



Winter Sport Rules

# 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 Speed Skating Canada (SSC) rules for speed skating. SSC 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

- |                        |                        |                                |
|------------------------|------------------------|--------------------------------|
| <b>I.</b> 111 Metres   | <b>IV.</b> 500 Metres  | <b>VII.</b> 1500 Metres        |
| <b>II.</b> 222 Metres  | <b>V.</b> 777 Metres   | <b>VIII.</b> 3000 Metres       |
| <b>III.</b> 333 Metres | <b>VI.</b> 1000 Metres | <b>IX.</b> 4 x 888 Metre Relay |

# SECTION B - Rules of Competition

1 coach per skater



4 skaters on the line (1000m or less)

≤1000m



6 skaters on the line (over 1000m)

>1000m



- I. Athletes shall enter a minimum of two official events and a maximum of four official events.
- II. Only one (1) coach per skater should be allowed in the coaches' box.
- III. Should an athlete be disqualified in any given race, they are not eligible for a medal in that particular race.
- IV. The maximum number of skaters on the line is established in order to ensure safe and fair competition. The maximum number of skaters on the start line shall be as follows:
  - distances 1000m or less – 4 skaters
  - distances over 1000m – 6 skaters

The Chief Referee at his/her discretion may reduce the numbers of skaters on the line for each race.

For National Games only, the three (3) middle tracks shall be used on a non-Olympic ice surface.

- V. The starting position of the skaters shall be randomly assigned by the Games Management Software (GMS). If GMS is not used the starting position shall be decided by lot. The skater with the lowest number takes the inner starting position and those with higher numbers take progressively outer positions.
- VI. If a skater is interfered with and falls before the last block of the first curve after the starting line, the skaters shall be called back to make a new start. The decision whether the interference is an offence according to the Racing Rules is a decision of the Referee.

## VII. 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/herself 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.

**VIII.** A skater that has been lapped should move to the outside track to allow the lead skater to pass. The official at their discretion may give the command of “track” to indicate to the athlete, that the athlete is to be lapped.



# SECTION C - Equipment and Safety Requirements



- I. All speed skaters shall wear the following equipment.
  - Helmets must be ASTM F 1849 – 07 speed skating helmets or CSA approved hockey, snowboard/ski, skateboarding helmets.
  - Cut resistant and water-resistant gloves
  - Shin guards - hard plastic or built-in puncture/cut resistant material
  - Knee pads
  - Neck protector/guard of a bib type design covering the neck and all soft parts of the upper chest area. 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 skin suit.
  - Long sleeved clothing must be worn by all competitors; no bare skin can be exposed. It is not permitted to have any skin visible between the skater’s boot and skin suit.
  - An ankle protector made from cut resistant material is required.
  - Eye Protection – Shatter resistant glasses secured with a strap or a clear visor are required. Prescription glasses must have shatter resistant lenses and plastic frames.
  - Elbow pads are optional and it is up to the discretion of the coach and athlete whether they are worn.
  
- II. 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.