



SPEED SKATING**SPEED SKATING**

The Official Special Olympics Sports Rules for Speed Skating shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Skating Union (ISU) rules for speed skating found at <http://www.isu.org>. ISU or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Speed Skating or Article I. In such cases, the Official Special Olympics Sports Rules for Speed Skating shall apply.

SECTION A - OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

For use on 100M Oval

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
11. 20 lap Unified Sports® relay- 4 person

For use on 111M oval

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. 20 lap relay- 4 person
11. 20 lap Unified Sports relay- 4 person

SECTION B - FACILITIES

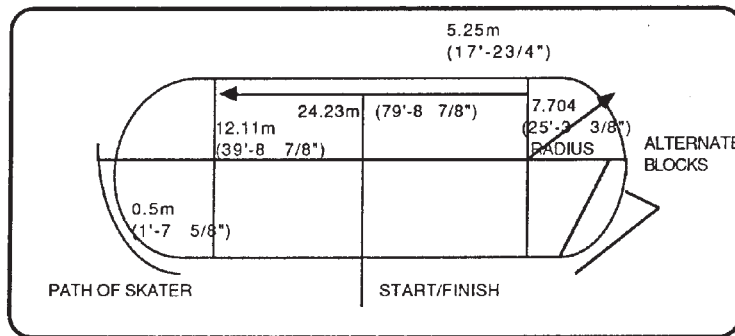
1. The track shall be set on an ice rink with a minimum length of 56.38 meters and a minimum width of 25.90 meters.
2. The track shall be of the dimensions found in Exhibit A below. Track width shall not be less than 525 meters on the straight sections and the distance from the apex block of a bend to 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 = 4.5 laps; 800m = 777m=7 laps; 1000m = 9 laps; and 1500m = 13.5 laps.
3. The center of the track should always be set at the middle of the rink.
4. The start and finish lines are denoted by lines (colored) drawn at right angles to the straight and not more that 2cm wide. Nothing shall be placed in or above the paths of the competitors, or on or above the ice (except the markers) during the event.



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- 5. Safety mats must be present during all training and competition periods. Rink barriers shall be covered by pads from the curve apex block to the center line of the rink. The pads shall be of double thickness along the rink barrier on the far side of the curve (see Exhibit). Pads shall be attached to the rink barrier with their weight on the ice. Pads 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 pads. 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.
- 6. Start/Finish lines for races on a 111.12 meter track are indicated in Exhibit A. Start/Finish lines for all races on a 100 meter track are indicated in Exhibit B.
- 7. The 25 Meter Race shall be marked as a straight race from one end of the ice surface to the other. The 50/55 Meter Race (1/2 lap) shall be started at a start line set mid track, directly opposite the finish line of all other races.

Exhibit A
100 METER OVAL

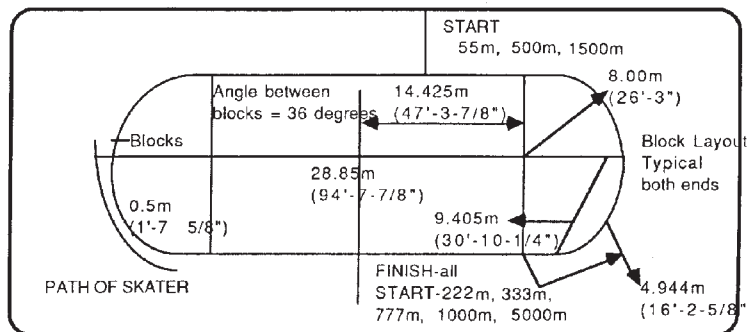


Notes:

- 1. Distance between boards and track survey line is 5.25m minimum. If rink is narrower than 26.15m (85ft.) radius and straight length may be adjusted to maintain 5.25m but yield a skate path of 100m.
- 2. Distance between every other block is the radius @ of the survey line. The center line block may be replaced by two blocks 1.5m either side of it on survey line.
- 3. All layouts to be from rink center lines.

Notes:

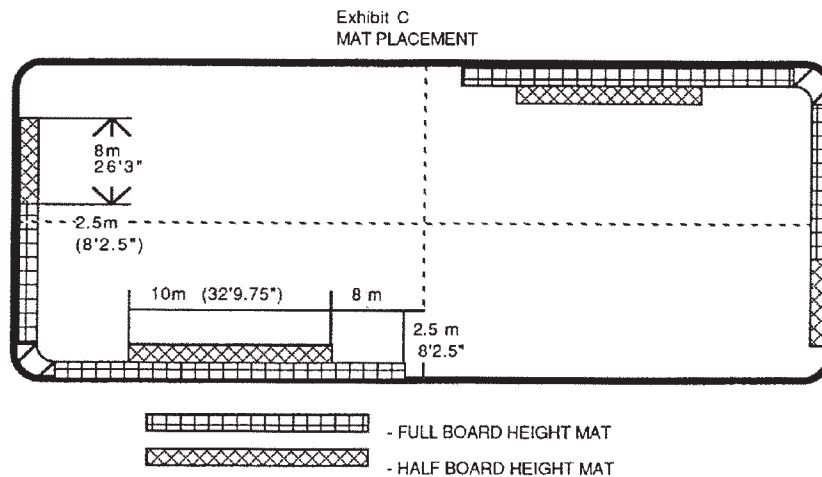
Exhibit B
111.12 METER OVAL



- 1. When laying out alternate tracks, starting line on back stretch must move twice (2x) the distance of and in the direction of the track move.
- 2. All layouts to be from rink center lines.

**SPEED SKATING****SECTION C - EQUIPMENT**

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.
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.
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.
4. Moveable markers of rubber or other suitable 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.
5. A start pistol shall be used to begin each race. False starts will require a restart. For hearing impaired athletes, dropping a hand or flag shall accompany the sound of the gun.

**SECTION D - PERSONNEL**

1. Competition Director
2. Competition Steward
3. Chief Scorer
4. Chief Timer
5. Chief Line Judge
6. Chief Referee
7. Lap Counter
8. Chief Starter
9. Heat Box Steward
10. First Aid Personnel
11. Announcer



SPEED SKATING**SECTION E - RULES OF COMPETITION**

1. General Rules and Modifications

- a. All competitors shall start a race with both skates behind the start line.
- b. 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.
- c. The starter shall give each competitor a chance to do his/her best by:
 - 1) Giving the competitors ample time to settle down and assume a balanced position after taking their marks.
 - 2) Starting the sequence over if any competitor is off-balance.
 - 3) Not holding the competitors too long after the set signal.
 - 4) Always using the starting commands and signals:
 - a) "Go to the start" (skaters step to start line and place skates behind the start line),
 - b) "Ready" (skaters get down into start position),
 - c) Signal the start of the race with the firing of a start pistol.
 - 5) Use the following starting commands and signals with hearing impaired athletes:
 - a) "Go to the Start" (skaters step to start line and place skates behind line after starter points to the line),
 - b) "Ready" (skaters get down into start position as starter raises hand),
 - c) Starter signals start of race by dropping raised free hand as start pistol is fired.
- d. The starter shall position himself/herself in front of the start line in such a way that he/she is clearly visible and distinguishable as the starter to all competitors starting the race.
- e. Races shall not start until the gun is fired. Skaters making two (2) false starts shall be disqualified.
- f. There shall be no more than four (4) competitors on the track competing at the same time.
- g. If there is a division of five (5) or greater, two (2) division heats will be raced. The competitors order of start shall be determined by preliminary time rankings. Competitors shall be ranked by fastest to slowest time in their respective division. Heat #1 will be composed of competitors ranked 1, 3, 5, 7. Heat #2 will be composed of competitors ranked 2, 4, 6, 8.
- h. Competitors position on the start line will be determined by a random draw of start position numbers by the competitors in a particular heat/division. The skater drawing number one (1) shall be assigned the starting position toward the end of the start line furthest from the rink barrier. The skater drawing number two (2) shall be assigned the starting position immediately to the right of the skater drawing number one (1). Starting positions three (3), four (4), and five (5) shall similarly take starting positions to the right, with the skater drawing the highest start position number for that particular heat/division assigned the start position toward the end of the start line closest the rink barrier.
- i. The Chief Referee may after consultation with the Competition Director, reduce the number of skaters competing in any heat to insure a safe conduct of the race.
- j. Disqualifications:
 - 1) 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.
 - 2) 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.
 - 3) A skater shall not deliberately impede or push another competitor with any part of his/her body, thereby gaining an advantage.



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- 4) Any competitor who unnecessarily slows down, thereby causing another competitor to slow up or collide, shall be disqualified.
- 5) Any competitor who willfully impedes, improperly crosses the course or, in any way interferes with another competitor, or conspires with others to cause a race to result otherwise than on its merit, shall be disqualified.
- 6) A skater who permits himself/herself to receive physical assistance during a race shall be disqualified.
- 7) A skater shall be disqualified for intentionally moving the corner track markers or failing to skate at all times outside the corner track markers.
- 8) The Referee may disqualify a skater from a race if the skater deliberately kicks out a skate or throws his/her body across the finish line thereby endangering another skater at the finish line.
- 9) 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.

2. Four person Relay**20 Lap - 4 person relay**

- 1) Each team shall consist of 4 Athletes.
- 2) No more than two relay teams shall be allowed on the ice at any time.
- 3) Each team member must skate a minimum of 3 laps.
- 4) The last two laps must be skated by a single skater.
- 5) Each team shall draw for which side of the track (near/far in relation to the finish line) on which they will be allowed to relay.
- 6) Each team shall be clearly identified by wearing the same uniform or by wearing the same color pinney vest.

SECTION F - UNIFIED SPORTS® EVENTS**1. 20 Lap - 4-person relay**

- a. Each team shall consist of two Special Olympics Athletes and two Unified Sports Partners.
- b. Selection of Special Olympics Athletes and Unified Sports Partners of similar age and ability is required for Unified Sports training and competition in Speed Skating. Significant risk of injury could result from teams where athletes and partners are poorly matched.
- c. No more than two relay teams shall be allowed on the ice at any time.
- d. Each team member must skate a minimum of three laps.
- e. The last two laps must be skated by a single skater which will be an Athlete member of the team.
- f. Each team shall draw for which side of the track (near/far in relation to the finish line) on which they will be allowed to relay.
- g. Each team shall be clearly identified by wearing the same uniform or by wearing the same color pinney vest.
- h. The relay zone will be between the blue hockey zone lines (middle portion of the straightaway).
- i. The relay may be by either push start or tag of hand.
- j. No other personnel, other than the referees, will be on the ice to allow the infield of the track to be used for marshaling and pacing for relay exchanges.

**SPEED SKATING****SECTION G - TRAINING EFFECTIVE GROUPINGS FOR SPECIAL OLYMPICS SPEED SKATING**

25M Straightaway, 55M Half Lap Events: For new skaters or skaters with an average lap time of greater than 55 seconds.

111M, 222M, 333M Events: For skaters with an average lap time of 40 to 54 seconds.

222M, 333M, 500M Events: For skaters with an average lap time of 30 to 39 seconds.

333M, 500M, 777M Events: For skaters with an average lap time of 25 to 29 seconds.

500M, 777M, 1000M Events: For skaters with an average lap time of 19 to 24 seconds.

777M, 1000M, 1500M Events: For skaters with an average lap time of 15 to 18 seconds.

500M, 1000M, 1500M Events: For skaters with an average lap time of less than 15 seconds.