



Head Office Address
BRITISH ICE SKATING (BIS)
English Institute of Sport, Coleridge Road,
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SHORT TRACK SPEED SKATING

REGULATIONS

Revised October 2021



Board Directors as of 2021

Chair:	-----	Karen Rothery
Vice Chair / President	-----	Robin Cousins
Nominated Director – Ice Dance:	-----	James Young
Nominated Director – Singles & Pairs:	-----	Rebecca (Becky) Proctor
Nominated Director – Syncro:	-----	Amanda Hembrow-Jones
Nominated Director – Short Track:	-----	Ian Gooch
Nominated Director – Long Track:	-----	Thomas Fell

Independent Non-Executive Directors

Commercial:	David Johnson
Legal:	Lois Jarvis
Finance:	Abigail Hughes

Speed: Short Track Technical Advisory Committee (TAC)

Elected:	Peter Worth – Chair
Elected:	Tina Noble
Appointed:	Richard Shoebridge
Appointed:	Malcolm Harrison
Appointed:	Hew Williams

Coaching Technical Advisory Committee (TAC)

Elected Short Track Representative: Gerard Williams

BRITISH ICE SKATING (BIS)

Chief Executive Officer (CEO)
Michelle Draper



SHORT TRACK SPEED SKATING REGULATIONS

CONTENTS

RULE NUMBER

REGULATIONS FOR SHORT TRACK SPEED SKATING

1	Events
2	Entries - Open Events
3	Entries - Restricted Events
4	Unattached competitors
5	Entry Fees
6	Prizes
7	Permits
8	Numbers and Registration
9	Race Suits and Advertising
10	Tests, Test Fee
11	Record Regulations
12	British Short Track Speed Skating Championships
13	Scottish Short Track Speed Skating Championships
14	Home International
15	Protests/Complaints
16	Disqualifications or Suspension

REGULATIONS FOR HOLDING COMPETITIONS AND CHAMPIONSHIPS IN GREAT BRITAIN

17	Tracks
18	Barrier Pads
19	Type of Races and Distances
20	Conduct of Competition
21	Officials
22	Duties of Officials
23	Racing Regulations
24	Skaters Equipment

Appendix -Track Plan

Appendix – British Short Track Championships Rules

Copyright of these speed skating regulations are vested in the BIS, the reproduction of the whole or any part thereof, without permission of the BIS is forbidden.

The contents of this manual do not override, supersede or replace the Articles and Memorandum of the BIS and in event of conflict the Articles and Memorandum of the Association shall be decisive.

BIS/ISU Eligibility and Doping Control Regulations are mandatory for all athletes and officials participating in all BIS approved events including those that are listed and covered under these Regulations.

Eligibility and Doping regulations can be obtained from the BIS office or downloaded from the BIS Website.

SHORT TRACK SPEED SKATING OFFICIALS

(See also the Official Pathway document that explains the role responsibility for each level)

PANEL OF REFEREES

Peter Worth	Level 5	Benny McCormack	Level 2
Hew Williams	Level 3	Sophie Robertson	Level 1
Stuart Logan	Level 2	Isaac Hurley	Level 1
Sue Williams	Level 2	Paul Connaughton	Level 1
Gideon Veldsman	Level 2		

PANEL OF STARTERS

Jon Collins	Level 3	Sharon Davies	Level 1
Gideon Veldsman	Level 2	Andrea Thornton	Level 1
Sarah Watts	Level 2	Pravin Tilekar	Level 1
Peter Worth	Level 2		
Sue Williams	Level 2		

PANEL OF COMPETITORS' STEWARDS

Andrea Thornton	Level 4	Gerard Williams	Level 2
Ian Gooch	Level 3 (W)	Sylvia Wilson	Level 2
Clinton Cast	Level 3	Peter Worth	Level 2
David Upcott	Level 2		

'W' – Able to Officiate at a World Cup

PANEL OF TIME-KEEPERS (Manual)

Tina Noble	Level 2	Adele Veldsman	Level 2
Judi Lindsay	Level 2	Andrea Thornton	Level 2
Jean Iveson	Level 2	Jon Collins	Level 2
Sue Williams	Level 2	Dave Ross-Waddell	Level 2
Mina Holtom	Level 2	Simon Robertson	Level 1
Paul Iveson	Level 2	Clair Johnston	Level 1
Héléna Jones	Level 2	Ally Nisbet Grant	Level 1
Pete Hurley	Level 2	Tom Anderson	Level 1
Martin Holtom	Level 2	Robert Raizada	Level 1
Peter Worth	Level 2	Gary Polak	Level 1
Carol Gallon	Level 2	Dermot Shanahan	Level 1
David Upcott	Level 2		
Sarah Watts	Level 2		
Gideon Veldsman	Level 2		
Carol Miller	Level 2		

PANEL OF LINE JUDGES (Manual)

Tina Noble	Level 2	Sarah Watts	Level 2
Andrea Thornton	Level 2	Peter Worth	Level 2
Sue Williams	Level 2	Jean Iveson	Level 2
Paul Iveson	Level 2	Mina Holtom	Level 2
Hew Williams	Level 2	Dave Ross-Waddell	Level 2
Pat Treacy	Level 2	Dermot Shanahan	Level 1
Hew Williams	Level 2	Robert Raizada	Level 1
David Upcott	Level 2	Fiona Thompson	Level 1
Judi Lindsey	Level 2	Suzanne Walker	Level 1
Pete Hurley	Level 2	Mark Taylor	Level 1
Héléna Jones	Level 2	Katie Mair	Level 1
Jon Collins	Level 2		
Gideon Veldsman	Level 2		

PANEL OF PHOTO FINISH TECHNICAL OPERATORS (Electronic Timing & Photo Finish)

Martin Holtom	Level 2	Mina Holtom	Level 2
Andrea Thornton	Level 2	Clinton Cast	Level 2
Dermot Shanahan	Level 2	Peter Worth	Level 2
David Upcott	Level 2	Ian Gooch	Level 1
Dave Ross-Waddell	Level 2		

HEAT BOX STEWARDS

Tina Noble	Level 2	Ally Nisbet Grant	Level 2
Pat Treacy	Level 2	Sarah Watts	Level 1
Sue Williams	Level 2	Kelly Clarey	Level 1
Adele Veldsman	Level 2		
Elke Roberts	Level 2		

LAP SCORER (Both Manual & Electronic Lap Boards)

Paul Iveson	Peter Worth
Dave Ross-Waddell	Dermot Shanahan
Robert Raizada	Keith Wright
Pete Hurley	Gideon Veldsman
Hew Williams	

ANNOUNCERS / COMMENTATORS

Cathy Ross-Waddell	Vicky Champion
Mina Holtom	Archie Marshall
Hew Williams	Ethan Treacy

TRACK STEWARD (Including Ice Maintenance)

Hew Williams	Level 2	Héléna Jones -	Level 2
Matt Rowe	Level 2	Keith Wright -	Level 2
Chris Nelson	Level 2	Jon Eley -	Level 2
Stuart Logan	Level 2	Mark Worth -	Level 2

REGULATIONS FOR SHORT TRACK SPEED SKATING

1 Events

All events authorised by the BIS and listed on the Short Track National Fixtures List require a permit to hold the event. For exceptions see rule 1 (c)

Short Track Ice Speed events shall be divided into four categories, as follows:

a) Open Events

Any events which may be entered by eligible skaters who are members of the Association.

b) Restricted Events

Any events which not being open as above, are not restricted to the Members of one affiliated club.

c) Club Events

Any events in which the competitors are restricted to members of one affiliated club, or a competition held between 2 clubs. A BIS Permit is not required and non BIS members can therefore compete.

(Note: If the club event is to qualify for officially recorded times, i.e., the times to be valid for the National seeding list of times, and therefore valid for entry into restricted international competitions, the following must be met. - (a) The event must be put on our National Fixture List. (b) A level 2 or above Referee and a level 2 timekeeper must be present to confirm everything is in order.

d) Professional Events shall be either:

i) Open Events

Any events, which may be entered by any professional, irrespective of country or nationality.

ii) Restricted Events

Events, which are not open as above.

2 Entries for Open Events

a) All competitors and officials in open events and those held under BIS/ST Rules and Regulations shall be current eligible members of BIS and in so competing or officiating in these events automatically agree to abide by the Association's Rules and Regulations including doping and eligibility rules

b) No entry shall be accepted unless accompanied by the appropriate entrance fee if applicable.

c) Every entry shall be made in the real name of the competitor; no pseudonyms are permitted.

d) The promoting body shall have the right to refuse any entry without assigning a reason.

e) Entry forms shall be completed in block letters and signed by the entrant/club secretary. The club secretary shall be responsible for all statements therein, or omission there from. It should be noted that errors or omission might result in the refusal of the entry.

f) All entry forms shall be forwarded to the Secretary of the organising club before due closure date.

g) A skater may skate for only one club in any one season, unless permission is granted to change by the BIS.

3 Entries - Restricted Events

a) In all restricted events all sections of Regulation 2 shall apply.

b) The Association shall have the right to insist that any or all of the sections of the Regulations shall apply. Details of the Association's requirements shall be supplied when granting a permit for the event to be held.

4 Unattached Competitors

After a competitor's first season of racing in open events, held under BIS/ST rules, he or she must be a member of an affiliated club, unless authorised by the BIS.

5 Entry Fees

The relevant entry fees, when applicable, must be paid at the time of entry. Failure to comply with this rule can render the entry invalid.

6 Prizes

- a) A prize awarded to a successful competitor shall be deemed and taken to be so awarded, subject to such competitor being eligible to compete and to the statements in the entry form being strictly accurate. Should it be subsequently shown that he/she was not eligible to compete, or that any of the statements in the entry were inaccurate, any competitor who shall have received a prize he/she was not entitled to shall be required to return it forthwith.
- b) The BIS shall have the power to provide prizes of any description for such of the competitions as are held by them in addition to the trophies mentioned in Regulation 11, but no Association medals shall be given except for national championships or authorised international events.

7 Permits

- a) A permit shall be necessary for all speed skating events, for exceptions see Rule 1(c).
- b) Where a permit is granted and whenever possible, a BIS appointed Referee shall be in control of the meeting but in any case, the Referees shall be members of BIS or a Referee on the ISU panel of International Referees. The Referee shall have control of and the right to change, any appointed official at the meeting.
- c) All applications for permits shall be made so as to reach the BIS office at least 21 days prior to the event, and stating:
 - i) Date, time and place of meeting.
 - ii) Format of racing.
 - iii) An undertaking to carry out the Rules of the BIS/ST in every detail and that the words "Under BIS/ST Regulations" be printed on all advertisements, entry forms, programmes and other printed matter.
 - iv) An undertaking that a representative of the Association is afforded free admission to the rink on the occasion of the event.
 - v) Except in the case of a club or association affiliated to the BIS, every application for a permit under this rule shall be accompanied by the appropriate fee as decided by the BIS, for exceptions see Rule 1(c).
- d) All permits shall be signed by the BIS office but in the event of a permit being refused the fee will be returned.
- e) No permits shall be granted to individuals except in cases where an event is held in aid of a stated charity, which must be approved by the BIS, in which case a balance sheet of accounts must be submitted by the applicant to the BIS office within one month after the date of the event.
- f) An affiliated club need not apply for a permit to hold a meeting confined to its own members.
- g) For all events for which a permit has been granted, and for all events held in public sessions, the promoting body must forward a copy of the programme with the results and times marked thereon within seven days to the Associations office.
- h) "Any individual Skater, Team or Club wishing to take part in any long track speed or short track speed competition outside of the UK must apply in writing to the BIS office for a permit and must include proof of the necessary BIS insurance requirements when skating abroad. E.g. a copy of the European Health/Medical Insurance Card for the skaters taking part in EU countries or private medical insurance for countries outside the EU. Permits will not be issued to any Skater, Team or Club that are not members of BIS or do not have the required insurance cover.

- i) If the competition outside the UK clashes with a domestic competition that is on the fixture list, then the permit applicant should seek permission from the home hosting club. The hosting club has the right to object to the issuing of the permit, but the final decision will be with the BIS/ST_TAC.

8 Numbers and Registration

At the commencement of BIS Membership, the skater or club should submit a request to register themselves as wanting to compete in BIS competitions to the ST_TAC. The skater will then receive an allocated racing number helmet cover. This helmet cover must be worn when competing in all BIS competitions. Exceptions to this rule are at the discretion of the referee in charge of the competition. The helmet cover must be returned to BIS on cessation of BIS membership. Failure to do so will incur a charge to the amount of the cost of the cover. Replacement of lost or damaged helmet covers will be at the skater's expense.

9 Race Suits and Advertising

- a) For all Domestic and British Championships, National suits should not be worn unless exceptional circumstances exist, and permission is given by the Referee. For an exception to this rule a request can be submitted to the ST_TAC who will consider the reasons and make a decision accordingly.
- b) For what is allowed with displaying advertising and sponsors logos on suits/skaters equipment see the ISU Rules (ISU Constitution & General Regulations – Rule 102 Para 6 'Trademarks'). These rules will apply unless the BIS stipulates anything different.
- c) For an existing club to significantly change the club colours of their race suits, permission must be sought and given from the BIS/BIS_TAC. New Clubs must submit their choice of club colours to the BIS/BIS_TAC and receive their approval. This is to ensure clubs are not using similar colours. Designs can be changed without the approval from the BIS/BIS_TAC.

10 Tests and Test Fees

The BIS/ST_TAC shall establish a level of fee for Tests administered by them.

During each skating season clubs may organise appropriate Medal Tests, provided there are sufficient numbers of skaters available and sufficient officials to ensure test conditions are met.

For Ice Speed Medal Tests, the BIS/ST_TAC shall establish a range of times for Gold, Silver and Bronze Standard Tests. These times for each category of skater are available to each BIS Member on request from the BIS/ST_TAC, or appointed BIS/ST_TAC Test Organisers.

The full criteria for taking or organising tests can be obtained from the ST_TAC.

11 Record Regulations

A British Record will be considered if the following is true:

- Competitions are held under BIS permit, or International Competitions on the International Fixture list.
- Any claim for a record must be submitted to the ST_TAC within 30 days from the date of the performance.
- The track must be a 111.12 metres oval, with curves of 8 metres. No restriction shall be made on the width of the track
- For a record claim in the UK, the names of the Referee and Starter must be on the officials list approved by the ST_TAC. For International events the officials on the protocol will be assessed by the ST_TAC.
- That lap record times were duly recorded for distance of 1500 meters or over.
- The original official Protocol of the competition is available to review. This may be an on-line protocol.
- That photo finish and/or electronic timing has been used. Times must have been recorded to at least one hundredth of a second.

The following will also apply:

- Only Official distances which are specified in the BIS Regulations for Short Track Speed Skating will be recognised for a British Record.

- A skater claiming a record for his/her own category may only do so provided the competition he/she is competing in, is designed for that specific category. i.e. when a skater is mixed in a race with another skater from a higher category that skater no longer becomes eligible to claim a record.
- A Skater may also claim a record for a category that is senior to his/her own.
e.g. A junior skater competing in a junior competition may claim a Junior record and a senior record. However, a junior skater competing in a senior competition may only claim a senior record but not a junior record. This applies for all categories.
- A British Record certificate will be awarded to the skater(s) once the record has been ratified by the ST_TAC.
- Any Competitor who equals an existing British Record shall have his/her name entered in the list of records. A British Record certificate will be awarded.
- If the existing British Record is broken more than once on the same distance in a competition only the best time obtained shall be considered as a record claim.

Note: The BIS / ST_TAC have the right to refuse any claim that they believe is not in accordance with the above requirements.

12 British Short Track Speed Skating Championships

All entrants for British Championships must be eligible members of the Association at the closing date for entries and must have obtained the necessary standard as laid down by the BIS/ST_TAC. Entrants must also comply with NISA/BIS General Rules. All entries must arrive to the BIS/ST_TAC Secretary before 5pm on the closing date.

To be eligible the skater must have been a UK Resident for at least 12 months or be a British Citizen

The Men's British Championships will be staged at a venue decided by the BIS, resulting in individual distance champions and an overall Champion unless otherwise decided by the BIS/ST_TAC:

- The 1500 metre distance. The winner shall hold for one year the "Hewitt" Challenge Cup.
- The 1000 metre distance. The winner shall hold for one year the "Alfred Baker" Challenge Cup.
- The 500-metre distance. The winner shall hold for one year the Shield presented by the Supporters Club of the Aldwych Speed Club.
- A 3000 metre Final Event (men only) for the top 8 final point scorers and ties (from the previous distances) will be held. The overall winner in the Men's Championships shall hold for one year the "Victor Ludorum" Trophy. For the Super-Final over 3000m, the classification will be made as follows:
With nineteen (19) laps to go, there will be a bell, the first Skater crossing the line with eighteen (18) laps to go will get five (5) Race Points;
With ten (10) laps to go, there will be a bell, the first Skater crossing the line with nine (9) laps to go will get five (5) Race Points;
If the Skater(s) concerned receive(s) a penalty, a yellow card, a red card, or does not finish, then those Race Points are not awarded to any other Skater(s);
At the finish 34, 21, 13, 8, 5, 3, 2 and 1 Race Points are awarded in descending order commencing with the first place;
The Race Points for intermediary sprints and the Race Points for finish order will be added to make the 3000m classification.
For the 3000m Super-Final Distance Classification the Skaters will be ranked:
- by Race Points
- by Finish position.
Final Points will be awarded according to the 3000m Super-Final Distance Classification. The Points 34, 21, 13, 8, 5, 3, 2 and 1 point are awarded in descending order commencing with the first place.
- The 5000 metre Inter-Club Relay Ice Speed Skating Championship of Great Britain is open to all eligible teams of five skaters who are members of the Association and of a Speed Skating Club affiliated to BIS. The winning club shall hold for one year the "Dundas" Challenge Trophy. See also Rule 22 c and d.
- The 3000 metre Inter-Club Relay Ice Speed Skating Championship for juniors. The winning club will hold for one year the "Ron Hargreaves" Trophy. Entry conditions are as in (e) above.

g) The British Championship for Ladies over individual distances of 500, 1000, 1500 metres, and if decided by the BIS/ST_TAC, a 3000 metres final for the top 8 final point scorers and ties (from the previous distances) will be held. The 1st, 2nd and 3rd from each distance will receive medals, with the overall winner (final points total) from the individual distances (and 3000m if held) awarded the “John Hurdis” Trophy for one year.

h) British Junior Championship. Over the following categories and distances:

Juniors - 1500, 1000 and 500 metres
The overall Junior Champion shall hold the “Joe New” Trophy for one year

Note – In the event that the Junior boys and girls are run separately, the trophies presented will be as follows :

Boys - The “Joe New” Trophy
Girls - The “Archie Marshall” Trophy

Junior C - 1000, 777 and 500 metres
The overall Junior C Champion shall hold the “Joan Fearn” Trophy for one year

Note – In the event that the Junior C boys and girls are run separately the trophies will be presented as follows :

Boys - The “Joan Fearn” Trophy
Girls - The “Pat Richardson” Salver

Junior D - 777, 500 and 333 metres.
The overall Junior D Champion shall hold the “Ken Pendrey” Trophy for one year

Note – In the event that the Junior D boys and girls are run separately the trophies presented will be as follows.

Boys - The “Ken Pendrey” Trophy
Girls - The “Stuart Horsepool” Trophy

Junior E 500, 333, and 222 metres
The overall Junior E Champion shall hold the “Jo Eley” Trophy for one year

Note – The Junior E category will only be run separately for boys and girls if the BIS/ST_TAC believes there are enough numbers to warrant it. In the event that the Junior E boys and girls are run separately the trophies presented will be as follows.

Boys - The “Jo Eley” Trophy
Girls - No Trophy has yet been donated

i) Masters, will compete over 500, 777 and 1000 metres
The overall Masters Champion shall hold the “Chris Brooks” Trophy for one year

Note – The Masters category may be run separately for Masters aged between 35yrs and 50yrs old and Masters 50yrs old and over as of 1st July. The Masters will only be run separately if the BIS/ST_TAC believes there are enough numbers to warrant it.

Note - The Mens, Ladies, Masters, Juniors, Junior C, Junior D and Junior E Championships shall be staged together unless otherwise decided by the BIS and ST_TAC. Minimum numbers in each category or gender will be at the discretion of the BIS/ST_TAC. Included in these criteria are any other championships or events as decided by the BIS and ST_TAC.

13 Scottish Short Track Speed Skating Championships

The following championships are organised by Scottish Speed Skating and open to all eligible skaters who are Scottish, have Scottish parents, or have resided in Scotland for three months prior to the date of entry.

- a) The Scottish 500 metre Short Track Championship.
- b) The Scottish 1000 metre Short Track Championship.
- c) The Scottish 1500 metre Short Track Championship.
- d) The Scottish Short Track Championships.

- e) The 5000 metre inter-club relay Speed Skating Championship of Scotland. Open to all eligible teams of four skaters being British subjects and who have resided in Scotland for three months prior to the date of entry and who are members of a Scottish Speed Skating Club. The winners shall hold the "William Fullerton" Commemoration Trophy.
- f) Any other Scottish Championship either short track or long track as decided upon by Scottish Speed Skating.

14 Home International

An International match between selected skaters from England and Scotland may be organised by Scottish Speed Skating or BIS/ST_TAC at an English or Scottish rink alternating each year and will be decided on a points scoring system. The winning team shall hold for one year the "Duncan" Trophy.

15 Protests/Complaints

All protests/complaints against any other competitor, award or other detail (for exceptions see Regulation 22(e) (v) must be made strictly in writing to the BIS/ST_TAC and be strictly in accordance with the articles of the association and no later than 21 days after the event. The letter of protest/complaint will be considered by the BIS/ ST_TAC at its next meeting and a reply forwarded to the aggrieved party.

16 Disqualifications or Suspension

- a) Any member, competitor, or official who either directly, or through a third party openly expresses themselves in an improper manner, renders themselves liable to sanctions and/or suspension. (see rule 23 (e), 23(f) and 23(g))
- b) The sanctions for infringement of any of the relevant racing rules is a penalty, disqualification or suspension (see rule 23 (e) and 23 (f)).
- c) Competitors are bound to obey implicitly the instructions of the officials in charge of the competition.
- d) A competitor committing an infringement of the racing regulations may, on sufficient evidence being furnished, be suspended from further participation in speed skating competitions held under the Association or ISU regulations for a period to be determined by the Association. Any person so reported shall be given the opportunity of stating his/her case.
- e) All sentences of disqualification or suspension shall be binding on all clubs affiliated to the BIS. All such sentences shall be notified by the secretary to the controlling Associations of other sports with whom the BIS have working agreements.

REGULATIONS FOR HOLDING COMPETITIONS AND CHAMPIONSHIPS IN GREAT BRITAIN

17 Tracks

- a) For domestic competition an oval track measuring 111.12 metres per lap shall be used. Unless otherwise decided by the BIS/ST_TAC.
- b) The minimum measurement from the Apex Block to the barrier is recommended to be not less than 4 metres.
- c) Curves are symmetrical, constant single radius each end, as recommended on the track diagram.
- d) For British Championships, an oval track measuring 111.12 metres per lap with 8 metre curves on an ice surface of minimum measurements of 60 metres long x 30 metres wide shall be used. Exceptions to this Rule are at the discretion of the BIS/ST_TAC.
Note: For International Competitions refer to ISU Rules.
- e) There shall be seven track-marking blocks equally spaced in each curve.
- f) It is recommended that on large rinks (60 x 30) five or seven tracks be marked to ensure good ice conditions for all skaters. For semi-finals and final of 500 metres, only the three middle tracks should be used. On small rinks (56 x 26) where there are three tracks marked only the centre track and the one behind should be used. See track diagram.
- g) The finish line is drawn from the barrier and will have a length of the actual width of the straight plus 1.5 metres.

- h) The starting lines are drawn from the barrier and will have a length equivalent to the actual width of the straight. Starting at 50 cm from the inner side of the track, dots of 2 cm diameter shall be marked every 1.3 metres in order to define the starting positions of the skaters. For tracks less than 7 metres in width, marking shall be at the referee's discretion.

18 Barrier Pads

- a) At all competitions it is recommended that a **minimum** of eight protected safety pads of 1.4 Metres (or to the barrier height), 2 metres long and placed at the exit of each corner should be used. In addition four protective safety pads of the same specification should be placed at the end of each straight. The padding must be made of medium density polyurethane foam with a recommended minimum thickness of twenty five cm or ten inches.'
- b) All padding should ideally be covered in a water resistant material (PVC) and should have a fixing to the ice rink barrier.

19 Type of Races and Distances

a) **Individual Races (mass start)**

Consisting of a number of skaters racing over given distance; either in qualifying round, or as a member of a team in a Team Competition.

b) **Handicap Races (mass start)**

Skaters are given handicaps by the organisers based on the competitor's standard of skating.

c) **Devil take the Hindmost (mass start)**

A mass start race with elimination of one or more skaters at the end of each lap (after the first two laps), until three or four skaters are left in the race. These compete over the last two laps.

d) **Relay Races**

For up to 4 teams per race consisting of 5 skaters per competing team.

See Rule No. 23 c)

e) **Distances**

i) **Individual Distances (recommended)**

Seniors	-	3000, 1500, 1000 and 500 metres
Juniors	-	1500, 1000 and 500 metres
Junior C	-	1000, 500 and 777 metres. Super final 1500 metres
Junior D	-	777, 500 and 333 metres. Super final 1000 metres
Junior E	-	500, 333 and 222 metres. Super final 777 metres
Masters	-	1000, 777 and 500 metres

ii) **Relay Distances (recommended)**

Ladies	-	3000 metres
Men	-	5000 and 3000 metres
Juniors	-	5000, 3000 and 2000 metres
Junior C	-	3000 and 2000 metres
Junior D/E	-	2000 metres

f) **Number of Skaters on Start Line**

- i) For Jun D and Jun E on distances 222 to 333m there shall be no more than four (4) skaters on the start line in final races. In the 500 metres and above, 5 skaters will be permitted.
- ii) For Jun C and above on distance 500 metres there shall be no more than four (4) skaters on the start line in final races.
- iii) For Jun C and above on distances 777 metres and 1000m there shall be no more than five (5) skaters on the start line in final races.
- ii) For 1500 metres Finals there shall be no more than seven skaters on the start line*.

iii) For 3000 metres Finals there shall be no more than eight skaters on the start line*.

* For exceptions see Regulation No. 22 c) VI)

g) In some cases, it may be appropriate to have a different number of participants per final race. In this instance the Referee should be consulted in advance and his/her permission must be obtained before this can be allowed.

h) **Rest Time between Races**

This is at the discretion of the Referee when discussing the racing schedule with the organisers. It is recommended that there should be Fifteen (15) minutes between races.

20 Conduct of Competition

a) Each competition shall be approved by the BIS and appear on the published National Fixture List.

b) An announcement/letter of invitation shall be distributed to all concerned, i.e. clubs, individuals, referee and starter, etc, at least 14 days before the competition. This communication shall be set out as a requirement with the following **minimum** information:

- i) Held under BIS Rules and Regulations
- ii) Name of competition
- iii) Date and venue
- iv) Closing date of entries
- v) Type of racing
- vi) Distances to be skated
- vii) Time for reporting.
- viii) Time for first session of racing

d) A programme of competition shall be available at each event and as a requirement shall be set out with the following **minimum** information:

- i) List of Officials
- ii) Racing session times
- iii) Racing programme
- iv) Conditions of contest
- v) Awards
- vi) Points scoring (where applicable)
- vii) Time and place of the Team Leaders meeting

e) Each competition shall have a minimum of one person who acts as competitors' steward and all skaters are to report to this person or his/her representative by the stated time.

f) Subject to the approval of the Referee, racing age groups may be combined.

21 Officials

Note: In order to retain their positions, or be considered for promotion, it is advised all BIS appointed Officials attend one seminar per season organised by the Association.

a) Where possible for all the BIS competitions a nominated referee and starter shall be appointed by BIS/ ST_TAC.

b) For all other officials the promoting club has the responsibility for ensuring the appointment of such officials is carried out in due time before the competition.

c) **Recommended Minimum Number of Competition Officials**

Referee	-	one BIS appointed
Starter	-	one BIS appointed
Assistant Referees	-	minimum one per competition, but ideally two
Competitors Steward	-	one
Heat Box Steward	-	two
Finish Line Judges	-	four
Timekeepers	-	four
Lap Scorer	-	one

Co-ordinator	-	one
Track Stewards	-	two
Medical Attendant	-	one
Recorder	-	one
Announcer	-	one

d) For British Championships the following shall be used (all appointed by BIS):

Referee	-	one
Assistant Referees	-	two up to four
Competitors Steward	-	one up to two
Heat Box Steward	-	two
Starters	-	two
Chief Finish Line Judge	-	one
Finish Line Judges	-	four
Chief Timekeeper	-	one
Timekeepers	-	four
Electric Timekeeper	-	one
Lap Scorer	-	one
Lap Recorder	-	one
Track Stewards	-	four
Medical Attendants	-	two
Recorder	-	one
Announcer	-	one
Photo Finish	-	three
Electronic Lap Board	-	one
Video Recording	-	one

22 Duties of Officials

a) Referee

The Referee is the person who decides on all points of dispute, infringement of the rules*, conduct of the competition, and all matters relating to sanctions. The Referees decision shall be final.

*other than matters relating to the starting procedure.

b) The Referee is responsible for:

- i) Ensuring that all skaters and officials are eligible to compete or participate in a competition.
- ii) Conduct the competition in accordance with the announcements and conditions of contest. This can include deciding how the programme will be compiled and how the qualifying procedure shall apply. The Referee will work in co-operation with the Competitors Steward (seeding) to achieve the qualification of skaters to each round of competition.
- iii) Ensuring that all BIS/ST regulations are observed for the applicable competition.
- (iv) Sending a report of the competition to the ST_TAC and the BIS office within 14 days of the event.

c) The Referee may:

- i) Introduce an alternative to a programme insofar as these do not conflict with BIS/ST regulations.
- ii) If necessary exclude skaters from a competition.
- iii) To change officials, when necessary, during the competition.
- iv) To suspend skating when a competition is interrupted by outside interference.
- v) To delegate any responsibility to other competition officials in order to assist in the Referee's duties.
- vi) Advance a skater who was in a qualifying position to the next qualifying round if he feels that the skaters was prevented from qualifying due to:
 - an offence resulting in a sanction
 - any other reason not resulting from any direct or indirect action of the skater concerned.
 The Referee makes any advancement solely at his/her discretion.

- vii If the Referee is in doubt concerning any action on the ice, the Referee is authorised, before a decision is made, to view the video replay system (if available) to resolve the situation. This does not include the starting procedure and the finishing order of the racing.'

d) **The Referee Decides Upon**

- i) All protests made and all matters in dispute except those concerning the start and the order of finish.
- ii) All matters concerning breaches of BIS /ST regulations during the competition.

Note: The BIS/ST_TAC defines "during the competition" to include all matters relating to the announcement/invitation, conditions of contest, the competition and conduct of skaters and officials before, during and after the competition.

e) **Assistant Referees**

- i) An Assistant Referee may, when necessary, substitute for the Referee when he or she cannot continue due to injury or illness.
- ii) An Assistant Referee, when directed, shall advise the Referee on matters relating to infringements of rules.
- iii) An Assistant Referee, if required, may direct the skaters to their starting positions and ensure that they are ready to start.

f) **Starter**

- i) The Starter shall decide all disputes relating to the start. He or she shall give all commands to the skaters clearly.

Note: the start is defined as before the last block of the first curve after the starting line.

- ii) The Starter shall take his/her position so that he/she has a clear view of all skaters starting in the race.
- iii) During the Relay Race the Starter, having been advised by the Lap Scorer, that **three** laps remain in the race, shall fire the pistol once.
- iv) The Starter may ask an additional Starter to call skaters back in the case of false start.
- v) All skaters must return to the start line without delay on the sound of the whistle

Note: It is important to note that the starter has control of the start as defined earlier. However, if an infringement occurs during the start as in any other part of the race the Referee may award a penalty to the offending skater/skaters.

g) **Competitors Steward**

- i) The Competitors' Steward is responsible for the coordination of all racing administrative matters.
- ii) Based on the results of the races the Competitors Steward shall according to the official program, determine the skaters taking part in the next round.
- iii) The Competitor's Steward shall make up the races for each qualifying round.
- iv) The Competitors' Steward shall record and inform the skaters of their qualification and the race in which they shall start.

h) **Heat Box Steward**

- i) The Heat Box Steward shall work in a designated staging area called the heat box;
- ii) The Heat Box Steward shall call out the names of those about to compete;

- iii) Skaters shall report to the Heat Box Steward before the start of each race and he shall be responsible for seeing that the Skaters are wearing their racing numbers and correct equipment (see Rule 23).
- iv) The Heat Box Steward may exclude, after consultation with the Referee, any skater who is either not present at the appropriate time, or properly attired, including all aspects of rule 23

Note: By definition a subsequent delay caused by the late arrival of a skater to the heat box, may result in exclusion from the race.

i) **Chief Finish Line Judge and Line Judges**

- i) The Chief Finish Line Judge shall assign finish position to the Finish Line Judges as follows, but he/she shall always pick **first** place skaters only. The Chief Finish Line Judge's decision regarding the finishing order of the races is final. For exceptions see Rule 22 i) iv). (photo finish)

Finish Line Judge No. 1	Picks skaters	1st and 2nd
Finish Line Judge No. 2	Picks skaters	2nd and 3rd
Finish Line Judge No. 3	Picks skaters	3rd and 4th
Finish Line Judge No. 4	Picks skaters	4th and 5th

When there are six or more skaters, other off ice competition officials may assist the Chief Finish Line Judge as necessary.

- ii) The definition of a finish is as follows:
A skater has completed the distance when he/she has touched, or reached the finish line with the leading tip of the skate blade.
- iii) On the 3000 metres and relay races the Finish Line Judges shall be assigned to a skater or team and record the number of laps skated and the place of the finish.
- iv) When Photo Finish with a timescale is used, the Chief Photo Finish Judge decides the order of finish and the skater's times.

j) **Chief Timekeeper and Timekeepers**

- i) The Chief Timekeeper is responsible for assigning positions for all Timekeepers and recording of all times. The Chief Timekeeper's decision regarding the competitor's times is final. For exceptions see Rule 22 (i) (iv).
- ii) The Chief Timekeeper and Timekeepers shall be positioned off the ice and adjacent to the finish line with clear view necessary to record the accurate time of all skaters.
- iii) When digital watches are used, times shall be recorded in hundredths of a second.
- iv) The Chief Timekeeper must read all watches, record the results and declare the official time. The Chief Timekeeper shall warn all Timekeepers that their watches **must** not be cleared until he/she has ordered them to do so.

- v) Appointment of Timekeeper shall be as follows:

First Place Skater	2 Timekeepers plus 1 reserve
Second Place Skater	2 Timekeepers plus 1 reserve
Third Place Skater	1 Timekeeper
Fourth Place Skater	1 Timekeeper

- vi) All watches should be pre-tested to ensure correct operation.
- vii) The Chief Timekeeper shall call on each Timekeeper for their times immediately after the conclusion of each race and the Timekeeper must show the watch when instructed to do so by the Chief Timekeeper.
- viii) The Chief Timekeeper shall be responsible for recording all the information from the Timekeepers and Finish Line judges.

Note: Where electric timing is used, this will take precedence over manual timing.

k) **Recorder**

The recorder shall collate the information from the timekeepers and line judges for the benefit of the Competitor Steward.

l) **Lap Scorer**

- i) The Lap Scorer shall visibly show at all times the number of laps still to be skated by the **leading skater** and the lap scorer shall turn the lap counter each time the leading skater passes the lap display.
- ii) As the leading skater approaches the last lap of each race, the Lap Scorer or assistant shall ring the bell.
- iii) In relay races the Lap Scorer shall advise the Starter the last three laps are coming up.

m) **Lap Recorder**

- i) For distances of 1500 metres and over, a Lap Recorder shall be appointed. He/she shall complete a lap-by-lap record with an accuracy of one second or less and keep a check on the Lap Scorer at all times.
- ii) The Lap Recorder shall be off the ice but in close communication with the Lap Scorer.

n) **Track Stewards**

- i) It is recommended that a minimum of **two** Track Stewards may be used at each end of the track. They should make sure the track is clean and watered as required.
- ii) At no time should a Track Steward interfere with skaters or officials, but should be able to readily replace missing track marking blocks.

o) **Announcer**

The announcer, whenever possible, will keep the skaters and spectators fully informed regarding results, sanctions and general competition information.

p) **On Ice Officials**

- i) Only the Referee, Assistant Referees, Lap Scorer and Track Stewards should be on the ice during the running of the race, but whenever possible the Lap Scorer should be off the ice.
- ii) The Starter shall either conduct the start on or off the ice. But if on the ice during the start, shall if possible leave the ice after the start is completed.
- iii) On-ice Officials shall be appropriately dressed and must wear skates.
- iv) Only with the prior permission of the Referee may other officials be on the ice during a race; i.e. to operate equipment, or in an emergency.

23 **Racing Regulations**

a) **Individual Races**

- i) Races are run counter-clockwise, that is to say the inner side of the track is on the left hand side of the skater.
- ii) Overtaking is allowed at all times, but until the Skaters are besides each other the responsibility for any obstruction or collision shall be upon the Skater overtaking, provided the Skater being overtaken does not act improperly;

- iii) Any Skater/Relay Team who is bound to be lapped, either for the first time or other time, must move to the outside and may not interfere with the Skater(s)/Relay Teams overtaking him/them. Violation with interference will result in a Penalty or Yellow or Red Card.
- iv) If a Skater/Relay Team is lapped twice, that Skater/Relay Team shall leave the race unless there are one (1) or more other Skaters/Relay Teams very close to his current race position. Skaters/Relay Teams who have left the race on basis of this rule shall be recorded as not finished. If the Referee, at his discretion, feels that the Skater/Relay Team was prevented from finishing due to reasons beyond the Skaters/Relay Teams control, then the Referee may declare the Skater/Relay Team having reached the finish but no time shall be recorded.
- v) A competitor or team has completed the distance when he/she has reached the finish line with the leading tip of the skate blade.

b) **Individual Racing Rules**

- i) The general racing rule is that the competitors by their way of skating shall contribute to the honest sporting and safe progress of the race in order to determine the result of the race on its merits.
- ii) Breaches of the racing rules are considered as follows:
 - OFF-TRACK: skating with one or both skates on the left side of the curve, marked by track marking blocks;
 - IMPEDING: Impeding, blocking, charging, or pushing another Competitor with any part of the body. Interfere with another Skater by crossing his/her course thereby causing contact;
 - ASSISTANCE: Each Skater shall compete as an individual. Any assistance from other Skaters will be cause for sanctions of all Skaters involved. This will not apply to the push the Skater receives from their Team-mate in a Relay race.
 - KICKING OUT: Kicking out of any skate during any part of a race thereby causing danger including at the finish line or throwing the body across the finish line is forbidden.

c) **Relay Races**

- i) Teams consist of maximum 5 competitors. In any race 4 competitors will skate as team members.
- ii) For each race the team can be composed of any four of the five skaters originally named.
- iii) Each of the four team-members must take part in the race.
- iv) All members of a team should be equally dressed. Teams, which do not comply with this, may be excluded from participation.
- v) A Skater will be in the race and be responsible for the Team until that Skater is relayed by a Team member. Relaying will be by touch, that is to say a Skater will not be in the race until that Skater has been touched by or has touched the Skater he is relieving.vi) A competitor may be relayed at any time except during the last two laps. These laps must be skated by one skater. A warning shot will be fired to indicate the start of the last three laps.
- vi) In the case of a fall during the last two laps, the skater may be relayed.
- vii) A Skater from a team can only come on the track to make an exchange. Skaters entering before an exchange and skaters exiting after an exchange are also subjected to the applicable racing rules.
- viii) The non-racing members of each team must stay out of the path of the racing Skaters and in an area that is clearly inside curves, marked by track marking blocks and a virtual line between the last block and the first block of the curves. Only to make an exchange, a Skater may leave this area. The line between the last and first block may be marked by dots.
- ix) Exchanges are to be made without interference to other teams. During exchanges, changing the lane is not allowed and exchanges are to be made straight forward, directly in front of the Skater who is pushing, and the skates have to be kept out of blocking.
- x) Interference inside the track with Skaters coming in to take an exchange may also be considered an infringement.

d) **Relay Infringements**

- i) All sections of the individual racing rules (23b) shall apply to all members of a team, both participating and those that have been relayed.
- ii) Breaches of the relay racing rules are considered as follows:
 - **Relaying non-touch:** The relay has taken place without a touch or that the touch has not been obvious, clearly shown, and seen by the Referee or Assistant Referees.
 - **Relaying during the last two laps:** The last relay has not been clearly started before the commencement of the final two laps.

e) **Sanctions for infringements of the Racing Rules or the BIS Code of Ethics**

The term "Disqualification" as used in these regulations and defined in Rule 15. shall be understood to describe the various sanctions mentioned in this Rule including without limitation the following type of sanctions:

- i) **PENALTY:** In the case of an infringement of the Racing Rules a penalty will be given. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred, and will be excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit the points/result accrued in that race alone. Points/results accrued prior to that race will not be affected.
- ii) **YELLOW CARD:**
 - If an infringement of the Racing Rules is deemed by the Referee to be an unsafe, harmful or hazardous offence, a yellow card will be shown to the infringing Skater.
 - For more than one infringement of the Racing Rule "Impeding" and/or "Kicking Out" independent of each other resulting in a penalty, made in one (1) race, a yellow card will be shown to the infringing Skater;

The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred and excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit prior points/results accrued in all races over the distance concerned. Any Skater who is shown the yellow card twice in the same competition will be sanctioned by a red card will be excluded from the competition immediately and will not be ranked in the final classification.
- iii) **RED CARD**
 - 1) In the case of an infringement which is deemed to be dangerous or grossly negligent, the Skater will be shown a red card.
 - 2) In the case a Skater is shown two yellow cards in the same competition, the Skater will be shown a red card.
 - 3) For any action, either on or off ice, not in compliance with the BIS Code of Conduct, a red card may also be shown to the Skater, Coach or Team Leader.

Any Skater who is shown a red card will be excluded immediately from the competition and will not be ranked in the final classification. In the case a Skater is shown a red card in a Relay race, his Relay Team will be excluded immediately from the Relay competition and will not be ranked in the final Relay classification. Individual sanctions for the Skater(s) concerned will also apply.

- iv) Any Skater, for whom the race has been stopped (to preserve the Skater's well-being), will not be allowed to take part in the re-start, unless the Skater was unable to continue due to reasons beyond his control. This does not apply to the starting procedure. The results of Skater(s) excluded for this reason from a re-start will show 'no finish'. This also applies to Relay Teams.

If the Skater is injured resulting from an action by another Skater for which a penalty is given, the Referee may advance the injured Skater or let the Skater participate in the re-start or re-run.

- v) The Referee's decision that there was an infringement of the Racing Rules or a violation of the BIS Code of Ethics or decisions approving the announcement of the results showing that there was no infringement are final and no protests against such decisions are allowed.
- vi) If, during a race, any irregularity that may affect the result does take place, the Referee may stop the race and order a re-start of the race. As a principle, this re-start shall take place immediately. In exceptional cases the Referee may postpone the restart to a later point on the competition program.

If the distance has been completed the Referee may order a re-run of the race considering the rest time.

- vii) If the Referee decides that an infringement of the Racing Rules has occurred, a sanction will be given as provided in these Rules.

f) **Sanctions for Coaches, Team leaders and Support Staff**

For any action, either on or off ice, not in compliance with the BIS Code of Conduct, a yellow card may also be shown to a Skater, Coach, Support Staff or Team Leader any such person shown a yellow card shall be suspended from the field of play for the remainder of the day.

Any coach, team leader or support staff shall be excluded from the field of play,

The Referee shall file a written report with the BIS/STTC whenever a red card is shown to any skater, coach, team leader or support staff

The "Field of Play" during Short Track Speed Skating competitions is the ice surface, the immediate surroundings, heat-box, coaches' box, Officials restricted area and any other so designated areas

g) **Exclusions**

- i) In respect of any action on or off the ice or if any skating offence or misconduct by a competitor, coach, , Support Staff or Team Leader which action is considered by the Referee as a non-compliance with instructions of an official in charge, or a violation of the BIS Code of Ethics. the Referee will show the relevant person a red card.

If the Referee decides the offence is very grave, the person may be excluded immediately from the competition and if a skater will not be ranked in the final classification. Any competitor coach or team official who is shown the yellow card twice in the same competition shall be excluded from the competition immediately and if a skater, then the skater shall not be ranked in the final classification.

- ii) In addition, the Referee will file a written report within seven days of the event to the ST_TAC and the BIS office concerning any incident where a red card has been issued. The ST_TAC or BIS may consider further disciplinary action.

- iii) This also applies to teams in relay races.

h) **Heat Box**

Previous to each start the names of those about to compete are to be clearly called at the heat box. Failure to appear promptly is equivalent to withdrawal from the competition concerned, except for medical reasons.

i) **Starting Procedure**

- i) The Starter will blow the whistle.

- ii) From this moment the Skaters should make their way to the start line without delay. Any Skater who arrives at the start line late or with too much delay will be warned by the Starter. The announcement should be:

- The lane position of the Skater who made the offence;
- "Warning";
- "Delay".

Any warnings for delays do not affect the other Skaters on the starting line.

In the case of a false start or a second warning to a Skater who has already received a warning the Starter shall tell the Skater that he gets a penalty.

- iii) The Skaters will line up a short distance away from the start line.

In the case of a Final Race where the Skaters are being introduced individually by the Announcer, they will position themselves a little further away from the start line and when introduced by the Announcer they will move forward closer to the start line.

- iv) The Starter will command:
- "Go to the Start".
On this command the Skaters move forward to the start line and place themselves at their respective dot at the start line. The Skaters stand up straight and stand still.
Until the Skater has finalized his still position, touching the Start line is not an offence.
Putting the tip of the blade in the ice is an offence and a false start will be given to the Skater concerned. The announcement of the Starter should be:
- The lane position of the Skater who made the offence;
- "False Start";
- "Wrong Blade Position".
- The Starter will command:
- "Ready".
The Skaters will go down and take their final starting positions immediately with the centre of the body over the respective dot and keep this position.
It is a false start when the Skater:
- Places one or both skates on or over the start line;
- Places one or both hands on the ice;
- Does not have both skates on the ice, i.e. full contact over the length of the blades;
- Takes his starting position before the command "Ready";
- Takes his starting position too slow after the command "Ready".
- v) When all Skaters are positioned in their final starting position and are still, i.e. there is no more movement, the Starter will wait a defined period of time and then fire the gun.
It is a false start when the Skater:
- Moves before the gun is fired;
- Slides on or over the line;
- Moves forward on the tip of his blades.
- vi) In the case of a false start the Starter will fire the gun again and/or uses the whistle to call the Skaters back. The Skaters must return to the start line without delay. Any Skater who does not return directly to the start line will receive a warning for delaying the start.
If more than one (1) Skater is responsible for a false start, the concerned Skaters shall all be assessed a false start.
If one (1) of the Skaters breaks from his marks, thereby causing another Skater to follow him, only the Skater at fault shall be assessed a false start.
If one of the Skaters makes noise e.g. with his skates on the ice, thereby causing another Skater to move shall be assessed a false start.
Commands given by the Starter will include:
- The lane position of the Skater who made the offence;
- "False Start";
And if necessary any statement reasoning the false start, e.g.:
- Moving;
- Wrong blade position;
- Wrong blade movement.
If more than one (1) Skater made an offence all the preceding points will be repeated.
If there are multiple offences of the Starting Rule then these will be announced in the order they occurred.
- vii) If a false start was made by a Skater who had already received a warning, this Skater will receive a penalty and is excluded.
The announcement of an exclusion will include:
- The lane position of the Skater who made the offence;
- "Penalty".
On direction of the Referee the Skater may be sent off the ice.
- viii) After the first false start of a race the Starter will warn all Skaters:
- "This race has one false start".
In the case of a second false start by any of the Skaters, the Skater(s) concerned will be given a penalty and is/are excluded from the race.
The announcement of an exclusion will include:
- The lane position of the Skater who made the offence;
- "Penalty".
On direction of the Referee the Skater may be sent off the ice.

- ix) 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 start again. The decision whether the interference is an offence according to the Racing Rules is a decision of the Referee.
Before a start, the equipment of the Skater may be fixed, without going beyond the padding. At "Go to the Start" the Skaters must be fully prepared with all equipment in order. Any omission will be a 'Warning for delaying the start' (see above).
If the Skater:
- received a warning before, or
- the race has a false start, or
- a repeated offence is made,
the Skater at fault will be given a Penalty.

j) **End of Race**

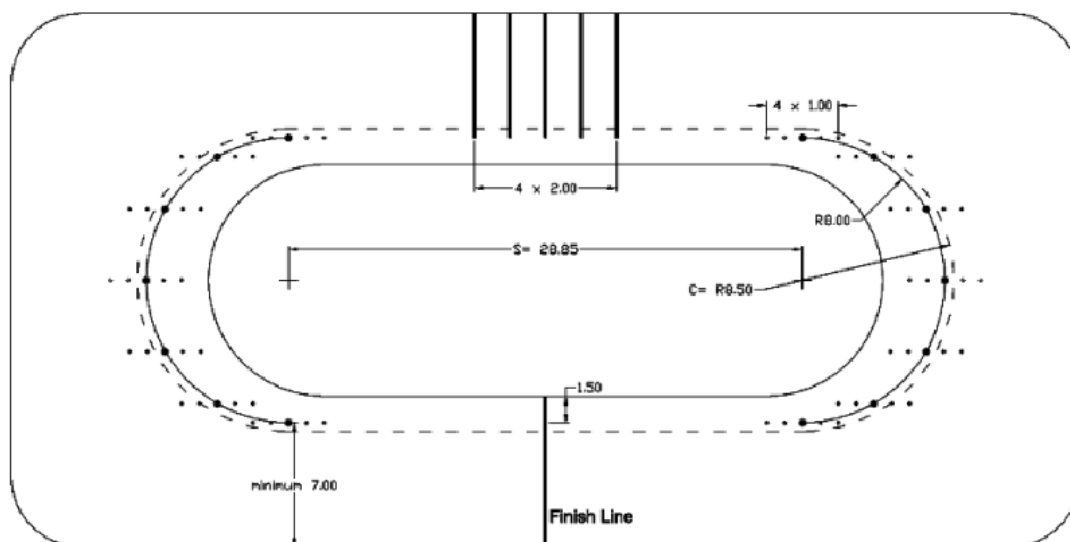
The end of the race is declared by the Referee. Different means can be used to communicate that information to the Skaters and all Officials. Except for Finals: Any Skater who has not yet finished will be declared finished by the Referee, but no time will be assigned.
After the end of the race there is a limited time to leave the ice. This time may be illustrated by technical equipment.

24 Skaters Equipment

- 1.) a) All skaters must be equipped with:
- i) Safety type helmet that is in compliance with the current ASTM standard (American Society for Testing and Materials) or other standard approved helmets by the ISU for Short Track Speed Skating. The helmets must have a regular shape and may not have protrusions;
 - ii) Neck protection of cut-resistant nature, fully covering the neck.
 - iii) Cut resistant gloves or mitts of leather or synthetic non-woven material.
 - iv) Long sleeved and long legged clothing.
 - iv) Shin protection
 - vi) Padded or padded hard shell knee protection.
 - vii) All speed skates must have the tubes closed and the blade ends must be rounded off, with a minimum radius of 10 mm. Blades must be fixed to the boot at a minimum of two (2) points with no moveable parts;
- b) Skaters with defective skates (e.g. broken skate blade) will not be allowed to start or restart in any race.
- c) A Skater who removes his equipment before the end of the race shall receive a penalty. The loss of equipment beyond the control of the Skater, i.e. due to a fall, will not result in a penalty.
- d) The Heat Box Steward in the heat box shall determine whether a Skater has respected the safety conditions, so that they can start a race. Skaters whose equipment is not in compliance with these rules shall be excluded from participation.
- 2.) Each skater is solely responsible that his personal equipment meets the highest safety criteria in order to obtain the utmost safety of the skaters.

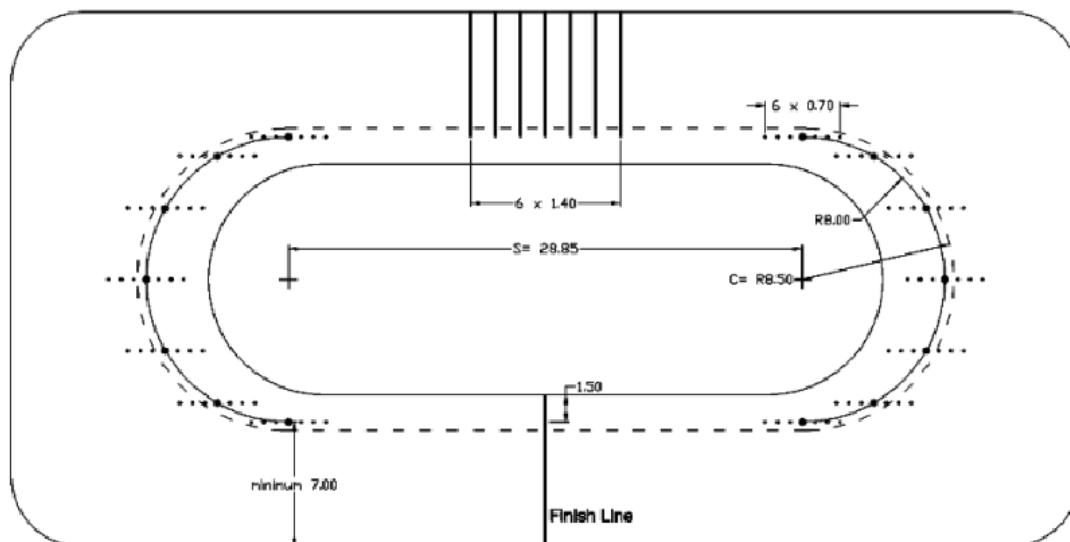
Appendix – Track Plan

Tracknumbers: 1 2 3 4 5



Track 2, 3 and 4 to be used for semi-finals and finals over 500 meters.

Tracknumbers: 1 2 3 4 5 6 7



Track 3, 4 and 5 to be used for semi-finals and finals over 500 meters.

Tolerance for all measurements +/- 0.01 m

111.12 meters Track	
2 x S	57.71 meters
2 x C x pi	<u>53.41 meters</u>
One Lap	111.12 meters

Appendix – British Championship Rules

Selected rules for the Championship:

- The Championship is run under an All-Finals system with skaters competing in their own category, i.e. there are no combined groups or skating up of classes.
- For the Senior Ladies and Men the first round of each distance is seeded on their best time in that distance as recorded on the NIRC website at the closing date for entries.
- For all other categories the first distances are seeded on their best times for the middle distance they skate as recorded on the NIRC website at the closing date for entries. The Junior (A&B) are seeded on the 1000m times, Junior C & Masters on 777m, Junior D on 500m, Junior E on 333m. For these categories the first round of their remaining distances are seeded on their cumulative overall classification of completed distances.
- Lane positions for the first round of each distance are drawn randomly, all further rounds are based on the times skated in the preceding qualifying round.
- The Senior Men's 3000M Super Final will be raced by up to the 8 highest ranked Senior Men skaters with Final Points after the first 3 distances (plus ties for 8th place).
- Relay teams may be made up of Masters, Senior Men & Ladies and Jun A, B & C Men & Ladies from the same club.

- Points & Classifications:
 - a) Final Points will be awarded in the A and B Finals only. The points 34, 21, 13, 8, 5, 3, 2 and 1 are awarded in descending order commencing with the first place in the A Final and after all places in the A Final have been awarded, the remaining points will be awarded to the B Final in descending order starting with the first place.
 - b) In the case of a penalty or did not finish in the A Final the Skater(s) concerned will be awarded a number of points equal to the winner of the B Final. In the case of a penalty in the B Final the Skater(s) concerned will not be awarded any points. If there is not a B Final and a skater receives a penalty or did not finish in the A Final, the Skater(s) concerned will receive no points. If there is a Final B and it only has one skater, the final will not be skated but the qualified skater will be assigned the corresponding rank and points.
 - c) Skater(s) who are declared finished by the Referee will be assigned the corresponding number of points.
 - d) No points will be awarded to Skater(s) who did not start, received a yellow card or received a red card.
 - e) In the case of a tie, all Skaters involved in a tie will receive the points awarded for that finish position (e.g. tie on 2nd both Skaters will receive 21 pts). If two Skaters are involved in a tie, the points for the following finish place will not be awarded, in the case of three Skaters involved, the following 2 finish places will not be awarded.
 - f) For the Super-Final over 3000m, the classification will be made as follows:
 - With nineteen (19) laps to go, there will be a bell, the first Skater crossing the line with eighteen (18) laps to go will get five (5) Race Points.
 - With ten (10) laps to go, there will be a bell, the first Skater crossing the line with nine (9) laps to go will get five (5) Race Points.
 - If the Skater(s) concerned receives a penalty, a yellow card, a red card, or does not finish, then those Race Points are not awarded to any other Skater(s).
 - At the finish 34, 21, 13, 8, 5, 3, 2 and 1 Race Points are awarded in descending order commencing with the first place.
 - The Race Points for intermediary sprints and the Race Points for finish order will be added to make the 3000m classification.
 - For the 3000m Super-Final Distance Classification the Skaters will be ranked:
 - by Race Points
 - by Finish position

- Final Points will be awarded according to the 3000m Super-Final Distance Classification. The Points 34, 21, 13, 8, 5, 3, 2 and 1 point are awarded in descending order commencing with the first place.

- For the Final Classification (and the current overall classification) the Skaters are ranked:
 - a) Senior Men only:
 - by total number of Final Points
 - by position on the last distance, e.g. 3000m Super Final (finish place)
 - b) All other categories:
 - by total number of Final Points
 - by combined ranking over all Distance Classifications
 - by the highest ranking achieved in one of the distances and subsequent other best rankings
 - by best time over the longest distance on the program

- A skater receiving a penalty in a qualifying round will be ranked as last place in that race & progress to the next round accordingly

- All other NISA/BIS Racing Rules apply