

Speed Skating Rules - abbreviated

Abbreviated version for parents and spectators - by Andrew Morgan



RACING RULES

1. All races are skated in an anti clockwise direction, in a safe and fair manner.
2. Any skater may overtake another skater at any time during the race.
3. The skater overtaking will be responsible for any accidents or interference, as long as rule No. 4 has not been broken.
4. The skater being overtaken must not interfere with a skater overtaking them.
5. Lapped Skaters:
 - a. If a skater has been lapped twice by the lead skater, at the referee's discretion, they may be pulled from the race with a non-finish recorded for that race.
 - b. If a skater has been lapped twice due to reasons beyond their control, the referee may at their discretion, pull the skater from the race and declare the skater as having reached the finish. No time will be recorded.
6. Breaches of these racing rules for individuals in races will lead to disqualification:
 - a. OFF TRACK – Shortening the distance to be skated with one or both skates on the left hand side of the curve, marked by track marking blocks.
 - b. IMPEDING – Deliberately impeding, blocking, charging or pushing another competitor with any part of the body.
 - c. CROSSTRACK – Improperly cross the course of, or in any way interfere with another competitor.
 - d. ASSISTANCE – Permitting to give and/or receive assistance during a race. This will not apply to the push a skater receives from their team-mate in a relay event.
 - e. TEAM SKATING – During a race any action that in anyway is beneficial to the result of another skater is considered team skating and all involved shall be disqualified. This does not apply to relay races.
 - f. KICKING OUT – Deliberately kicking out of either skate during any part of a race thereby causing danger including at the finish line or throwing the body across the finish line.
7. A race is declared finished once the last skater crosses the finish line. **No skater may take off any equipment until all skaters have finished the race and are off the ice.** (See equipment list following.)

STARTING A RACE

1. First command – “Go To The Start”
 - a. All skaters shall move up to stand at their starting dot on the starting line.
 - b. If a skater takes their starting position before the “Ready” command, it will be deemed a False Start.
 - c. If a skater takes too long to come to their starting dot they will be given a False Start for delaying.
 - d. If a skater comes on to the ice still fixing up their equipment (e.g. putting on their helmet) they will be given a False Start for not having their equipment on whilst they are on the ice.
2. Second Command – “Ready”

All skaters must take up their start position and must then stay still until the gun is fired.
3. False Starts
 - a. If a skater starts before the gun, it is called a False Start. Each skater is allowed one false start in each race. The Starter will indicate to the skater that they made a False Start
 - b. If more that one skater makes a False Start on the same occasion, all skaters responsible will be assessed as having made a False Start.
 - c. A second False Start will result in disqualification from that race.
 - d. If a skater is interfered with and falls before the Apex Marker (fourth marker), the skaters may, at the Starter's discretion, be called back for a completely new start.

RELAY RACING

1. Relays
 - a. Four team members must take part in the race
 - b. All team members shall be dressed in matching uniforms.
2. Relaying (handing over the race to another team member)
 - a. A skater will be relayed by touch.
 - b. A skater can relay, or be relayed, at any time of the race, except in the last two laps where relaying is prohibited (except for rule e).
 - c. A warning shot will be fired three laps before the finish.
 - d. The last relay must be started before the commencement of the second last lap.
 - e. If a skater falls with less than two laps left, they can relay a team member.
3. Rule breaches
 - a. Any breach of the individual racing rules by any team member will result in the whole team being disqualified.
 - b. If a skater has not been relayed by touch, the whole team will be disqualified.

EQUIPMENT

- All skaters **MUST** have all their equipment on before they get on the ice for a race
- A Helmet (with no sharp points)
- Gloves or mittens
- Shin guards (Example – similar to soccer guards)
- Long sleeves and long legged clothing
- Knee pads – soft or hard shell
- Neck protection
- All skates must have closed ends and the blades must have rounded ends, with a minimum radius of 10mm (about the radius of a 10 cent piece).
- All skaters are individually responsible for their own equipment. Where a skater's equipment does not comply with the guidelines, that skater will not be permitted to skate until all of their equipment does comply.