

SPECIAL OLYMPICS BC - Speed Skating Criteria for Sanctioning of Competition

DIVISIONING

Due to the facility and time restrictions often faced at a Regional Qualifier the following divisioning procedure is suggested.

1. Local Coaches identify times generated by their athletes at events no earlier than three (3) months prior to the regional qualifier.
 - Should an athlete produce a time faster than the seed time submitted to the organizing committee prior to the regional qualifier the coach is obligated to submit the new time to the organizing committee prior to the start of the event.
2. The Competition Coordinator, Race Secretary and a SOBC Staff Representative will division athletes based on the Special Olympics Canada Divisioning Process.

FACILITY

The competition venue should comply with the requirements dictated in the Special Olympics Canada Official Sport Rule Book keeping in mind that availability may require deviations from these recommendations. In situations, which require such a deviation, the Competition Coordinator is required to contact the Provincial Office for facility approval.

In addition to the venue requirements listed in the SOC Official Rules Book participants should also have access to the following facility amenities:

- Access to washroom facilities for Male and Female participants
- Separate changing facilities for Male and Female participants
- Fully accessible to all participants, i.e. participants with a physical disability.

SPORT OFFICIALS

Due to the technical nature of the sport of speed skating the following officials, (refer to the attached form) must be in place prior to applying for sanctioning from the Provincial Office, (form must be included with the application for sanctioning). For assistance in recruiting individuals appropriate for these roles please contact the SOBC Provincial Office. Brief job descriptions for each of these positions can be found in the SOBC Event Planning Guide for speed skating.

MEDICAL REQUIREMENTS

The following are the minimum requirements for medical coverage at a Speed Skating competition.

- Two (2) First Aid Attendants at Start and Finish, (minimum certification - Level III OFA - Occupation First Aid).

Special Olympics BC – Speed Skating
Primary Officials Registration Form

The Officials listed on this form must be certified under the 'Official Certification Program' of their respective National/Provincial Sport Organization. Officials not presently registered with Special Olympics BC must complete the 'Special Olympics BC – One Day Volunteer Form' to be covered under the organizations insurance policy.

POSITION	NAME	HOME TELEPHONE	ALTERNATE TELEPHONE	E-MAIL
Meet Coordinator				
Recorder				
Referee				
Starter				
Clerk of Course				
Chief Timer				
Chief Place Judge				

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.

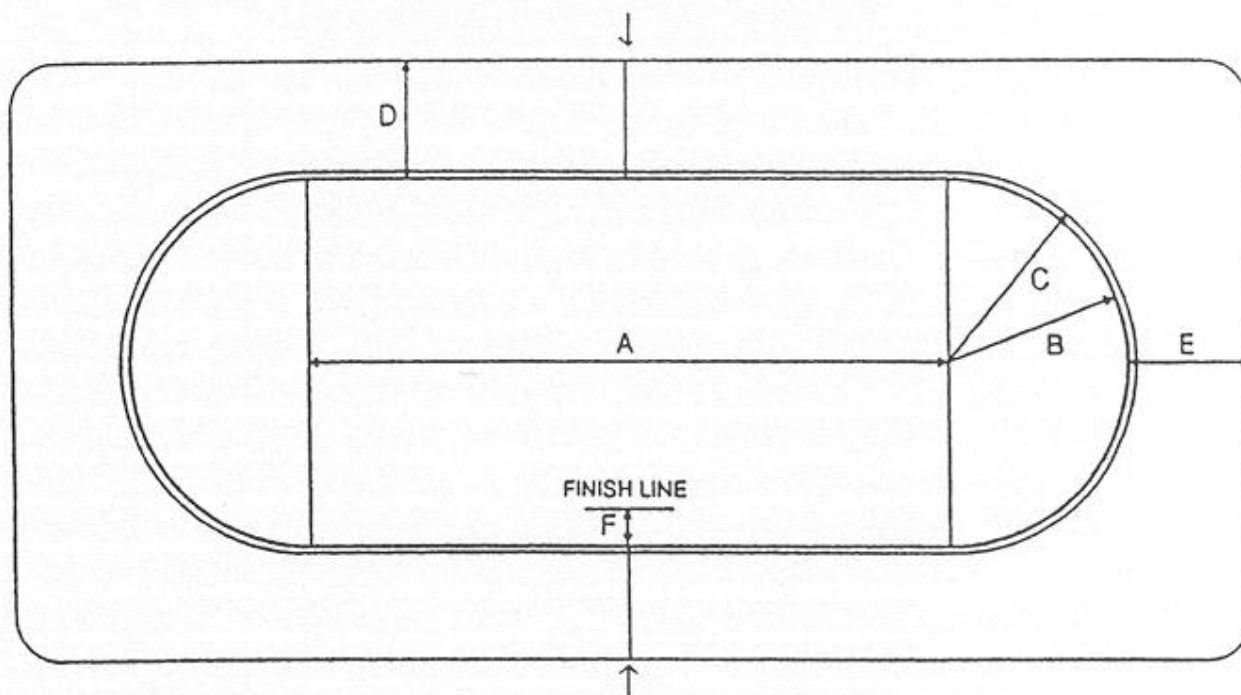
SECTION C

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, elbow 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.
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.

111.12M Oval Track

Start for 500 and 1500 meters



Start for 111, 222, 333, 444, 666, 777, 1000, 3000 and 5000 meters

60x30 meter rink

*185ft x 85ft rink
(56.388x25.908 meters)*

A = Length of straight	28.85 meters	28.85 meters
B = Curve	8.00 meters	8.00 meters
C = Measuring curve	8.50 meters	8.50 meters
D = Straight width (minimum)	7.00 meters	4.95 meters
E = Width from apex block	7.57 meters	5.77 meters
F = Actual width of straight + 1.5 meters		

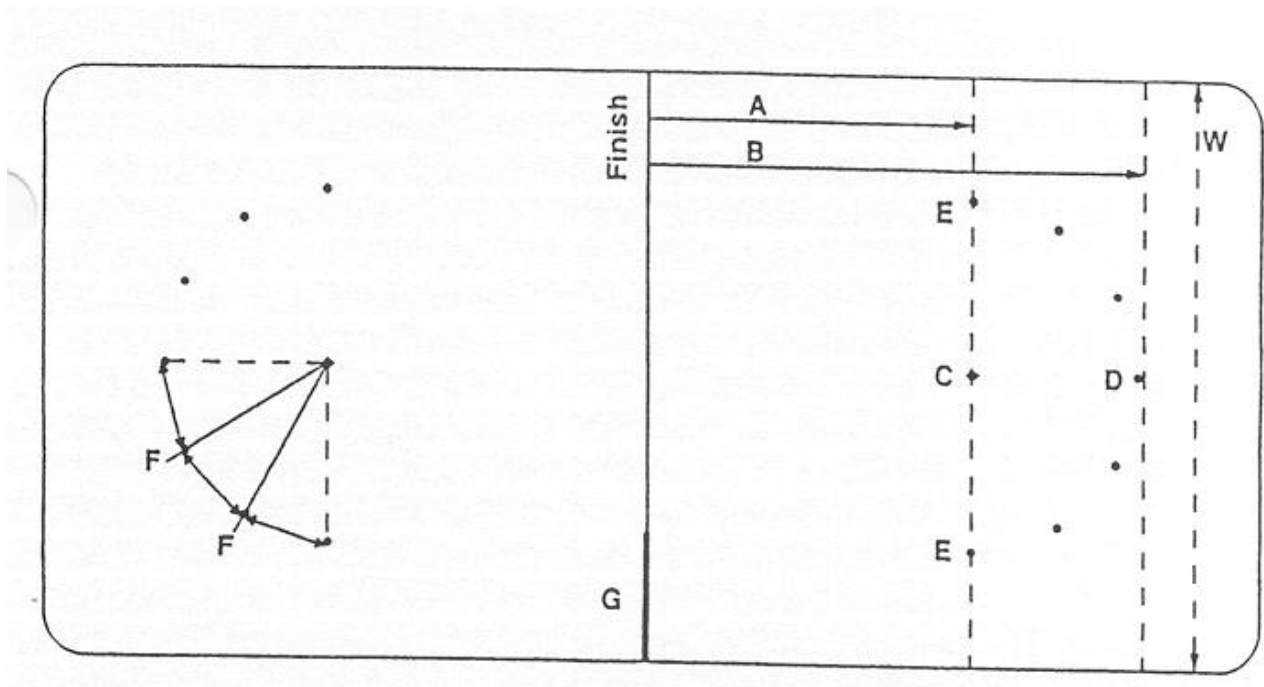
111.12-metre track

2 x A	57.71 meters	57.71 meters
2x 8.50 x p	53.41 meters	53.41 meters
One lap	111.12 meters	111.12 meters

Laps in different distances

111 meters = 1 lap	777 meters = 7 laps
222 meters = 2 laps	1000 meters = 9 laps
333 meters = 3 laps	1500 meters = 13 ½ laps
444 meters = 4 laps	3000 meters = 27 laps
500 meters = 4 ½ laps	5000 meters = 45 laps
666 meters = 6 laps	

How to lay out the 111.12m Oval Track



- 1) Indicate along the boards lateral reference point points "A" and "B". The diagram shows only The first track (red). Consult the table for the Blue and green tracks (i.e. A-, A+, etc.)
- 2) By running your measuring tape from the reference points across the rink, measure dimensions C, D and E and mark your ice surface at points indicated.
- 3) From point C, trace points F on an arc so as To mark your other eight reference points on The ice. These points must be equal distance from one another. Finally, trace starting lines (G) on the opposite side of the finish line.

Metric measurements

A- = 13.675 meters from centre line
 A = 14.425 meters from centre line
 A+ = 15.175 meters from centre line
 B- = 21.675 meters from centre line
 B = 22.425 meters from centre line
 B+ = 23.175 meters from centre line
 C = half width of rink on A axis
 D = half width of rink on B axis
 E = 8.00 meters from C on A axis

F = 8.00 meters from C and separated by 4.14 meters
 G- = 1.50 meters behind centre line
 G = on centre line
 G+ = 1.50 meters in front of centre line

Placement of Safety Mats

