

SHORT TRACK GUIDANCE TO THE RACING RULES 2025/26

Following the ISU Constitution and Regulations; in this document, the masculine gender used in relation to any physical person (for example Skater, Competitor, Official, etc., or pronouns such as he, they, them) shall, unless there is a specific provision to the contrary, be understood as including the feminine gender.

This Guidance is primarily established for ISU Events. It may be adapted for other Competitions based on the level of the Skaters.

Contents

Extract from the Short Track Special Regulations & Technical Rules 2024	2
Section 1: Main Definitions.....	4
1.1 Skater (Team) in the lead	4
1.2 Skater overtaking or passing.....	4
1.3 Overtaking.....	4
1.4 Contact.....	4
1.5 Active/Inactive Skaters in Relay	4
1.6 Concept of Clear and Obvious for race situations.....	5
1.7 Sanctions	6
1.8 Click of Blades	7
1.9 Track division	7
1.10 Lane Change	7
1.11 Level position	7
1.12 Principle of Priority.....	8
1.13 Shared Responsibility	8
Section 2: Guidance and Parameter.....	9
2.1 Summary List of the Codes	9
2.2 Detailed description of each Code	11
2.2.1 Straight.....	11
2.2.2 Corner.....	15
2.2.3 Start.....	17
2.2.4 Finish.....	18
2.2.5 Other Codes	20
2.2.6 Specific to the Relay Races	21
2.2.7 Yellow Cards.....	24
2.2.8 Red Cards	24

Extract from the Short Track Special Regulations & Technical Rules 2024

Rule 286 para 4): “The Referee shall be the chief executive officer and shall decide all points of dispute and infringements of rules, which can result in sanctions. Only racing incidents that are clear and obvious, and not in line with the principles of the general racing rule, as specified in rule 295 may result in sanctions. The decisions of the Referee shall be final (see Rules 123 and 124 about protests and appeals).”

Infringements

Rule 295, paragraph 2:

a) The general racing rule is that the Skaters/Relay Teams 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.

b) Breaches of the racing rules are considered as given if the facts are clear and obvious and no shared responsibility is to be established.

- 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 Skater with any part of the body. Interfere with another Skater by crossing the Skaters 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/Relay Teams 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.”

Relay Infringements

Rule 295 para 4): “Breaches of the Relay racing rules are considered as given if the facts are clear and obvious and no shared responsibility is to be established.

- 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.

- In Mixed Team Relay: The fixed schedule, taking into account its exceptions as described in paragraph 3 above, has not been followed.”

This Guidance is based on Rule 295, paragraph 2.c), which reads as follows:

“For details and clarifications, a document called “Guidance to the Racing Rules” is published in an ISU Communication.”

Basic Guiding principle in Short Track

The general racing rule is that the Skaters/Relay Teams 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.

“The race has to be won on its merit” is at the base of all racing rules as the number one priority and all basic rules are created to support this principle and of course the safety of the Skaters.

Generally speaking, the Skater/ Team in the lead has priority over the Race. The priority or right of passage of the lead Skater/ Team can be lost or shared based on the various situations described in detail in this guidance document.

Overtaking is allowed at all times, but until the Skaters/Relay Teams are beside each other the responsibility for any obstruction or collision shall be upon the Skater/Relay Team overtaking, provided the Skater/Relay Team being overtaken does not act improperly.

Short Track is a close proximity and contact sport. Some small inconsequential contacts or pushes are tolerated, actions that have a significant impact on the race of other Skaters can lead to Sanctions.

Section 1: Main Definitions

1.1 Skater (Team) in the lead

All Skaters are considered in the lead of **some** other Skaters unless they are in the last position in the race.

For the purpose of our racing rules “**the Skater in the lead**” refers to the action judged **involving that Skater**, and not only the Skater who is in the first position.

Skaters being one lap behind and being caught up by one or a group of Skaters are still considered in the last position and never in the lead. They must not interfere with the race.

1.2 Skater overtaking or passing

A Skater is overtaking when trying to move ahead of another Skater by the inside or by the outside. The action of overtaking starts from the moment the Skater moves from **being** behind until they are in the front or back to **being** behind. In effect, this means that the other Skater directly impacted by this action is the overtaken Skater. Sometimes more **than** one Skaters are being overtaken or overtaking at the same time.

1.3 Overtaking

A Skater overtaking another Skater is responsible for his action, and his passing or skating **must not interfere** with the other Skater’s race.

1.4 Contact

A contact can be made by the blades, hands, arms, torso, hips of a Skater directly (or sometimes indirectly) towards another Skater. The Skater responsible can create the contact directly or sometimes, by his action, can cause an indirect contact or unfair situation for another Skater. For a contact to lead to a Sanction, it must be clear and have an impact on the race of the other Skater/Team. Generally, it also needs to be the responsibility of one Skater and not 2 or more Skaters doing simultaneous actions which collectively lead to the contact. Different types of actions that can create contacts (e.g., lateral moves, arm block, arm push, clicks of blades, etc.) will be identified below.

1.5 Active/Inactive Skaters in Relay

For all Relay races, all members of a Team are responsible for not impeding the race. At every moment of the Relay race there is one (1) active and three (3) inactive Skaters for every team. The active Skaters are the Skaters racing on the track. The “inactive” Skaters are all other team members that are not active (resting between their segments). The Skaters are still considered inactive even when they are accelerating and getting on the track to take the exchange until there is the actual relaying touch. The Skaters that have just relayed and are exiting the race are becoming inactive Skaters right after the touch is completed.

1.6 Concept of Clear and Obvious for race situations

When making a decision to give a sanction or making a decision to review a race situation, the Referees must use 2 core principles: In their judgement, the action that they have seen live (or in the video review) must be **Clear** and it must be **Obvious**. In other words what they see must be easy to perceive, understand, easy to interpret, and leaving no doubt. They must be convinced having seen and understood the action and identified the perpetrator(s) without leaving any doubt.

If a race situation is not **Clear & Obvious** after reviewing in regular speed and slow motion, the Referee will either decide that there is **No Call (no Penalty)** or decide that it is not possible to determine which of the 2 or more Skaters were responsible for exactly what and give **Shared Responsibility** to Skaters involved.

The **consequence** (the impact on the race) of the action also must be **Clear and Obvious**.

What has a significant impact on the outcome of the race in the last lap might not have any significance in the first few laps. The Referee must take this into consideration.

For that purpose, as a guideline, it is generally considered that actions have the potential to have a significant impact on the race if:

- there is a fall, (at any time)
- there is a big loss of speed,
- there is a loss of one or more positions close to the end of the race.

When considering the consequences on the race, the Referee must assess the behavior of all Skaters. In presence of Embellishment*, the Referee can decide that there will be no Penalty or give a Shared Responsibility.

**Embellishment in sport refers to the act of exaggerating or feigning the effects of a contact or an infraction in order to draw a Penalty or manipulate Referees. Outcomes perceived as being exaggerated or significantly amplified by Skaters will not be considered as significant outcomes.*

Race situations that have no consequences on the results of the “race being won on its merit”, do not need to be reviewed.

1.7 Sanctions

As per rule 286 para 4): Only racing incidents that are not in line with the principles of the general racing rule may result in sanctions.

Skaters/Teams must follow the Racing Rules and not impede the race of other Skaters/Teams. For example, illegally changing lanes, blocking, pushing, not giving way when there is a priority of passage, relay infringements, going off track to gain an unfair advantage, are all actions that can lead to a Sanction when creating a contact or having an impact on another Skater/ Team's race.

There are 3 levels of Sanctions:

1.7.1 Penalty

The Penalty is the first level (least severe). Skaters/Teams receiving a Penalty will lose their result in the race and be placed after the other Skaters participating in that race for the final classification.

The Penalty will remove the Skater from progressing in that distance in the competition but not affect results acquired in previous rounds.

1.7.2 Yellow Card (YC)

A **Yellow Card** is the second level of Sanction. It is given for three (3) reasons:

A Yellow Card Behavior ("YC-B") is given if the action of the Skater/Team is judged reckless or very bad sportsmanship.

A Yellow Card Lap ("YC-L") is given if a Skater/Team is being lapped and does not give way to the Skaters/Team Passing. Staying in the track and impeding the race is a serious offence and can lead to a Yellow Card.

A Yellow Card 2 ("YC-2") is for situations when more than one infringement of the Racing Rule "Impeding" and/or "Kicking Out" independent of each other resulting in a penalty, are made in one race by a Skater/ Team.

The consequence of the Yellow Card is that the Skater/Team loses all the results acquired in the distance and is placed at the bottom of the classification concerned.

Yellow Cards received for a team event are not cumulative with yellow cards received for individual events and vice-versa.

1.7.3 Red Card (RC)

The **Red Card** is the 3rd level of Sanction and is only used for extreme behavior. A Skater/Team receiving a Red Card would lose all points and classification in the distance and be listed at the bottom. There would be no points for any overall classification. Depending on the Event, the Skater would not be allowed to continue in any other races for the duration of the Event (Championships, World Tour, Junior World Cups). 2 Yellow Cards in the same Event = an automatic Red Card. A Red Card given in the Relay affects the team for the results in the race, but for further sanctions, it only affects the Skater (s) that made the actual action and not the whole team. This means that if there were other individual races after the Relay Red Card sanction, only the Skater who did the action that got the Red Card for the team will not be allowed to participate.

Race incidents and infringements that can lead to Sanctions

1.8 Click of Blades

In the Straight, when 2 Skaters are level, a click of blades resulting from both of them pushing at the same time is a race incident that does not lead to a Penalty for any of them ***unless one makes an exceptional skating move.***

If they are both “equally” responsible for the contact, then it falls in the category of a race incident and there are no Sanctions and no advancements.

In the cases where the responsibility is more heavily based on one Skater/Team, and they are in direct qualifying position when the incident happens, an Advancement can be given to the Skater/Team with the lesser responsibility in case of a clear and obvious impact on the race.

If “equally responsible” and both Skaters fall, no Advancements are given.

1.9 Track division

What Skaters are allowed and not allowed to do, is dependent on where they are positioned on the track.

The track is divided in **2 main areas**: The **Straight** and **Corner**; and this is repeated for each side.

The Straight consists of 2 zones: The **Straight** and the **End of Straight**.

The **Straight** begins at the last block of the corner until approximately 3 meters before the 1st block of the following corner, and the **End of Straight** Zone follows until the 2nd block.

Note: the distance of 3 meters is not measured but estimated.

1.10 Lane Change

Lane Change refers to lateral moves that the Skaters will do to protect their position or to attempt a pass.

Lane change is allowed in the Straight zone IF AND ONLY if the hips of the Skater are ahead of the shoulders of the other Skater. Lane change (lateral move) causing contact is not allowed anymore when another Skaters' shoulders have reached the hips of the Skater. Lane changes are not allowed during Relay exchanges.

1.11 Level position

A Level position is when the Skater passing has succeeded in coming side by side with the Skater being passed at any point in the straight zone (before the end of straight zone). From then on, if any of the Skaters concerned gains speed, he/she becomes the passing Skater. The definition of “side by side” is when the skates and hips look equal on a virtual perpendicular line. It is not possible to measure “side by side” perfectly and therefore one Skater could be slightly in front or behind and still be considered equal.

Note: If the passing Skater is always a little behind, he has not succeeded to make it to Level position. It is the responsibility of the Skater passing to ensure being level.

1.12 Principle of Priority

The lead Skater always has priority except when clearly defined under the codes as shown in section 2 below. For example, when another Skater has achieved a Level position in the straight, or when going extremely wide in the end of straight, etc.

1.13 Shared Responsibility

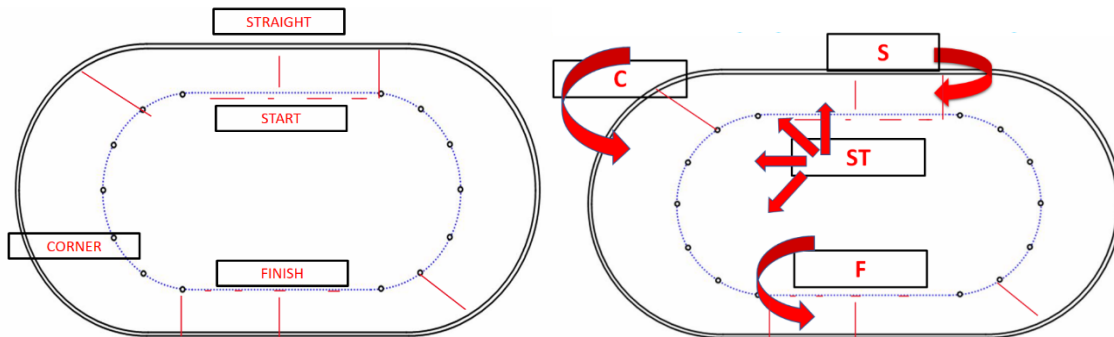
As per rule 296 para 1 c): If a contact/situation is created by the simultaneous actions of two Skaters or more, the effect of the contact/situation is minor and has no impact on the result of the race, i.e. the results of the race remain to be determined on its merits, the Referee may decide the contact is caused by a Shared Responsibility resulting in no Penalty given to any of the Skaters.

Also, in case of a minor contact that appears more severe due to Embellishment* the Referee may decide to give a Shared Responsibility.

If the action is severe, i.e. has an obvious impact on the result of the race, all Skaters involved may a Penalty.

Section 2: Guidance and Parameter

2.1 Summary List of the Codes



STRAIGHT: (S) Between the last block of a corner until the 2nd block of the next corner

CORNER: (C) Between the 2nd block and the exit of the corner

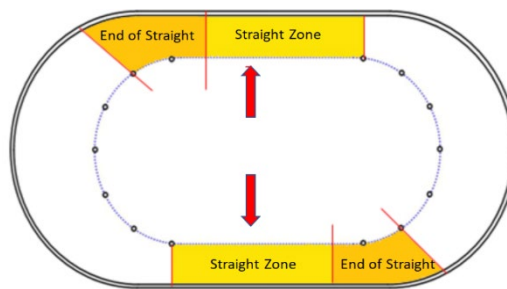
START: (ST) From the start till the end of the 1st corner

FINISH: (F) From the exit of the last corner until the end of the Race

The code and language to describe the infringements is as follows:

2.1.1 Straight

(S) Between the last block of a corner until the 2nd block of the next corner

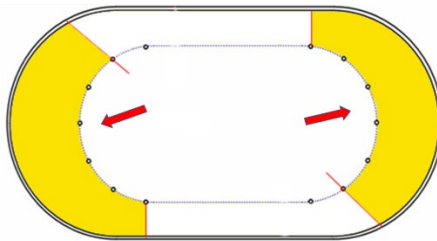


At ISU Events there is a FULL colored line (same color as the center line) from the last block of a corner until the first block of the other corner. This colored line is a clear visible reference point that Referees are using to make their decision for the Straight infringements.

- S1. LANE CHANGE | FROM OUTSIDE TO IN
- S2. LANE CHANGE | FROM INSIDE TO OUT
- S3. ARM BLOCK
- S4. ARM PUSH
- S5. CONTACT FROM BEHIND
- S6. END OF STRAIGHT | ILLEGAL LATE PASS
- S7. END OF STRAIGHT | ILLEGAL OPENING AND CLOSING
- S8. END OF STRAIGHT | INSIDE SKATER FAILURE TO GIVE WAY
- S9. END OF STRAIGHT | OUTSIDE SKATER NOT GIVING SPACE

2.1.2 Corner

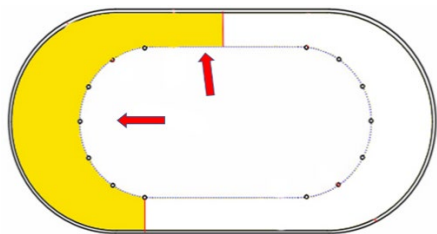
Between the 2nd block and the exit of the corner



- C1. LANE CHANGE | FROM OUTSIDE TO IN
- C2. LANE CHANGE | FROM INSIDE TO OUT
- C3. ARM BLOCK
- C4. ARM PUSH
- C5. CONTACT FROM BEHIND

2.1.3 Start

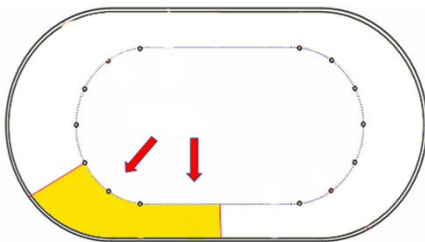
(ST) From the start till the end of the 1st corner



- ST1. LANE CHANGE | FROM OUTSIDE TO IN
- ST2. LANE CHANGE | FROM INSIDE TO OUT
- ST3. ARM BLOCK
- ST4. ARM PUSH
- ST5. CONTACT FROM BEHIND
- ST6. PENALTY FOR FALSE START

2.1.4 Finish

(F) From the exit of the last corner until the end of the Race



- F1. LANE CHANGE | FROM OUTSIDE TO IN
- F2. LANE CHANGE | FROM INSIDE TO OUT
- F3. ARM BLOCK
- F4. ARM PUSH
- F5. CONTACT FROM BEHIND
- F6. AT THE FINISH | KICKING OUT

2.1.5 Other

- OFF. OFF TRACK
- EQP. EQUIPMENT VIOLATION
- ASS. FOR ASSISTANCE
- SR. NO PENALTY - SHARED RESPONSIBILITY
- DNF. FAILING TO CROSS THE FINISH LINE

2.1.6 Relay Specific

- R1. MISSED RELAY TOUCH
- R2. ILLEGAL RELAY
- R3. BLOCKING IN THE INFIELD
- R4. INACTIVE SKATER ON THE TRACK CAUSING OBSTRUCTION
- R5. LANE CHANGE DURING EXCHANGE CAUSING CONTACT/ OBSTRUCTION
- R6. LEG BLOCKING DURING EXCHANGE
- R7. IMPEDING THE RACE ENTERING OR EXITING FOR AN EXCHANGE

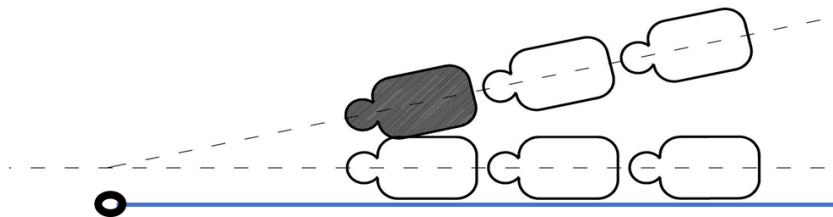
2.2 Detailed description of each Code

2.2.1 Straight

In the Straight, no lateral moves are allowed unless a Skater has his hips in front of another Skater's shoulders. The Skater on the inside shall not move out and vice-versa. They are both able to see each other clearly and they “**share the responsibility**” of making sure there are no contacts created.

S1. In the Straight | Lane Change | from Outside to In

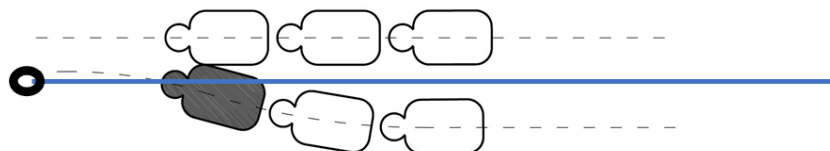
The outside Skater can move towards the inside freely only if the Skater is in the lead (hips in front of shoulders). If the Skater does not have the hips in front of the shoulders of another Skater, and he moves towards the inside and causes a contact, the Skater may get a Penalty for S1.



S2. In the Straight | Lane Change | from Inside to Out

The inside Skater can move towards the outside freely only if he/she is in the lead (hips in front of shoulders). If the Skater does not have the hips in front of the shoulders of another Skater and moves towards the outside and causes a contact, the Skater may get a Penalty for S2.

If the 2 Skaters are still side by side towards the end of the Straight and the **inside Skater** is **inside the colored line and cannot** come back out before the corner entry without a lateral outside move causing a contact, then that Skater is responsible for the collision and may get a Penalty for S2.



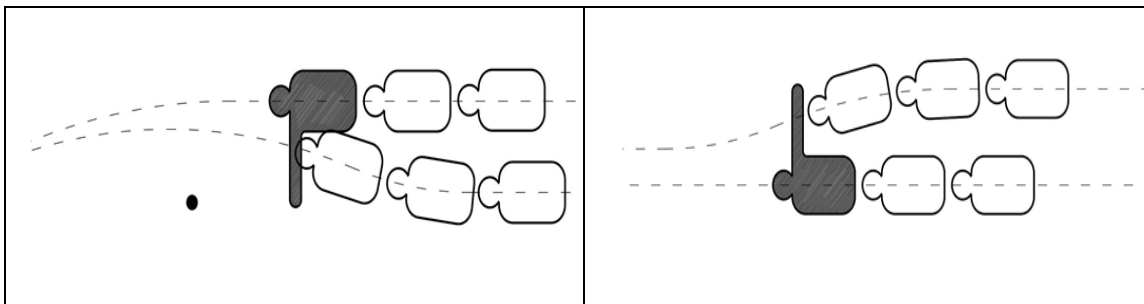
S3. In the Straight | Arm Block

Skaters are allowed to use their arm and swing them to help with rhythm and speed.

Skaters are **not allowed** to keep their **arm out** or to move their arm out in order **to block** the passage of other Skaters.

They are also **not allowed to grab** the arm, body, ankle, boots, or any other part of another Skater in any area of the track.

Skaters using their arm in any way described here and blocking another Skater may get a Penalty for S3.



S4. In the Straight | Arm Push

Skaters are allowed to use their arm and swing them to help with rhythm and speed.

Skaters are **not allowed to push** other Skaters that will result in that Skater falling or in that Skater being moved towards the outside or the inside by the push.

Protective or minor small positioning pushes are not considered for Penalties.

Skaters using their arm in any way described here as pushing another Skater in the straight may get a Penalty for S4.

S5. In the Straight | Contact from behind

When a Skater is **following** another Skater, the following Skater is not allowed to push with the arm or other part of their body that will result in the front Skater falling or tripping and losing speed.

The most frequent example happening in the straight is a push downward on the lower back or the butt.

Leg contact or **skate collision coming from behind** may result in the guilty Skater having a Penalty or the lead Skater being Advanced even if there is no Penalty.

Protective or minor small positioning pushes are not considered for Penalties.

Skaters causing contacts from behind by being too close or coming with too much speed may get a Penalty for S5.

S6. End of Straight | Illegal Late Pass

At the end of the Straight, there is a specific **transition zone that we call the End of Straight**.

For that specific zone, if a Skater is in the lead, then that Skater has priority when skating a regular track pattern. A passing Skater shall not move from behind and claim “LEVEL” in that zone.

If a Skater **is behind entering the End of Straight zone** and decides to make a pass at that moment, then the overtaking Skater is **responsible** for the pass and needs to make it to the front without causing contact.

Skaters making last minute End of Straight passes causing contact may get a Penalty for S6.

S7. End of Straight | Illegal Opening and Closing

At the end of the Straight, there is a specific **transition zone that we call the End of Straight**.

For that specific zone, if a **Skater is in the lead**, then that Skater **has priority when skating a regular track pattern**.

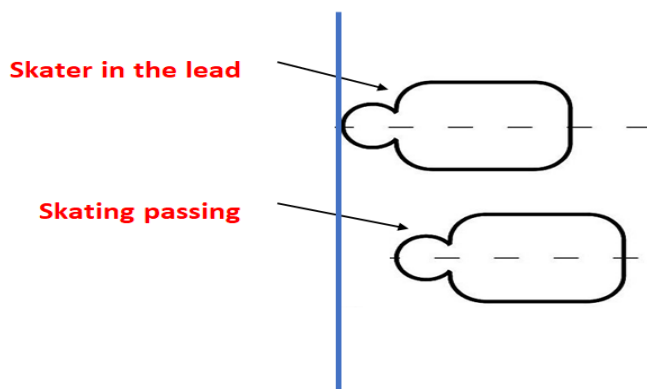
If the leading Skater takes a deep or wide track in that zone (by going laterally to the right or extending the straight), creating a big opening then that Skater may lose his priority to the Corner and cannot come back and create a contact.

He/she is required to keep his/her track and stay outside until the end of the corner or until there is a space big enough to move to the inside without causing contact. Skaters setting up exceptionally wide or deep-in entering the corner also shall not move back inside and cause a contact.

A leading Skater creating contact when taking or returning from a deep or wide track in that zone may get a penalty for S7.

S8. End of Straight | Inside Skater Failure to Give Way

When the Skaters have entered the End of Straight zone, the Skater in the lead has the priority of passage. If the inside Skater passing in the straight never makes it to level, the passing Skater does not have the right of way at the End of Straight and is responsible if there is a contact and the lead Skater loses speed or position. Skaters failing to give way at the end of straight and causing contact may get a Penalty for S8.



S9. End of Straight | Outside Skater Not Giving Space

If both Skaters are level before entering the end of straight zone and the Skater on the inside is perceived as being **outside of the** colored **line** between the 7th block of the preceding corner and the 1st block of the corner where the action is happening, then it means that they both have equal right of passage and that the **outside Skater** needs to **stay outside** so that they can both enter the corner without a collision. If the outside Skater does not leave enough space and there is a collision, then he /she may get a PEN for S9.

2.2.2 Corner

C1. In the Corner | Lane Change | from Outside to In

If 2 or more Skaters are entering the corner together and are considered “level”, they all have to **keep their lane** until the end of the corner or until a place opens big enough to allow lateral movements **without causing contact**. The Skater (s) on the outside need to stay on the outside.

The same concept applies to a Skater making a pass in the corner. Leading with “hips in front of shoulder” is not enough to give right of passage as the concept of “shared” responsibility cannot be applied the same way because the inside Skater cannot move to the inside. The pass by the outside needs to be completed before lane change is allowed. Skaters making lane changes or skating too close in the corner and causing contact may get a Penalty for C1.



C2. In the Corner | Lane Change | from Inside to Out

If 2 or more Skaters are entering the corner together and are considered “level”, they all have to keep their lane until the end of the corner or until a place opens big enough to allow lateral movements without causing contacts.

The Skater or Skaters on the inside need to **stay on the inside** and shall not **change lane to block** a Skater coming on the outside.

A leading Skater in the corner needs to skate a regular track pattern. Skaters extending the straight to do ‘deep track’ are responsible to make sure they do this without impeding Skaters on the outside.

Skaters making lane changes from inside to out in the corner or performing a “deep track” and causing contact may get a Penalty for C2.

C3. In the Corner | Arm Block

In the corner, we see mainly 3 types of arm block. The most common is when a Skater is passing by the outside, places the Skaters **arm, hand, or elbow on the leg** or the hip of the inside Skater to move themselves in front and create a space to get in and complete the pass.



The 2nd common move is when Skaters make a pass on the outside or are skating the corner as “equals” and from the outside will put a **hand on the ice causing contact** or blocking the inside Skater.

The 3rd common arm blocking is the reverse and happens when the inside Skaters will put and keep their **arm out** to block a Skater on the outside from passing. **Grabbing or pulling the blade or skate** of another Skater is also not allowed and is also considered under arm block. Skaters performing these illegal arm blocks may get a Penalty for C3.

C4. In the Corner | Arm Push

As in the straight, Skaters are allowed to use their arm and swing them to help with rhythm and speed.

Most of the time the left arm will be on the ice for balance. Skaters are not allowed to push other Skaters that will result in those Skaters falling or resulting in a Skater being moved towards the outside.

Protective or minor small positioning pushes are not considered for Penalties.

Skaters using their arm in any way described here as pushing another Skater in the Corner may get a Penalty for C4.

C5. In the Corner | Contact from behind

When a Skater is following another Skater, the following Skater is not allowed to push with the arm or other part of the body that will result in the front Skater falling or tripping and losing speed.

The most frequent examples happening in the Corner are either a push downward on the lower back or the butt or the Skater behind skating too close and causing leg contact or skate collision.

Protective or minor small positioning pushes are not considered for Penalties.

Skaters causing contact from behind by **being too close** or coming with **too much speed** may get a Penalty for C5. Depending on the circumstances of skate contact, the Referees may Advance a Skater but not issue a Penalty.

2.2.3 Start

At the start of the races, the same basic racing rules apply.

Whether a race is being **recalled** because of a fall in the first corner or not, **it is possible** to receive a **Penalty** for an action at the start.

ST1. At the Start | Lane Change| From Outside to In

When 2 Skaters are in “Level” position, coming into that first corner, no lateral moves are allowed.

A click of blade and a fall or a loss of speed in that first straight or corner should lead to the race being recalled and a “shared responsibility” or “No Call” for both Skaters involved.

A Skater in “level” position cannot move from the outside to in causing contact, the Skaters have to keep their lane until the next straight.

Failing to do so can lead to a Penalty for ST1.

ST2. At the Start | Lane Change| From Inside to Out

A Skater in “Level” position shall not move from the inside to out causing contact, the Skaters have to keep their lane.

Note: This does not apply to a Skater starting on an inside lane position and being pushed too much to the inside by the other Skaters accelerating beside the Skater on the inside.

In such cases, if the result is an Off Track or a fall or a click of blades, the race shall be recalled, and the result shall be either a No Call or a penalty for the outside Skater.

If no such action happens and a Skater moves from inside to out causing contact, then that Skater may receive a Penalty for ST2.

ST3. At the Start | Arm Block

Also at the start, Skaters are not allowed to keep their arm out or to move their arm out to block the passage of other Skaters.

Skaters are also not allowed to grab the arm, body, ankle, boots, or any other part of another Skater in any area of the track.

Skaters using their arm in any way described here and blocking another Skater may get a Penalty for ST3.

ST4. At the Start | Arm Push

Skaters are not allowed to push other Skaters that will result in that Skater falling or resulting in that Skater being moved towards the outside or the inside by the push.

Protective or minor small positioning pushes are not considered for Penalties.

Grabbing or pulling the blade or skate of another Skater is also not allowed and is also considered under arm block.

Skaters using their arm in any way described here at the start or during that first corner resulting in pushing another Skater in the Straight may get a Penalty for ST4.

ST5. At the Start | Contact from Behind

Even at the start, when a Skater is following another Skater, the following Skater is not allowed to do pushes with the arm or other part of body that will result in the front Skater falling or tripping and losing speed.

Protective or minor small positioning pushes are not considered for Penalties.

Skaters causing contacts from behind by being too close or coming with too much speed may get a Penalty for ST5.

ST6. At the Start | False Start

This code and language refer to Penalty for a **false start**.

The Skater **leaves the ice** before the race with the infringement announced after the race.

2.2.4 Finish

In coming out of the last Corner towards the Finish Line the Skaters have to follow the same racing rules as for other Straights.

F1. At the Finish| Lane Change| From Outside to In

If a Skater is in the lead (hips in front of shoulder) the Skater can change lane. But if another Skater comes to his/her side right out of the corner, then no lateral moves are allowed.

If the Skater on the outside changes lane and causes contact, that Skater may receive a Penalty for F1.

F2. At the Finish| Lane Change| From Inside to Out

If a Skater is in the lead and has priority (hips in front of shoulder), the Skater can change lane.

If 2 Skaters are “level” in the last straight, and the inside Skater moves towards the outside and causes a contact, the Skater may get a Penalty for F2.

F3. At the Finish | Arm Block

Skaters are not allowed to keep their arm out or to move their arm out in order to block the passage of other Skaters. They are also not allowed to grab the arm, body, ankle, boots, or any other part of another Skater in any area of the track.

Skaters using their arm in any way described here and blocking another Skater may get a Penalty for F3.

F4. At the Finish | Arm Push

Skaters are not allowed to push another Skater so that that Skater falls or is moved towards the outside or the inside by the push.

Protective or minor small positioning pushes are not considered for Penalties.

Skaters using their arm in any way described here as pushing another Skater in the Straight may get a Penalty for F4.

F5. At the Finish | Contact from Behind

When a Skater is following another Skater, the following Skater is not allowed to push with the arm or any other part of body that will result in the lead Skater falling or tripping and losing speed.

Leg contact or skate collision coming from behind may result in the guilty Skater having a Penalty or the lead Skater being advanced even if there is no Penalty. Protective or minor small positioning pushes are not considered for Penalties.

Skaters causing contacts from behind by being too close or coming with too much speed may get a Penalty for F5.

F6. At the Finish | Kicking Out

In Short Track Speed Skating, it is the blade that stops the clock.

This means that Skaters are allowed to move their blades forward to finish the race as quickly as possible, but they have to stay completely under control and without impeding any other Skaters.

Falling at the line or right after because of an action of kicking out may result in a Penalty for F6 unless the fall is caused by another Skater.

Kicking out of any skate **causing danger** or throwing the body across the Finish Line is forbidden and may get a Penalty for F6.

2.2.5 Other Codes

OFF-TRACK

OFF-TRACK refers to **skating** with one or both blades on the left side of the curve marked by track marking blocks shortening the distance.

Note: A Skater who falls in the Straight and ends up sliding inside the track is NOT considered an OFF-TRACK offence and will not result in a Penalty.

There are some exceptional cases (mainly for safety reasons) when a Skater may end up inside the track and does NOT get a Penalty.

For instance, a Skater falls in the straight and another Skater has to go inside the track to avoid skating into that lead Skater; but those cases are quite exceptional, and it must be sure that there were no other options possible.

Skaters that are skating inside the track may get a Penalty for OFF

ASS. Assistance

Assistance is forbidden in Short Track races. Skaters are not allowed to help/assist each other at any time during the Race. Coaches or other staff are also not allowed to go on the ice and assist a Skater in any way. Pushing or pulling are examples of assistance. If assistance happens during the race, both the assisting and assisted Skater may get a Penalty for Assistance. If the actions are also perceived as bad sportsmanship, a YC-B or a RC-B can also be given to the Skater assisting. EQP. Equipment Violation

Skaters must wear all safety equipment (racing suit, helmet, gloves, eye wear protection) that meets the minimum required standards. They must also wear their transponders. Skaters are also responsible for making sure if they decide to wear extra items (such as jewelry) that they do not lose them. If a Skater loses an unnecessary item and the item has an impact on another Skater's race, the Skater/Team may have a Penalty for EQP. Extra safety items (neck protection, ankle protection) being lost for reasons out of the control of the Skater are not considered for a Penalty. Skaters are not allowed to wear any technical communication equipment. Skaters not wearing their safety equipment properly or doing any other violation of the equipment rules may get a PEN for EQP.

SR. No Penalty - Shared Responsibility

When 2 or more Skaters are doing simultaneous actions causing an incident where the Referees come to the conclusion that all their actions had a direct impact on the situation judged, but it is not possible to decide if one has done something more impactful than the other, they may conclude that there will be No Penalty because of Shared Responsibility.

Also in presence of a minor contact that appears more severe due to Embellishment* the Referee may decide to give a Shared Responsibility.

DNF. Failing to Cross the Finish Line

Crossing the official finish line with the leading tip of the blade is a requirement to complete the race.

Failing to do so may result in a DNF.

2.2.6 Specific to the Relay Races

The basic rule that only racing incidents that are clear and obvious, and not in line with the principles of the general racing rule, as specified in rule 295, may result in sanctions applies also to the Relay Races.

R1. Missed Relay Touch

All **4 Skaters** in a relay race have to skate. Relaying is normally done by a push in the lower back from one Skater to the next one for efficiency and transfer of speed.

In exceptional cases the relay can also be **just a touch** from any part of the body to any part of the body.

In case of a “double touch” from the active Skater to two different Skaters, it is the touch to the first Skater that counts, and that Skater is considered as the new active Skater.

If a Team fails to touch for relaying, the Team may get a Penalty for R1.

R2. Illegal Relay

For all relay races, the rule is that the **same Skater** skates the **last 2 laps** (unless there is a fall, then an exchange may happen). For that last relay, the push (the first contact) must **start** before the finish line. It can be completed after the line. Failing to make the contact before the finish line may result in a Penalty for R2.

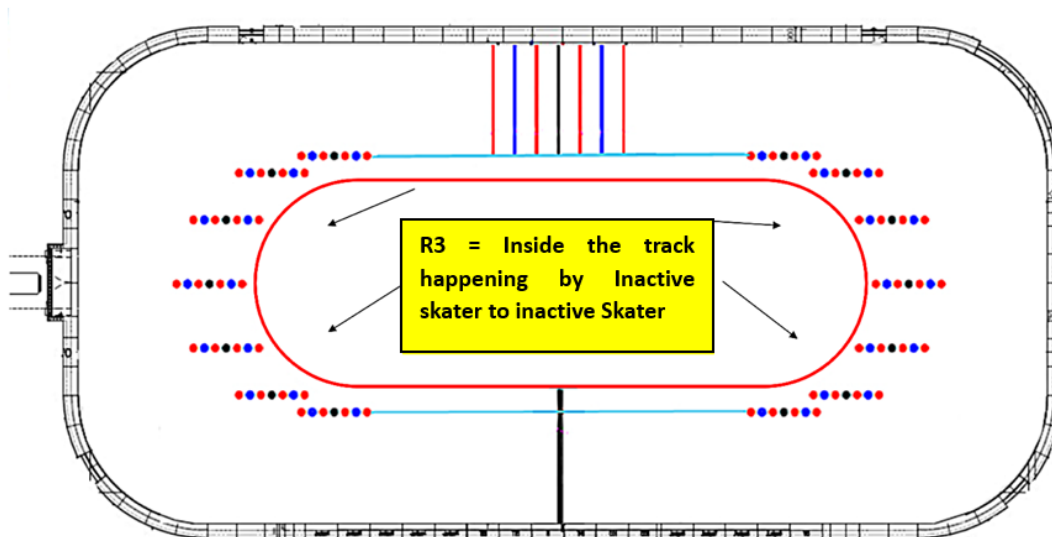
Mixed Gender Relay

Exchanges have to be made on a fixed schedule (4 segments of X 2,5 laps, then 4 segments of 2 laps) in the order of Woman, Woman, Man, Man. In case of a fall, only a Skater of the same gender may cover the Relay for the Team and complete the segment. If the next segment in the schedule is for the same gender, that segment must be covered by one of the two Skaters of the relevant gender. If there is a fall in the very last corner before a scheduled exchange to the other gender, a Skater from the opposite gender can take the relay and keep on going. If there is a fall during the last 2,5 laps of the race, any Team member may take the Relay.

Teams not respecting the Mixed Team Relay schedule and having a Skater from the opposite gender take the relay without being in one of the situations described above, may get a Penalty for R2.

R3. Blocking in the Infield

Skaters in the infield have to **stay out of the direct path** of all other infield Skaters especially Skaters going to take the exchange in that last corner before the exchange. **Teams causing obstruction** in the infield may get a Penalty for R3.

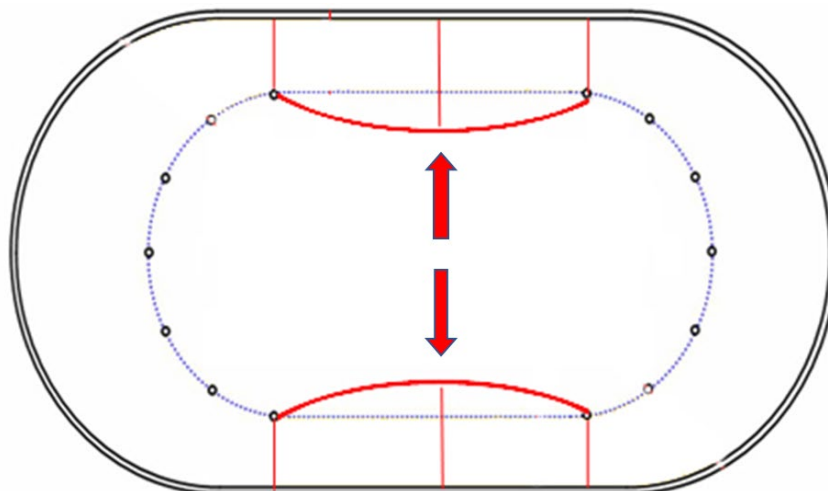


R4. Inactive Skater on the track Causing Obstruction

For all relay races, all members of a team are responsible for not impeding the race at all times even when they are “inactive” inside the field between their exchanges.

Skaters in the infield must stay out of the direct path of Skaters in the race and shall only come out to take an exchange.

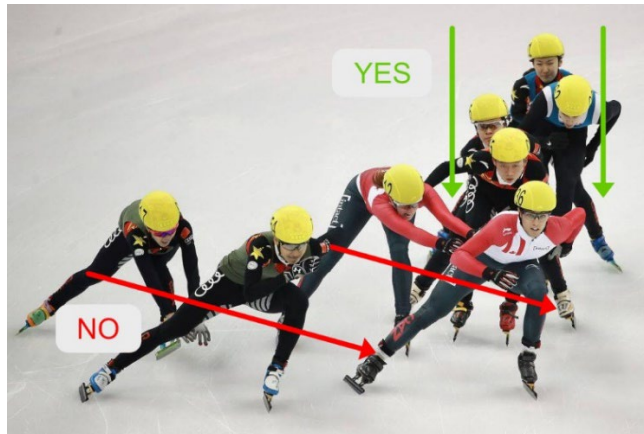
If inactive Skaters leave the infield and impede the race, the team may get a Penalty for R4. This includes the path of the Skaters as shown in red below.



R5. Lane Change during Exchange Causing Contact or Obstruction

During exchanges from the moment the 2 Skaters from a Team get lined up to make the exchange to the end of the push of the exchange, **lane changes (lateral moves) are not allowed**, and pushes are to be made **directly forward** and not sideways.

Teams that do lane changes or push to the side causing contact or obstruction may get a Penalty for R5.



R6. Leg Blocking during Exchanges

During exchanges, the Skaters pushing cannot **spread their legs wide** and **create obstruction** or block this way. During exchanges, it is also the responsibility of the team following, not to line up directly behind the other team.

Blocking, **obstructing**, or causing contact by spreading the legs wide may result in a Penalty for R6 if the team behind has lined up correctly.



R7. Impeding the Race Entering or Exiting for an Exchange

When inactive Skaters come into the track to take the exchange or exit from the track after the exchange, they need to do it without impeding the other Teams in anyway.

Teams impeding the race while entering to make an exchange or exiting right after the exchange may get a Penalty for R7.

2.2.7 Yellow Cards

“YC-Lap”. Yellow Card for Lap

If a Skater or a Team is one lap behind (or more) and Skaters / Teams are catching up and about to pass them, the Skater / Team **about to be lapped**, must clear the path and stay out of obstructing the race. Failing to do so may result in a YC-Lap.

“YC-B”. Yellow Card for Behavior

A Yellow Card B is given if the action of the Skater (Team) is reckless or shows very bad sportsmanship.

YC-2. Yellow Card for 2

A Yellow Card 2 is given when more than one infringement of the Racing Rule “Impeding” and/or “Kicking Out” independent of each other resulting in a penalty, are made in one race by a Skater/ Team.

2.2.8 Red Cards

RC-B. Red Card for Behavior

The Red Card is only used for extreme behavior. A Skater receiving 2 Yellow Cards in the same Event = an automatic Red Card.