

ARTICLE XV

Speed Skating

The Special Olympics Canada (SOC Official Sports Rules shall govern all SOC Speed Skating competitions. As a national sports program, SOC has created these rules based upon the Canadian Amateur Speed Skating Association (CASSA) rules for speed skating. CASSA rules shall be employed except when they are in conflict with the SOC Official Sport Rules. In such cases, the following sections outlining the SOC Official Speed Skating rules shall apply.

SECTION A

Official Events

1. 111 Metre
2. 222 Metres
3. 333 Metres
4. 500 Metres
5. 777 Metres
6. 1000 Metres
7. 1500 Metres
8. 3000 Metres
9. 4 x 888 Metre Relay

SECTION B

Rules of Competition

1. Athletes shall enter a minimum of two official events and a maximum of four official events.
2. Only one (1) coach per skater should be allowed in the coaches box.
3. Should an athlete be disqualified in any given race, he/she is not eligible for a medal in that particular race.
4. Overtaking, Impeding, and Assistance
 - a. When overtaking, the responsibility for any obstruction or collision shall be upon the skater overtaking, provided that the skater being overtaken does not act improperly.

- b. A skater on the outside of the track shall be deemed to be the skater overtaking if the skaters are side-by-side entering the first curve.
 - c. A skater shall not deliberately impede or push another competitor with any part of his/her body, thereby gaining an advantage.
 - d. Any competitor, who unnecessarily slows down, thereby causing another competitor to slow up or collide, shall be disqualified.
 - e. Any competitor who willfully impedes, improperly crosses the course of, in any way interferes with another competitor, or conspires with another to cause a race to result otherwise than on its merit, shall be disqualified.
 - f. A skater who permits himself to receive physical assistance during a race shall be disqualified.
 - g. A disqualification must be announced at the end of each heat to the competitor, team leader or coach and over the public address system for the benefit of the spectators.
5. A skater that has been lapped must move to the outside track to allow the lead skater to pass. The official will give the command of “track” to indicate to the athlete, that the athlete is to be lapped.

SECTION C

Equipment and Safety Requirements

1. All speed skaters shall wear safety-type headgear with a complete hard shell and a fastening under the chin, cut resistant and water-resistant gloves or mitts, shin guards, knee pads, a neck protector/guard of a bib type design covering the neck and all soft parts of the upper chest area, and long sleeved clothing must be worn by all competitors. The neck protector/guard shall be made with ballistic nylon as the main material and that the neck protector should be securely fastened and tucked into the skinsuit. Elbow pads are optional and it is up to the discretion of the coach and athlete whether they are worn.
2. Whenever possible, speed skaters should use speed skates or hockey skates. In the event that the only skates available to a speed skater are figure skates, the teeth on the front of the blade MUST be filed off and a guard placed over the top of the rear blade in a manner similar to the guard found on the rear of hockey skates. At National and higher levels of competitions, only speed skates will be allowed/used.