

NEW ZEALAND FEDERATION OF ROLLER SPORTS



SPEED SKATING RULES

(based on CIC Regulations)

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SECTION 1. GENERAL

101 General

New Zealand Road and Banked Track Speed Skating Rules are based on the CIC 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 may change the race specifications to align them with changes to CIC rules. Where such a change is made after the entry forms have been issued, Club Secretaries will be advised of the changes.

102 Event conduct

- 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 competitors.
- e) In no case can skaters push other competitors or cut in front of them. It is also forbidden to let oneself be taken in tow, to push, obstruct, or help any other competitor.
- f) Skaters who are being passed/lapped shall not obstruct the pass, or help another competitor.
- g) Skaters must skate the designated course.
- h) Skaters can repair a damaged skate, being careful not to obstruct the race. 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 excluded from that event.
- j) All skaters must take part in races fairly and enthusiastically. Those showing a clear negative attitude or clear inability may be excluded from the competition.
- 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who voluntarily withdraws from a race (other than a race categorised as "optional") before the race has started will be withdrawn from the rest of the competition unless the skater has notified the race director prior to the commencement of that session of his/her intentions.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 director 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) Fair Play
All skaters must take part in races fairly and enthusiastically. Those showing a negative attitude or clear inability may be excluded from the competition.

o) 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 Chief Referee from the event.
2. The skater who benefits from the fault must be reduced in rank.

See NZFRS policy 9-01

103 Classification of Events

- a) Time Trial
Races against time may take place either on Flat Track, Banked Track, or Road. One skater at a time covers 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 313 "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.
 - (iv) Apply to the Speed Sport Committee for dimensions of the track layout.
- (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 CIC rules.
- (3) Road
- (a) General
 - (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, must not be shorter than 300 metres or longer than 1000 metres. If a marathon is raced on a closed circuit, the circuit must 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 CIC 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 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. Competitors who withdrew or were disqualified continue to be excluded.

105 Qualifications for New Zealand Championships

- a) All 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.

Historical times count. Skaters need to achieve the qualifying standard only once for each grade.

Primary	Boys	200m tt	40 sec	300m tt	53 sec	calculated from medal # 1 rounded up
	Girls		44 sec		56 sec	
Juvenile	Boys	200m tt	30 sec	300m tt	43 sec	calculated from medal # 2 rounded up
	Girls		33 sec		45 sec	
Junior	Boys	200m tt	28 sec	300m tt	40 sec	calculated from medal # 3 rounded up
	Girls		29 sec		43 sec	
Intermediate	Men	200m tt	26 sec	300m tt	37 sec	calculated from medal # 4 rounded up
	Ladies		28 sec		40 sec	
Senior	Men	200m tt	21 sec	300m tt	33 sec	
	Ladies		24 sec		37 sec	
Masters		200m tt	33 sec	300m tt	45 sec	

- b) While Area's 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.

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 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 ETE equipment 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.

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 1st January of the following year (delete). Skaters required to move by age to a new grade shall do so at the commencement of the competition year (i.e. 6 months prior to reaching their grade age).

- 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.

202 Grades

a) Individual races

Primary	Not yet 9 years
Juvenile	Not yet 12 years
Junior	Not yet 15 years
Intermediate	Not yet 17 years
Senior	17 years and over
Masters (Men)	35 years and over
Masters (Women)	30 years and over

b) Relays

(i)	Flat Track	
	Junior	9 and not yet 15 years
	Senior	15 years and over
(ii)	Road and Banked Track	
	Junior	9 and not yet 15 years
	Senior	15 years and over

203 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 6 wheels fastened in line are permitted. The maximum diameter of wheel must not exceed 110mm. 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, Senior and Master skaters may use wheels of up to, but not exceeding 125mm in diameter.

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) 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 Speed Sport Committee)

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 disqualified.

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 CIC Rules Article 109 (1) and (2).

d) Sponsorship

May be worn on uniforms as per the current NZFRS 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. 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.
- v. Bank Track and Road Starts (100m, 500m+D, 1000m): When all skaters have been called, the starter gives the authorisation to take their place on the starting line by saying “IN POSITION”. The skaters have up to five (5) seconds to take their spots on the start line:
 - 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 boxAt the command “SET” the skater assumes their position and must remain immobile. Then the starter fires the gun/whistle.
If the skater has any problem after the first signal “SET”, the skater has the right to signal this problem to the starter by lifting a hand. This is allowed only one time for each skater. The starter stops the starting procedure and asks all the skaters to leave the starting zone and then the starter resumes the starting procedure.
- vi. A false start shall be signalled by the second firing of the gun or by a whistle blast. The Starter shall not use the command “Attention” for the restart.
- 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 competitor 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 302(b).

303 **Description of a False Start**

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

Penalties: - Flat Tack

1st Break	Warning
2nd Break	Competitor starts from the 1 metre Break Line
3rd Break	Disqualified

These penalties apply to individual distances only.

e.g. 1000m Heat	Warning
1000m Semi	Break Line
1000m Final	Disqualified

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

Penalties: - Road and Banked Tack

1st Break	Warning
2nd Break	Disqualified

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 competitors 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:

Any skater wishing to dispute the result, will, before leaving the skating surface, notify the Referee that they intend to lodge a protest. Skaters may go to the side of the skating surface and summon their team manager, who will be permitted to assist the skater.

For Primary and Juvenile Skaters, the Team Manger may be the person who advises the Referee that they wish to lodge a protest on behalf of their Skater.

The written protest along with the appropriate fee, must be lodged with the Race Secretary within 15 minutes of the initial verbal advice of protest.

- b) Road and Banked Track:

As skaters are not required to report directly to the Referee at the end of races, the protest shall be lodged in writing, along with the appropriate fee, with the Race Secretary within 15 minutes of the official result being announced. As soon as possible after receiving a protest the Race Secretary will notify the Referee.

- c) The Protest Fee shall be notified on the notice board.

- d) Steps to a Protest

Skaters, or the Team Manager of Primary or Juvenile Skaters, advise the Referee of their wish to protest a race result.

For Flat Track events this must be done before the Skater leaves the skating surface. Within 15 minutes of the verbal advice of protest, a written protest along with the appropriate fee, must be lodged with the Race Secretary.

For Road and Banked Track events a written protest, accompanied by the appropriate fee, must be handed to the Race Secretary within 15 minutes of the race result being announced.

As soon as possible after receiving a protest the Race Secretary will notify the Referee. Posting of results on the notice board and prize giving will be delayed until the Protest has been held.

The Championship Manager or Race Director shall appoint a protest committee of 3 persons who will investigate the lodged protest. Care shall be taken to ensure that all parties are interviewed.

Unless notified otherwise at the commencement of the competition (normally at the Team Managers meeting) the current version of the NZFRS Speed Skating Rules shall be used for the running of the races and any protest.

The Chairperson of the protest committee shall advise the result of the protest to the Referee and the skaters concerned.

306 Appeals

See 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.

Road and Banked Track

- b) 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 Bank Track, skaters who are about to be lapped shall ensure that they hold their line nearest the pole line of the track, to give the lead skaters a clear line to pass safely.
- b) Competitors who are lapping or being lapped must on no account impede, or assist any other skater.
- c) A lapped skater 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 Infringements

Disqualification MAY take place for the following serious infringements:

- 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 311).
- e) Putting a skate down, or grounding a skate, inside a pylon (see Rule 311).
- f) Use of unsporting gestures or making derogatory remarks or swearing at another skater or an official.
- g) Skaters are not allowed to touch with their roller skates the ground outside the line delineating the course. Skaters violating voluntarily this rule will be disqualified. The judges take the decision when this fault is committed during a massive fall of skaters or to avoid a fall.

310 Disciplinary Measures

The following disciplinary measures may be used during a competition, toward any competitor who might be responsible for the non-observance of instructions given by the referee, or of more serious violations with respect to the principles or ethics of the sport, including the use of banned substances. In relay events disciplinary measures applied to an individual skater shall be deemed to apply also to the rest of the relay team.

- Warning
- Reduction in rank in the order of finishing
- Disqualification from the race
- Disqualification from the competition
- Suspension of membership

- a) WARNINGS may be given for:
- i. Voluntary leaving the track.
 - ii. Incorrect dress.
 - iii. Impeding the progress of another skater, ie. blocking or double tracking.
 - iv. Running the race other than on its merits.
 - v. Tripping, pushing, or interfering with another skater.
- b) REDUCTION IN RANK (RELEGATION)
- i. If, during the progress of the race, particularly in the latter stages, a competitor is responsible for the hindering of another competitor they may be reduced in rank according to the discretion of the Race Referee, even if the fouled skater does not cross the finish line.
 - ii. If, during the progress of the race, particularly in the latter stages, a competitor receives assistance in the form of a push or slingshot from another competitor, the competitor receiving the assistance may be reduced in rank.
- c) DISQUALIFICATION
- i. Accumulation of warnings.
 - ii. Serious infringements.
 - iii. Dislodging a pylon in a Time Trial, or Medal Test.
 - iv. Any skater who assists a fellow skater by pushing or slinging, and by this action attempts to alter the race result.
 - v. Skating outside the line delineating the course
- d) 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.

311 Pylon Infringements

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
		2nd Infringement
		3rd Infringement
		Warning
		Reduction in rank
		Disqualified

These penalties apply to individual distances only.

eg. 800m Heat Warning

	800m Semi 800m Final	Reduction in rank Disqualified
or	800m Heat – 1 st offence 800m Heat – 2 nd offence 800m Heat – 3 rd offence	Warning Reduction in rank 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
Reduction in rank, 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.

312 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 CIC sanctioned event.

313 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.

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.

Where conditions, as stipulated under the CIC regulations are available, a 100m race would be held. Where the conditions cannot be met, a 200m time-trial will be held.

b) 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.

c) 200 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 entrants will determine the need for Semi Finals and Finals.

d) 400 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 entrants will determine the need for Semi Finals and Finals.

e) 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.

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.

- If there are less than 6 skaters place (box) One stays vacant.
- If there are four (4) skaters the places One and Six stay vacant.

When all the skaters have been called, the starter judge gives them the authorization to take place on the starting line by saying "in position". The skaters have three (3) seconds to take their starting position immobile. When all the skaters are immobile and after a short delay, the starter judge fires the gun.

- ▶ A false start is signalled when a skater moves or starts before the gun signal is given. The start is cancelled and the skater involved is sanctioned by one (1) false start.
- ▶ Only one (1) false start is permitted by skater. The skater, who commits two (2) false starts in the same race, is disqualified. Only one false start is allowed for the sprint tournament (500m & 1 000m).
- ▶ The Starting judge or Chief 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.
- ▶ Starting condition : On the referee's order the start may be repeated when :
- ▶ If there is an obstruction involuntary between two or more skaters in which a fall occurs
- ▶ A fault occurs at the start (rounds, semi-finals and finals) that may influence the outcome of the race in the opinion of the Starting judge or the Chief Referee.

Bank 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 placegetters as above for 16 or less skaters. There will be four in the final.

f) 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 entrants will determine the need for Semi Finals and Finals.

g) 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.

- If there are less than 6 skaters place (box) One stays vacant.
- If there are four (4) skaters the places One and Six stay vacant.

When all the skaters have been called, the starter judge gives them the authorization to take place on the starting line by saying "in position". The skaters have three (3) seconds to take their starting position immobile. When all the skaters are immobile and after a short delay, the starter judge fires the gun.

- ▶ A false start is signalled when a skater moves or starts before the gun signal is given. The start is cancelled and the skater involved is sanctioned by one (1) false start.
- ▶ Only one (1) false start is permitted by skater. The skater, who commits two (2) false starts in the same race, is disqualified. Only one false start is allowed for the sprint tournament (500m & 1 000m).
- ▶ The Starting judge or Chief referee signals the false start to the skater by showing a yellow card. The starter judge shows a red card to signal the disqualification after a second false start.
- ▶ Starting condition : On the referee's order the start may be repeated when :
 - ▶ If there is an obstruction involuntary between two or more skaters in which a fall occurs
 - ▶ A fault occurs at the start (rounds, semi-finals and finals) that may influence the outcome of the race in the opinion of the Starting judge or the Chief Referee.

h) 1500 Metres

Skated on Flat Track, Road, and Banked Track.

For Road and Bank 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 entrants 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.

i) 3000 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.

j) 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.

k) 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:

1. after how many laps there should be sprints
2. 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.

l) 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.

Bank 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.

m) 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.

n) 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.

o) 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.

p) 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.

q) 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 Flat Track, senior relays may consist of Senior, Intermediate, Masters. Junior relays may consist of Junior and Juvenile skaters. Junior relays may consist of Junior and Juvenile skaters. On Road and Banked Track, Senior relays may consist of skaters 15 years and over, Junior relays may consist of skaters aged between 9 and not yet 15 years. Clubs may enter multiple Teams and one Pair.

- (i) Relay changing shall be at will.
- (ii) Changes are to be a clear and visible **2 handed push**. No touch, pull through or whip-changes are permitted
- (iii) During changes, skaters must ensure that they do not impede other skaters.
- (iv) 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.
- (v) For Flat Track there shall be a maximum of 6 teams on the floor per race.
- (vi) Each team shall appoint as captain a skater who will report to the Referee.
- (vii) All relays will start with a gun / whistle, and the bell will indicate the final lap.
- (viii) One official may be assigned to each team to check laps skated and relay changes.
- (ix) To constitute an event at least two teams must enter the event.
- (x) 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) Flat Track

Men Evening: Black trousers, plain white shirt, and black shoes.

- 1. Day: White trousers, or white shorts, open neck plain white shirt, white socks and white shoes.

Women Evening: Black skirt / trousers, plain white blouse, black shoes.

- 2. Day: White dress or trousers, white shorts, plain white blouse, white shoes.

No scuffs or jandals permitted.

An evening session is defined as a session starting after 6:00pm

For both men and women the official uniform is all white.

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 the Speed 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 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 remove a lapped skater.
- 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 protest shall be required to report on the incident to the Protest Committee, who will make the final decision.
- o) May appoint an Assistant Referee.
- p) Shall have the power to issue any of the following:
 - 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.

413 Race Director

- a) Shall be a current member of an affiliated club.
- b) Shall be currently registered with the NZFRS.
- c) Shall ensure security of race venue
 - (i) For Road circuits, Road closure barriers and signs erected according to local requirements and the safety of skaters.
 - (ii) Safety protection fitted to barriers/railings if required.
- d) For all National/International events shall provide a survey certificate of the race venue, showing lap distance, number of laps per distance, and Start / Finish points for all races.
- e) Shall oversee the equipment requirements for events, as specified in Rule 106.
- f) Shall oversee the requirement for Officials as per Rule 107, although the Referee will actually place people in the various roles.
- g) Shall be responsible for the overall programming of the event. Any change to the programme must be with the approval of the Race Director, 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, and will liaise with the Race Director.
- h) Shall ensure a permit has been issued, before the competition commences.
- i) Shall ensure the Protest Fee for the event has been posted.

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

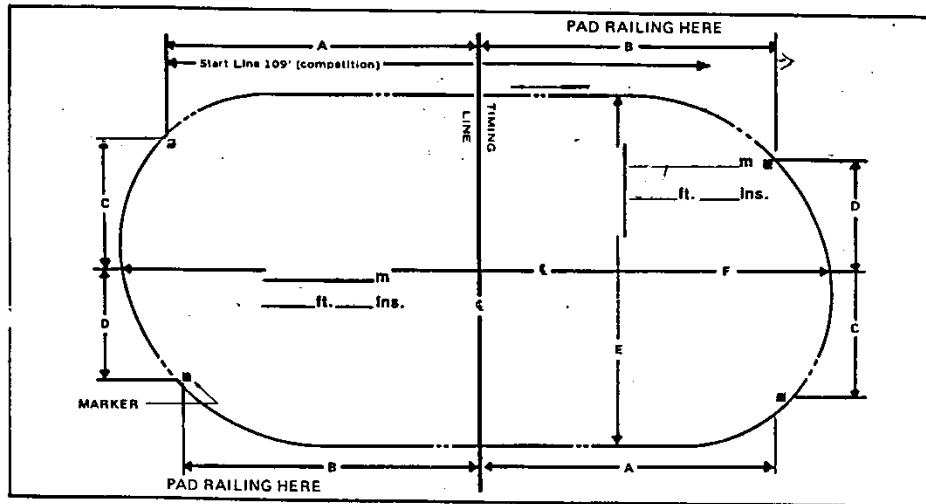
- f) Failure to skate the prescribed time for either distance shall cause the skater to fail the test.
- g) Kicking a pylon shall cause the skater to fail the test.
- h) The candidate may sit a new test (both distances) upon payment of the fee should they fail the first test. There shall be no re-skates.
- 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



RINK: _____

TABLE OF DIMENSIONS

Size of rink floor: _____ by _____

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

Dimension "A" _____ m _____ ft. _____ ins. Dimension "C" _____ m _____ ft. _____ ins.

Dimension "B" _____ m _____ ft. _____ ins. Dimension "D" _____ m _____ ft. _____ 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 entrants.

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 entrants.

APPENDIX C – Race Schedules

(a) Flat Track

(i) Individual Races

Primary	200mTT	200m	400m	800m
Juvenile	300mTT	400m	800m	1500m
Junior	300mTT	800m	1500m	3000m
Intermediate	300mTT	800m	1500m	
Senior	300mTT	800m	1500m	
Masters/Masters (Women)	300mTT	500m	1000m	
Masters/Masters (Women)	3000m			
Int /Senior	3000m			
Ladies 12yrs and over	5000m			
Men 12yrs and over	10000m			

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

(ii) Relays

Team Relays

Junior	3 skaters	1500m
Senior	3 skaters	3000m
Junior Mixed	2 male-2 female skaters	1600m
Senior Mixed	2 male-2 female skaters	3200m
Mixed Pairs Relays		
Junior	1 male - 1 female skater	1200m
Senior	1 male - 1 female skater	1200m

(b) Banked Track

(i) Individual Races

Primary	300mTT	500m	1000m	1500m
Juvenile	300mTT	500m	1000m	3000m
Junior	300mTT	500m	1000m	5km points
Intermediate	300mTT	500m	1000m	
Senior	300mTT	500m	1000m	
Masters/Masters Women	300mTT	500m	1000m	
Masters/Masters Women		5km points		
Int/Senior		10km Points/	Elim	
Ladies 12yrs and over		15km	Elimination	
Men 12yrs and over		15km	Elimination	
Youth Olympic Men		5km	Elimination	
Youth Olympic Women		5km	Elimination	

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

Youth Olympic races are for Junior World Age groups.

(ii) Relays

Girls	Not yet 15 years	3 skaters and/or 1x2 skaters	3000m
Boys	Not yet 15 years	3 skaters and/or 1x2 skaters	3000m
Ladies	15 years and over	3 skaters and/or 1x2 skaters	3000m
Mens	15 years and over	3 skaters and/or 1x2 skaters	3000m

(c) Road

(i) Individual Races

Primary	200mTT	500m	1000m	1500m
Juvenile	200mTT	500m	1000m	3000m
Junior	200mTT	500m	1000m	5km points
Intermediate	200mTT	500m	1000m	
Senior	200mTT	500m	1000m	
Masters/Masters Women	200mTT	500m	1000m	5km points
Int/Senior		10km points		
Ladies 12yrs and over		20km elimination		
Men 12yrs and over		20km elimination		

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

(ii) Relays

Girls	Not yet 15 years	3 skaters and/or 1x2 skaters	3000m
Boys	Not yet 15 years	3 skaters and/or 1x2 skaters	3000m
Ladies	15 years and over	3 skaters and/or 1x2 skaters	5000m
Mens	15 years and over	3 skaters and/or 1x2 skaters	5000m

Marathon 42.195 km

Ladies 15 years and over

Men 15 years and over

Half Marathon 21.098 km

Girls not yet 15

Boys not yet 15