

## **Guidance, Code and Language on Racing Rules 2018-2018**

For simplicity in the text the singular masculine skater is used but all apply to both gender and also relay teams.

### **Basic Guiding principle:**

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

### **Main definitions:**

Skater (team) in the lead: All skaters are considered in the lead of another skater unless they are in the last position in the race. For the purpose of our racing rules the skater in the lead refers to the action judged and not only the skater who is in the first position.

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

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

Overtaking: Generally speaking, a skater overtaking another skater is responsible for his action and his passing or skating must not interfere with the other skater’s race. Interfering can result in a Penalty for the skater or team and in more severe or dangerous infringements it can be a Yellow Card, or even a Red Card (in extremely rare occasions). A Penalty, in general will remove the skater from moving further up in that distance in the competition and his previous results remains until he or she got the Penalty. Depending on the event, the outcome of the Penalty is not exactly the same. A Yellow Card or a Red Card brings down a skater to the bottom of the whole list of participants. A Red Card may have further consequences.

What skaters are allowed and not allowed to do, changes a little bit depending on where they are positioned on the track. For our purposes the track is divided in 3 areas: In the straight (From the last block of a corner until the 1<sup>st</sup> block of the next corner), corner entry (from the 1<sup>st</sup> block to the 3<sup>rd</sup> one), corner (from the 3<sup>rd</sup> block to the 7<sup>th</sup> block) and this is repeated for each side.

### **Racing guidance and Parameters:**

#### **In the Straight:**

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

Lane change is allowed for any skater at any time in the straight except when another skater has claimed an “equal” position. Lane changes are not allowed during the Straights of Relay exchanges.

Equal position: An equal position is when the skater passing has succeeded in coming side by side with the skater being passed. Our definition of side by side is when the skates and hips look pretty much equal on a virtual lateral lane. Note here that we do not take the time to measure it perfectly when there is a video review and therefore one skater could be slightly in front or behind and still considered equal.

Infringements are listed by areas in the track. (Similar ones will have the same number but a different letter to signify where in the track it is happening.

S= Straight

C= Corner

E= Corner Entry

STA= Start

F= Finish Line

R= Specific to relay

OF= Off Track

For S, C, E, F:

1= Lane Change from Outside to IN

2= Lane Change from Inside to Out

3= Arm Block

4= Arm Push

5= Push from behind

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S1: When 2 skaters are in “equal” position, no lateral moves are allowed. The skater on the inside cannot move out and vice-versa. They are both able to see each other clearly and they “share the responsibility” of making sure there are no contact created. When the 2 skaters are “equal”, a click of blades in the Straight is considered “shared responsibility” and should not lead to a Penalty unless one skater made an exceptional skating move.

If both skaters are equal, and the skater on the inside is perceived as being outside of a virtual line between the 7<sup>th</sup> block of the preceding corner and the 1<sup>st</sup> block of the corner where the

action is happening, then it means that the outside skater needs to stay outside so that they can both enter the corner without a collision. Failing to do that may result in getting a Penalty for S1.

The language used by the Referee /Announcer to describe this particular infringement is:

**S1            In the Straight | Lane Change | from Outside to In | Causing Contact**

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S2: If the 2 skaters are still side by side at the end of the Straight and the inside skater is too much inside to be able to come back out before the corner entry without a lateral outside move creating contact, his correct action would be to stand up slightly and slow down and move back into second position. If the skater fails to complete the pass or fail to stand back and there is a contact then that skater is responsible for the collision and may get a Penalty for S2. Note here that stepping in to “equal” at or after the first block is not a part of the Straight action and falls under the Corner Entry Guidance and parameters.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is:

**S2            In the Straight | Lane Change | from Inside to Out | causing Contact**

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S3: Skaters are allowed to use their arm and swing them to help with rhythm and speed. The usual motion is straight forward and back and close the skater’s own body. Skaters are not allowed to keep their arm out or to move their arm out in order to block the passage of other skaters. They are also not allowed to grab the arm, body, ankle, boots or any other part of another skater in any area of the track. (Of course, this doesn’t include the action of relay pushes.) Skaters using their arm in any way described here and blocking another skater may get a Penalty for S3.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

**S3            In the Straight | Arm Block**

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S4: Skaters are allowed to use their arm and swing them to help with rhythm and speed. The usual motion is straight forward and back and close to the skater’s own body. Skaters are not allowed to do pushes to other skaters that will results in that skaters falling or resulting in that skater being moved towards the outside or the inside by the push (Of course this doesn’t include the action of relay push.) **Protective or inconsequent small positioning pushes are not considered for Penalties.** Skaters using their arm in any way described here as pushing another skater in the Straight may get a Penalty for S4.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

#### **S4 In the Straight | Arm Push**

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S5: When a skater is following another skater, he is not allowed to do pushes with the arm or other part of his body that will result in the front skater falling or tripping and losing speed. The most frequent example happening in the Straight is a push downward on the lower back or the butt. Leg contact or skate collision coming from behind may result in the guilty skater having a Penalty or the lead skater being Advance even if there is no Penalty. **Protective or inconsequential small positioning pushes are not considered for Penalties.** Skaters creating contacts from behind by being too close or coming with too much speed may get a Penalty for S5.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

#### **S5 In the Straight | Push from behind | causing Contact**

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C1: If 2 or more skaters are entering the corner together and are considered “equal”, they all have to keep their lane until the end of the corner or until a place open big enough to allow lateral movements without creating contacts. The skater or skaters on the outside need to stay on the outside. **The same concept applies to a skater making a pass in the corner. Leading by half a body is not enough to give right of passage as the concept of “shared” responsibility cannot be applied the same way because the inside skater cannot move. The pass by the outside needs to be completed before lane change is allowed.**

Skaters making lane changes or skating too close in the corner and creating contact may get a Penalty for C1.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

#### **C1 In the Corner | Lane Change | from Outside to in | causing Contact**

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C2: If 2 or more skaters are entering the corner together and are considered “equal”, they all have to keep their lane until the end of the corner or until a place open big enough to allow lateral movements without creating contacts. The skater or skaters on the inside need to stay on the inside and cannot change lane to block a skater coming on the outside, which means that he is not allowed to drift outwards and should respect the lane of the skater on the outside.

Skaters making lane changes from inside to out in the corner and creating contact may get a Penalty for C2.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

#### **C2 In the Corner | Lane Change | from Inside to Out | causing Contact**

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C3: Just like in the straight the usage of the arm to block is illegal. In the corner we see mainly 3 types of arm block. The most common is when a skater is passing by the outside, he will place the arm, hand, elbow on the leg or the hip of the inside skater to move himself in front and create a space to get in and complete the pass. The second common move is when skaters make a pass on the outside or are skating the corner as “equals” and from the outside will put their hand on the ice to block and slow down the inside skater. The 3<sup>rd</sup> common arm blocking is the reverse and happens when the inside skaters will get and keep the arm out to block a skater on the outside from passing. Grabbing or pulling the blade or skate of another skater is also not allowed and is also considered under arm block. Skaters performing these illegal arm blocks may get a Penalty for C3.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

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**C3            In the Corner | Arm Block**

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C4: Just like in the straight, skaters are allowed to use their arm and swing them to help with rhythm and speed. The usual motion is straight forward and back and close to the skater’s own body. Most of the time the left arm will be on the ice for balance. Skaters are not allowed to do pushes to other skaters that will result in that skaters falling or resulting in that skater being moved towards the outside. **Protective or inconsequential small positioning pushes are not considered for Penalties.** Skaters using their arm in any way described here as pushing another skater in the Corner may get a Penalty for C4.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

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**C4            In the Corner | Arm Push**

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C5: When a skater is following another skater, he is not allowed to do pushes with the arm or other part of his body that will result in the front skater falling or tripping and losing speed. The most frequent examples happening in the Corner are either a push downward on the lower back or the butt or the skater behind skating too close and creating leg contact or skate collision. **Protective or inconsequential small positioning pushes are not considered for Penalties.** Skaters creating contacts from behind by being too close or coming with too much speed may get a Penalty for S5. In some cases of skate contacts, the Referees sometimes will Advance a Skater but not issue a Penalty.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

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**C5            In the Corner | Push from behind | causing Contact**

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E1: The corner entry is a specific transition zone from the Straight to the Corner. It is delimited by the 1<sup>st</sup> block until the 3<sup>rd</sup> one. If 2 or more skaters are entering the corner together and are considered “equal” (on a virtual line perpendicular to the track at the first block), they all have to keep their lane until the end of the corner or until a place open big enough to allow lateral movements without creating contacts. The skater or skaters on the outside need to stay on the outside.

For that specific zone, if in entering, a skater is in the lead, then he has priority. Unless the skaters are already “equal” at the first block, a skater cannot move from behind to “equal” in that zone. If a skater is behind at the first block and decides to make a pass at that moment, he is responsible for his pass and need to make it to the front without creating contact. This applies if the lead skater skates a “normal” track, which means that he doesn’t, at the last minute, changes his lane to go to the outside creating a big opening that has for effect that the inside skater come to “equal”. If the lead skater changes his track as described, then he has to keep that track and cannot come back inside.

Unless 2 skaters are “equal”

Skaters in the lead moving suddenly to the outside at the Corner Entry and then coming back and creating contact may receive a Penalty for E1.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement

**E1 In the Corner Entry | Lane Change | from Outside to in | causing Contact**

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E2: The corner entry is a specific transition zone from the Straight to the Corner. It is delimited by the 1<sup>st</sup> block until the 3<sup>rd</sup> one. If 2 or more skaters are entering the corner together and are considered “equal”, (on a virtual line perpendicular to the track at the first block) they all have to keep their lane until the end of the corner or until a place open big enough to allow lateral movements without creating contacts. The skater or skaters on the outside need to stay on the outside.

For that specific zone, if in entering a skater is in the lead, then he has priority. If a skater is behind at the first block and decides to make a pass at that moment, he is responsible for his pass and need to make it to the front without creating contact. If the skater in the lead skates a normal track which means that he doesn’t, at the last minute, changes his lane to go to the outside, and a skater comes from behind in that zone and doesn’t make it to the front without creating contact, then that passing skater can get a Penalty for E2

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement

**E2 In the Corner Entry | Lane Change | from Inside to Out | causing Contact**

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ST1: At the start of the races, the same basic racing rules apply. When 2 skaters are in “equal” position, coming into that first corner, no lateral moves are allowed. Whether a race is being recalled because of a fall in the first corner or not, it is possible to get a Penalty for an action done at the start. A click of blade and a fall in that first straight or corner should lead to the race being recalled and a “shared responsibility” so a “No Call” for both skaters involved. A skater in “equal” position cannot move from the outside to in causing contact, he has to keep his lane until the next straight. Failing to do so can lead to a Penalty for ST1.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is:

**ST1      At the start | Lane Change | from Outside to In | Causing Contact**

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ST2: At the start of the races, the same basic racing rules apply. When 2 skaters are in “equal” position, coming into that first corner, no lateral moves are allowed. A skater in “equal” position cannot move from the inside to out causing contact, he has to keep his lane. Note here that this doesn’t apply to a skater starting on an inside lane position and being pushed too much on the inside by the other skaters accelerating beside him. In such cases, if the result is an Off Track or a fall or a click of blades, the race should be recall and the result should be either a No Call or a penalty for the outside skater. If no such action has happen and a skater moves from inside to out creating contact then that skater may receive a Penalty for ST2

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is:

**ST2      At the Start | Lane Change | from Inside to Out | causing Contact**

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ST3: Skaters are allowed to use their arm and swing them to help with acceleration and speed gain. The usual motion is straight forward and back and close the skater’s own body. Also at the start, Skaters are not allowed to keep their arm out or to move their arm out in order to block the passage of other skaters. They are also not allowed to grab the arm, body, ankle, boots or any other part of another skater in any area of the track. Skaters using their arm in any way described here and blocking another skater may get a Penalty for ST3.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

**ST3      At the Start | Arm Block**

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ST4: Skaters are allowed to use their arm and swing them to help with acceleration. The usual motion is straight forward and back and close to the skater’s own body. Skaters are not allowed to do pushes to other skaters that will results in that skaters falling or resulting in that skater being moved towards the outside or the inside by the push **Protective or inconsequent small**

**positioning pushes are not considered for Penalties.** Grabbing or pulling the blade or skate of another skater is also not allowed and is also considered under arm block. Skaters using their arm in any way described here at the start or during that first corner resulting in pushing another skater in the Straight may get a Penalty for ST4.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

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**ST4      At the Start | Arm Push**

ST5: Even at the start, when a skater is following another skater, he is not allowed to do pushes with the arm or other part of his body that will result in the front skater falling or tripping and losing speed. **Protective or inconsequential small positioning pushes are not considered for Penalties.** Skaters creating contacts from behind by being too close or coming with too much speed may get a Penalty for ST5.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

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**ST5      At the Start | Push from behind | causing Contact**

ST6: Under the starting rule, when there is a false start, anyone doing a second false start will get a Penalty for that second one. Also if a skater already has a Warning and does a false start, it counts as a second one for that skater.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

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**ST6      At the Start | 2<sup>nd</sup> False Start**

F1: In coming out of the last Corner towards the Finish Line the skaters have to follow the same racing rules as for other Straight. If a skater is in the lead he can change lane. But if another skater comes to his side right out of the corner, then no lateral moves are allowed.

If the Skater on the outside changes his lane and create contact he can have a Penalty for F1

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is:

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**F1      At the Finish | Lane Change | from Outside to in | causing Contact**

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F2: In coming out of the last Corner towards the Finish Line the skaters have to follow the same racing rules as for other Straight. If a skater is in the lead he can change lane. If 2 skaters are “equal” in that last straight, and the inside skater moves towards the outside and create contact, he can get a Penalty for F2.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is:

**F2 At the Finish | Lane Change | from Inside to Out | causing Contact**

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F3: F3 is the same infringement as S3 but happening at the Finish line. Skaters are not allowed to keep their arm out or to move their arm out in order to block the passage of other skaters. They are also not allowed to grab the arm, body, ankle, boots or any other part of another skater in area of the track. Skaters using their arm in any way described here and blocking another skater may get a Penalty for F3.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

**F3 At the Finish | Arm Block**

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F4: F4 is the same infringement as S4 but happening at the Finish line. Skaters are not allowed to do pushes to other skaters that will results in that skaters falling or resulting in that skater being moved towards the outside or the inside by the push. **Protective or inconsequent small positioning pushes are not considered for Penalties.** Skaters using their arm in any way described here as pushing another skater in the Straight may get a Penalty for F4.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

**F4 At the Finish | Arm Push**

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F5: F5 is the same infringement as S5 but happening at the Finish Line. When a skater is following another skater, he is not allowed to do pushes with the arm or other part of his body that will result in the front skater falling or tripping and losing speed. The most frequent example happening in the Straight is a push downward on the lower back or the butt. Leg contact or skate collision coming from behind may result in the guilty skater having a Penalty or the lead skater being Advance even if there is no Penalty. **Protective or inconsequent small positioning pushes are not considered for Penalties.** Skaters creating contacts from behind by being too close or coming with too much speed may get a Penalty for F5.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

## **F5            At the Finish | Push from behind | causing Contact**

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F6: In Short Track Speed Skating, it is the blade that stops the clock. Kicking out of any skate thereby causing danger or throwing the body across the Finish Line is forbidden. **This means that a skater is allowed to move his blades forward to finish the race as quickly as possible but he has to stay completely under control and without impeding any other skater. Falling at the line or right after because of an action of kicking out may result in a Penalty for F6 unless the fall is caused by another skater.**

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

## **F6            Kicking out at Finish Line**

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OF1 + OF2: OF stands for OFF-TRACK. OFF-TRACK refers to skating inside of the markers on the track shortening the distance. For the purpose of our rules we have divided them in OF1 and OF2 for different locations in the Corner. OF1 = Corner Entry, OF2 = Corner . Most OF are OF1 (A skater trying to make a pass and not being able to come back outside of the track in time to avoid skating inside of the markers). Sometimes skaters also end up inside the track later in the turns and that may result in a Penalty also (OF2)

Note that a skater who falls in the Straight and end up sliding inside the track is NOT considered an OFF-TRACK offence and will not result in a Penalty. Also, note that there are some exceptional cases (mainly for safety reasons) when a skater may end up inside the track and NOT get a Penalty. For instance, a skater falls in the straight and another skater has to go inside to avoid skating on top of that lead skater) but those cases are quite exceptional and completely clear that there was no other options possible. Skaters that end up inside the track may get a Penalty for OF1, OF2.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

**OF1            In the Corner Entry | Off Track**

**OF2            In the Corner | Off Track**

### **Infringements specific to relays:**

R1: All 4 skaters in a relay race have to skate. Relaying is normally done by a push in the lower back from one skater to the next one for efficiency and transfer of speed. In exceptional cases the relay can also be just a touch from any part of the body to any part of the body. In case of a double touch by different skaters, it is the first skater that has touch that is considered as being in the race as the new active skater. If a team fails to touch for relaying they may get a Penalty for R1.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

#### **R1 For Missed relay touch**

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R2: For all relay races, the rule is that the same skater skates the last 2 laps (unless there is a fall then an exchange can happen). For that last relay, the push has to have been started (the contact) before the red line. It can be completed after the line but it absolutely has to be started before. Failing to make the contact before the red line may result in a Penalty for R2. If there is no fall and the team makes a relay exchanges during those last 2 laps, they will get a Penalty for R2.

For the Mixed Gender Relay, exchanges have to be made on a fix schedule (4 X 2,5 laps and 4 X 2 laps) in the order of Lady, Lady, Men, Men, Lady, Lady, Men, Men. If there is **no fall** and the team makes a **relay exchanges** during those last 2 laps, they will get a Penalty for R2.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

#### **R2 For Illegal Relay Touch**

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R3: For all relay races, all members of a team are responsible for not impeding the race at all time even when they are “resting” inside the field between their exchanges. Skaters in the infield have to stay out of the direct path of skaters going to take the exchange especially in that last corner before the exchange. Teams creating obstruction to skaters going to take the relay by having inside skaters in the way may get a Penalty for R3

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

#### **R3 For blocking by infield skater**

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R4: For all relay races, all members of a team are responsible for not impeding the race at all time even when they are “resting” inside the field between their exchanges. Skaters in the infield have to stay out of the direct path of skaters in the race and should only come out to take an exchange. If they get outside of the infields (virtual line between the 7<sup>th</sup> and the 1<sup>st</sup> block and they impede the race, the team may get a Penalty. When skaters come out to take the relay, they also need to do it without impeding the other teams. Teams impeding the race with “resting” skaters may get a Penalty for R4.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

**R4 For Extra team skater on the track causing obstruction**

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R5

During exchanges (from the moment the 2 skaters from a team get line up to make their exchange to the end of the push of the exchange, lane changes is not allowed and pushes are to be made directly forward and not sideways. When skaters come in to take the relay or exit after the push, they also need to do it without impeding the other teams. Teams impeding the race with Lane Changes and entering/exiting skaters may get a Penalty for R5.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

**R5 For Lane Change during exchange causing contact or obstruction**

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R6: During exchanges, the skaters pushing cannot spread their legs wide and create obstruction or block this way. Blocking or creating contact by spreading the legs wide may result in a Penalty for R6.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

**R6 For illegal leg blocking during exchange**

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Other:

YC or RC-LAP: If a Skater or a Team is one lap behind (or more) and skaters / teams are catching up and about to pass them, the skater / team about to be lapped, must clear the path and stay out of obstructing the race. Failing to do so may result on a YC-Lap.

(drawing of the infringement)

The language used by the Referee /Announcer to describe this particular infringement is

**YC-LAP Yellow Card for Impeding the Race**

**RC-LAP Red Card for Impeding the Race**

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EQP: Skaters must wear all their proper racing gear and the transponder. Failing to do so may result in a Penalty for EQP.

**EQP For not wearing mandatory equipment**

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**No Call for Shared Responsibility concept:**

If when reviewing the race, the Referees come to the conclusion that it is impossible in the time they are given to decide who is the “guilty” skater because both skaters are doing something that has a direct impact on the action judged, they may conclude with a No Call for Shared Responsibility and the result is No Penalty.