



SPORTS RULES SPEED SKATING 2026

June 2026

Note:

In the ISU Constitution and Regulations, the masculine gender used in relation to any physical person (for example, Skater/Competitor, Official, member of an ISU Member 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.

See also the ISU Constitution
and
Competition and Event Regulations ("CER")

INTERNATIONAL SKATING UNION

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A. Distances, races and competitions

Rule 200 Individual and team competitions

1. International Competitions may include competitions as follows:

distances: 100, 500, 1000, 1500, 3000, 5000, 10000m

races: Mass Start
Team Pursuit
Team Sprint
Mixed Relay

Allround or Sprint combinations with several distances with one prize:

500 + 1000 + 500 + 1000m
500 + 1500 + 1000 + 3000m
500 + 1500 + 1000 + 5000m
500 + 3000 + 1500 + 5000m
500 + 5000 + 1500 + 10000m

2. In addition to the competitions prescribed in paragraph 1, International Competitions may also include races held over other shorter and longer distances and other combinations. Team competitions may be held as relay races, mixed gender relay races, etc. (see also Rules 201 and 256). Such races do not need to be held on ordinary tracks (see also Rule 204). Specific rules must be announced by the organizer and should refer to relevant regulations or guidelines issued or endorsed by the ISU.
3. New methods may be tried out in International Competitions (with the exception of ISU Championships) provided the following directions are observed:
 - a) An application must be sent in advance to the ISU Speed Skating Technical Committee, and the approval of the Committee must be obtained;
 - b) In the announcement of the competition information must be given as to the kind of method to be tried out;
 - c) Not later than 2 weeks after the competition the Organizing ISU Member must submit a report on the new method to the ISU Speed Skating Technical Committee.
4. Novelty formats at International Competitions
For modifications of a technical nature and new methods/systems with respect to the Sports Rules, the Article 3.2.2 of the Competition and Event Regulations ("CER") applies.

Rule 201 Distances, races and competitions at ISU Championships

1. World Championships

World Championships are organized annually.

- 1.1. The program for the Championships shall be decided by the ISU Council not later than 2 years before the first day of the Championships.
- 1.2. The program will be composed of competitions for a selected set of the following titles:
 - a) single distances / individual races for Women:
 - 500m, 1000m, 1500m, 3000m, 5000m, Mass Start;
 - b) single distances / individual races for Men:
 - 500m, 1000m, 1500m, 5000m, 10000m, Mass Start;
 - c) team races for Women: Team Sprint, Team Pursuit;
 - d) team races for Men: Team Sprint, Team Pursuit;
 - e) team races for Women and Men: Mixed Relay;
 - f) allround combination for Women:
 - 500m and 3000m are skated on the same day,
 - 1500m and 5000m on the next day;
 - g) allround combination for Men:
 - 500m and 5000m are skated on the same day,
 - 1500m and 10000m on the next day;
 - h) sprint combination for Women and Men:
 - 500m and 1000m are skated twice and on two consecutive days for each gender; on each day the 500m is skated before the 1000m.
- 1.3. The daily program (competitions and the order of races) will be decided by the ISU Council in consultation with the organizer and the ISU Speed Skating Technical Committee.

2. European Championships

The European Championships are organized annually with two alternating programs.

- 2.1. In the seasons before and after the seasons of the Olympic Winter Games the European Championships will be held with the following competitions in Allround and Sprint combinations:
 - a) allround combination for Women:
 - 500m and 3000m are skated on the same day,
 - 1500m and 5000m on the next day;
 - b) allround combination for Men:
 - 500m and 5000m are skated on the same day,
 - 1500m and 10000m on the next day;
 - c) sprint combination for Women and Men:
 - 500m and 1000m are skated twice, and on two consecutive days for each gender; on each day the 500m is skated before the 1000m.
- 2.2. In the other seasons the European Championships will be held with the following competitions in single distances / individual races and team races:
 - a) single distances / individual races for Women:
 - 500m, 1000m, 1500m, 3000m, Mass Start;
 - b) single distances / individual races for Men:
 - 500m, 1000m, 1500m, 5000m, Mass Start;

- c) team races for Women: Team Sprint, Team Pursuit;
 - d) team races for Men: Team Sprint, Team Pursuit;
 - e) team races for Women and Men: Mixed Relay.
- 2.3. The daily program (competitions and the order of races) shall be decided by the ISU Council in consultation with the organizer and the ISU Speed Skating Technical Committee.

3. World Junior Championships

- 3.1. The World Junior Championships are organized annually. The competitions are:
- a) single distances / individual races for Women:
 - 500m, 1000m, 1500m, 3000m, Mass Start;
 - b) single distances / individual races for Men:
 - 500m, 1000m, 1500m, 5000m, Mass Start;
 - c) team races for Women;
 - d) team races for Men;
 - e) team races for Women and Men: Mixed Relay;
 - f) allround combination competitions for Women:
 - 500m+1500m+1000m+3000m;
 - g) allround combination competitions for Men:
 - 500m+1500m+1000m+5000m.
- 3.2. The order of races and competitions for each day will be decided by the ISU in consultation with the organizer and the ISU Speed Skating Technical Committee.

Rule 202 Distances and races at Olympic Winter Games

1. The Speed Skating events at the Olympic Winter Games ("OWG") are:
- a) single distances / individual races for Women:
 - 500m, 1000m, 1500m, 3000m, 5000m, Mass Start race over 16 laps;
 - b) single distances / individual races for Men:
 - 500m, 1000m, 1500m, 5000m, 10000m, Mass Start race over 16 laps;
 - c) team races for Women: Team Pursuit race over 6 laps;
 - d) team races for Men: Team Pursuit race over 8 laps.
2. The program of the Speed Skating competitions at the OWG shall be drawn by the ISU Technical Delegates for these Games in cooperation with the Organizing Committee of the OWG. The program must be approved by the ISU Council and the IOC.

B. Tracks and Venue

Rule 203 Standard Tracks

1. A Standard Speed Skating Track has a competition track consisting of two lanes, maximum 400m, minimum 333 1/3m long, with two curved ends each of 180°, in which the radius of the inner curve should not measure less than 25m and not more than 26m. The track can be laid out in an open-air ice rink, in a covered or an enclosed ice rink.
2. The crossing area shall be the whole length of the straight from the end of the curve.
3. The width of the inner competition lane shall be 4m. The width of the outer competition lane must be at least 4m.

Rule 204 Other Speed Skating tracks

Speed Skating tracks which do not comply with the form or length of the standard track shall be prepared with a competition track consisting of two lanes at least 200m long, with an inner radius of at least 15m, and a crossing area of length not less than 40m and competition lane widths of at least 2m. For competitions not following the general racing rules (see Rule 200, paragraphs 2 and 3) the track may be arranged without separate competition lanes, for example on lakes, rivers, etc.

Rule 205 Track at ISU Championships and ISU World Cup Competitions

- a) The ISU Championships and ISU World Cup Competitions must be run on a 400m standard Speed Skating track. Inside the competition lanes the track should have a warm-up lane with a width of minimum 4m.
- b) For the World Championships with a competition program similar to the Olympic Winter Games (individual competitions in single distances format and team competitions), the Competitions must be skated on a standard ISU 400 m Speed Skating track on artificially frozen ice. The track must be laid out in accordance with ISU Regulations, and must have a warming-up lane of a minimum width of 4m inside the competition lanes. The ice rink must be enclosed within a heated building to be protected from wind and weather. The area inside the competition track (infield) must be accessible without crossing the surface of the ice. A reasonable number of spectator seats must be provided, together with proper facilities for Competitors, Officials, guests, television and other media.

Rule 206 Track and Venue at Olympic Winter Games

The Speed Skating Competitions of the OWG must be skated on a standard ISU 400m Speed Skating track on artificially frozen ice. The track must be laid out in accordance with ISU Regulations and must have a warming-up lane of minimum width 4m inside the competition lanes. The ice rink must be enclosed within a heated building to be protected from wind and weather. The area inside the competition track (infield) must be accessible without crossing the surface of the ice. A reasonable number of spectator seats must be provided, together with proper facilities for Competitors, Officials, guests, television and other media.

C. Organization of the Competitions

Rule 207 Entrance fees

There are no entrance fees for ISU Championships.

Rule 208 Entries for ISU Championships and ISU Events

1. General conditions

1.1. Entries

Entries for ISU Championships and other ISU Events can be made only through the respective ISU Members, unless otherwise set out in the CER.

1.1.1 Preliminary entries

Preliminary entries with the number of coaches and other team staff, the number of Competitors and substitutes, as well as provisional names of the Competitors and the Team leader must be submitted 18 days before the first day of the Event (i.e. the day of the first competition, Women or Men). The ISU Members are requested to include in their preliminary entries only the number of Coaches and other team staff, and the number and provisional names of Competitors and substitutes whom they actually intend to send to the Event concerned. For Events where ISU has issued a reserve list of entry quotas or qualified Skaters, the ISU Members concerned must confirm as soon as possible (and well before the deadline for final entries) to the ISU Office whether they will make use of their full entry quotas, and if Skaters in reserve position will be available to compete in case of withdrawals.

1.1.2 Final Entries

The final entries shall include the names of the Competitors and available substitutes, as well as the names of the Team leader, Coaches and other Team Officials for whom the ISU Member is requesting accreditation for the Championships. The number of available accreditations for Team Officials will be restricted according to Guidelines issued by the ISU. The final entries must be communicated to the Organizing Committee, not later than 20.00 (8 p.m.) (local time at the site of the Competition) according to the date mentioned in the Announcement.

1.1.3 Post Entries

For post entries, Article 10.2.6 CER applies.

1.2. Qualifying times

Minimum qualifying times are required for entries in all ISU Speed Skating Championships and for certain other ISU Events. The required qualifying times for the respective Events, the qualifying period, the category of competitions and other conditions according to which the times must have been achieved, are decided by the ISU Speed Skating Technical Committee and will be announced in an ISU Communication. The ISU Members are responsible to submit verification of the best qualifying time achieved by each Competitor entered for ISU Events where qualifying times are required. If sufficient verification is missing, the entry will not be accepted.

2. Entry quotas and qualification system

2.1. World Championships – Single distances / Individual and Team competitions

2.1.1 Entry quotas

Entry quotas for ISU Championships will be allocated to ISU Members according to a Special Qualification Ranking List (SQRL) for each competition based on the results achieved in designated ISU World Cup or other ISU Speed Skating Events (ISU Qualification Events). The ISU Qualification Events will be Competitions of the current season and, if special circumstances require, of the last previous season, when the corresponding Competitions took place. The actual Competitions counting for the SQRL and all further details will be announced in an annual ISU Communication prior to the start of a season. This Communication will also announce the required qualifying times for Competitors to be entered for the respective competitions.

The maximum entry quota for an ISU Member is 3 Competitors for each of the individual competitions, except for the 5000m Women and 10 000m Men, Mass Start Women and Mass Start Men. For these competitions the maximum entry quota is 2 Competitors. In each of the Team competitions one quota place is allocated to ISU Members qualified according to the SQRL.

The maximum total number of competitors in each of the competitions will be limited as follows:

500m Women and Men:	24
1000m Women and Men:	24
1500m Women and Men:	24
3000m Women and 5000m Men:	20
5000m Women and 10 000m Men:	12
Mass Start Women and Men:	24
Team competitions Women and Men:	8 teams

2.1.2 Qualification system

- a) For each competition the SQRL will be a combination of two sets of rankings:
- a ranking according to the points earned on the occasion of the designated Qualification Events ("SQRL points ranking"). For Women's 3000m and 5000m and for Men's 5000m and 10 000m the SQRL points ranking for each distance will be based on the points for both distances, counted together;
 - a ranking based on the best times per Skater/Team achieved on the occasion of the designated ISU Qualification Events ("SQRL times ranking") on the actual distance.

In case of a tie in either of the two ranking lists the Skater/Team with the better rank in the other list will get the higher rank in the SQRL. However, ties in the SQRL points ranking shall first be resolved by the ISU World Cup ranking rules, if possible;

For each competition the highest ranked SQRL positions will consist of a certain number of Skaters (for each ISU Member counting only Skaters inside the maximum quota for the competition concerned) or Teams from the SQRL points ranking and remaining part of the SQRL will be based on SQRL times ranking, as follows:

Women	Men	"SQRL points ranking"	"SQRL times ranking"
500m, 1000m, 1500m	500m, 1000m, 1500m	18	6
3000m	5000m	16	4
5000m	10 000m	8	4
Mass Start	Mass Start	24	-
Team Pursuit and Sprint	Team Pursuit and Sprint	6	2
Mixed Relay	Mixed Relay	8*	

* Mixed Relay: The number of teams qualified will be based on the most recently published ISU Communication for the World Championships.

The SQRL ranking positions beyond the total number of quota places for a competition will be referred to as "SQRL reserve positions" and will be limited to a maximum of 10 positions for individual distances and Mass Start and 6 positions for Team competitions.

b) Allocation of quota places to ISU Members.

The allocation of quota places to ISU Members for each competition will be announced by the ISU shortly after the last of the designated Speed Skating ISU Qualification Events counting for the SQRL.

Quota places will be allocated according to the SQRL, with the exception that

- the hosting ISU Member will be allocated one quota place per competition also in the case that their best ranked Skater will only be ranked among the 10 first SQRL reserve positions;
- for competitions in the Team races the hosting ISU Member will be allocated a quota place also in the case that their team will only be ranked among the 6 first SQRL reserve positions.

c) Reallocation of quota places:

If some ISU Member(s) will not enter Competitors according to their allocated quota places, these quota places will be reallocated to other ISU Members according to the SQRL ranking, but with priority for ISU Members that would not yet have been allocated a quota place for the competition concerned. The reallocation procedure will be limited to 10 SQRL reserve positions for the individual competitions and to 6 SQRL reserve positions for the Team competitions. ISU Members that do not intend to make use of all their allocated quota places are obliged to inform the ISU Office as soon as possible.

d) Use of allocated quota places (entries for each competition):

Following the allocation of quota places, the entries of Competitors, including maximum one substitute per competition, are at the discretion of the respective ISU Member. However, all entered Competitors must have achieved the Qualifying Times set by the ISU for the respective competitions (see paragraph 1.2. above).

2.2. World Championships - Allround combination

2.2.1 Entry quotas

The maximum number of Competitors in the Championships is 24 Women and 24 Men. The maximum number of Competitors from one ISU Member is three per gender. An ISU Member may enter a maximum of one substitute for each gender.

The entry quotas for the ISU Members in the Championships are determined partly by the results from the preceding Championships, and partly by the results in special qualifying ISU Events held on the occasion of World Cup Competitions during the same season. The allocation of entry quotas will be made as follows:

- ISU Members will be pre-allocated quota places (but maximum 2 quota places) according to their number of Skaters placed among the 12 best ranked in the preceding Championships. The hosting ISU Member will be pre-allocated a quota place also in the case that the ISU Member had no Skater placed among the 12 best ranked in the preceding Championship;
- The remaining quota places are allocated to ISU Members based on a Special Qualification Ranking List (SQRL).

2.2.2 Qualification system

The SQRL will be formed by the combined results (total points in accordance with Rule 265, paragraph 3) of Skaters from the same ISU Member competing in 1500m and 3000m (for Women) and 1500m and 5000m (for Men) in World Cup Competitions designated as qualifying Competitions. For ISU Members that have been pre-allocated quota places based on results from the preceding Championships, their best ranked positions from the SQRL

corresponding to the number of these pre-allocated quota places, will be disregarded for the further allocation of quota places.

The SQRL ranking positions beyond the total number of quota places for a competition will be referred to as "SQRL reserve positions" and will be limited to a maximum of 10 positions. This reserve list will be applied to reallocate quota places in the case that some ISU Members will not use all their achieved quota places. In the reallocation process, priority will be given to ISU Members that have not yet been allocated a quota place.

Within its allocated entry quota for the Championships an ISU Member may enter Competitors, and substitute, among Skaters who have achieved the required qualifying times (see paragraph 1.2. above).

Detailed regulations for the special qualifying ISU Events and the SQRL will be issued in an annual ISU Communication.

2.3. World Championships - Sprint combination

2.3.1 Entry quotas

The maximum number of Competitors in the Championships is 28 Women and 28 Men. The maximum number of Competitors from one ISU Member is three per gender. An ISU Member may enter a maximum of one substitute for each gender.

The entry quotas for the ISU Members in the Championships are determined partly by the results from the preceding Championships, and partly by the results in special qualifying competitions held on the occasion of World Cup Competitions during the same season. The allocation of entry quotas will be made as follows:

- ISU Members will be pre-allocated quota places (but maximum 2 quota places) according to their number of Skaters placed among the 16 best in the preceding Championships. The hosting ISU Member will be pre-allocated a quota place also in the case that the ISU Member had no Skater placed among the 16 best in the preceding Championship;
- The remaining quota places are allocated to ISU Members based on a Special Qualification Ranking List (SQRL).

2.3.2 Qualification system

The SQRL will be formed by the combined results (total points in accordance with Rule 265, paragraph 3) of Skaters from the same ISU Member competing in 500m and 1000m (for Women and Men) in World Cup Competitions designated as qualifying Competitions. For ISU Members that have been pre-allocated quota places based on results from the preceding Championships, their best ranked positions from the SQRL corresponding to the number of these pre-allocated quota places, will be disregarded for the further allocation of quota places.

The SQRL ranking positions beyond the total number of quota places for a competition will be referred to as "SQRL reserve positions" and will be limited to a maximum of 10 positions. This reserve list will be applied to reallocate quota places in the case that some ISU Members will not use all their achieved quota places. In the reallocation process, priority will be given to ISU Members that have not yet been allocated a quota place.

Within its allocated entry quota for the Championships an ISU Member may enter Competitors, and substitute, among Skaters who have achieved the required qualifying times (see paragraph 1.2. above).

Detailed regulations for the special qualifying ISU Events and the SQRL will be issued in an annual ISU Communication.

2.4. European Championships

2.4.1 Entry quotas

a) The maximum number of Competitors from one ISU Member in each competition of the Championships are the same as the maximum number of Competitors for the same competitions concerned in the World Championships, see paragraphs 2.1.1, 2.2.1 and 2.3.1 above.

- b) Each ISU Member may enter a maximum of one substitute for each competition.
- c) Actual quotas (numbers of Competitors per competition) and maximum number of entries per Member will be fixed in an annual ISU Communication.

2.4.2 Qualification system

Detailed regulations for the system qualifying quota places and entry quotas will be issued in an annual ISU Communication.

2.5. World Junior Championships

2.5.1 Entry quotas

In the World Junior Championships each ISU Member may enter a total of maximum 6 Women and 6 Men. For each competition substitutes can be named among the maximum 6 Competitors entered for the Championships. Maximum entries per competition will be as follows:

Junior Women		Junior Men	
500m	5 Skaters	500m	5 Skaters
1000m	4 Skaters + 1 sub.	1000m	4 Skaters + 1 sub.
1500m	4 Skaters + 1 sub.	1500m	4 Skaters + 1 sub.
3000m	4 Skaters + 1 sub.	5000m	4 Skaters + 1 sub.
Mass Start	2 Skaters + 1 sub.	Mass Start	2 Skaters + 1 sub.
Team races	1 team (3 Skaters + 1 sub., except 1 Skater + 1 sub. for MR)	Team races	1 team (3 Skaters + 1 sub., except 1 Skater + 1 sub. for MR)

Competitors entered for all the four individual distances, are eligible to compete in the Allround competitions.

Rule 209 Entries for Olympic Winter Games

1. General Conditions

According to Article 2.1.1 CER the Olympic Winter Games (“OWG”) are the exclusive property of the IOC.

The ISU Sports Rules Speed Skating give details concerning the submission of final entries for each competition for the seeding of Skaters and the drawing of pairs/heats.

1.1 Entries

Entries for OWG can be made only through the respective NOC upon proposal of the respective ISU Members.

1.2. Qualifying Times

Only Skaters having achieved the ISU Qualifying Times, in accordance with specifications as announced by the ISU not later than by July 1 in the year preceding the Olympic Winter Games, may be entered as Competitors for the OWG. To be entered for an individual event/distance, a Skater must have achieved the Qualifying Time for the event/distance concerned. To be entered for the Team Pursuit competition, a Skater must be entered for at least one of the individual competitions.

1.2.1. Conditions for recognition of the achieved Qualifying Times

The period permitting Skaters to achieve Qualifying Times shall be announced in an ISU Communication. Only the following Events will be considered for achievement of Qualifying Times:

- ISU Championships;
- ISU World Cup Speed Skating Competitions (to be announced in an ISU Communication no later than August 1 prior to the OWG);

- International Competitions open to all ISU Members, announced according to Article 3.3.1 CER;
- Country matches;
- National Championships organized by the ISU Members, including competitions officially declared by the ISU Member concerned as National Olympic Qualification Competitions.

For Country matches and National Championships/National Olympic Qualification Competitions to be considered for achievement of Qualifying Times, the organizing ISU Member must announce to the ISU Office by October 1 the program as well as the planned date and place for such competitions. A copy of the announcement for the competition must be sent to the ISU Office not later than 2 weeks before the first competition day. National Championships may be organized in the territory of another ISU Member with the agreement of that Member.

Moreover, ISU Regulations must be respected and in particular, but not limited to, the following conditions must be met in order for competitions to be recognized for achievement of Qualifying Times:

- Automatic timekeeping equipment must have been used at the Competition;
- The Referees and Starters at the competition must be included in the lists of ISU recognized Speed Skating Referees and Starters for the season concerned, as published in the annual ISU Communication, or any amendments to this Communication;
- Anti-Doping tests in accordance with the valid ISU Anti-Doping Regulations must be organized at the competition.

1.2.2. Verification and approval of achieved Qualifying Times

The ISU Speed Skating Technical Committee is responsible for the approval of achieved Qualifying Times.

The ISU Members are responsible for submitting to the ISU verification of the best achieved Qualifying Time per competition/distance for each Skater intended for participation in the Olympic Winter Games. The verification shall include the date and venue where the time has been achieved. Unless the time has been achieved at an ISU Championship or an ISU World Cup Competition, a copy of the list of results must be enclosed. Furthermore, the verification must include a statement from the organizing ISU Member that all conditions for recognition of the achieved Qualifying Times (as stated above) have been fulfilled. The deadline to submit such information shall be communicated in an ISU Communication.

2. Entry quotas

For each edition of the OWG, the IOC stipulates an overall maximum number of Competitors to be entered into Speed Skating events (IOC Quota), with a target number for each gender.

The total overall number of entered Speed Skaters per ISU Member, respectively National Olympic Committee (NOC), will be limited. The overall quota for an ISU Member/NOC will be further restricted, depending on the allocated ISU Member/NOC event quota places.

For the details on the overall total per NOC/ISU Member and per distance/event for each edition of the OWG, see the respective ISU Communication.

3. Qualification system

As a principle, the overall quota for an ISU Member/NOC and entry quotas for each competition will be allocated according to a qualification system with the same structure as the system applied for the World Championships in the format of Single distances/Individual races and Team competitions, see Rule 208, paragraph 2.1.

For the details on the Qualifying competitions, the qualification system, the reallocation of quota places, etc. for each edition of the OWG, see the respective ISU Communication.

D. Officials and their duties

Rule 210 Officials necessary

1. The following Officials are at least necessary:
 - a) one Referee;
 - b) one Assistant Referee;
 - c) one Starter and an Assistant to the Starter;
 - d) one Finishing line judge to support the manual timekeeping procedure and observe any infringements of Rule 259;
 - e) one Chief Timekeeper for the manual timekeeping and a minimum of four Manual Timekeepers (see Rule 247, paragraph 2);
 - f) when automatic timekeeping is used: one Chief Timekeeper for the automatic timekeeping procedure, and Assistant Chief Timekeepers for each of the automatic timekeeping systems (as defined in Rule 251) in use;
 - g) Lap Scorers;
 - h) Track Judges: two Corner Judges, one for each curve, at least one Judge to observe crossing of the lines in the finishing straight, and one Crossing Controller (for OWG, Winter Youth Olympic Games ("YOWG"), ISU Championships and other ISU Events at least two for each position: curve, crossing, finishing straight);
 - i) necessary substitutes for these Officials;
For OWG, YOWG, ISU Championships and other ISU Events;
 - j) one Ice Technical Expert;
 - k) one Competition Coordinator.

2. For ISU Championships and OWG the Women's competitions/events and the Men's competitions/events shall each have a separate team of Referees and Starters. Each team consists of: one Referee, one Assistant Referee and one or two Starters.

Rule 211 Appointment of Officials

The ISU Member or affiliated club holding the competition is entitled to appoint the Officials (for exception in ISU Events see Rule 214; in OWG and YOWG see Rule 215). All Officials must be eligible persons.

Rule 212 Nomination of Referees, Starters and Competition Coordinators for ISU Events, Olympic Winter Games and Winter Youth Olympic Games

1. Every Member of the ISU shall before April 15th announce to the ISU Office the names of those individuals whose service is recommended as:
 - a) ISU Referee (not more than four);
 - b) ISU Starter (not more than three);
 - c) ISU Competition Coordinator (not more than three).Nominations accompanied by the official form duly completed must be submitted separately for the three categories.
2. Referees/Starters/Competition Coordinators nominated by an ISU Member should in general have the nationality of the country of the nominating ISU Member.
3. If an ISU Member nominates a Referee/Starter/Competition Coordinator of a foreign nationality, the Referee/Starter/Competition Coordinator concerned can be accepted only with the approval of the ISU Member of the country of which he is a national. The name of such Referee/Starter/Competition Coordinator is to be entered in the list of the ISU Member nominating the Referee/Starter/Competition Coordinator. A Referee/Starter/Competition Coordinator so nominated is counted in the quota of the nominating ISU Member.

4. Members of the ISU should exercise the utmost care to nominate as Referees, Starters and Competition Coordinators only fully experienced, reliable and entirely impartial individuals who possess a thorough knowledge of the appropriate ISU Rules and the English language.
5.
 - a) A person who has reached the age of 65 before July 1st shall not be included in the list of ISU Referees and Competition Coordinators approved by the ISU Speed Skating Technical Committee.
 - b) A person who has reached the age of 60 before July 1st shall not be included in the list of ISU Starters approved by the ISU Speed Skating Technical Committee.
6. Among the nominated Referees/Starters/Competition Coordinators the Speed Skating Technical Committee recognizes for one year a maximum of 25 individuals who may officiate as ISU Referees or Assistant Referees (A) and a maximum of 25 individuals who may officiate as ISU Starters and a maximum of 25 individuals who may officiate as Competition Coordinators.
7. The full list of Referees, Starters and Competition Coordinators approved by the Speed Skating Technical Committee must be communicated to the ISU Members by August 1st every year.

Rule 213 Nomination of Referees, Starters and Competition Coordinators for International Competitions and National Championships

Every Member of the ISU shall before April 15th announce to the ISU Office the names of Referees, Starters and Competition Coordinators approved by the ISU Member to officiate as International Referees, International Starters and International Competition Coordinators.

Rule 214 Appointment of Referees, Starters, Competition Coordinators and other Officials for ISU Events

1. The ISU Officials are appointed according to Article 4.3 CER.
2. The Referee and the Assistant Referee for each category of the ISU Events (Women's competitions and Men's competitions, respectively) shall be of different nationalities. The same applies for the Starters for each category.
3. For ISU Events the appointed Referees, Assistant Referees, Starters and Competition Coordinators, as well as the ISU Representative and the ISU Speed Skating Technical Committee Representative, must be invited by the organizing ISU Member not less than 60 days before the start of the Event.
4. For ISU Events all other Officials required (except the ISU Representative and the ISU Speed Skating Technical Committee Representative) shall be appointed by the organizing ISU Member. However, the appointment of the Competition Coordinator must be approved by the ISU Speed Skating Technical Committee.

Rule 215 Appointment of Officials for Olympic and Winter Youth Olympic Games

1. As per Article 2.2.5 CER, all ISU Officials required for the Speed Skating events of the OWG and YOWG must be designated "ISU".
2. Rule 214, paragraph 2 applies.
3. The appointed Referees, Assistant Referees, Competition Coordinator and Starters must be invited by the organizing committee not less than 60 days before the start of the OWG and YOWG.
4. All other Officials required (other than the ISU Technical Delegates and Ice Technical Expert) shall be appointed by the ISU Member of the country in which the OWG/YOWG are held.

5. The names of the Officials appointed in accordance with paragraph 1 of this Rule must be communicated by the ISU to the Organizing Committee of the OWG/YOEG as well as to the ISU Member concerned.
6. The Officials appointed are not permitted to wear national team emblems or uniforms while officiating.

Rule 216 Duties and powers of the Referee

1. The Referee shall exercise the authorities conferred under these Rules strictly within the scope of protecting the sporting integrity of the competition and in accordance with the hosting framework as determined by the ISU. Nothing in these Rules shall prejudice, override or otherwise limit the organizing ISU member's or affiliated club's operational, commercial or contractual rights and responsibilities as set out in the ISU hosting framework. This being stated the Referee is responsible for:
 - a) checking the eligibility of Officials and Competitors;
 - b) drawing or arranging pairs, in accordance with Rules 239 to 244;
 - c) adjusting and rearranging pairs, according to Rules 245 and 246;
 - d) seeing that all applicable Rules be observed for the competition;
 - e) taking all decisions on disqualification of Competitors in case of violation of for the Sports Rules Speed Skating, except for those matters related to the starting procedure, which belong to the powers of the Starter (see Rule 217);
 - f) in OWG, YOWG, ISU Events and other International Competitions, giving information as to the preparation of the ice (see Rule 229).
2. The Referee is empowered:
 - a) to decide whether the condition of the ice and the safety measures at the track permits the holding of the event.
 - b) if unfavorable circumstances arise, to alter the shape and size of the track and to change the distances.
 - c) to introduce alterations in the announced program of the competition, in so far as these do not conflict with the ISU Regulations.
 - d) to accept, in agreement with the organizing ISU Member or affiliated club, another rink for the holding of the event;

At ISU Events, decisions under subparagraphs a) – d) above can only be made in consultation with the ISU Representative(s) assigned for the Competition.

 - e) to prevent unsportsmanlike behavior of a Skater or team official by giving a Referee warning;
 - f) to impose a Yellow Card:
 - for other unsportsmanlike behavior of a Skater which happens in the period between the appearance of a Skater inside the field of play, i.e. on the ice, before the race and leaving the ice after a race, or any time the Skater is in the infield of the racing track;
 - for any action and behavior by a Skater or team official, either on or off ice during the competition period, i.e. the beginning and the end of a competition as established by the ruling body of the competition, and which action is considered by the Referee as a non-compliance with instructions of an official in charge.
 - g) to decide whether, where and when, a race that has been declared invalid, shall be rerun.
 - h) if necessary, to exclude Competitors from the competition and coaches from the coaches' area (see Rule 227, paragraph 3).
 - i) to stop a race during its progress if there are safety concerns in the case of a fallen or injured Competitor.
 - j) to suspend skating until order is restored, in the case that the public interrupts the competition or interferes with its orderly conduct.

- k) to cancel or postpone the competition in case of extremely cold weather (see also paragraph 3.d) below).
 - l) to replace the Starter or other Officials.
3. The Referee decides upon:
- a) all protests made, and other matters in dispute, except those concerning the start (see Rule 217, paragraph 2) and the decisions of the finishing line judge (see Rule 220).
 - b) all matters concerning breaches of the ISU Regulations and Technical Rules. The Referee may use the video replay system or other readily available TV feed to review cases.
 - c) If on one day of a Championship one of the distances has been properly completed and the second distance, is postponed to a following day, the completed distance shall not be rerun. If the Referee for any reason has to stop the race over one distance and postpone the competition to a following day before all the entered Competitors have completed the distance, all Competitors have to start again on that distance on the following day.
 - d) For ISU Championships and ISU Events (incl. World Cup Competitions) the Referee should recognize an air temperature limit of -20°C (-4°F) as a reason to postpone races until later in the day or the following day. It is important to take into consideration that wind increases the danger of hypothermia by lowering the effective temperature.
 - e) In case of unfavorable weather or other exceptional circumstances the Referee can decide to postpone some races to a following day in order to secure the completion of a Championship. The organizer of the Championship has to pay the lodging expenses for the additional days (as per the CER).

Rule 217 Duties and powers of the Starter

1. The Starter initiates the starting procedure by calling the Competitors to their starting lanes after having received the confirmation from the Referee or timekeepers that the race is ready to be started. The Starter shall give the starting orders in English (see Rule 253, paragraph 3);
2. The Competitors stay under the command and control of the Starter during the starting procedure, i.e. from the moment the Competitors are going to their starting lane until a valid start of the pair or heat has been completed. The Starter shall decide all disputes relating to the starting procedure in the mentioned period. However, exceptions to this may apply if equipment to disclose false starts is used (see rule 253 paragraph 1.2);
3. The Starter shall take his position so that he has a clear view of the Competitors starting in the pair or heat.

Rule 218 Duties of the Competition Coordinator

1. The Competition Coordinator shall support the Referee with the necessary documentation for conducting competitions including time schedules, ranking lists, weather reports, etc.;
2. The Competition Coordinator is responsible for assisting the Referee in all relevant communication with Team leaders and distribution of relevant documents for running the competition, documents for changes to final entries, withdrawal forms, final entries for Team races, etc.

Rule 219 Duties of Track Judges

1. The Corner Judges at each curve and the judge(s) observing the finishing straight shall watch for any infringement of the racing rules by the Competitors and inform the Referee as soon as possible if observing any irregularities. In competitions with two judges appointed for each curve they shall be located inside the track at the entrance and exit of each curve, respectively. If additional corner judges are available, a third judge should be located on the outside of the track at the entrance of each curve.
2. The Crossing Straight Judge shall check the correctness of the Competitors' changing from one lane to the other.
3. The Finishing Straight Judge shall control that Competitors skates inside the designated competition lane, and do not cross the line to the other lane with a full skate (see Rule 254 paragraph 4). The judge(s) should be positioned at the outside of the track.

Rule 220 Duties of Lap Scorers

Lap scorers must display visibly the number of laps still to be skated. 20m to 30m before the beginning of the last lap a signal by bell shall be given to the Competitors. In the Mass Start, the lead Skater receives a signal by bell for the intermediate and the final sprints. When the bell is rung on the final sprint lap that signals the final lap of the mass start. That signal is official and binding regardless of later determination of lap-counting error. The lap being skated becomes the final lap, and results stand.

Rule 221 Duties of Finishing Line Judge

The Finishing line judge shall determine which of the Competitors is the winner, or if they are equal. There is no appeal from his decision. However, if automatic timekeeping is being used according to Rule 251, the time recorded shall decide which of the Competitors in a pair or race is the winner, or if they are equal (see also Rule 265).

The Finishing line judge shall report if a Competitor is kicking out a skate at the finishing line (so that the skate is losing entirely contact with the ice).

E. World Records

Rule 222

1. World Record events

The following set of World Records will be registered by the ISU:

- a) For Men over distances of 500m, 1000m, 1500m, 3000m, 5000m and 10 000m and for the combined result of 2 x 500m (only from competitions where the final result of the 500m is determined by the total time after 2 races); for the total number of points over 4 distances in one and the same competition: Allround combination 500m, 5000m, 1500m, 10 000m; Allround combination 500m, 3000m, 1500m, 5000m; and Sprint combination 500m, 1000m, 500m, 1000m; for National teams: for Team Pursuit races over 8 laps, for Team Sprint races over 3 laps.
- b) For Women over distances of 500m, 1000m, 1500m, 3000m and 5000m, and for the combined result of 2 x 500m (only from competitions where the final result of the 500m is determined by the total time after 2 races); for the total number of points over 4 distances in one and the same competition: Allround combination 500m, 3000m, 1500m, 5000m; Allround combination 500m, 1500m, 1000m, 3000m; and Sprint combination 500m, 1000m, 500m, 1000m; for National teams: for Team Pursuit races over 6 laps, for Team Sprint races over 3 laps.
- c) For National teams with Women and Men: for Mixed Relay races over 6 laps, skated in accordance with Rule 256, paragraph 3.4.
- d) For Junior Men over distances of 500m, 1000m, 1500m, 3000m and 5000m and for the combined result of 2 x 500m (only from competitions where the final result of the 500m is determined by the total time after 2 races); for the total number of points over 4 distances in one and the same competition: Allround combination 500m, 3000m, 1500m, 5000m; Allround combination 500m, 1000m, 1500m and 5000m; and Sprint combination 500m, 1000m, 500m, 1000m; for National teams: for Team Pursuit races over 8 laps, for Team Sprint races over 3 laps.
- e) For Junior Women over distances of 500m, 1000m, 1500m and 3000m and for the combined result of 2 x 500m (only from competitions where the final result of the 500m is determined by the total time after 2 races); for the total number of points over 4 distances in one and the same competition: Allround combination 500m, 1500m, 1000m, 3000m; and Sprint combination 500m, 1000m, 500m, 1000m; for National teams: for Team Pursuit races over 6 laps, for Team Sprint races over 3 laps.
- f) For Junior National teams with Women and Men: for Mixed Relay races over 6 laps, skated in accordance with Rule 256, paragraph 3.4.

2. Conditions to be observed

The ISU Council will recognize as World Records in Speed Skating only results achieved in competitions listed in Articles 1.1, 1.2, 1.3.3, 2.1 and 3.1 CER, or in properly announced National Championships, and where the conditions for recognition have been verified by the ISU Speed Skating Technical Committee.

General conditions for recognition of World Records are:

- a) The announcement of the Competition must have been published in accordance with Article 3.4.1 CER. For International Competitions and National Championships the announcement with the detailed program of the Competition must have been received by the ISU Office at least 4 weeks before the competition.
- b) Distances to be skated and starting times must be in accordance with the announcement. The only exception is changes made according to Rule 216, paragraph 4.

- c) The track must be a Standard Speed Skating Track of 400m, as per conditions given in Rule 227.
- d) The Referee at the Competition must belong to the list of ISU Referees or the list of International Referees for the season concerned.
- e) Automatic timekeeping, with photo-finish equipment as the primary system, must have been used (see Rules 248, 250 and 251).
- f) The ISU World Record application forms, with supporting documents as indicated in paragraph 3 below, must be submitted by the organizing ISU Member to the ISU Director General not later than May 1st of the season concerned. The submitted documents must confirm that all applicable conditions have been fulfilled.

Further conditions for recognition of World Records are:

- g) If the existing World Record is broken more than once on the same day in competition(s) at the same venue, only the best result obtained shall be recognized as a World Record. However, when the final classification for the 500m is decided based on the total time in two races, each 500m race is considered as a separate competition.
- h) For individual distances the Skater who achieves a World Record result, must have been selected for doping control on the day of the race and have tested negative in order for the World Record to be ratified.
- i) For Team competitions (Team Pursuit and Team Sprint), a minimum of 2 Skaters per team must have been selected for doping control on the day of the race and have tested negative in order for the World Record to be ratified, for Mixed Relay a minimum of 1 Skater per team must be tested.
- j) If the existing World Record is broken more than once on the same day in Competitions at the same venue, the top 2 Skaters or top 2 Teams achieving a World Record result must have been selected for doping control on the day of the race.
- k) World Records over 3000m and 5000m Women and over 5000m and 10000m Men may be recognized for times achieved in quartet starts in ISU Championships, World Cup Competitions and other ISU Events.
- l) World Records over 3000m Junior Women and over 3000m and 5000m Junior Men may be recognized for times achieved in quartet starts in ISU Championships, World Cup Competitions and other ISU Events.
- m) World Records in total points in Allround combinations over four distances can only be recognized if the competition is held over a maximum of 3 days, and the distances are skated in an order of sequence that is an allowed option for ISU Championships (see Rule 201, paragraphs 1, 2 and 4). Moreover, the distances must have been skated in the order indicated in the announcement.
- n) World Records in total points in the Sprint combination can only be recognized if the competition is over 2 days, with each individual distance skated only once each day and with changed starting lanes (see Rule 240 paragraph 4) on the second day.
- o) Results achieved in National Championships will be considered for recognition as World Records only if recognized as national records by the ISU Member concerned.

3. Documents to be submitted and issued

The organizing ISU Member must submit to the ISU Office the original official Protocol of the event, as specified in Rule 273, enclosing a certified survey of the track, certification documents for the timekeeping equipment used, as well as other supporting documents specified in the ISU World Record application form.

Any Competitor who equals an existing World Record and will have the result recognized by ISU according to paragraph 2 above, shall be entered in the ISU list of World Records. For each World Record obtained, or the equalling of a World record, the ISU shall issue a diploma to the Skater.

F. World Cup

Rule 223 Speed Skating World Cup

1. A World Cup for Women and Men will be organized as an ISU Event under the responsibility of the ISU Speed Skating Technical Committee. Rule 208, paragraph 1.1. applies for the entry process. However, different entry deadlines may apply, if so stated in ISU Communications or Event announcements.
2. The Speed Skating World Cup is an ISU series. World Cup points are awarded in each Competition. The final World Cup standings for each distance, or distance category, and for Team competitions will be decided by World Cup points accumulated by the competing Skaters or national teams during the season. A Grand World Cup ranking may be issued, based on a total of "Grand World Cup points" achieved from races held during the World Cup season.
3. The Rules and the program will be issued in a special ISU Communication for the World Cup.

G. Sport Equipment of Competitors

Rule 224

1. Racing suits, safety equipment and team uniforms

- a) Racing suits shall conform to the natural shape of the body of the Skater. Insertion or attachment of forms or devices to create different shape is not permitted. No attachments except for permanently attached stripes with a maximum height of 0.5 cm and a maximum width of 2.5 cm are allowed. For the purpose of protection against injuries, Competitors may be equipped with shin guards and padded knee protection inside of the racing suit. Competitors may wear a helmet, neck protection, gloves or mitts (predominantly white) outside the racing suit. For ISU Events only helmets approved by the ISU approval commission and in accordance with the technical safety specifications indicated in the latest ISU Communication, will be allowed. Further specifications concerning allowable racing suits and safety equipment may be issued by the ISU and shall then be announced in an ISU Communication or ISU Circular Letter.
- b) In ISU Championships and ISU Events Skaters of the same national team (i.e. Competitors entered by the same ISU Member) must wear racing uniforms with identical design, which display the name of the country or its official ISU abbreviation. The name of the Skater may be displayed near the name of the country. The racing uniforms shall show on the external part of both lower legs the name of the country or the official ISU abbreviation. The size of the characters must not be smaller than 7 cm high. (See also Article 13.2.2.2 CER).
- c) During ISU Championships, World Cup Competitions, other ISU Events and OWG the warming-up suits of all Competitors belonging to the same national team must display the name of the country or its official ISU abbreviation. During ISU Championships, World Cup Competitions and other ISU Events the name of the Skater may be displayed near the name of the country. (See also Article 13.2.2.2 CER).

2. Skates

- a) A skate is a passive mechanical extension of the leg, meant to facilitate the gliding technique. The skate consists of a blade and a shoe of any material with dimensions which do not change significantly during a competition, and a construction which connects the shoe to the blade. This construction may allow any translation and rotation of the shoe relative to the blade, in order to enable an optimal utilization of the physical capacity of the Skater, as far as it does not jeopardize the safety of the Skaters.
The skate does not contain any element that would violate the requirement that all energy expended during the Speed Skating exercise originates from metabolic work generated by the Skater during the race. There is no connection between the Skater and the skate, and no transmission of energy, matter or information to the skate, other than via the anatomical structures of the lower leg and foot. In particular, it is not permitted to heat the blades of the skates from any external source or by means of any artificial mechanisms.
- b) If deemed necessary in order to avoid confusion as to what kind of equipment is permitted for Speed Skating competitions, the ISU may issue further specifications concerning the definition of allowable skates, which shall then be announced in an ISU Communication or ISU Circular Letter.

3. Infringement of the equipment rules

A Competitor not complying with the rules in paragraph 1 and 2 above regarding proper or required equipment, will be disqualified.

Measurements of standard 400m speed skating tracks

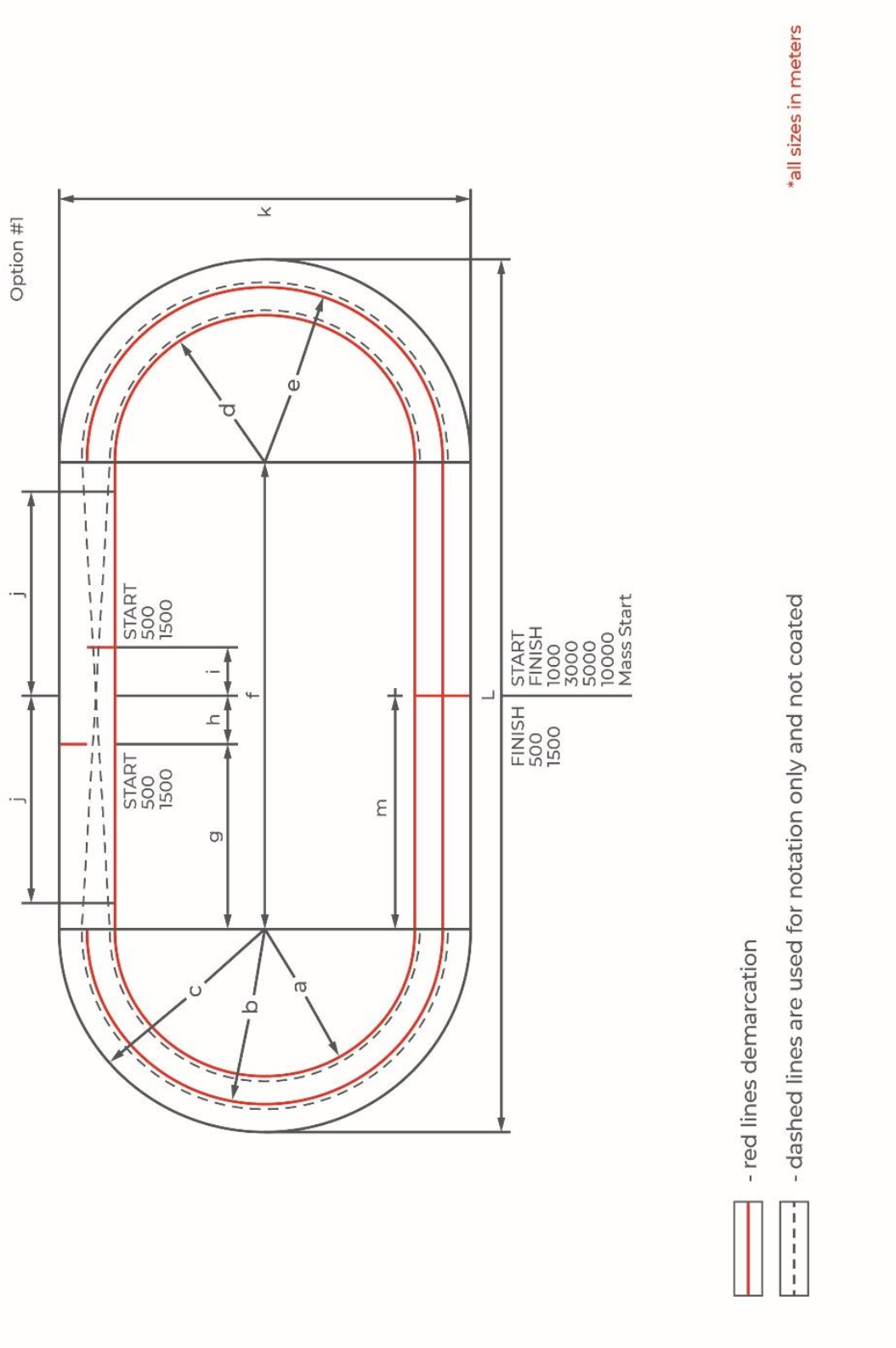
Distance	Option #1 Radius 25-29m	Option #2 Radius 25,5-29,5m	Option #3 Radius 26-30m
a)	25,00	25,50	26,00
b)	29,00	29,50	30,00
c)	33,00	33,50	34,00
d)	25,50	26,00	26,50
e)	29,50	30,00	30,50
f)	113,57	112,00	110,43
g)	56,78	56,00	55,215
h)	13,57	12,00	10,43
i)	7,32	5,75	4,18
j)	6,25	6,25	6,25
k)	6,32	6,32	6,32
l)	113,64	112,07	110,50

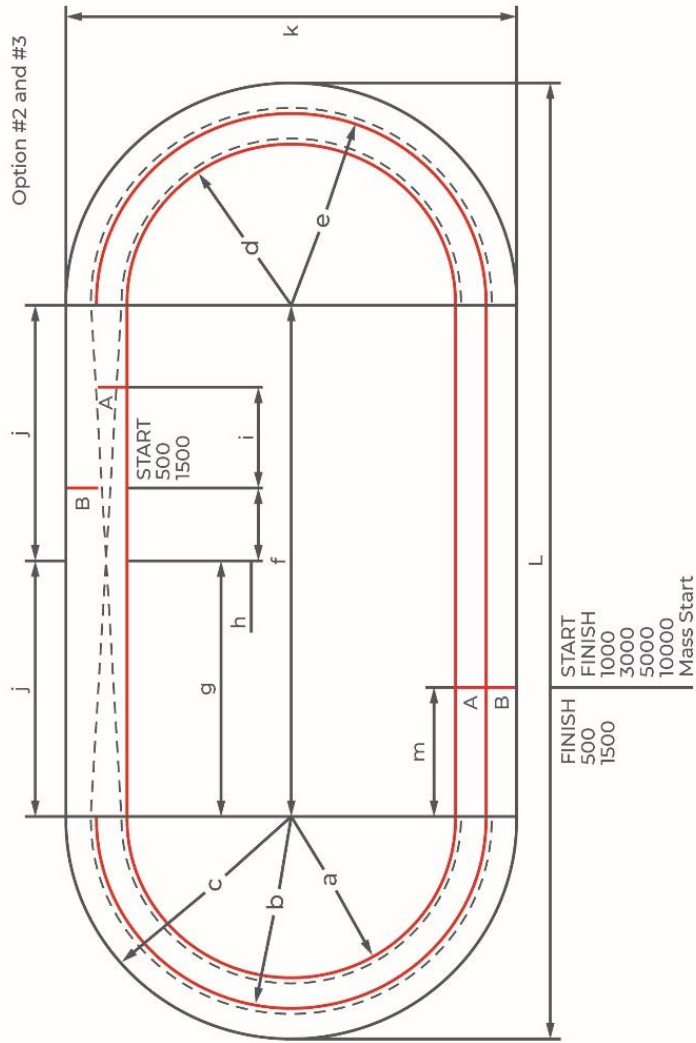
Examples of calculations of standard 400m speed skating tracks

$1 = 2 \times \text{mean axis} = 2 \times f$ $3 = \text{Outer Curve} = e \times \pi$
 $2 = \text{Inner Curve} = d \times \pi$ $4 = \text{Crossing} = \sqrt{f^2 + (\text{width of the track})^2} - f$

Radius inner curve 25m, width of the track 4m.	
$1 = 2 \times 113.57$	=227.14m
$2 = 25.5 \times 3.1416$	= 80.11m
$3 = 29.5 \times 3.1416$	= 92.68m
$4 = \sqrt{113.57^2 + 4^2} - 113.57$	= 0.07m
= 400.0m	
Radius inner curve 25.5m, width of the track 4m.	
$1 = 2 \times 112.00$	=224.00m
$2 = 26 \times 3.1416$	=81.68m
$3 = 30 \times 3.1416$	=94.25m
$4 = \sqrt{112^2 + 4^2} - 112$	=0.07m
= 400.0m	
Radius inner curve 26m, width of the track 4m.	
$1 = 2 \times 110.43$	=220.86m
$2 = 26.5 \times 3.1416$	= 83.25m
$3 = 30.5 \times 3.1416$	= 95.82m
$4 = \sqrt{110.43^2 + 4^2} - 110.43$	= 0.07m
= 400.0m	

Examples of 333,33m speed skating track demarcation and layout plan





 - red lines demarcation

 - dashed lines are used for notation only and not coated

*all sizes in meters

Examples of measurements of 333,33m speed skating tracks

Distance	Option #1 Radius 25-30m	Option #2 Radius 25-30m	Option #3 Radius 26-30m
a)	25,00	25,00	26,00
b)	30,00	30,00	30,00
c)	35,00	35,00	34,00
d)	25,50	25,50	26,50
e)	30,50	30,50	30,50
f)	78,615	78,622	77,08
g)	31,50	39,311	38,539
h)	7,76	11,537	12,308
i)	7,94	15,708	12,567
j)	35,00	39,311	38,539
k)	70,00	70,00	70,00
L)	148,615	148,622	147,079
m)	39,307	20,00	20,00

Examples of calculations of 333.33m speed skating tracks

Option #1

Radius inner curve 25m, width of the track 5m		
1=2 x mean axis= 2 x f	2 x 78.615	=157.23m
2=Inner Curve= d x π	25.5 x 3.1416	= 80.11m
3=Outer Curve= e x π	30.5 x 3.1416	= 95.82m
4=Crossing= $\sqrt{(j + i)^2 + (\text{width of the track})^2} - (j + i)$	$\sqrt{70^2 + 5^2} - 70$	=0.18m
333.33m		

Option #2 and #3

Radius inner curve 25m, width of the track 5m		
1=2 x mean axis= 2 x f	2 x 78.622	=157.24m
2=Inner Curve= d x π	25.5 x 3.1416	=80.11m
3=Outer Curve= e x π	30.5 x 3.1416	=95.82m
4=Crossing= $\sqrt{f^2 + (\text{width of the track})^2} - f$	$\sqrt{78.622^2 + 5^2} - 78.622$	=0.16m
333.33m		
Radius inner curve 26m, width of the track 4m		
1=2 x mean axis= 2 x f	2 x 77.08	= 154.16m
2=Inner Curve= d x π	26.5 x 3.1416	=83.25m
3=Outer Curve= e x π	30.5 x 3.1416	=95.82m
4=Crossing= $\sqrt{f^2 + (\text{width of the track})^2} - f$	$\sqrt{77.08^2 + 4^2} - 77.08$	=0.10m
333.33m		

Rule 226 Demarcation of the competition track

(See also Rules 203 and 204 above)

For demarcation of the competition lanes, fully painted lines, 5cm wide, should be used, both in the straights and in the curves.

Normally, and always on indoor tracks, the demarcation of the lanes in the curves must include movable blocks of rubber or synthetic material (of maximum height 5cm), 50cm apart for the first 15m of the curve and 2m apart for the remaining part of the curve. The blocks shall touch the inside of the painted lines. Cones closed from the top (recommended height 10cm and maximum height 20cm) shall be used as the first block at the entrance of each curve. When considered necessary for the visibility of the demarcation, blocks may be placed on the painted demarcation lines on the straights, with a distance of 10m between each block.

On open-air tracks snow may be used instead of movable blocks, but the snow must not be iced. The snow lines must then lie along the whole competition track except the crossing straight.

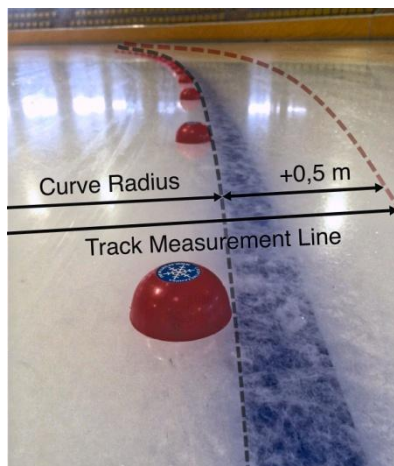
The Referee decides if the demarcation is in conformity with the rules.

Rule 227 Layout of the track

1. Measurement

The track must be measured by a qualified surveyor, detailed for the purpose, and with the correct position of all starting and finishing lines fixed. A protocol signed by the surveyor shall be handed to the Referee before the start of the event. This protocol remains valid for 1 year only, unless reconfirmed by a qualified surveyor on an annual basis.

The measurement of the track shall be made 0,5m outside the inner edge.



2. Starting and finishing lines

The starting and finishing lines are to be denoted by colored lines, not more than 5cm wide, drawn at right angles to the straight or its extension. A pre-start line shall be placed 2m before the starting lines. For the last 5m before the finishing line each meter of the track may be marked (see diagram after Rule 225 above).

On standard 400m tracks, the starting and finishing lines for all distances shall be at right angles to the finishing straight. The finishing line for 1000m shall be placed in the middle of the finishing straight and the starting lines accordingly. For Team Pursuit and Team Sprint races the starting and finishing lines shall be placed in the middle of the straights. For all other distances the finishing line shall be placed towards the end of the finishing straight, and the starting lines positioned accordingly (see diagram after Rules 225 above).

On other tracks the starting and finishing lines should be placed so that neither the start nor the finish is in a curve.

3. Coaches' area

For coaches there shall be a specially marked area on the crossing straight. The coaches' area shall be marked by a line 2cm wide, drawn 1m from the outside edge of the track. The line begins 25m from the end of the curve and goes all along the crossing straight until 10m before the entrance to the next curve. During the starting procedure the coaches must stay at least 20m away from both the Starter and the starting lines of the Competitors. During Team Pursuit races the coaches' area for each Team is on the opposite straight of where the respective team starts.

- a) For distances 1000m and shorter and for races with quartet starts, maximum 1 person for each Competitor is allowed in the coaches' area. For longer distances without quartet starts and for Team Pursuit races maximum 2 persons for each Competitor or team are allowed in the coaches' area. For Mass Start, Team Sprint races and Mixed Relay races coaches are not allowed in the coaches' area.
- b) In order to ensure a clear view of the finishing line for photo finish and television cameras, coaches are not allowed to pass through the finishing line area during Team Pursuit races.
- c) During competition (while racing is occurring) coaches are not allowed to accompany a Skater in the warm-up lane.

Rule 228 Measures to protect safety of Skaters

1. Measures to avoid accidents

Measures must be taken to protect the safety of the Skaters against accidents. The Referee has to review and approve such measures before the competition starts. During warm-up and training sessions, Skaters and Coaches are responsible to act consciously in order to reduce risks of accidents.

2. Protection measures – minimum requirements for all competitions

The demarcation of the skating track and racing lanes by fixed stakes is not permitted. Permanent installations should be at least 3m from the inner and outer edge of the skating track.

The organizer of competitions shall provide adequate protection against accidents in situations when Skaters fail to stay inside the skating track (i.e. racing lanes and warm-up lanes). On open-air tracks, snow may be used for protection, on the condition that the snow is not iced or hard. If a sufficient amount of snow of adequate quality is not available, the use of protection mats (padding) is mandatory, with the following minimum requirements:

- a) The design of the mats and the materials used must give an adequate absorption effect when a Skater hits the padding.

- b) The surface of the padding should be made of anti-abrasive and water-resistant material.
- c) The protection mats shall be at least 80cm high and at least 30cm thick;
- d) Mats must be used in the curves and at least 20m onto the straight after the end of each curve.
- e) Fixed and heavy objects (e.g. fences, benches or poles) within 3m from the inner and outer edge of the skating track, must be protected with adequate padding.
- f) The padding must be secured in such a way that a collision between a Skater and the padding will not in itself create a significant risk for injuries.
- g) Best efforts shall be made to avoid the use of posts in "danger zones" (from the apex to the exit of the curve) in order to secure the padding in the curves.

3. Protection measures at ISU Events and Olympic Winter Games

The organizer of ISU Championships, other ISU Events and OWG must provide protection beyond the minimum measures described in paragraph 2 above. The organizers of these Events must submit a technical description of their existing or planned safety installations, including recent relevant technical or scientific test results, in due time for the proposed solution to be reviewed by the ISU Chief of Sports or the ISU Representative/Technical Delegate/ISU Technical Committee Representative for the Event. The following conditions and guidelines must be observed:

- a) The mats can be of either a rectangular shape or a trapezium, or some other shape that has proven suitable to provide adequate protection of the Skaters. The mats may be composed of several foam layers with different densities, or any other material or solutions, on the condition that adequate protection qualities (absorption of impact, reducing the bounce-back effect) can be proven through technical/scientific tests.
- b) Best efforts shall be made to use padding cover composed of anti-abrasive and non-rubberized water-resistant material. At open-air rinks the solution has to be adapted to avoid water and snow to reach the inside structure of the mats. On indoor rinks, a solution must be used in which water will not get inside the mats from the bottom. An overlapping strap shall cover the joint between the mats to present a smooth exterior surface in the direction of the skating Skaters.
- c) Best efforts shall be made to use protection mats in the curves and 20m after the curve, which should be at least 80cm thick at the bottom of the mat and 40cm at the top of the mat.
Best efforts shall be made to use protection mats on the straights which are at least 60cm thick at the bottom of the mat and 20cm at top of the mat. The height should be 100cm.
- d) Protection mats must be used for the full length of the straights and in the curves. Instead of protection mats, boards of 100cm height may be used, in such case, a combination of the movable foam and board padding must be implemented in the central part of the straights (approximately 55m between the end and the start of the curves) according to size regulation.
- e) Fixed and heavy objects (e.g. fences, benches or poles) within 3m from the inner and outer edge of the skating track, must be protected with adequate padding.
- f) The padding must be secured so as to inhibit a fallen Skater from passing underneath or between the mats on impact. In the case the mats are resting on the ice, a smooth ice surface with no obstacles or sharp edges underneath the padding must be guaranteed.

The inner and outer edges of the ice, including the rope (if applicable), must be prepared by sloping the ice surface to avoid injury of a fallen Skater, also if a fallen Skater rebounds after hitting the protection mats.

Belts or any other system that is used to control the movement of the padding should be in place and controlled continuously. Best efforts shall be made to avoid posts to secure the padding in the curves in "danger zones", (from the apex to the exit of the curve).

- g) Adequate protection, as indicated in a) through f) above, must be in place also for the official training sessions.

More detailed specifications of adequate safety measures may be given at any time in an ISU Communication and/or in relevant ISU Memoranda. The above specifications shall be considered as guidelines also for organizers of International Competitions and other high-performance speed skating competitions.

Rule 229 Ice preparation procedures at ISU Events, Olympic Winter Games and Winter Youth Olympic Games

1. ISU Ice Commission

The ISU Ice Commission for the Event shall consist of the Referee(s) and the ISU Speed Skating Technical Committee Representative (or, when not present, another ISU Representative) or the ISU Technical Delegate. The ISU Ice Commission shall determine the ice preparation procedure in consultation with the technical expert of the ice rink, with the aim to give the participants equal conditions.

The Team leaders shall be informed about the procedure for ice preparation at the Team leaders' meeting before the opening draw. The detailed ice preparation schedule shall be made available to Team leaders when the start lists are announced (see also Rule 216, paragraph 1.f).

The ISU Ice Commission has the right to alter the announced ice preparation schedule. In this case the Team leaders will be immediately informed about the changes and the revised schedule.

2. Information from the Ice Technical Expert

The ice technical expert of the ice rink must submit to the ISU Ice Commission all information that is relevant to decide the ice preparation schedule and to monitor the ice and racing conditions at all stages during the competition. This shall include historical data on ice preparation procedures under different climatic and meteorological conditions (air temperature, ice temperature, air humidity, snow, wind, air pressure, etc.) with different spectator capacities, the amount and quality (temperature, any chemical additives, etc.) of water used during ice cleanings, as well as statistics on ice temperatures and climatic conditions during the competition. The ISU Ice Commission should be given the opportunity of direct access to instruments or systems providing the data mentioned. On indoor tracks the ice technical expert has to provide information also on wind or air-flow conditions at any time during racing and is responsible that the ventilation system of the track is controlled so as to avoid unequal conditions due to differences in air-flow on the level of the competition track.

I. Organization of the Competitions

Rule 230 Announcement and conduct of ISU Events
(See Article 6.1 CER)

Rule 231 Communication during ISU Events
All official communications during ISU Events must be published in English.

Rule 232 Date and contents of Announcements, Supplementary conditions
(See Article 3.4 CER)

Rule 233 Late announcements
(See Article 3.4.3 CER)

Rule 234 Postponement of dates of Competition, Withdrawal of Competition
(See Article 3.4.4 CER)

Rule 235 Entries, Nicknames/Preferred names, Post Entries
(See Articles 10.2.3, 10.2.5, and 10.2.6 CER)

Rule 236 Doping
(See Article 16.3 CER)

Rule 237 Validity of events
(See Article 7.1 CER)

Rule 238 Expenses at ISU Events, Reimbursement to Skaters and Officials
(See Article 11 CER)

J. Drawing Procedures

Rule 239 Team Leaders' meeting and draws

1.
 - a) The ISU may conduct at least one Team Leaders' meeting. Each ISU Member with entered participants for the Competition is required to attend the Team Leaders meeting, either in person or online, and can be represented by only one designated team official.
 - b) At the Team Leaders' meeting, the Team Leaders shall inform the Referee of any withdrawals or entries of substitutes, and the final entries shall be confirmed. The Referee must, if possible, then present the grouping of Competitors for the draws or for composition of the start lists;
 - c) The first draw may be held on the day before or on the day of the first day of competition.
 - d) For the following competition days, it is the duty of the Team Leaders to inform the Competition Coordinator of any further withdrawals, entries of substitutes or selection of competitors for Team competitions, according to procedures and deadlines announced by the ISU.
2.
 - a) Each Competitor will be assigned a reference number ("starting number") for use in draw procedures, results processing, etc.
 - b) The Referee will conduct the drawing of pairs. This may be done by a manual draw procedure with the involvement of people in attendance, or by a procedure ("computer draw") using a computer which is programmed to make a random selection among applicable starting numbers.
 - c) For the following competition days, the drawing of pairs or composition of start lists will be conducted by the Referee in the presence of the Competition Coordinator appointed by the organizing committee (Rule 210, paragraph 1.k) and (for ISU Events) under the supervision of the ISU Technical Committee Representative.
3. Which of the Competitors shall have the inner and which the outer lane shall be decided in the following way:
 - a) When the composition of pairs is decided by lot, the first drawn Competitor in the pair shall start in the inner lane or (for Team competitions) at the finishing straight.
 - b) When the composition of pairs is based on ranks obtained in preceding distances or competitions, the Competitor with the better rank shall be placed first in the pair and accordingly start in the inner lane. However, if the Rules for the Event states that two Competitors from the same country shall not skate in the same pair, Rule 241, paragraph 3.b) applies. For the second race of a distance in competitions where the results are based on the same distance being skated twice, see Rule 240, paragraph 4.
 - c) If a Competitor withdraws from the start after the draw has taken place and some pairs are rearranged because of this, Rule 245, paragraphs 1 and 2 apply.

Rule 240 Drawing at World Championships

1. First draw at World Championships – Allround combination

When drawing the first 2 distances in the Allround Combination, the Competitors shall be grouped according to their seasonal best times, in groups of 6 Competitors for the distance concerned.

For the drawing of the first distance the grouping will be based on the seasonal best time on 500m, for the second distance on the seasonal best times on 3000m for Women and 5000m for Men. The Speed Skating Technical Committee is responsible for the approval of seasonal best times and of the time ranking lists deciding the grouping. If there is a tie

in the last position of a group it shall be decided by lot which Competitors are to be placed in which groups.

The Competitors placed in the same group shall be paired together by drawing their starting numbers, observing Rule 239, paragraph 3. The first 2 drawn Competitors from the last Group form the first pair on the distance concerned. However, if there are an odd number of Competitors entered, the first drawn Competitor from the last Group shall skate single in the first pair, starting in the inner lane. After the last Group has been drawn, the next to last Group follows, etc.

2. Further draw at World Championships - Allround combination

- a) In the third distance the arrangement of pairs shall be based on the ranking in total points after 2 distances. If some Competitors are equal in total points, the Competitor with the better time in the first distance is considered to be better ranked.
- b) The starting order of the pairs shall be opposite to the ranking order of the Competitors: the Competitors ranked 1 and 2 after 2 distances will skate in the last pair, the Competitors ranked 3 and 4 will skate in the next to the last pair, and so on.

3. Qualification for the fourth distance at World Championships - Allround combination

- a) In the fourth distance only 8 Competitors shall start. The selection of qualified Competitors is made among Skaters ranked among the top 16 after 3 distances and will be based on 2 different ranking lists: The final classification in the longest of the 3 skated distances (i.e. 3000m Women and 5000m Men, respectively), and the classification in total points after 3 distances. Competitors who are among the 8 best in both of these ranking lists are directly qualified for the fourth distance. Among the Competitors who are placed among the 8 best in only one of these ranking lists, the next to qualify is the Competitor with the best position in either of the 2 lists. If 2 Competitors have equal position in the 2 ranking lists, the Competitor in the classification in total points after 3 distances is the first of them to qualify. If 2 Competitors share the same position in one of the ranking lists, the Competitor who is better placed in the other ranking list, will qualify first.
- b) The starting order of the pairs shall be in the reverse order of the ranking order of the Competitors after 3 distances:
 - the Competitors ranked 1 and 2 will skate in the last pair,
 - the Competitors ranked 3 and 4 will skate in the next to the last pair,
 - and so on.
- c) If a Skater, who has qualified to compete in the fourth distance, withdraws from this distance, the Skater may be replaced by the next qualified Skater according to the criteria given in paragraph a) above. If necessary, also Skaters ranked 9 or behind in the respective ranking lists may be considered for determining the next qualified Skater.

4. Drawing at World Championships – Sprint Combination

1. For the first day's distances in the Sprint combinations the Competitors will be placed in groups, based on their seasonal best times on the distance concerned. For composition of groups and drawing of pairs Rule 240, paragraphs 1 and 2 apply.
2. In the third and the fourth distance the arrangement of pairs shall be based on the ranking in total points after 2 and 3 distances, respectively. If some Competitors are equal in total points, the Competitor with the better time in the first race of the distance concerned is considered to be better ranked. However, the arrangement of pairs for each distance shall be made in such a way that all participants change their starting lanes the second day; i.e. Competitors who started in the inner lane the first

day against Competitors who started in the outer lane. The starting order of pairs shall be opposite to the ranking order of the Competitors: The Competitor ranked first in overall points shall skate in the last pair together with the next ranked Competitor, subject to the principle of changed lanes in the second race, and so on.

5. Drawing at World Championships - Single Distances / Individual and Team competitions

- a) For each draw the Competitors shall be placed in groups, based on their individual ranking according to their seasonal best time.
- b) When a complete ranking list of the participants has been established, the Competitors shall be placed in groups of 6 Competitors each. However, the last group (of the lowest ranked Competitors) may consist of less than 6 Skaters. The group with the 6 best ranked Competitors shall be drawn to form the 3 last pairs, and so on. If there would be an odd number of participants, the first pair shall consist of a single Competitor.
- c) For the Team races the sequence and composition of races (heats) will be based on the SQRL ranking of the participating Teams (ISU Members) (see Rule 208, paragraph 2.1.2). The Teams from the 4 best ranked ISU Members shall be drawn to form the 2 last heats, and the remaining Teams shall be drawn to form the 2 first heats.
- d) The Mass Start races will be organized based on Rules 257, paragraph 2.1. and 265 paragraph 6.3, with the following specific regulations:
 - (i) Competitors will be seeded based on their individual ranking in the SQRL. The Competitors line up at the start line in rows of 6 Skaters, with the highest seeded Competitors in the first row.
 - (ii) The starting position of the Competitors not listed in the SQRL will be decided by lot.

Rule 241 Drawing at Olympic Winter Games

1. The draw for the starting order at the OWG shall take place for each single distance (see Rule 239).
2. a) For each draw the Competitors shall be placed in groups, based on their individual ranking in the Special Olympic Qualification Classification (SOQC), as defined in Rule 209, for the event concerned. Competitors without results from SOQC competitions will be ranked thereafter, according to their seasonal best time.
- b) Based on their individual ranking the entered Competitors are placed in the following groups:
 - GROUP I: The 6 best ranked Competitors;
 - GROUP II: The Competitors ranked 7 to 12;
 - GROUP III: The Competitors ranked 13 to 18;
 - GROUP IV: The Competitors ranked 19 to 24;
 - GROUP V: The remaining Competitors.

However, for the 5000m Women and the 10000m Men there will be 4 Competitors in each group; the 4 best ranked Competitors are placed in Group I, the 4 next in Group II, etc.
- c) In case of a tie in the SOQC ranking list, the internal ranking between the Competitors concerned is decided, if necessary for the grouping, by lot.
3. a) The Competitors placed in the same group shall be paired together by drawing their starting numbers. The starting order of the pairs shall be as follows: The first 2 drawn Competitors from Group V form the first pair on the distance concerned. However, if there is an odd number of Competitors entered, the first drawn Competitor from Group V shall skate single in the first pair. After Group V has been drawn, Group IV follows, etc.

- b) Two Competitors representing the same ISU Member/NOC (country) shall not start in the same pair. The following scenarios may therefore have to be dealt with:
 At the moment when the second Competitor in a pair is about to be drawn, the number of remaining Competitors from one country is higher than the remaining number of pairs (in the group). The drawing shall then proceed as follows:
 If the next drawn Competitor is not from the country concerned, the drawn Competitor will be moved to the next available spot in the start list (i.e. the inner lane of the following pair).
 This procedure is repeated until a Competitor from the country concerned has been drawn, observing that the same situation will not occur for other countries in a later pair. If that would be the case, the drawn Competitor must then be moved to the next following available spot in the start list.
 The second drawn (or moved) Competitor in a pair is from the same country as the first drawn Competitor. The Competitor will then be moved to the next available spot in the start list, observing potential situations as described in (b) above.
- 4. The Team Pursuit event will be organized with a set of elimination phases (quarter-finals, semi-finals, the finals and other placement races), so that the final race will be a deciding race for the Olympic gold and silver medals. For each phase, the races both for Women and Men are completed before the next phase of races.
 - a) The quarter-finals (QF) are skated in a time-trial format, and a time ranking of the competing teams will be determined by the finishing times achieved by the teams. If a team will be overtaken by the other team in the heat, both teams will have to finish the race in order to get a result for this time ranking. In case of a tie (if several teams achieve the same time), the team with the better SOQC rank will be considered as better ranked. The semi-finals (SF), the finals and the placement races will be skated in elimination race format, according to Rule 256, paragraph 1.5.).
 - b) The composition of the heats of the quarter finals will be determined by an open draw between the entered teams.
 - c) The teams with the 4 fastest times from the quarter-final heats will advance to the semi-finals; the teams with the 5th and 6th fastest times will advance to the C-Final and the 2 remaining teams will advance to the D-Final. The winning team from the quarter-finals are denoted QF(1), the team with the second fastest time QF(2), etc. The semi-finals will be skated as follows:

First semi-final:	QF (1) vs. QF (4)
Second semi-final:	QF (2) vs. QF (3);
 - d) After the completion of the semi-finals, the 4 teams that did not qualify from the quarter-finals will skate placement races for the final ranks 5-8. At first, a D-final will be skated between the 2 teams with the slowest times from the quarter-finals to determine final ranks 7 and 8. Thereafter a C-Final will be skated between the 2 fastest of the teams eliminated at the quarter-finals stage to determine final ranks 5 and 6.
 - e) The winners of each semi-final will advance to the Final to compete for the gold and silver medals. The losers of the semi-finals will compete in the B-final for the bronze medal (the loser ending up at rank 4). The B-final will be skated first.
 - f) The quarter-finals are skated on the first competition day of the respective Team Pursuit races; the semi-finals and all the finals (including placement races) are skated on a following day.
- 5. The Mass Start competition will be organized with an elimination phase (semi-finals) where Competitors qualify for the final and decisive race.
 - a) The composition of the 2 semi-finals (SF 1 and SF 2) shall be based on the SOQC ranks of the entered Competitors, as follows:
 The best ranked Competitor will be placed in SF1, the 2nd and 3rd ranked Competitors in SF2, the 4th and 5th ranked Competitors in SF1, etc.

- However, each semi-final race can have maximum 1 Competitor from the same ISU Member (NOC). The second ranked Competitor from the same ISU Member will therefore have to be placed in a different semi-final than the best ranked Competitor.
 - If there are Competitors not listed in the SOQC ranking list, they will be placed thereafter and their starting position will be decided by draw.
- b) The 8 best ranked Skaters from each semi-final qualify for the Mass Start final. In the Final, the Competitors are given helmet cover numbers as follows: The winner of SF 1 gets white cover with number 1, the winner of SF 2 gets blue cover with number 2, the second ranked Skater of SF 1 gets white cover with number 3, the second ranked Skater of SF 2 gets blue cover with number 4, etc.
In case of advancement of more than one Skater from the same semi-final the helmet cover numbers assigned will be decided by lot.

Rule 242 Drawing at European Championships

For the European Championships the drawing shall be made according to corresponding rules for the same competitions in World Championships (see Rule 240).

Rule 243 Drawing at World Junior Championships

1. For the drawing of pairs, the Competitors will be grouped according to their best approved qualifying times, in groups of 6 Competitors each. The pairs from the group with the best ranked Competitors will be skated last.
2. Quartet starts shall be used over 3000m Women and 5000m Men.
3. For the Team competitions the teams shall be seeded based on the ranks of the second-best Competitor from the ISU Members concerned at the distance 1500m (for Team Pursuit) and the distance 1000m (for Team Sprint), respectively. The 2 best seeded teams shall skate in the last race.
4. The Mass Start competition will be organized based on Rule 257, paragraph 2.1. Final classification will be determined according to Rule 265, paragraph 6. Mass Start Competitions may be organized with semi-finals.
 - a) The maximum number of Competitors in the competition will be 48. In case of more than 48 entries, entry quotas will be allocated to ISU Members (with a maximum quota of 2 Competitors each) based on the 1500m seasonal best time of Skaters from the respective ISU Members. At first all ISU Members will be allocated 1 quota place. Then a second quota place will be allocated to ISU Members according to the rankings in the 1500m of the second-best Skater from the ISU Member. After all 48 places have been allocated to ISU Members a reserve list of 3 Skaters will be made available.
The table below shows the number of Competitors in each semi-final and final.

Number of entries for Mass Start	Up to 24	>24
Number of Competitors in the Final of the Mass Start	all	16
Number of Competitors in each Semi-Final of the Mass Start	-	Up to 24

- b) Seeding of the Skaters will be based on the ranking of the 1500m. Skaters without a qualifying time on the 1500m will be placed thereafter by draw.
In case of semi-finals, not more than 1 Competitor from the same ISU Member can participate in the same semi-final race. The second ranked Competitor from the same ISU Member will therefore have to be placed in a different semi-final than the best ranked Competitor.

Rule 244 Drawing at International Competitions

1. In an International Competition the organizing committee assigns to each Competitor a number which is to be used at the draw for the starting order.
2. Composition of the start lists will be at the discretion of the Organizing Committee and based on the level of the entered Skaters:
 - a) Arrangement of pairs shall be made based on the ranking of the Skaters (for example the best approved qualifying times, personal best times, seasonal best times or other seeding rankings). The lowest ranked Competitor will skate in the first pair.
 - b) Divide the Competitors in groups of 4, 6 or 8 Skaters for the draw. See Rules 240, paragraph 1, 241, paragraph 2.b) and 243, paragraph 1.
 - c) Divide the Competitors into groups, each with an equal number of Competitors, based on the number of entries for the draw.
 - d) Or combination any of the above.
If any group thus arranged should comprise an unequal number of Competitors, the Competitor whose starting number is drawn last shall compete with the first drawn Competitor from the next following group. If a Competitor is remaining because of an odd number of Competitors, he will skate alone in the group with the lowest ranked Competitors.
3. Composition of the start lists for Mass Start will be at the discretion of the Organizing Committee and may be organized in one of the following ways:
 - a) Arrangement of the starting position shall be based on the ranking of the entered Skaters (for example points ranking, the best approved qualifying times, seasonal best times or other seeding rankings). The highest ranked Competitor will have start position one.
 - b) Arrangement of the starting position shall be made by draw.

Competitions with one award of prizes, drawing and composition of pairs

4. If a competition extends over 2 distances with one award of prizes, the arrangements of the pairs shall be determined by draw for both distances.
5. If a competition extends over 3 distances with one award of prizes, the arrangement of the pairs shall be determined by draw only for the first of the distances to be skated. For the second distance the Competitors will be paired according to the rank obtained in the first distance. For the third distance the Competitors will be paired according to their rank in total points after 2 distances. The starting order of the pairs for the second and the third distance shall be in the reverse order of the ranking order of the Competitors (see Rule 240, paragraphs 3 and 4).
6. If a competition extends over 4 distances with one award of prizes, the arrangement of pairs will be determined by lot separately for the first 2 distances. For the third and the fourth distance the arrangements of pairs will be determined by Rule 240, paragraphs 3 and 4, with the exception that more than 8 Competitors may start on the fourth distance.
7. For sprint competitions over two times 500m and two times 1000m, Rule 240, paragraph 4 applies.

Rule 245 Withdrawal from the start after draw. Entry of substitutes

1. Rearrangement of the starting order without a substitute:

- a) If a Skater is withdrawn from the start after the draw, all Skaters who were drawn in the same lane in earlier pairs are moved towards the vacant place and keep their initially drawn lane to complete the pairs.
 - b) If 2 or more Competitors are left to skate alone because of the rearrangement, they should be paired together. The Competitor from the earlier pair will be placed in the vacant spot in the later pair, see, however, Rule 240, paragraph 4. This applies to all ISU Event Sprint Combinations.
 - c) If a Skater is withdrawn from the start after the draw for Mass Start competitions, rearrangement will be done only in the semi-final concerned.
 - d) If a Skater is withdrawn from the start after the draw for non-medical reasons, that competitor will not be replaced by a substitute. In this case, the Skater will be eligible to compete in another distance on the same day.
 - e) If a Skater does not start (DNS), the competitor will be ineligible to compete in another distance on the same day and no substitute will be allowed to replace the skater with a DNS for other distance(s) on the same day.
2. Rearrangement of the starting order with a substitute:
 - a) If a Competitor is not able to start on a distance due to medical reasons arising that Competitor may be replaced by a substitute. If certain qualification criteria have been set for the competition, that Competitor can only be replaced by a substitute who also fulfils these criteria. However, if the competition is over several distances with one award of prizes, a substitute may be entered only before the start of the first distance.
 - b) After rearrangement as described in paragraph 1 is applied, the substitute entered for the withdrawn Skater will then be placed in the open position.
 - c) If a Competitor is not able to start in the first round of a Mass Start competition due to medical reasons after the draw, the substitute will be placed on the starting position of the withdrawn Competitor.
 3. A Competitor who is moved to another pair must be informed at least 30 minutes before the scheduled start of the distance concerned.
 4. If a Competitor in a competition over several distances with one award of prizes withdraws from a distance after the draw for the distance has taken place, or did not start (DNS), this Competitor is not allowed to be entered again for this or any other distance.

Rule 246 Adjustment of starting order

In a Competition over several distances with one award of prizes, a Competitor has the right to a period of rest of 30 minutes between races. If necessary, the Referee may adjust the starting order of pairs in such a way that the required rest period will be available.

K. Timekeeping

Rule 247 Automatic and manual timekeeping

1. Two methods of timekeeping exist, automatic timekeeping (as specified in Rule 251) and manual timekeeping (as specified in Rule 250).
2. a) A manual timekeeping procedure has to be put in place. However, if there are more than two independent automatic timekeeping systems (meaning two systems must get a separate start pulse) in use, a manual timekeeping procedure is not required.
- b) If (an) automatic timekeeping system(s) is in use, the purpose of the manual timekeeping procedure is to serve as a backup in case the automatic timekeeping system(s) fails, partly or completely. (See Rule 251, paragraph 5).
- c) An automatic timekeeping procedure has to be put in place for Olympic Winter Games, Winter Youth Olympic Games, ISU Championships, World Cup Competitions and other ISU Events, see also Rule 251, paragraph 2.d).

Rule 248 Watches

1. For automatic timekeeping systems a certificate, renewable every four years, stating the reliability and accuracy of the system shall be presented to the Referee before the competition.
2. For manual timekeeping, only digital electronic watches shall be used.
3. All watches used must have the capability to measure and display times with an accuracy level of at least one hundredth of a second.

Rule 249 Official times

The times are considered official when the Referee has signed the timekeeping protocol. The official times may not be protested.

Rule 250 Manual timekeeping procedure

1. A Chief Timekeeper, 3 timekeepers and 1 substitute timekeeper must be appointed. The Chief Timekeeper has the option to be assisted by a Time recorder official.
2. The timekeepers are to be positioned at the finishing line and start their watches at the moment when smoke or flash from the shot fired by the Starter becomes visible. Only in case of fog, snow, darkness, etc. the timekeepers may take their position at the starting line and start their watches at the moment of the shot. Each timekeeper should use only one watch.
3. Independently of one another the timekeepers shall take the time of both Competitors in the pair.
4. At the conclusion of each race, the Chief Timekeeper shall read the watches in consistent order (i.e. 1st, 2nd, 3rd watch for the first Competitor, then for the second placed Competitor) and observe that the times are being duly recorded. Only if one or more timekeepers have not taken the time (for any reason), the time taken by the substitute timekeeper shall be recorded.
5. The times of each timekeeper shall be recorded with the accuracy of one hundredth of a second. If the watches display times in thousandths of a second, any digits giving precision beyond a hundredth of a second shall be ignored.
6. Under the supervision of the Chief Timekeeper the time for each Competitor will then be determined and recorded in the timekeeping protocol as follows:
 - a) When two watches show the same time and the third watch a different time, the time of those watches in agreement will determine the result.

- b) When all watches show different times, the time of the intermediate watch will determine the result.
 - c) If two timekeepers have not taken the time for any reason, the mean time of the other two watches will determine the result. If the mean time is not a multiple of one hundredth of a second, the lower hundredth of a second is taken.
 - d) When the difference between the Competitors in a pair is less than 5m the Finishing line judge shall report to the Chief Timekeeper for manual timekeeping the distance between the 2 Competitors at the moment the winner passes the finishing line. The time of the Competitor finishing second in a pair is then to be determined by the Chief Timekeeper in agreement with the Finishing line judge (see Rule 221).
7. When determining the official times (according to the manual timekeeping procedure) of the Competitors, 20 hundredths of a second shall be added to the manual times recorded in accordance with paragraph 6 above.
8. If the manual timekeeping procedure is the source for the results of the competition or the results of some Competitors, the official protocol and the published list of results should clearly indicate that the results have been based on a manual timekeeping procedure, see Rule 273, paragraph 1.d).

Rule 251 Automatic timekeeping procedure

1. The term automatic timekeeping denotes a time-measuring system that is started automatically by the firing of a starting-gun and that records automatically the reaching of the finishing line by each Competitor.
2. a) Different technologies/technical solutions may be used to establish automatic timekeeping:
 - An electronic system based on optical sensors or laser optical detectors to record the finish of the Competitors (with one or two complete sets of detectors installed between the racing lanes, as close as possible to the ice, ("optical system").
 - A transponder-based system using signals from a transmitter worn by the Competitors to record the finish of the Competitors ("transponder system").
 - A system using photographic evidence of the finish of the Competitors, in such a way that an undistorted image containing a time scale can be reproduced immediately after the finish ("photo-finish system").For each of these categories of systems the definition of the finish (Rule 259, paragraph 1) may need to be adjusted to the operational characteristics of the system. Guidelines for this may be issued by the ISU.
- b) If several automatic timekeeping systems are available, the Referee must declare before the start of the Competition which system is the primary system, and which system serves as a backup solution, respecting subparagraph c) below. If there would be several backup systems available, their order of preference should be declared prior to the start of the Competition. The Chief timekeeper must constantly monitor both the primary system and the backup system(s) in order to reveal any indications of malfunctioning of the primary system. If the primary system incidentally fails, the result of the Competitor(s) involved in the incident will be determined by the backup system.
- c) If a photo-finish system is in use, the official protocol will be formed by the times and order of finish recorded by the photo finish system. The times from an "optical system" or a transponder system may be displayed "live" on the scoreboard, but if the times of the systems in use differ, the times and order of finish of Competitors or teams from the photo-finish system determine the final results. The ISU may issue further technical and procedural guidelines in this matter.
- d) The use of a photo-finish system is mandatory for ISU Championships, ISU World Cup Competitions and the Speed Skating events at the OWG and YOWG.

3. Over all distances the times shall be measured and recorded in the protocol to the accuracy of one hundredth of a second. If the watches used display accuracy beyond one hundredth of a second, these decimals shall be ignored. However, if a photo-finish system with resolution of one thousandth of a second is in use, the third decimal digit shall be recorded for the purpose of breaking ties in accordance with Rule 265, paragraph 1.
4. Chief Timekeeper and Assistant Chief Timekeepers
 - a) A Chief Timekeeper for the automatic timekeeping procedure, and one Assistant Chief Timekeeper for each automatic timekeeping system in use (i.e. "optical system", photo finish and transponder), must be appointed.
 - b) The Chief Timekeeper shall after each race check the time(s) recorded for each Competitor by the systems in use, with the purpose of identifying any inconsistencies or malfunctions. The Assistant Chief Timekeeper(s) shall immediately after the conclusion of the distance control the complete set of times recorded by the system and inform the Chief Timekeeper of any indications or evidence of incidental malfunctioning of the system.

The Chief Timekeeper has the responsibility to prepare the timekeeping protocol that will form the basis for the official results to be submitted to the Referee for approval. The timekeeping protocol shall identify all cases where results have not been based on times from the primary system and specify the backup system used to establish the results in those cases.
5. If the primary system incidentally fails, and no other automatic timekeeping system is available as backup, the results from the manual timekeeping procedure, according to Rule 250, paragraphs 6 and 7, will be used to determine the official time. However, other readily available evidence, for example video recordings, that would make it possible to check or improve the accuracy of the manually taken times, shall be taken into account when the official time is determined. In particular, this applies to situations covered by Rule 259 paragraph 2.2.

Rule 252 Split times and times for individual laps

In races over several laps, the time must be taken and recorded for each lap. The accumulated lap times (split times) shall be recorded with the accuracy of a hundredth of a second, and the individual lap times shall be calculated and recorded in the protocol with the same level of accuracy.

L. Racing Rules

Rule 253 At the Start

1. Starting equipment

- 1.1. Instead of an ordinary start revolver (powder gun) an electronic start pistol may be used, provided the following conditions are met:
 - a) The electronic pistol must have a firm trigger point.
 - b) The synthetic sound at the "firing of the gun" must be loud and distinct, and similar to the sound of the shot from an ordinary start revolver.
 - c) The smoke fire must be replaced with a visual flash, which must be distinctly different from a photoflash.
- 1.2. Electronic equipment, like photocells or sensitive cameras, may be used to disclose false starts. Such instruments may be used for the sole purpose of supporting the Starter during the starting procedure. However, they may also be used to verify a false start in case that the Skater has left the starting line without having been recalled by the starter. An invalid start may be decided by a specially assigned official in charge of observing the evidence given by the detection instrument. See also Rule 253, paragraph 4.
- 1.3. At ISU Events, OWG and YOWG, the Starter's commands and sound of the starting device simulating gunshot shall be transmitted through two loudspeakers placed near the starting lines.

2. Call to the start

- 2.1. Prior to each start, the names of those about to compete are to be clearly called at the starting point and preferably also through the venue internal speakers' system (dressing rooms, gym, corridors, etc.).
- 2.2. The Referee shall warn the Competitor(s) in case of late or untimely appearance at the start and may disqualify the Competitor(s) or mark DNS in the official protocol (see also Rule 273).

3. Starting procedure

- 3.1. The Competitors starting in the inner and outer lanes in individual distances shall be identified by white and red armbands, respectively, located on the right arm. In the case of 100m or shorter distances being arranged in heats of 3 Competitors, the Competitor in the middle lane shall wear a yellow armband. The Competitors themselves are responsible for having the correct armband and to report in the correct starting lane. A breach of this Rule will lead to a disqualification; see also 279, paragraph 5.
- 3.2. a) When the Starter orders "Go to the start" the Competitors shall place themselves between the pre-start line and the starting line. The distance between these two lines shall be 2m. The Competitors have to take a stable position before the Starter calls "Ready", whereupon they are to take their starting position and keep this position absolutely until the shot is fired. Competitors may not touch the starting line or be in contact with the ice beyond the starting line with any parts of their body or equipment. Competitors must keep all of their skates entirely behind the starting line.
 - b) There shall be a distinct interval between the moment when the Competitors have taken their starting position and the firing of the shot. This distinct interval should be between 1 and 1.5 seconds.

4. False start

- 4.1. In the following situations the Starter shall declare a false start:
- a) When one or both (all) Competitors intentionally are slow in taking their starting position, the offending Competitor(s) shall be given a false start.
 - b) When one of the Competitors breaks from his mark, thereby causing the other Competitor to follow; only this Competitor shall be given a false start.
 - c) When a Competitor leaves the starting position after the word "Ready", but before the shot is fired.
- 4.2. In the case of a false start, the Competitors shall be recalled by a second shot and/or a whistle from the Starter. On the order of the Starter the Competitors will also receive a stop signal, at a distance of 50-60m from the starting line. The stop signal may be given by an assistant to the Starter with a red flag in front of the Competitors, or it may be in the form of a red light clearly visible for the Competitors. However, in competitions over 100m (or shorter) with up to 3 Skaters competing in each heat, the Starter may not recall the Skaters in the case of the second false start. The disqualification will then be announced to the Competitor(s) after the completion of the race.
- 4.3. The Starter shall warn the Competitor committing the first false start. If both Competitors are responsible for a false start, they shall both be warned so by the Starter. When the Starter calls the Competitors of the pair/heat for a new start after a false start has been declared, then a Competitor committing a next false start of this pair/heat shall be disqualified from the race concerned.
- 4.4. If light signs are used to indicate which Competitor is given a false start, a white light should indicate the first false start and a red light should be used to indicate a disqualification. The light pedestals for the starting lanes should have colors corresponding to the colors of the armbands of the respective Competitors.

Rule 254 Organization of race

1. Counter-clockwise skating

Races are run counterclockwise, which means that the inner side of the track is on the left-hand side of the Competitor.

2. Skating in separate racing lanes

With the exception of Team competitions, Mass Start races and competitions or races organized in accordance with Rule 258, Skaters are racing in pairs, starting in the competition lane determined by the draw, and changing lanes during each lap, as described in paragraph 5 below.

3. Keeping within the designated competition lane

The Competitors shall keep within their designated competition lane. If a Competitor, who skates entirely within the designated competition lane, is interfered with by the other Competitor, the offending Competitor will be disqualified.

4. Crossing the lines of the designated competition lane

If a Competitor skates outside the designated competition lane, thus completely crossing the line to the other lane or to the warm-up lane with the full skate, the Competitor may be disqualified, even without offending another Competitor. If there are confirmed

observations of more than one such offence during the race, the Competitor will be disqualified, except for situations described in paragraph 8 below.

5. Changing lanes

- a) The Competitor who skates on the inner lane shall change to the outer lane on the crossing straight, defined as the straight between the end of the curve (as marked with movable blocks) and the beginning of the next curve (as marked with a cone), and vice versa for the Competitor who skates in the outer lane (for exception see paragraph b) below). A breach of this Rule shall lead to a disqualification.
- b) In the first straight of the 1000m and the 1500m when racing on a 400 standard track there is no changing of lanes. Similar exceptions may have to be made on tracks of other sizes for these or other distances.

6. Responsibility in cases of obstruction

When leaving the curve at the beginning of the crossing straight (where the snow line or line of movable blocks is discontinued), the Competitor who is changing from the inner to the outer lane shall not hinder the Competitor changing from the outer to the inner lane. This applies even if this is a Competitor from another pair in a quartet. The Competitor leaving the inner lane is also responsible for obstruction, unless the other Competitor acts in an obstructive way.

If the Referee confirms a breach of this Rule, the Offender shall be disqualified.

7. Cutting the inner line in the curve

When entering the curve, in the curve and exiting the curve, the Competitor is forbidden to cut the inner line of the competition lane, as defined by a fully painted line, and marked by snow or movable blocks placed at the inside of the painted line. These blocks must not be moved with the skate. A breach of this Rule will result in the Competitor being disqualified.

8. Exceptional situations

The following situations will not lead to a disqualification:

- a) If a Competitor does not keep within the inner lane in the curve or when exiting the curve towards the finishing straight and therefore crosses the line to the outer lane, the Competitor will not be disqualified if returning immediately to the inner lane. When exiting the curve, the return to the inner lane must in any case have taken place before the first of the lines defining the 1000m finish on a standard 400m track.
- b) If a Competitor leaves the designated competition lane due to a fall or other accidental reason, the Competitor will not be disqualified if returning directly to the designated lane. See also Rule 259, paragraph 2.
- c) If a Competitor has overtaken another Competitor skating in the same lane, and during the overtaking crossed the demarcation line of the lane in order to avoid interference, and without shortening the distance, the overtaking Skater will not be disqualified. See also Rule 255, paragraph 1.

Rule 255 Overtaking and Pace-making

1. Overtaking process and responsibility

- 1.1. Overtaking in the same lane: In situations when a Competitor is about to overtake another Competitor in the same lane (e.g. when the distance between 2 Competitors in the same pair has increased to one lap, or in quartet starts when a Competitor in one of the pairs has caught up with the Competitor who started in the same lane in the other pair of the quartet), both Competitors have a

responsibility that the overtaking can take place in a smooth way and that collisions are avoided.

- 1.2. When a situation of overtaking is approaching, the Competitor in front (i.e., the Competitor who is about to be overtaken) must keep his line (the relative position) in the lane. If the Competitor has moved to the outer part of the lane in order to facilitate the overtaking, the Competitor must stay in this part of the lane until the overtaking Competitor has passed on the inner side.
- 1.3. The overtaking Competitor is responsible that a collision is avoided as long as the Competitor in front maintains his relative position in the lane.
- 1.4. If the Referee confirms a breach of this Rule, the Offender shall be disqualified.

2. Distance between Competitors after overtaking

- 2.1. During races on a track with two lanes where the leading Skater has overtaken and passed another Competitor, the overtaken Skater must remain at least 10m behind for the duration of the race. The Skater is permitted to overtake the leading Skater if the Skater finds this is possible without impeding the leading Skater, but the Skater must not act as a pacemaker to the Skater who is leading.
- 2.2. If the Skater being overtaken or the Skater having overtaken acts in an improper manner, this Competitor shall be disqualified.

3. Pace-making

To precede or accompany another Competitor (pace-making) is not allowed, and a Competitor making such an offence will be disqualified (see also paragraph 2 above). However, for Team competitions (see Rule 256) this Rule does not apply for Competitors belonging to the same Team, unless a Skater has been overtaken (lapped) by his teammates.

Rule 256 Organization of Team competitions

1. Team Pursuit races

- 1.1. Team competitions may be announced for pursuit races with either 3 or 4 Skaters racing in each Team. In both cases the finishing time (see Rule 259) of the Team will be determined as the finishing time of the third Skater in the Team. If less than 3 Skaters of the Team finish the race, the Team is considered not to have completed the race and shall be disqualified.
- 1.2. In Team Pursuit races the 2 Teams shall start simultaneously at each side of the track, at the middle of the straights. If the heats have been composed according to a ranking of the Teams, the best ranked Team shall start on the finishing straight. Otherwise, the starting positions will be determined by a draw.
- 1.3. The track must be laid out with only one competition lane, e.g., by making use of the demarcation between the inner lane and the warm-up lane on a standard track.
- 1.4. If some Skater(s) of a Team is overtaken by Skaters from the other Team, Rule 255, paragraph 2, applies.
- 1.5. If the competition format for the Team Pursuit competition is based on elimination races to promote Teams to the next phase of races, a Team overtaking the other Team before the full distance has been skated in an elimination race, will already at that moment be declared the winner of the race (heat). The definition of overtaking is in this case that the third positioned Skater of the overtaking Team has overtaken the third positioned Skater of the overtaken Team.
- 1.6. Each Skater of the competing Teams shall wear different identification. Skater No. 1 in the Team shall wear white armbands; Skater No. 2 shall wear red armbands, Skater

No. 3 shall wear yellow armbands, Skater No. 4 shall wear blue armbands. Rule 279 applies.

At the discretion of the Referee, instead of armbands, helmet covers or helmets with numbers may be used.

2. Team Sprint races

- 2.1. Team competitions may be announced as Team Sprint races. The distance to be skated is a specific number of laps, equal to the number of Skaters in each Team. Inner lane demarcation defines the competition track. Cones may be used as additional demarcation.
- 2.2. Races may be skated with 1 Team racing alone, or with 2 Teams racing at the same time. Setup for the start will be the same as for Team Pursuit races, with start and finish at the 1000m finishing line and, when 2 Teams are racing, in the opposite position at the crossing straight for the other Team.
- 2.3. The start procedure is the same as for Team Pursuit. For disqualification see paragraph 4 below and allowance of a fresh start see Rule 260, paragraph 2.
- 2.4. Each Skater of the competing Teams shall wear different identification defining their role in the race. In Team Sprint races over 3 laps, Skater No. 1 in the Team shall wear white armbands; Skater No. 2 shall wear red armbands, Skater No. 3 shall wear yellow armbands. Rule 279 applies. At the discretion of the Referee, instead of armbands, helmet covers or helmets with numbers may be used.
- 2.5. The first leg is skated with the Skater assigned as No. 1 leading the Team until the changeover with the next Skater, with the other Skaters of the Team staying behind. At the end of each leg (in the changeover area), the Skater leading the Team has to leave to the outer part of the track, and the next assigned Skater has to lead the Team during the next leg. The last assigned Skater shall skate the last leg alone and finish the race for the Team.
- 2.6. Changeover to the next assigned Skater in the Team must take place between the beginning of the finishing straight of the Team and before the entry to the curve. The beginning and end of the changeover area will be suitably marked (e.g., by cones). The leading Skater has to clearly show, by moving to the outer lane and standing up, that the changeover has taken place and they have removed themselves from the race (even if the teammate(s) have not moved ahead of the removed Skater before the end of the changeover zone).

3. Relay races

- 3.1. Team competitions may be announced for relay races with 2 to 4 Skaters in each Team. The distances for each leg of the relay may vary, but recommended distance for each leg is 400m or 800m (1 or 2 laps on a standard track). Relay races may be skated in different formats. Three recommended formats (A, B and C) are described in paragraphs 3.2, 3.3 and 3.4. below.
- 3.2. **Competition format A** for relay races: 2 Teams are competing in pairs, starting in separate lanes and changing lanes according to Rule 254, paragraph 5, throughout the race. Each leg shall consist of 1 or 2 full laps. The race will start and finish at the 1000m finishing line. The exchange zone will have a length of 40m, extending from 20m before and up to 20m after the 1000m finishing line. The start and finish of the 40m exchange zone should be marked with orange cones. Relaying will take place when the Skater completing a leg is passing the Skater who is about to start the next leg. A Team relaying outside the exchange zone will be disqualified.
- 3.3. **Competition format B** for relay races: Maximum 4 Teams compete in the same heat. In the first part of the first leg (through the first curve) the inner and outer lanes are used, with up to 2 Skaters starting in each lane (1 Skater per Team). After the exit of the first curve, only the inner lane is used. The race will start at the 1500m starting

lines and finish at the finishing line of the 1500m. The distance of the first leg should in this case be either 700m or 300m. The length of the following legs should be 1 or 2 full laps. The exchange zone will have a length of 75m, ending at the finishing line. The start of the exchange zone should be marked with orange cones. Relaying will take place when the Skater completing a leg has touched the Skater who is about to start the next leg. A Team relaying outside the exchange zone will be disqualified. For overtaking, the principles of Rule 255, paragraph 2 will apply.

- 3.4 **Competition format C** for relay races: Maximum 4 Teams compete in the same heat. All 4 Teams will start at the 500m starting line and finish at the main finishing line at the end of the straight. The distance for each leg shall be either 400m or 800m. The exchange zone will have a length of 50m or 100m starting at the 500m start line, ending at the 1000m or 500m/main finishing line. The start of the acceleration zone, where the Skaters can enter the racing lanes, will be at the apex (middle) of the curve before the finishing straight and should be marked with orange cone(s). Relaying will take place when the Skater completing a leg has touched/pushed/released the Skater who is about to start the next leg. The Skater is allowed to touch the Skater to be relayed before the exchange zone, but the actual relaying must occur in the exchange zone. A Team relaying outside the exchange zone will be disqualified. Exchanges are to be made without interference to other Teams. During exchanges, changing the lane is not allowed.

4. Disqualification and fresh starts in Team competitions

If a Skater of a pursuit, sprint or relay Team is disqualified for violation of the Rules 224, 253, 254, 255, 256, 259 or 279 the disqualification also applies for the Team. A disqualification for the Team will follow also if a member of the Team is disqualified according to ISU CER (e.g., because of breaches of eligibility rules or the ISU Anti-Doping Regulations).

The rules concerning fresh starts given in Rule 260 apply also for Team Pursuit, Team Sprint and Relay races. Therefore, the Team shall be allowed a fresh start if one of the Skaters of the Team is interfered with as described in Rule 260, paragraphs 1-3.

Rule 257 Organization of Mass Start races

1. Track, safety and applicable Rules

- 1.1. The competition track is laid out without separate racing lanes. The track may include the warmup lane, and always so for ISU Events. Cones may be used as demarcation of the track. The distance of a Mass Start race is specified as a number of laps, where the countdown starts the first time the Skaters cross the finishing line.
- 1.2. The organizer shall consider adequate safety measures for the race. For the ISU Events specific safety requirements will be issued.
- 1.3. During Mass Start races Coaches are not admitted to the Coaches' area or to the infield.
- 1.4. The following racing Rules do not apply for Mass Start races: 253, paragraphs 3, 4; 254 paragraphs 2, 3, 5, 6; 255 and 260.

2. Formats

- 2.1. If the race format includes intermediate sprints, points are awarded for the intermediate sprints and for the final sprint. If a Competitor does not finish the race, the gained points at intermediate sprints will not be credited to the Skater when determining the final rank. Intermediate sprint points of non-finishing Competitors will not be transferred to any other Competitor. If there has been a violation of the racing rules affecting the outcome of a sprint, the offending Competitor will be disqualified and will not be considered for the awarding of points for this sprint.

Moreover, a disqualified Competitor will not be considered for the award of points for the final sprint. The total of sprint points thus gained by the Competitors, determines the result of the race, but a tie in the total of sprint points will be broken by the order of finish at the final sprint. Competitors not gaining sprint points will be ranked thereafter, according to their order of finish at the final sprint. Non-finishing Competitors will be ranked by their number of completed laps before abandoning the race. If more than one Competitor abandons the race at the same lap, they will be ranked by their last intermediate time.

- 2.2. Mass Start races may be organized with competition rules stipulating that one or more Competitors placed last at certain stages of the race will be taken out of the race at that stage.
- 2.3. Mass Start races may be organized as pursuit races, i.e., with staggered starts where some Competitors have predefined "handicaps", for example based on results from previous races in the Competition.

3. Start procedure

The start takes place in the middle of the finishing straight (at the 1000m finishing line on standard tracks). Competitors shall line up for the start in rows, with maximum 6 Skaters in each row, and with at least 1m between the rows. The positions at the start are determined by draw or by a seeding of the Competitors. When all Competitors have lined up behind the starting line, the Starter gives the command "Ready" and fires the starting gun. Skaters moving forward and out of their starting row before the shot is fired will be disqualified.

4. During the race

- 4.1. During the first lap of skating, it is not allowed to accelerate until a distinctive sound signal (for example a shot from the starting device) has been given. A breach of this Rule will lead to a disqualification. If a crash involving a large part of the Skaters occurs during this first lap, the race shall be stopped by a whistle or a shot from the Starter, and a fresh start will follow immediately.
- 4.2. The finish of the race will be at the finishing line at the end of the finishing straight. This line also applies as the finishing line for intermediate sprints, if this is part of the race format.
- 4.3. Lap scoring will be conducted as prescribed in Rule 220. The first lap (without accelerations) counts as part of the distance to be skated. If the race format includes intermediate sprints, a bell signal shall be given one lap before the finish of each intermediate sprint for all Competitors, whether they are skating within a group or individually.
- 4.4. Competitors overtaken (with one full lap) by the leading Skater or by a specific number of Competitors, as defined in the Rules announced for the Competition, must move to the coaches' area on the crossing straight or the finishing straight (like used for Team Pursuit) and abandon the race immediately. Abandoned Skaters must not skate through the finishing line.
Competitors who do not abandon the race within one full lap will be disqualified.
- 4.5. Any unsportsmanlike behavior against other Competitors can lead to disqualification. For example: serious obstruction of a Competitor for not keeping a straight line, deliberately blocking other Competitors, or when this unsportsmanlike behavior results in a disadvantage of a Competitor, Impeding, blocking, charging, or pushing another Skater with any part of the body may be considered as a serious obstruction and lead to disqualification.
An obstructed Competitor may be advanced to the next round at sole discretion of the Referee.

5. Competition and Skater's equipment

Skaters must wear special safety equipment (see also Rule 224 and 279), helmet covers, armbands or bibs, as well as devices to support the timekeeping, as specified for the Competition. Transponders, if required, have to be worn on both ankles. Competitors that do not comply with these requirements will be disqualified or denied starting in the race.

Rule 258 Distances with special Rules

1. Distances 100m and shorter

For sprint competitions over the distance 100m or shorter distances, there may be three Competitors in each heat, with separate lanes for each Competitor. These competitions may be organized with elimination phases, where Competitors will advance to the next phase based on their placing in the heat and/or their achieved time.

2. Competitions for distances over 10 000m (Marathon) and other competitions

Competitions for distances longer than 10 000m may be organized in a Marathon format or other formats (1-hour race, for example). For one-day competitions see the special Rules in the respective ISU Communication.

Rule 259 At the Finish

1. Finishing line

- 1.1. A Competitor has completed a distance when the front tip of the blade of the first arriving skate has touched or reached the finishing line after the prescribed number of laps. However, adjusted definitions may be applied in accordance with Rule 251, paragraph 2.a).
- 1.2. Deliberately kicking out of a skate (so that the skate is losing entirely its contact with the ice) at the finishing line, or throwing the body across the finishing line, is forbidden, and will lead to a disqualification.

2. Exceptional situations

- 2.1. If a Competitor falls just short of the finish, so that the first skate will arrive outside the competition lanes, the time shall be taken at the moment the front tip of the blade of this skate reaches the extension of the finishing line.
- 2.2. If the automatic timekeeping system(s) in use is stopped at the finish by other means than the skate, the official time of the Competitor shall be recorded as the slower time of the times determined by the manual timekeeping procedure (according to Rule 250, paragraph 7) and the time from the automatic timekeeping system.

Rule 260 Fresh start (Re-skate)

1. Allowance of fresh start

- 1.1. A Competitor who is interfered with through no fault of his own shall be allowed by the Referee to make a fresh start. If the Competitor has completed the initial race, the best time of the two races shall count as the result of the Competitor.
- 1.2. A Competitor who is unable to complete a race due to an obstacle on the track shall be allowed to start again. A broken skate or dirty ice shall not be accepted as an obstacle. Also, the opinion of the Competitor that he has been interfered with, but

not directly stopped, by individuals or incidents at the side of the racing track cannot be accepted as a reason for fresh start.

- 1.3. If the obstacle is a fallen Competitor or is due to a fault of the other Competitor in the pair, who has violated a Rule, such as an incorrect change of lane at the crossing straight or leaving his lane at any time, then the Referee cannot deny the right to make a fresh start. If a Competitor is allowed a fresh start, the Referee has to communicate it to the Competitor concerned.

2. Required rest time

The Competitor shall have the right to have a rest of at least 30 minutes between the initial race and the fresh start decided by the Referee, unless the Competitor has agreed to start in less than 30 minutes.

3. Starting lanes for fresh starts

In the case of a fresh start the Competitor shall normally start in the same lane as in the ordinary race, and always so in the second race over 500m or 1000m in a sprint competition decided by total points or by the total time from 2 races.

If more than one Competitor is allowed a fresh start, pairs shall be formed in order to avoid several races with only a single Competitor. If the 2 Competitors forming a new pair started in different lanes in the ordinary race, they shall start in the same lanes in the new race as in the first race. But if they both started in the same lanes in the ordinary race, the Competitor from the lower numbered pair shall start in outer lane in this new race (see Rule 239, paragraph 2 and Rule 245).

Rules 261-263 Reserved

M. Results of the Competition

Rule 264 Announcement of results

The results of a competition shall be communicated as soon as possible after the competition. Results announced after each race are provisional (see Rule 249 and Rule 251, paragraph 2.c).

Rule 265 Results of races

1. Results of races over single distances

The result of the distance (race) is determined by comparing the times achieved by all competing Skaters. In competitions with award of prizes for single distances, the winner of the distance is the Competitor with the best achieved time. If several Competitors obtain the same (best) time as determined according to Rule 250, paragraph 7 (manual timekeeping procedure) or Rule 251 (automatic timekeeping procedure), each of them is to be considered a winner for the distance.

Under manual timekeeping procedure, if 2 Competitors who have skated in the same pair have the same time, and the Finishing line judge has decided one of them to be the winner, this Competitor occupies in the ranking over this distance one rank before the other Competitor. If other Competitors, who have skated in other pairs, both have obtained the same time, winners will be ranked with winners and seconds will be ranked with seconds.

If a photo-finish system (as specified in Rule 251, paragraph 2) with a time scale showing time resolution in thousandths of seconds is in use, the recorded times from the photo-finish system in thousandths of seconds will be used to determine the order of Competitors (or teams) in the final results. In this case the official protocol shall indicate tie-breaks by displaying the recorded time for the Competitors (teams) concerned in thousandths of a second.

For competitions with 2 counting races determining the result of a distance, the total time in the 2 races determine the final classification, and Competitors with the same total time will get the same rank. However, if a photo-finish system is in use, the total times as recorded by the photo-finish system in thousandths of seconds will be used to determine the order of Competitors in the final results. In this case the protocol shall display all results, including the total times for the 2 races, in thousandths of a second.

2. Results of events over several distances

In competitions over 2 or more distances with a single award of prizes, the winner is the Competitor who has completed all distances and obtained the lowest total of points, according to paragraphs 3 and 4 below. If several Competitors have the same total of points, these Competitors will get the same rank.

3. Calculation of points

The points are calculated as follows: For a 500m race the number of seconds counts as the number of points, for 1000m one half of the number of seconds, for 1500m one third, for 3000m one sixth, for 5000m one tenth and for 10 000m one twentieth of the number of seconds. The number of points must be calculated to three decimals, omitting the fourth decimal.

4. Final classification in competitions over several distances

The final classification in the competition is determined according to the total of points over all distances. If the number of Competitors in the last distance is limited, the classification

between the remaining Competitors shall be determined by their total of points in the preceding races.

If a Competitor fails to complete the last distance, due to disqualification or some other reason, the ranking of this Competitor in the final classification will be determined as if the Competitor had not started in the last distance.

5. Results of Team Pursuit races

- a) If the Team Pursuit race is skated with elimination phases, the teams progressing to the next phase will be ranked better in the results than the teams eliminated in the phase. This applies also if a team progressing to the next phase will get an invalid race result (for example DNS, DNF or DQ) in that phase. The winner of the race is the team winning the race in the last phase (final race).
- b) If the Team Pursuit race is skated without elimination phases, the results are determined only by the times achieved by the teams.
- c) The results of the Team Pursuit events at the OWG are determined according to subparagraph a) above.
The winner of the B-final will be ranked as no. 3; the loser of the B-final as rank no. 4.
The winner of the C-final will be ranked as no 5; the loser of the C-final as rank no. 6.
The winner of the D-final will be ranked as no 7; the loser of the D-final as rank no. 8.
- d) The results of the Team Pursuit races at the World Single Distances Championships and at the World Junior Championships are determined according to subparagraph b) above.

6. Results of Mass Start races

- 6.1. If a Mass Start race is organized with intermediate sprints, the results are determined by the total number of sprint points gained by the Competitors. The remaining Skaters are ranked according to their order of finish. The system for awarding points shall be such that the first 3 finishers of the final sprint will also gain the top 3 ranks in the results of the race.
- 6.2. For Mass Start races that are raced without intermediate sprints, the results are determined solely by the order of finish of the Competitors.
- 6.3. The results of the Mass Start competitions at the OWG, at the World and European Championships and at ISU World Cups are determined according to subparagraph 6.1. above, based on the following system for intermediate and final sprints:
 - a) During the race there will be 3 intermediate sprints in addition to the final sprint. For each sprint Competitors will be awarded points that count towards the final ranking of the race. The intermediate sprints will be decided at the finishing line after lap 4, lap 8 and lap 12.
 - b) Points for the sprints will be awarded as follows:
 - Intermediate sprints: First 3 Skaters will gain: 3 – 2 – 1 points.
 - Final sprint: First 6 Skaters will gain: 60 – 40 – 20 – 10 – 6 – 3 points.
 - c) If the Mass Start competition is skated with Semi-finals and a Final, the Competitors not qualified for the Final and Competitors in Final will be ranked as follows:
 - total number of sprint points gained;
 - time at the finishing line;
 - number of laps skated, in case of a tie in the number of laps skated, Competitors will be ranked according to their last intermediate time.
 - d) The Final results classification will be based on the following ranking:
 - Competitors participating in the Final;
 - Competitor(s) having qualified for or advanced to the Final, but withdrawn from the Final or having been disqualified in the Final;
 - Competitors not qualified for the Final will be ranked according to the same principle as in subparagraph 6.3.c), Skaters with a tie in total sprint points gained will be ranked according to their time at the finishing line.

- 6.4. The results of the Mass Start races at the YOWG and World Junior Championships are determined according to subparagraph 6.1. above, based on the following system for intermediate and final sprints:
- a) During the race there will be 2 intermediate sprints in addition to the final sprint. For each sprint Competitors will get points that count towards the final ranking of the race. The intermediate sprints will be decided at the finishing line after lap 4 and lap 7.
 - b) Points for the sprints will be awarded as follows:
 - Intermediate sprint: first 3 Skaters will gain: 3 – 2 – 1 points;
 - Final sprint: first 6 Skaters will gain: 30 – 20 – 10 – 4 – 2 – 1 points;
 - c) Competitors will be ranked according to subparagraphs 6.3.c) and d) above.

7. Results of Team Sprint races

The results of a Team Sprint race is determined by the times achieved by the competing teams, as measured when the third assigned Skater of the team reaches the finishing line. Paragraph 1 above applies if some teams will get the same finishing time.

8. Results of Relay Races

The results of a Relay race are determined by the times achieved by the competing teams, as measured when the team reaches the finishing line. Paragraph 1 above applies if some teams will get the same finishing time.

Rule 266 Participation in all distances

1. To be qualified to start in the final distance in a Championship or in other competitions where only a limited number of Competitors are allowed to compete in the final distance, the Competitor must have completed all the previous distances in the competition concerned
2. In ISU Championships where the results of the Championships are based on total points or total times from all distances or races skated, a Competitor who has not completed all preceding distances or races with a valid result, will not be allowed to start in the last distance (race) of the Championships.

Rule 267 Titles

(See Article 12.1 CER)

Rule 268 Winners

1. a) The winner of the competitions in Allround or Sprint combinations at the Championships is the Competitor who has completed all distances and obtained the lowest total of points. In the case of ties in total points Rule 265, paragraph 2, applies.
b) For competitions in distances or Team races at the Championships, the winner is the Competitor or Team with the best time achieved in the single race skated.
c) For the Mass Start races at the Championships, the winner is the Competitor with the highest total number of sprint points gained during the race.
2. If several Competitors obtain the best time over any distance, they are all to be considered as winners over this distance.
3. The winner of an ISU Championship shall be awarded a prize and an ISU gold medal, the second Competitor a silver medal and the third Competitor a bronze medal.

4. All the winners, even if there are more than 3, shall receive gold medals. If there are 2 winners, no silver medal is awarded. If there are 3 winners, no silver and bronze medals are awarded. If there are 2 winners, the next placed Competitor(s) shall be awarded bronze medal(s). If there is one winner and a tie between 2 or more Competitors for the second place, all the latter shall receive silver medals, and no bronze medal is awarded. If there is one winner and one Competitor in second place, all the Competitors having obtained the third place shall be awarded bronze medals.

Rule 269 Medals

(See Article 12.2 CER)

Rule 270 Prizes

(See Article 12.2.3.7 CER)

Rule 271 Awarding of medals

(See Article 12.2.3 CER)

Rule 272 Results of Championships

(See Article 12.3 CER)

Rule 273 Official protocol

1. The official protocol must contain:
 - a) the list of competitors;
 - b) the list of officials;
 - c) the start lists;
 - d) the finishing times of automatic timekeeping recorded in hundredths of a second (in case of tie(s) in thousandths of a second) or manual timekeeping in hundredths of a second;
 - e) Ice and climatic information (ice and air temperature, humidity, pressure and other factors if outdoors (wind, snow, rain, etc));
 - f) the start and end times of races;
 - g) the distance analysis (split and lap times) in hundredths of a second (see Rule 252) when automatic timekeeping is used;
 - h) the medal standings.

The following notations shall be used to specify extraordinary situations and invalid race results:

- ADV:** Advancement according to Rule 257 paragraphs 4.5.
 - DNF:** Did not finish (started in the race, but did not finish, without having violated any racing rule, e.g. by being interfered with by a Competitor).
 - DQ:** Disqualified (due to violation of a racing rule or other offence leading to a disqualification).
 - DQB:** A disqualification due to any violation of the Olympic Charter, of the World Anti-Doping Code, or any other serious breach of applicable regulation issued by the IOC, the ISU or a NOC.
 - DNS:** Did not start (was included in the start list, but did not appear at start).
 - WDR:** Withdrawn (was included in the start list, but withdrew from start).
 - RS:** Reskate (after having been allowed a fresh start).
 - MT:** Time determined by manual timekeeping procedure according to Rule 250, paragraphs 7 and 8.
 - RW:** Warning by the Referee.
 - YC:** Yellow card.
2. For ISU Events the official protocol must be published according to specifications in the ISU Memorandum and must be sent to the ISU Office by the ISU Members concerned.
 3. For International Competitions the digital protocol must be completed immediately, filled out by the organizers after the completion of the competition but not later than 3 days. However, for World Records, see Rule 222, paragraph 3. If requested, the protocol must be submitted to the ISU.

N. Protests and Disqualifications

Rule 274 Protests

(See Article 15.1 CER)

Rule 275 Disqualification

1. A foul by a Competitor, if confirmed by decision of the Referee, results in a disqualification of the Competitor from the distance concerned.
2. If the foul, in the opinion of the Referee, was intentional, the Competitor may take no further part in the competitions announced. The Competitor may then also be disqualified for the distances already run, in the case of a competition over several distances with one award of prizes.
3. A Yellow Card given by the Referee, in accordance with Rule 216, paragraph 2.f), will result in the following sanctions:
 - a) A Skater who is given a Yellow Card for other actions than violation of racing rules during the course of a race, will be suspended from the Field of Play for the day.
 - b) Coaches, Team leaders and Support staff (Team officials) who are given a Yellow Card, will be suspended from the Field of Play for the day.

Rule 276 Appeals

(See Article 15.2 CER)

Rule 277 Exclusion of Competitors, etc

(See Article 14.7 CER)

O. Quartet Starts

Rule 278

1. Competition format

- 1.1. Quartet starts denotes a competition format where (up to) 4 Skaters compete on the track at the same time in 2 pairs, with a difference of about half a lap between the pairs at the start.

Both pairs in the quartet start their race from the same starting area, with half a lap staggered start. The starting area is located at the normal starting area for the distance concerned. The second pair of a quartet should preferably start at a moment that will result in half a lap interval between the pairs as soon as they have reached their normal speed. In case of a false start in the second pair of a quartet, the interval between the pairs after the start of the second pair should be one and a half lap.

- 1.2. a) Quartet starts may be used in International and World Cup Competitions and in ISU Championships.
- b) Information that quartet starts will be used shall be given at the latest at the drawing for the distance. In the official protocol, as well as in the list of results, it shall be clearly stated which times have been recorded under quartet start conditions. The protocol must contain all items mentioned in Rule 273.
- c) For ISU Championships quartet starts may be used only when it has been agreed between the Organizing Committee, the ISU Speed Skating Sports Technical Director and the ISU Speed Skating Technical Committee and it has been published in the announcement.

2. Starting procedures and composition of quartets

- 2.1. a) Starting positions within each quartet are determined as follows:
1st drawn Competitor: Inner lane in first pair (white armband);
2nd drawn Competitor: Outer lane in first pair (red armband);
3rd drawn Competitor: Inner lane in second pair (yellow armband);
4th drawn Competitor: Outer lane in second pair (blue armband).
- b) If the pairs are arranged according to a ranking of the Competitors, each quartet shall have the 2 best ranked Competitors as the second pair in the quartet.
- c) If the participating Competitors cannot form a set of full quartets (with 4 Competitors in all quartets), only the first quartet may be incomplete. (The first quartet may even consist of one single Competitor).
- d) In the case of withdrawals from the start after the draw, the Referee has the right to rearrange the pairs forming the quartets (see Rules 216 and 245). However, a Competitor should not be moved to another quartet than the one originally designated, unless the number of quartets will then be reduced.
- 2.2 All Competitors in the same quartet must collectively prepare for the start. Armbands are to be worn according to paragraph 2.1.a).
- 2.3. Each pair in a quartet shall have its own lap scorer, and each pair shall be separately timed.
- 2.4. World records from quartet starts can only be recognized for times achieved in World Cup Competitions, ISU Championships or other ISU Events. See also Rule 222, paragraphs 2.k), 2.l) and 3.

P. Technical competition equipment of Competitors

Rule 279

1. Communication equipment

While competing, the Skater is not allowed to wear any technical communication equipment for the purpose of having contact with or receiving information from other persons or sources.

2. Musical equipment

While skating in the competition lanes or in the warm-up lane during competitions the Skater is not allowed to wear any devices replaying music or other sound material.

3. Devices to enable timekeeping

If any of the timekeeping systems used at a competition requires that the Competitors wear devices to enable proper timekeeping, the Competitor is responsible for reporting at the start equipped with the necessary devices and for wearing them during the race. Transponders, if required, have to be worn on both ankles.

4. Armband or other means of identification

To identify the Competitors and to verify their proper position in the competition track during and at the finish of the race, the Competitors are obliged to wear armbands or other means of identification, as specified in the Technical Rules (see Rule 253, paragraph 3, Rule 257, paragraph 5 and Rule 278, paragraph 2) or as instructed by the Referee. The Competitor is responsible to wear the correct armband or other identifier when reporting at the start.

5. Infringement of equipment rules

A Competitor not complying with the rules in paragraphs 1, 2, 3 and 4 above regarding proper or required equipment, will be disqualified.