



2022 Rule Change Summary

Short Track Speed Skating

Change From	Change To
Old Formatting	See also date change at footer to reflect October 2022
<p>Add New Section – 4. Field of Play This addition will shift the Equipment Section to Section 5</p>	<p>ADD: Section 4 Field of Play 4.1 The “Field of Play” during competitions are the ice surface, the immediate surroundings, Heat Box, Coaches Box, Officials restricted areas and any other so designated areas. 4.2 During each Divisioning race and Finals there shall be allowed only one Coach per participating Skater or Relay Team in the designated coaching area. 4.3 The designated team coach may only be in the Coaches box during the race prior to their skaters race, during the race and immediately following their race.</p>
<p>Section 4 Equipment 4.1 Uniforms and Protective Gear 4.1.1 All speed skaters shall wear long-sleeved and long-legged uniforms, knee pads, shin guards, cut resistant neck protector, cut resistant gloves or mittens of a protective nature. 4.1.2 Elbow pads are optional equipment.</p>	<p>CHANGE: Section 5 Equipment 5.1 Uniforms and Protective Gear: 5.1.1 All speed skaters are required to wear the following safety equipment: 5.1.2 Long-sleeved and long-legged uniforms 5.1.3 Knee pads or have padded knee protection as part of their uniform 5.1.4 Shin guards or have cut protection in the lower leg portion of their uniform 5.1.5 Cut resistant neck protector 5.1.6 Cut resistant gloves or mittens. 5.1.7 The following are recommended but not mandatory for competition: 5.1.7.1 Elbow pads and wrist guards are optional safety equipment. 5.1.7.2 Eye protection meeting the ANSI Z87.1 Standard is recommended 5.1.8 Cut resistant under garments</p>
<p>Section 6 Rules of Competition 6.1 General Rules and Modifications 6.1.1 All skaters shall start a race with both skates behind the start line.</p>	<p>CHANGE: Section 7 Rules of Competition 7.1 General Rules and Modifications 7.1.1 All skaters shall start a race with both skates behind the start line.</p>



6.1.2 A speed skater shall finish the race when the blade of one of his/her skates first crosses the finish line after completing the appropriate number of laps in the race.

7.1.2 Putting the tip of the blade in the ice is an offense and a false start will be given to the Skater concerned.