 200mm and 250mm above the skating surface.
- vi. If manual timing is being used, the stopwatches shall be started as the first part of the first skate crosses the start line.

c) Medal Test Starts

Medal Test may be timed by ETE or by manual stopwatches. If manual stopwatches are being used the start shall be as per rule 302(b).

303 **Description of a False Start**

When a skater leaves the starting line or is caused to by another skater, before the sounding of the starting signal, the skater causing the break, even if not breaking themselves, may be penalised.

The Starting judge or Race Referee signals the false start to the skater by showing a yellow card. They show a red card to signal the disqualification after a second false start.

Penalties: - Road, Flat and Banked Track

1st Break	Warning (Yellow Card)
2nd Break	Disqualified (Red Card)

The next distance to be skated, each skater starts with a clean slate.

304 **Finish**

- a) The winner shall be the skater whose first grounded skate crosses the line. i.e. "the first part of the first grounded skate." Subsequent skaters placings will be determined in the same manner. If a skaters first skate is not grounded then their placing will be determined by their second skate as it crosses the line.
- b) At the end of a distance race only, once first, second and third have crossed the line the race may be stopped with the remaining skaters being placed in their correct finishing order.
- c) When ETE is being used, the hand shall not be used to break the beam at the finish.

- d) The beam will be lined up on the rear edge of the finish line
- e) The beam at the finish line shall be between 100mm and 300mm above the skating surface.

305 Protests

- A) Flat Track, Banked Track and Road:
Protests shall be lodged within 15 minutes of the end of the race, or when the order of the race result is changed by the referee and conveyed to the skaters. Protests are to be submitted on an official protest form and given to the Race Secretary along with the appropriate Protest fee, by the team manager. The Race Secretary will notify the Referee and the Championship Manager.
- B) The Protest Fee shall be notified on the notice board for the competition.
- C) Unless notified otherwise prior to or at the commencement of the competition the current version of these NZFRS Rules and NZFRS By-Laws shall be used for the running of the races and any protests.
- D) Electronic evidence can be submitted with the Protest as long as the protestor has indicated that they have such evidence on the official protest form and it clearly shows the incident. All official video evidence available will always be submitted automatically. The Protest Committee has the right to reject any electronic evidence that does not clearly show a balanced view of the incident.
- E) Steps to a Protest
 1. Within 15 minutes of the end of the race, or when the order of the race result is changed by the referee and conveyed to the skaters, a written protest on the official form, along with the appropriate Protest Fee, must be lodged with the Race Secretary, by the team manager.
 2. As soon as possible after receiving a Protest, the Race Secretary will notify the Referee and the Championship Manager. Posting of race results on the notice board and prize giving will be delayed until the Protest has been considered by the Protest Committee.
 3. The Championship Manager shall appoint 3 of the 5 (rule 109.B) nominated persons to form the Protest Committee. In roller sports skaters and officials are often known to each other. Care shall be taken to ensure the panel is as independent as possible and conflicts of interest are minimised
 4. The Championship Manager shall appoint the Protest Committee Chairperson.
 5. The role of the Protest Committee is to promptly and fairly consider the Protest in accordance with the principles of natural justice. The role of the Protest Committee will be to notify and interview all parties that the Protest Committee considers are materially affected by the Protest, view any electronic evidence accepted under 305D and reach a decision. The Protest Committee may take such steps as it considers appropriate to address the incident.
 6. The Chairperson of the Protest Committee shall complete the formal protest result sheet (Report), and hand this to the Championship Manager. The Championship Manager shall then advise the result of the Protest to the Referee, the affected parties and team managers. The Championship Manager will give the report to the Race Secretary who will provide copies

of the report to the affected parties and file the Report electronically. If the Protest is upheld, the Protest Fee will be refunded to the protestor, otherwise the Protest Fee is retained by the event organisers.

306 Appeals

Appeals of a Report of a Protest Committee shall be governed by the process set out in NZFRS By Law 8.03.

307 Reporting

a) Flat Track

All skaters at the completion of a race are required to report to the Referee before leaving the floor.

b) Road and Banked Track

When there is an infringement the referee will request all skaters to report to him/her immediately after the completion of the race.

308 Lapped Skaters

a) On Flat Track and Banked Track, skaters who are about to be lapped shall ensure that they hold their line on the track, to give the lead skaters a clear line to pass safely.

b) Skaters who are lapping or being lapped must on no account impede, or assist any other skater.

c) A skater about to be lapped may, at the Referee's discretion, be withdrawn from a race and will be ranked according to their withdrawal (any points accumulated in a Points race will be lost).

309 Race Faults

The following race Faults during a race may result in disciplinary measures under Rule 311 for a skater :

a) Deliberately holding onto or obstructing another skater so as to alter the race result.

b) Deliberately pushing or slinging another skater so as to alter the race result.

c) Tripping, jostling, pulling, or striking another skater.

d) Dislodging a pylon during a race (see Rule 312).

e) Putting a skate down, or grounding a skate, inside a pylon (see Rule 312).

f) Making of unsporting gestures or making derogatory remarks or swearing at another skater, official, coach, manager or spectator.

g) Intentionally touching, with their roller skates, the ground outside the line delineating the course. The judges will determine when this race fault is committed during a massive fall of skaters or to avoid a fall.

h) If infringements are of such a nature, the Race Referee may:

- i. Stop the race and restart without the offending skater.
- ii. Remove the offending skater while the race is still in progress.

310 Behaviour Faults

The following behaviours may result in disciplinary measures under Rule 311 for a federated member:

- a) Violations of the principals and ethics of the sport and fair play, including but not restricted to, gestures, derogatory remarks, swearing, threatening intimidation, alcohol, and drug use.
- b) Abuse towards officials, skaters, spectators and the public, both in and out of races, within a NZFRS event, including the race track, facilities, surroundings, social functions and with reference to online activity and social media around the event.

311 Disciplinary Measures

The following disciplinary measures may be applied by the Race Referee during a competition, to a skater. In relay events disciplinary measures applied to an individual skater shall be deemed to apply to the rest of the relay team.

- A. Warning
- B. Reduction in rank (relegation)
- C. Disqualification from a single race
- D. Disqualification from a competition
- E. Suspension of membership
- F. Any other appropriate measure

In considering the appropriate disciplinary measure to be imposed, the following factors may be taken into consideration, together with any other relevant factors:

- Whether the action or omission resulted in an unfair advantage to the offender or a skater;
- Whether the action or omission resulted in a material disadvantage to any other person or body involved;
- Whether the action or omission affected the dignity or integrity of any person involved in the sport;
- Whether the action or omission involved fraud, violence or abuse or any criminal acts; and/or
- Whether the action or omission was deemed to be deliberate

- a) **WARNINGS:** Warnings may be given to a skater for:
 - i. Voluntarily leaving the track.
 - ii. Incorrect dress (see Rule 301c).
 - iii. False start (see Rule 303)
 - iv. Impeding the progress of another skater,
 - ie. blocking or double tracking.
 - v. Running the race other than on its merits.

- vi. Tripping, pushing, or interfering with another skater.
- vii. Race Faults (as set out in Rule 309).
- viii. Pylon Faults (as set out in Rule 311).

b) REDUCTION IN RANK (RELEGATION)

- i. If, during the progress of a race, particularly in the latter stages, a skater is responsible for the hindering of another skater, the skater responsible for hindering may be reduced in rank according to the discretion of the Race Referee, even if the fouled skater does not cross the finish line (see Rule 102n).
- ii. If, during the progress of the race, particularly in the latter stages, a skater receives assistance in the form of a push or slingshot from another skater, the skater receiving the assistance may be reduced in rank.
- iii. Behaviour Faults (as set out in Rule 310).
- iv. Pylon Faults (as set out in Rule 311).

c) DISQUALIFICATION: A skater may be disqualified from one or more races for the following:

- i. Accumulation of warnings.
- ii. Serious infringements.
- iii. Dislodging a pylon in a Time Trial, or Medal Test (see Rule 312).
- iv. Any skater who assists a fellow skater by pushing or slinging, and by this action attempts to alter the race result(see Rule 102o).
- v. Skating outside the line delineating the lane or course (see Rule 314 or 314b).
- vi. False Starts (see Rules 303)
- vii. Receiving unauthorised help or assistance from a third party during a race (see Rules 102b or 102i)

d) SUSPENSION OF MEMBERSHIP:

If the Race Referee determines that a skater's actions or behaviours is a serious breach of the NZFRS Code of Conduct, then Race Referee may direct the matter is considered by the NZFRS [Board/Disciplinary Committee] in accordance with the process set out in NZFRS By-law 9.01.

e) Any other disciplinary measure that is considered appropriate in the circumstances

If Race Referee determines that a skater's actions or behaviours is a serious breach of the NZFRS Code of Conduct, then Race Referee may direct the matter is considered by the NZFRS [Board/Disciplinary Committee] in accordance with the process set out in NZFRS By-law 9.01.

APPEALS:

Appeals of any disciplinary measures imposed under these Rules shall be governed by the process set out in NZFRS By Law 8.03

312 Pylon Faults

Applies to Flat Track only

Skaters shall not contact or dislodge the Track Pylons; these are corner markers. The regulation size of a track marker shall be 150mm diameter and of 50mm height and clearly visible.

- (1) When an individual skater clips or dislodges a pylon when it could have been reasonably avoided they shall be penalised as follows:
 - (i) In a Time Trial or Medal Test Disqualification
 - (ii) in a race 1st Infringement Warning
 2nd Infringement Warning
 3rd Infringement Disqualified

These penalties apply to individual distances only.

eg. 800m Heat Warning
 800m Semi Warning
 800m Final Disqualified

or 800m Heat – 1st offence Warning
 800m Heat – 2nd offence Warning
 800m Heat – 3rd offence Disqualified

For the next distance to be skated, each skater starts with a clean slate.

- (2) When a skater hits or dislodges a pylon, either when starting, during, or completing a passing manoeuvre, or when a skater can be seen to be trying to gain an advantage, that skater may be penalised by:

Warning, or
Disqualification
- (3) When a skater grounds a skate inside any of the corner pylons when it could have been reasonably avoided the skater shall be penalised by Disqualification.
- (4) In relay events disqualification of an individual skater shall result in disqualification of the team.

313 Records

a) Stop Watches

For a record, or fastest time to stand, 3 watches must record the winner's time. These must be checked by the Referee or Assistant Referee before the watches are returned to zero. Stop watches used shall register to 100ths of seconds.

b) Electronic Timing Equipment

For a record, or fastest time to stand, the time recorded must be verified by the Referee or Assistant Referee. The time shall be read out to the Race Secretary, and repeated back to the Referee, or Assistant Referee. E.T.E. used shall register to 100ths or 1000ths of seconds.

c) Officials

All Officials used shall be registered with the NZFRS and hold the relevant Speed Commission.

d) Track

For a record, or fastest time to stand, a Survey Certificate, prepared by a Registered Surveyor must be produced showing the locality, indicating the course length, starting point, finishing line, and the exact number of laps determining the distance.

e) Record Times

Record times are recorded in 2 different categories -

National Records – These being age group records set in New Zealand at Flat Track, Banked Track or Road Championships. Where there is more than one grade in an age group, only the fastest recorded time over each distance shall be recognised. Separate records are recognised for each type of Championship. In an open grade event the fastest time will be recognized as the event record.

New Zealand Records – These being the fastest times set for individual distances by a New Zealand federated skater, at any New Zealand permitted event or any World Skate sanctioned event.

314 Running of Races

a) Time Trial

Skated on Flat Track, Road, and Banked Track. These trials will be skated individually according to the order decided by ballot. Each competitor shall skate unpaced and their time recorded and compared with other skaters in that grade. The fastest skater shall be declared the winner with other skaters ranked according to their times. Where 2 skaters have the same time, they shall reskate the distance to decide the winner. This reskate shall apply to the Gold medal placing only.

b) 100m

1. Only for Road
2. Three (3) lanes of two point sixty (2.60) meters are drawn with white lines of five (5) cm. The race's condition must be identical in every lane and for these reasons only two (2) lines can be drawn on 8m wide road.
3. Skaters must skate in their lane. Skaters who touches a white line is judged as out of their lane (technical fault) and they are disqualified.
4. 100m race must have electronic timing equipment for each individual skater.
5. Where conditions, as stipulated under the World Skate Regulations are available, a 100m race would be held. Where the conditions cannot be met, a 200m time-trial will be held.

c) 200m Dual Time Trial

1. Only for Banked Track
2. Skaters compete two by two (2). The start and finish lines are on the middle of the straightaway. The starting procedure is identical as for Sprint races
3. During the first round only twelve (12) best times are qualified for the final round
4. In the final round, the pairings will be made according to the times obtained in the qualification round: (12th/11th), (10th/9th), (8th/7th), (6th/5th), (4th/3rd), (2nd/1st)
5. The winner is the skater with the best time across the 12 finalists

d) Heats

Heats may be required for specified distances:

1. If 14 or fewer skaters compete, Heats and a Final shall be skated.
2. If 15 or more skaters compete, Heats, Semi Finals, and a Final shall be skated.
3. Heats shall be seeded and drawn, while trying to avoid several skaters from the same club in the same heat, the exceptions being the 500m and 1000m for Road and Banked Track.

e) 200 & 400 Metres

Skated on Flat Track only, shall be raced as Heats, Semi Finals, and Finals with the winners and the next fastest skaters progressing to make up the required numbers. Places on the line will be decided by ballot. Track width and the number of skaters will determine the need for Semi Finals and Finals.

f) 500 Metres Flat Track

From each 500m heat the winners shall advance to the next round. The next fastest skaters shall make up the required number for either a semi-final or final. Places on the line will be decided by ballot. The number of skaters in the final shall be governed by the track width.

g) Road and Banked Track (500m+D)

The number of heats required will be determined by the width of the track, ie the number of skaters shall be approximately the same as the metres of the track width.

In each round at least the first 2 skaters shall advance from each heat. The heats shall be made up according to the results of the Individual Time Trial, and using the Serpentine system (see Appendix B). If a skater did not compete in the time trial, they shall be placed as if occupying the last place of the serpentine.

A certain number of skaters will advance to the Semi Finals, based exclusively on the order in which they placed in the heats. Two or three Semi Finals may be run depending on the number of skaters in the event and the width of the track. The skaters will be placed in the Semi Finals depending on their placings in the heats and using the Serpentine system.

The Final will be skated by the first 2 or 3 skaters from each Semi Final (or heat if no Semi Finals were required) , depending on track width, to make up to a maximum of 6 skaters.

For the 500m events the skaters may choose their place on the line according to their ranking in the Time Trial.

Banked Track 500m+D only:

If there are 17 or more skaters, then the following procedure shall be followed:

All skaters will skate in heats drawn. Each skater will be timed and the best 16 times will go through to the Quarter Finals which is serpentine from the heat times. The quarter final, semi-finals progressions are through on the first and second place getters as above for 16 or less skaters. There will be four in the final.

h) 800 Metres (Skated on Flat Track, Road, and Banked Track)

Shall be raced as Heats, Semi Finals, and Finals with the winners and the next fastest skaters progressing to make up the required numbers. Places on the line will be decided by ballot.

Track width and the number of skaters will determine the need for Semi Finals and Finals.

i) 1000 Metres

Flat Track

From each 1000m heat the winners shall advance to the next round. The next fastest skaters shall make up the required number for either a semi-final or final. Places on the line will be decided by ballot.

The number of skaters in the final shall be governed by the track width.

Road and Banked Track

The number of heats required will be predetermined, taking into account the width of the track, i.e. the number of skaters shall be approximately 1 per half metre for the track width, for each line across the track.

The heats shall be made up according to the results of the Individual Time Trial, and using the Serpentine system (see Appendix B). If a skater did not compete in the Time Trial, they shall be placed as if occupying the last place of the serpentine.

The winner of each of the Heats will move into the Semi Final or Final, plus the next fastest skaters to make up the required number. The skaters will be placed in the Semi Finals / Final depending on their placings in the Heats / Semi Finals and using the Serpentine system. A total of up to 8 skaters may be in the Final.

For the 1000m events the skaters may choose their place on the line according to their ranking in the Time Trial.

j) 1500 Metres

For Road and Banked Track:

Shall be raced as Heats, Semi Finals, and Finals with the winners and the next fastest skaters progressing to make up the required numbers. Places on the line will be decided by ballot. Track width and the number of skaters will determine the need for Semi Finals and Finals.

For Flat Track:

If there is more than 6 skaters, the skaters are to be seeded on their 800m result and will therefore line up on the line in this order as a straight final.

k) 3000 & 5000 Metres (Skated on Flat Track, Road, or Banked Track.)

The entire number of skaters shall participate without qualifying heats, unless there is an excessive number of skaters or conditions compel the Race Referee to use their discretion in the interest of safety. For New Zealand Championships places on the line will be decided in accordance with draw of clubs at team managers meeting.

l) Points Races (Skated on either Road or Banked Track.)

The entire number of skaters shall participate without qualifying heats, unless there is an excessive number of skaters or conditions compel the Race Referee to use their discretion in the interest of safety. For New Zealand Championships places on the line will be decided in accordance with draw of clubs at team managers meeting.

For road - every lap will be a sprint lap

For banked track – every second lap may be a sprint lap for 200m.

The referee will determine the frequency of the sprint laps for any other length of track, every second or third lap, based on the length of the track and will advise skaters prior to the commencement of the race.

The Referee or Assistant Referee shall advise the skaters on the line:

- a. after how many laps there should be sprints
- b. the assignment of points for each sprint.

Sprint points will be awarded at a fixed point(s) of the course. For all but the last sprint the first skater will be awarded 2 points and the second skater will be awarded 1 point, in the last sprint the first 3 skaters will be awarded 3-2-1 points. One lap before each sprint, as the lead skater crosses the finish line, the bell will sound.

A skater who does not finish the race will lose any points gained during the race.

If in the opinion of the Referee a skater commits a foul on any point sprint, the Referee may change the order of placing and the allocation of points.

In the case of a tie for points, the skater first crossing the Finish line is awarded the higher placing.

The winner will be the skater who has completed the whole race and accumulated the greatest number of points.

m) Elimination Races

Skated on either Road or Banked Track.

The entire number of skaters shall participate without qualifying heats, unless there is an excessive number of skaters or conditions compel the Race Referee to use their discretion in the interest of safety.

For New Zealand Championships places on the line will be decided in accordance with draw of clubs at team managers meeting.

The Referee or Assistant Referee will advise the skaters on which laps the eliminations will take place. Wherever possible no elimination will take place on the first lap.

The bell will be rung one lap before each elimination, as the lead skater crosses the finish line.

The last skater to cross the line at the end of the elimination lap, as determined by the last part of the last skate to cross the finish line, will be eliminated whether the skate is in contact with the ground or not.

When a skater leaves the race, for any reason, this retirement will count as a reduction of numbers and there shall be no corresponding elimination.

Road: Eliminations should be planned in such a way that after the last elimination there shall be 5 skaters left in the race to determine the final placings.

Banked Track: Eliminations should be planned in such a way that after the last elimination there shall be at least 3 but no more than 5 skaters left in the race to determine the final placings.

If in the opinion of the Referee a skater commits a foul on any elimination sprint, the Referee may change the order of placing and eliminate that skater in place of the last skater to cross the finish line.

n) Points / Elimination Races

Skated on either Road or Banked Track.

The entire number of skaters shall participate without qualifying heats, unless there are excessive numbers of skaters or conditions compel the Race Referee to use his discretion in the interest of safety. For New Zealand Championships places on the line will be decided in accordance with draw of clubs at team managers meeting.

This race is a combination of the Elimination and Points races. It consists of eliminating the last skater or skaters, and assigning points to the lead skaters. On elimination laps the last skater/s are eliminated and on alternate laps points (2, 1) are assigned to the first two skaters. At the completion of the last lap 3, 2, 1 points will be assigned to the first three skaters. The last elimination will be when there are three laps to go. A minimum of 10 skaters will remain for the last lap.

One lap before each points sprint, as the lead skater crosses the finish line, the bell will sound for points. Alternate laps are Elimination, and no bell shall ring.

A skater who is eliminated will lose all points obtained during the race.

The winner will be the skater who has completed the whole race and who has accumulated the greatest number of points.

In the case of a tie for points, the skater first crossing the Finish line is awarded the higher placing.

If in the opinion of the Referee a skater commits a foul on any point or elimination sprint, the Referee may change the order of placing and the allocation of points, or eliminate that skater in place of the last skater to cross the finish line.

o) Marathon (21k and 42k) by draw at managers meeting

Maximum time in road races is computed by increasing by 25% the time obtained by the first skater.

p) Stage Competitions (Tours)

This is an event where a number of races are held in different venues; each race is part of a stage. These events contain a combination of distances and are skated with points being allocated for placings in each race. The winner will be the skater who has accumulated the most points over a set number of stages.

q) Two Person Sprints

For each two person sprint, pairs are drawn, preferably not from the same club.

The winners move on to the next round until an overall winner is found. The fastest non qualifier may move to the next round if needed to even up the field. Minor placings are determined by times or by further elimination rounds.

r) Relays

Pairs and mixed gender relays will be skated on Flat Track only. On Banked Track and Road, only teams will constitute three (3) skaters however clubs are permitted to enter one (1) two skater team in each grade.

General

For the New Zealand championships, club Teams / Pairs only will compete.

On Road, Flat and Banked Track, Senior relays may consist of skaters 15 years and over, Junior relays may consist of skaters aged between 10 years and not yet 15 years old as at the 31st December in the year of competition. Clubs may enter multiple teams and one pair.

Relay changing shall be at will.

- (i) Changes are to be a clear and visible **2 handed push**. No touch, pull through or whip-changes are permitted
- (ii) During changes, skaters must ensure that they do not impede other skaters.
- (iii) Changes must take place between the two markers placed normally on the finish straight. Once both skaters have entered the change zone the change must be completed. i.e. The change zone is on the track between the two markers.
- (iv) For Flat Track there shall be a maximum of 6 teams on the floor per race.
- (v) Each team shall appoint as captain a skater who will report to the Referee.
- (vi) All relays will start with a gun / whistle, and the bell will indicate the final lap.
- (vii) One official may be assigned to each team to check laps skated and relay changes.
- (viii) To constitute an event at least two teams must enter the event.
- (ix) Each of the skaters must complete an equal number of laps on flat track

Pairs Relays

- (i) A Club representative must submit the names of the skaters in each of their Club's pairs to the SSC immediately after the completion of Flat Track Time Trials. However, clubs may change the composition of their teams provided notice of this change is given to the SSC no less than 24 hours prior to the time the relay is scheduled to be skated.
- (ii) Heats will be seeded according to the Flat Track Time Trial results of the faster skater of the pair.
- (iii) Each of the skaters in the Pair must complete an equal number of laps.
- (iv) The first and second placed Pair in each heat will advance to the next round.
- (v) Subsequent rounds (semi-finals and finals) will follow the same draw procedure as for 500m on road and banked track.
- (vi) Whenever possible the Heats, Semi Finals, and Finals will be skated in the same session.

SECTION 4. Officials

401 Officials Guide - Code of Behaviour

- a) Be consistent, objective and courteous in calling all infractions.
- b) Promote fair play and appropriate sporting behaviour.
- c) Use common sense to ensure that the overcalling of violations does not lose the "Spirit of the Game" of Speed Skating as a sport.
- d) Refrain at all times from discussion of incidents with other than the race officials, supporting the Referees decision at all times.
- e) Encourage co-operation between officials, skaters, administrators, spectators, coaches, and all other branches of the sport of Roller Skating.

402 Officials Uniform

- a) Road, Flat and Banked Tracks – Day Wear
 - i. **Men:** Black trousers or shorts, open neck plain white polo or shirt, black socks and black shoes
 - ii. **Women:** Black skirt, trousers or shorts, plain white polo or blouse, black socks and black shoes
- b) Flat Track – Evening Wear
 - i. **Men:** Black trousers, white shirt, black socks and black shoes
 - ii. **Women:** Black skirt or trousers, plain white blouse, black socks and black shoes
- c) No Scuffs or Jandals permitted
- d) For both Men and Women, the international official uniform is all white unless otherwise advised.

403 Referee

- a) Shall hold a Referee's commission.
- b) Shall be a current member of an affiliated club.
- c) Shall be currently registered with the NZFRS.
- d) For all International and New Zealand Championship events a Referee may be appointed for individual sessions during the competition, and shall assume overall responsibilities for Refereeing matters during that time. All race officials shall come under the authority of that Referee.
- e) Shall inform the officials of their duties.
- f) Shall ensure the event is run according to these Rules.
- g) Shall check that the Technical requirements, such as track or circuit surveying have been carried out.
- h) Shall warn any competitor who is skating or behaving in a manner that may hinder the smooth running of an event.

- i) May disqualify and withdraw any skater during the course of a race if that skater has committed a serious offence or continues to offend after warnings.
- j) May, after consultation with the event organiser / Championship Manager, cancel an event/race where competitors safety is of concern.
- k) May withdraw a lapped skater in accordance with Rule 308.
- l) Before conveying any disciplinary measures, the Referee shall consult with other track officials as to any infringements observed during the race, and ask for any disciplinary recommendation.
- m) Shall be familiar with the use of Electronic Timing Equipment. (ETE)
- n) In the event of a Protest, the referee shall be required to report on the incident to the Protest Committee, who will determine the outcome of a Protest.
- o) May appoint an Assistant Referee.
- p) Shall have the power to issue any of the following in accordance with Rule 311:
 - Warnings
 - Reduction in Rank
 - Disqualification.
- q) Shall check and sign off final placings and times.
- r) Shall ensure the correct advancement of skaters from heats to semi finals and finals.
- s) May signal a false start with a whistle.

404 Probationary Referee

May carry out any of the above listed duties of a Referee.

405 Starter

- a) Shall be a current member of an affiliated club.
- b) Shall be currently registered with the NZFRS.
- c) Shall hold a number 3 commission.
- d) May stand behind the skaters.
- e) The firing of a gun or the blowing of a whistle shall start all races. After checking with the Referee or Asst. Referee, the starter will say "Attention" for mass starts and then the gun is fired or whistle is sounded.
- f) Shall signal a false start by a second gunshot or whistle blast.
- g) Shall indicate any skater breaking and issue warnings for break infringements.
- h) Shall see the field safely past the first pylon on Flat Track, or 130m on Road or Banked Track. Where a skater falls through interference, the race shall be restarted.
- i) Shall be familiar with ETE.
- j) For Time Trials when using ETE shall look for skate infringements. At least 1 skate must be placed between the 2 start lines, and all wheels on the ground. The first movement of this skate must be in the direction of the race.

406 Track Stewards

- a) Shall be a current member of an affiliated club.
- b) Shall be currently registered with the NZFRS.
- c) Shall hold a number 3 commission.
- d) Shall be positioned in such a manner as to watch for infringements on their corner and in the straights leading to and from that corner. Reporting any incidents to the Referee at the end of the race.
- e) Shall be responsible for the correct positioning of pylons before each race.

NOTE. For Road events, extra Track Stewards may be used.

407 Lap Scorer

- a) Shall be a current member of an affiliated club.
- b) Shall be currently registered with the NZFRS.
- c) Should for all N Z Championship events hold a number 3 commission. In the event of a No.3 not being available, a No. 2 may be substituted.
- d) For races, the scoreboard (lap counter) should be positioned a few metres after the finish line, on the inside of the track. The exception shall be for relays on the Flat Track, where it should be positioned at the end of the Start/Finish straight, on the outside of the track.
- e) At the start of the race, the total number of laps shall be displayed. This shall decrease as the lead skater / skaters cross the finish line.
- f) Shall ring the bell to indicate the last lap, point sprint lap, and elimination lap.
- g) The waving of a chequered flag shall indicate the finish of the race.
- h) An assistant lap scorer is required for National events. Should hold at least a No 2 Commission.
- i) Where provided, a backup lap counter, of the hand held mechanical/electronic variety shall be used to reference laps skated.

408 Place Judges

- a) Shall be a current member of an affiliated club.
- b) Shall be currently registered with the NZFRS.
- c) Shall hold at least a Number 1 commission.
- d) For all races other than Time Trials, there shall be a minimum of 3 Place Judges, one of whom shall be appointed as Chief Place Judge.
- e) The Chief Place Judge must hold at least a Number 2 commission.
- f) The Chief Place Judge shall assign each Place Judge a specific place to determine and shall record all placings.
- g) After determining their assigned placing, Place Judges should also endeavour to place all remaining skaters in the race.
- h) The Chief Place Judge shall pass on results to the Referee.

- i) In the event of a discrepancy, the Referee's decision shall be final.

409 Time Keepers

- a) Shall be a current member of an affiliated club.
- b) Shall be currently registered with the NZFRS.
- c) Shall hold at least a No.1 commission.
- d) Shall use stopwatches or ETE calibrated in hundredths of seconds e.g. 10.12.72.
- e) Starting of watches.
 - i. For Road and Banked Track Time Keepers shall not watch the start and will start their watches on the report of the gun or whistle except where ETE is being used.
 - ii. For Flat Track Time Keepers will start their watches when the first part of the first skate crosses the Timing Line.
- f) Shall stop their watch as the first part of the skaters first grounded skate crosses the finish line.
- g) Shall not clear their watch until instructed to do so by the Chief Time Keeper.
- h) For National Championships if manual stop watches are used there shall be a minimum of 3 Timekeepers one of whom shall be appointed as Chief Time Keeper. When ETE is used the Chief Time keeper shall operate the equipment.
- i) The Chief Time Keeper must hold at least a No. 2 commission.
- j) For National Championships a minimum of 3 watches or ETE shall be used to record the winner's time.
- k) Where heats times are required for advancement to the next round, a watch shall time each skater.
- l) The Chief Time Keeper must record all times as the watch/watches show.

When all watches differ, the middle time shall be the official time.

When 2 or more watches show identical times, that time shall be the official time.

When a watch malfunctions, the slower time of the other 2 shall be the official time.

If ETE fails there shall be no time recorded for that event.

- m) For a record or official time to stand, 3 watches or ETE must record the winners time. These must be checked by the Referee or Assistant Referee before the watches, or ETE, are returned to zero. All times are to be recorded.
- n) Times recorded will be handed to the Referee for checking and then forwarded to the Race Secretary.

410 Race Secretary

- a) Shall be a current member of an affiliated club.
- b) Shall be currently registered with the NZFRS.
- c) Should hold at least a number 2 commission.
- d) Shall record all race results.

- e) May assist the Referee by working out placings for Points / Points Elimination races and working out advancement from heats/semi finals. These shall be passed on to the Referee to be signed off.
- f) Shall post all results, heats, qualifying times etc. on a notice board, with copies to the Announcer, Marshall, and Referee.
- g) All calculations and results are to be on official documentation.
- h) All race results/records to be retained for event organisers.

411 Race Marshal

- a) Shall be a current member of an affiliated club.
- b) Shall be currently registered with the NZFRS.
- c) For National Championships at least a No 1 commission should be held.
- d) Shall be allocated an area suitable to assemble skaters.
- e) Shall check that all skaters are wearing the correct skating attire and that legible numbers are correctly attached, and that hazardous watches and jewellery are removed.
- f) Shall notify the Referee of any skater that has not reported.
- g) Where start positions have not been pre-drawn, shall draw lots to ascertain starting positions for that race.

412 Commission Tests – Speed Officials

Persons eligible to sit Speed Commission tests, from Number One (1) up must be sixteen (16) years of age and over who are registered NZFRS members.

- a) Number 1 Test
Oral and practical Test to be taken by a Referee at any N.Z.F.R.S. sanctioned event.
- b) Number 2 Test
Sat on written application to the Speed Sport Committee. It is not necessary to have passed Number One.
- c) Number 3 Test
Sat on written application to the Speed Sport Committee. May be sat after an officiating period of two (2) years after qualifying as a No 2.
- d) Probationary Referee
Sat on written application to the Speed Sport Committee. May be sat after an officiating period of two (2) years (including two National Championships) after qualifying as a No 3 and will be sat at a National Championships.
- e) Referee
Sat on written application to the Speed Sport Committee. May be sat after an officiating period of two (2) years (including two National Championships) as a Probationary Referee and will be sat at a National Championships. The candidate must pass a practical test and an oral test before full appointment will be granted.

f) International Referee

Must be sat at a World Championship and can only be sat after officiating as a full Referee for five (5) years. A written application must be made to the Speed Sport Committee.

g) Commission Test Fee

The NZFRS Speed Sport Committee will set fees for the Commission Tests on an annual basis and advise all clubs. The first test paper will include a fee for a set of the current Speed Skating Rules.

h) Lapsed Commission

Officials who have not officiated in any competition for a period of three (3) years must apply to the Speed Sport Committee for reassessment if they wish to reactivate their commission.

SECTION 5. MEDAL TESTS

501 Proficiency Test Schedule

SPEED TEST NUMBER ONE

Time for 200 metres

Male	Female
0.40	0.44

Award: Bar inscribed Speed 1

Time for 400 metres

Male	Female
1.10	1.14

SPEED TEST NUMBER TWO

Time for 200 metres

Male	Female
0.30	0.33

Award: Bar inscribed Speed 2

Time for 400 metres

Male	Female
0.57	1.00

SPEED TEST NUMBER THREE

Time for 400 metres

Male	Female
0.53	0.57

Award: Bar inscribed Speed 3

Time for 800 metres

Male	Female
1.50	1.54

SPEED TEST NUMBER FOUR

Time for 400 metres

Male	Female
0.49	0.53

Award: Bar inscribed Speed 4

Time for 800 metres

Male	Female
1.40	1.47

SPEED TEST NUMBER FIVE

Time for 400 metres

Male	Female
0.46	0.51

Award: Bar inscribed Speed 5

Time for 1500 metres

Male	Female
2.55	3.08

SPEED TEST NUMBER SIX

Time for 400 metres

Male	Female
0.43	0.48

Award: Bar inscribed Speed 6

Time for 1500 metres

Male	Female
2.50	3.05

TEST OFFICIALS – Speed Tests 1 to 6 inclusive

Using electronic timing equipment

minimum of 3 Officials

1 Referee	Commissioned
1 Lap Scorer	No 2 or higher
1 Time Keeper	No 2 or higher
1 Secretary	No 2 or higher

The Time Keeper may act as Secretary

Using hand held watches

minimum of 5 Officials

1 Referee	Commissioned
1 Lap Scorer	No 2 or higher
1 Chief Time Keeper	No 2 or higher
2 Time Keepers	No 1 or higher
1 Secretary	No 2 or higher

The Chief Timekeeper may act as Secretary

SPEED TEST NUMBER SEVEN

Award: Silver Medal

Time for 800 metres

Male	Female
1.26	1.35

Time for 1500 metres

Male	Female
2.44	3.00

SPEED TEST NUMBER EIGHT

Award: Gold Medal

Time for 1500 metres

Male	Female
2.39	2.58

Time for 3000 metres

Male	Female
5.30	5.56

TEST OFFICIALS – Speed Tests 7 and 8

Using electronic timing equipment minimum of 6 Officials

1 Referee	Commissioned
2 Track Stewards	No 2 or higher
1 Lap Scorer	No 2 or higher
1 Assistant Lap Scorer	No 2 or higher
1 Time Keeper	No 2 or higher
1 Secretary	No 2 or higher

The Time Keeper may act as Secretary

Using hand held watches minimum of 8 Officials

1 Referee	Commissioned
2 Track Stewards	No 2 or higher
1 Lap Scorer	No 2 or higher
1 Assistant Lap Scorer	No 2 or higher
1 Chief Time Keeper	No 2 or higher
2 Time Keepers	No 1 or higher
1 Secretary	No 2 or higher

The Chief Timekeeper may act as Secretary

Note: Track Stewards with No 2 commissions rather than number 3 commissions may be used given the limited scope of duties.

502 Test Fees

The Speed Sport Committee will set fees for medal test one to eight on an annual basis and advise all clubs.

503 Running of Tests

- a) All tests shall be skated on a flat track not exceeding 100 metres in size.


The skating surface shall be measured and marked accurately to dimensions provided by the Speed Sport Committee.

- b) The candidate must:
 - be a member of an affiliated club, and
 - be a current registered member of the NZFRS, and
 - hold a current speed number.
- c) The candidate must skate alone, with no other skater on the skating surface.
- d) All test requirements must be skated within one hour.

- e) The test fee must be paid prior to skating the test.
- f) Failure to skate the prescribed time for either distance shall cause the skater to fail the test.
- g) Kicking a pylon shall cause the skater to fail the test.
- h) The candidate may sit a new test (both distances) upon payment of the fee should they fail the first test. There shall be no re-skates.
- i) All test papers shall be forwarded to the Speed Sport Committee with the appropriate fees.

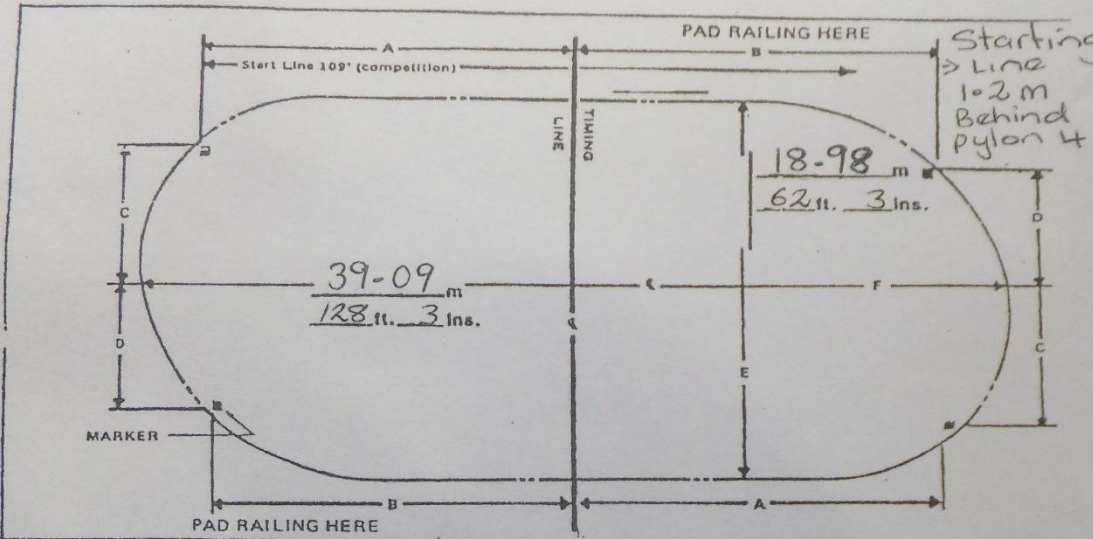
APPENDIX A – Flat Track Plan

Flat track plan



Official Roller Speed Skating Track

United States Amateur Confederation of Roller Skating



Start Line 109' (competition)

PAD RAILING HERE

Timing LINE

18-98 m
62 ft. 3 ins.

39-09 m
128 ft. 3 ins.

MARKER

PAD RAILING HERE

Starting Line 1.2 m Behind Pylon 4

RINK: _____

TABLE OF DIMENSIONS

Size of rink floor _____ by _____

One lap on this track equals 100 meters. USE STEEL TAPE TO LAY OUT.

Dimension "A" <u>17.04</u> m <u>55</u> ft. <u>11</u> ins.	Dimension "C" <u>6.90</u> m <u>22</u> ft. <u>8</u> ins.
Dimension "B" <u>16.13</u> m <u>52</u> ft. <u>11</u> ins.	Dimension "D" <u>6.04</u> m <u>19</u> ft. <u>10</u> ins.

If the above dimensions are carefully applied, your speed skating track will be very accurate at a distance of one foot outside of the corner markers.

This information for use only at rink as designated. Details provided by USAC/RS Office from a chart compiled by F. Faber, eng.

ISSUED: _____

By: _____

Notes: _____

APPENDIX B -- Serpentine

Notes on the Serpentine System for 500m & 1000m events

500m

The heats will be made up according to the results of 200M/300M individual Time Trial and the Serpentine system. The following is an example run with 5 heats

<u>Heat 1</u>	<u>Heat 2</u>	<u>Heat 3</u>	<u>Heat 4</u>	<u>Heat 5</u>
1	2	3	4	5
10	9	8	7	6
11	12	13	14	15
20	19	18	17	16
21	22	23	24	25
30	29	28	27	26

The numbers correspond to the classification of 200M/300M T/T individual results.

In this case of 30 competitors, 5 heats of 6 skaters will be skated.

The first heat, for example will skated by skaters who placed at 1-10-11-20-21-30

If a skater did not take part in the 200M/300M T/T then that skater will occupy the place that corresponds to the end of the serpentine. (In this example No. 31)

A certain number of skaters will advance to the Semi Final / Final based exclusively on the order in which they finished the qualifying heat.

Further to our example, a possible decision would be to classify the first 3 skaters of each heat, for a total of 15 skaters to advance to the next round.

15 skaters are then sub-divided into 3 semi final heats. To do this the winners of each elimination heat are divided among the first, second, third, semi final. The same procedure follows for those that finished second, third, and so on.

1 = 1st heat	1 = 2nd heat	1 = 3rd heat
2 = 1st heat	1 = 5th heat	1 = 4th heat
2 = 2nd heat	2 = 3rd heat	2 = 4th heat
3 = 2nd heat	3 = 1st heat	2 = 5th heat
3 = 3rd heat	3 = 4th heat	3 = 5th heat

Another possible decision would be to advance the first 2 skaters of each heat. Semi finals would then have 5 skaters in each, as follows:

1 = 1st heat	1 = 2nd heat
1 = 4th heat	1 = 3rd heat
1 = 5th heat	2 = 1st heat
2 = 3rd heat	2 = 2nd heat
2 = 4th heat	2 = 5th heat

Note:

The winner of the 1st heat will compete in the 1st semi final, the winner of the 2nd heat will compete in the 2nd semi final and so on, according to the serpentine system. The final will be skated by the first 2 skaters of each of the semi finals, for a total of 6 skaters, or in the second case, with the first 3 skaters of each semi final.

Note:

If the track dictates that only 4 skaters shall skate the final, then the allocation of heats and semi finals shall follow the serpentine system, with eliminations to conclude with 4 skaters for the final.

Note:

For the 500m and 1000m races, skaters may choose their position on the starting line, according to their ranking in the 200M/300M T/T and the number of skaters.

1000m

The heats will be made up according to the results of the 200M/300M individual T/T and the serpentine system. The following is an example run with 4 heats.

<u>Heat 1</u>	<u>Heat 2</u>	<u>Heat 3</u>	<u>Heat 4</u>
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
17	18	19	20
24	23	22	21
25	26	27	28
32	31	30	29
33	34	35	36
40	39	38	37

In the 1st heat, skaters who obtained places 1-8-9-16-17-24-25-32-33-40 will participate. If a skater did not take part in the 200/300m T/T they will occupy the place that corresponds at the end of the serpentine. (In this case No. 41)

The winner of each heat will advance to the semi final / final, plus the required number of skaters, according to the times registered.

Further with the example, we would progress to 2 semi finals, with the 4 winners and the next 12 fastest skaters to make 8 skaters in each.

The semi finals would be arranged according to the winners, and the times registered in the heats.

The winners of each of the heats would be placed according to the serpentine system. The first is the one who registered the best time, and so on. Those who advanced by times (12) are then organised, according to their registered times, and the serpentine system.

1 = Fastest heat	1 = 2nd fastest heat
1 = 4th fastest heat	1 = 3rd fastest heat
Time	Time
Time	Time
Time	Time
Time	Time
Time	Time
Time	Time

The final would be skated by the winner of each heat and the best 6 losers' times, for a total of up to 8 skaters.

Note:

If the track dictates the number of skaters that shall take part in the final then the final shall be the winners of each of the heats / semi finals and the next fastest loser, to make up the required number and worked out by the serpentine system.

Note:

For the 500m and 1000m races, skaters may choose their position on the starting line according to their ranking in the Individual T/T and the number of skaters.

APPENDIX C – Race Schedules

(a) Flat Track

(i) Individual Races

Primary	200mTT	200m	400m	800m
Juvenile	300mTT	400m	800m	1500m
Cadet	300mTT	800m	1500m	3000m
Junior	300mTT	800m	1500m	3000m
Senior	300mTT	800m	1500m	3000m
Masters	300mTT	500m	1000m	3000m
Open - Ladies 12+ years	5000m			
Open – Men 12+ years	10000m			

Note: Masters skaters may select **EITHER** their grade 3000m event OR the Senior 3000m event. They may not skate in both events.

(ii) Relays

Team Relays

Girls	10 yrs not yet 15 years	3 skaters	1500m
Boys	10 yrs not yet 15 years	3 skaters	1500m
Ladies	15 years and over	3 skaters	3000m
Men	15 years and over	3 skaters	3000m

Mixed Team Relays

10 yrs not yet 15 years	2 male-2 female skaters	1600m
15 years and over	2 male-2 female skaters	3200m

Mixed Pairs Relays

10 yrs not yet 15 years	1 male - 1 female skater	1200m
15 years and over	1 male - 1 female skater	1200m

(b) Banked Track

(i) Individual Races

Primary	200m Dual TT	500m+D	1000m	1500m
Juvenile	200m Dual TT	500m+D	1000m	3000m
Cadet	200m Dual TT	500m+D	1000m	5km points/elim
Junior	200m Dual TT	500m+D	1000m	10km points/elim
Senior	200m Dual TT	500m+D	1000m	10km points/elim
Masters	200m Dual TT	500m+D	1000m	5km points/elim
Open – Ladies 12+ yrs	10km Elimination			
Open - Men 12+ years	10km Elimination			

Note: Masters skaters may select **EITHER** their grade 5km points/elimination event **OR** the Senior 10km points/elimination event. They may not skate in both events.

(iii) Relays

Girls	10 yrs not yet 15 yrs	3 skaters or 1x2 skaters	3000m
Boys	10 yrs not yet 15 yrs	3 skaters or 1x2 skaters	3000m
Ladies	15 years and over	3 skaters or 1x2 skaters	3000m
Men	15 years and over	3 skaters or 1x2 skaters	3000m

(c) Road

(ii) Individual Races

Primary	100m or 200m TT	500m	1000m	1500m
Juvenile	100m or 200m TT	500m	1000m	3000m
Cadet	100m or 200m TT	500m	1000m	5km points
Junior	100m or 200m TT	500m	1000m	10km points
Senior	100m or 200m TT	500m	1000m	10km points
Masters	100m or 200m TT	500m	1000m	5km points
Open - Ladies 12+ years	15km elimination			
Open - Men 12+ years	15km elimination			

Note One:

100m sprint will only be run if venue allows otherwise the event will be a 200m Time trial.

Note Two:

Masters skaters may select **EITHER** their grade 5km points event **OR** the Senior 10Km points event. They may not skate in both events.

(iv) Relays

Girls	10 yrs not yet 15 years	3 skaters or 1x2 skaters	3000m
Boys	10 yrs not yet 15 years	3 skaters or 1x2 skaters	3000m
Ladies	15 years and over	3 skaters or 1x2 skaters	5000m
Men	15 years and over	3 skaters or 1x2 skaters	5000m

(d) Marathon

Marathon 42.195 km

Ladies 15 years and over

Men 15 years and over

Half Marathon 21.098 km

Girls not yet 15 years

Boys not yet 15 years