



Special Olympics

Be a fan™

**2010 Rule Change Summary
Short Track Speed Skating**

Change From	Change To
Speed skating	Short Track Speed skating
<p>Section A – Official Events</p> <p>For use on 100M Oval</p> <ol style="list-style-type: none"> 1. 25 Meter Straightaway 2. 50 Meter Half Lap Race 3. 100 Meter Race 4. 200 Meter Race 5. 300 Meter Race 6. 500 Meter Race 7. 800 Meter Race 8. 1000 Meter Race 9. 1500 Meter Race 10. 20 lap relay- 4 person 10. 20 lap relay- 4 person 11. 20 lap Unified Sports® relay- 4 person <p>Delete all events for use on 100m oval</p>	<p>Section A – Official Events</p> <p>For use on 111M oval</p> <ol style="list-style-type: none"> 1. 25 Meter Straightaway 2. 55 Meter Half Lap Race 3. 111 Meter Race 4. 222 Meter Race 5. 333 Meter Race 6. 500 Meter Race 7. 777 Meter Race 8. 1000 Meter Race 9. 1500 Meter Race 10. 3000 Meter Relay 11. 3000 Meter Unified Sports® Relay
	<p>Section A – Official Events</p> <p>ADD: All events will be conducted in a short track format.</p>
<p>Section B – Facilities.2.</p> <p>2. The track shall be of the dimensions found in Exhibit A below. Track width shall not be less than 525 meters on the straight sections and the distance from the apex block of a bend to the rink barrier shall not be less than 5.77 meters. The curve from the end of one straight to the point where the next straight begins shall be symmetrical (i.e. on radius). If the facility used for competition has an ISU 111 meter track surveyed on the ice surface (Exhibit B below,) this track may be used for competition purposes. Proper notation must be made on competition reports on the size of track use. If a 111 meter track is used modification in distances and laps skated should be made; i.e., 300 m = 333m; 500m =</p>	<p>Section B – Facilities. 2.</p> <p>2. The track shall be of the dimensions found in Exhibit A below. If the facility used for competition has an ISU 111 meter track surveyed on the ice surface, this track may be used for competition purposes. Proper notation must be made on competition reports on the size of track use. If a 111 meter track is used the distance and laps are: <u>1 lap= 111m, 3 laps = 333m; 500m = 4.5 laps; 777m=7 laps; 1000m = 9 laps; 1500m = 13.5 laps; and 3000m= 27 laps</u></p>

<p>4.5 laps; 800m = 777m=7 laps; 1000m = 9 laps; and 1500m = 13.5 laps.</p>	
<p>Section B – Facilities 5.</p> <p>5. Safety pads must be present during all training and competition periods. Rink barriers shall be covered by mats from the curve apex block to the center line of the rink. The mats shall be of double thickness along the rink barrier on the far side of the curve (see Exhibit). Mats shall be attached to the rink barrier with their weight on the ice. Mats should be made in such a manner and of such materials that they will minimize debris which might accumulate on the ice as a result of use of the mats. Outdoor non-barrier ice surfaces do not need mats but must have adequate fall lines to protect the athlete from possible collision with any stationary object present; i.e. tree</p>	<p>Section B – Facilities 5.</p> <p>5. Safety <u>mats</u> must be present during all training and competition periods. Rink barriers shall be covered by <u>mats</u> from the curve apex block to the center line of the rink. The mats shall be of double thickness along the rink barrier on the far side of the curve. Mats shall be attached to the rink barrier with their weight on the ice. Mats should be made in such a manner and of such materials that they will minimize debris which might accumulate on the ice as a result of use of the <u>mats</u>. <u>Mat height must be adequate to cover the height of the wall of the ice rink</u>. Outdoor non-barrier ice surfaces do not need mats but must have adequate fall lines to protect the athlete from possible collision with any stationary object present; i.e. tree</p>
<p>Section C – Equipment.1.</p> <p>1. All speed skaters shall wear long-sleeved and long-legged uniforms, knee pads, shin guards, cut resistant neck protector, gloves or mittens of a protective nature, and an appropriate safety helmet which shall have a hard shell and chin strap. A Skater is not allowed to wear a helmet which is not of regular shape and has protrusions. Helmet selection should be made with the help of a knowledgeable speed skating coach or skate shop employee. Elbow pads are optional equipment.</p>	<p>Section C – Equipment.1.</p> <p>1. All speed skaters shall wear long-sleeved and long-legged uniforms, knee pads, shin guards, cut resistant neck protector, <u>cut resistant</u> gloves or mittens of a protective nature, and an <u>ISU approved speed skating safety helmet which shall be held on with straps and have a hard shell that has no protrusions</u>. A Skater is not allowed to wear a helmet which is not of regular shape and has protrusions <u>which might get caught on a blade, or air vents large enough for a skate blade to enter the helmet</u>. Elbow pads are optional equipment.</p>
<p>Section C – Equipment .2.</p> <p>2. Speed skaters should wear speed skates. In the event speed skates are not available to the athlete, hockey skates may be used. Klap style speed skates may not be worn.</p>	<p>Section C – Equipment. 2.</p> <p>2. Speed skaters should wear speed skates. In the event speed skates are not available to the athlete, hockey skates may be used. Klap style speed <u>skate blades</u> may not be worn.</p>
<p>Section C – Equipment.3.</p> <p>3. Skaters shall wear a cloth or paper number on the mid back. If helmet numbers are available, they must be placed on the right side of the helmet.</p>	<p>Section C – Equipment.3.</p> <p>3. Skaters shall wear a cloth or paper number on the mid back. If helmet numbers are available, they must be placed on the right side of the helmet. <u>Helmet bibs are recommended with numbers displayed on both sides</u>.</p>
<p>Section C – Equipment 4.</p> <p>4. Moveable markers of rubber or other suitable</p>	<p>Section C – Equipment .4.</p> <p>4. Moveable markers of rubber or other suitable</p>

<p>material shall be used to mark the track. The number of markers should be sufficient to define the track clearly. Seven (7) markers shall be used to define each curve (turn) with the distance between every other marker being the radius of the curve (see Exhibit A). No track markers shall be of such size and width, or be fixed to the ice, so that they will not move freely if they are struck by a skater.</p>	<p>material shall be used to mark the track. The number of markers should be sufficient to define the track clearly. Seven (7) markers shall be used to define each curve (turn) with the distance between every other marker being the radius of the curve. No track markers shall be of such size and width, or be fixed to the ice, so that they will not move freely if they are struck by a skater.<u>The Height of the markers should not be over 5.08 cm in height as to be struck by a skater. Cones are too tall and are not acceptable for marking the track.</u></p>
	<p>Section E – Rules of Competition 1.c.4) d) ADD: d) If a Skater is interfered with and falls before the first apex block after the starting line, the Skaters may be called back to make a new start. This will be signaled by the starter firing a double shot of the starter’s pistol.</p>
<p>Section E – Rules of Competition 1.j.6) 6) A skater who permits himself/herself to receive physical assistance during a race shall be disqualified.</p>	<p>Section E – Rules of Competition 1.j.6) 6) A skater who permits himself / herself to receive physical assistance during a race <u>that is not a relay</u> shall be disqualified</p>
	<p>Section E – Rules of Competition 1.j.7) ADD 7) A skater who uses the wall to maintain balance or to assist in propelling oneself forward is considered assistance and shall be disqualified.</p>
	<p>Section E – Rules of Competition 2.g ADD: g. A signal shall be used to indicate 3 laps to go.</p>
<p>Section G – Training Effective Groupings for Special Olympics Short Track Speed skating 25M Straightaway, 55M Half Lap Events: For new skaters or skaters with an average lap time of greater than 55 seconds.</p>	<p>Section G – Training Effective Groupings for Special Olympics Short Track Speed skating 25M Straightaway, 55M Half Lap Events, <u>111m events</u>: For new skaters or skaters with an average lap time of greater than 55 seconds.</p>

NOTE: For full detail of Proposed Rule Changes (Accepted and Denied) please contact your Regional Sport Director. This list does not indicate those proposed changes that were not adopted by the Sports Rules Advisory Committee in 2009.