SPEED SKATING CANADA
PATINAGE DE VITESSE CANADA

PROCEDURES AND REGULATIONS

"The Red Book"

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SECTION A: INTRODUCTION

Preamble

Speed Skating Canada (SSC) develops its competitions and events within the boundaries of applicable legislation, including the SSC By-Laws and Policies, with a goal of ensuring a safe and fun environment that considers the developmental needs of participants. Competitions are conducted with the principles of Long-Term Development (LTD) and True Sport as a guide.
Being involved in sport should be a meaningful and exciting experience, which enriches the lives of all, including skaters, coaches, officials, volunteers, administrators, parents, and fans.

Purpose

These Procedures and Regulations outline a framework for speed skating competition, events, and the delivery of sport programs to:

1) Ensure the safety of participants, integrity of the sporting environment, and fairness in the application of the rule book
2) Provide guidelines regarding events within the competition structure at the national, provincial/territorial, regional and local level

These regulations are designed to support developmentally appropriate programming that is participant/athlete centered, coach driven, and administration supported.

Guiding Principles for Competitions and Events

Speed Skating Canada believes that competition and events should:

a) Reflect Speed Skating Canada's values and True Sport principles
b) Fully support the Canadian sport and youth development systems
c) Adjust to change in society
d) Provide a pathway towards personal and sporting excellence for all participants
e) Be meaningful for all participants (skaters, coaches, officials, volunteers, administrators, parents, and fans)
f) Be fun, safe, attractive, and accessible to people of all ages, of all skill levels and from all different backgrounds
g) Apply LTD principles when determining the event/competition objectives, activities and skills for each stage of development
h) Define and celebrate success in relation to the objectives of the stage of the participants

Interpretation

These regulations are binding on all Members, Clubs, and participants in so far as matters of minimum national standards are concerned. Member and Club standards may exceed the minimum standards set forth by SSC.
Unless otherwise stated for reasons of ensuring developmentally appropriate programming for Canadian skaters, International Skating Union (ISU) regulations shall apply.

SECTION B: COMPETITION & EVENT REGULATIONS

B1 | AGE CATEGORIES

SSC age categories provide a tool for creating developmentally appropriate groupings of skaters for participating in competitions and events and are to be used in concert with the developmentally appropriate activities and distances to provide structure to organized and sanctioned competition.

B1-100 | Gender Distinction

B1-101 | Club and Youth Skaters

Where there are not significant developmental differences between skaters, consideration should be given to grouping together all gender categories into a single skating category. This aligns with the Fundamentals and Learning to Train development stages for Club and Youth skaters.

B1-102 | All Other Age Categories

Where there are significant developmental differences between skaters, consideration should be given to grouping participants into age categories which distinguish between gender identity.

B1-200 | Determination of Categories

SSC sanctions will officially recognize the age categories defined in the following table. Members are encouraged to use these age categories as a guide for organizing their own racing categories.

Category	Age*	Category	Age*	Category	Age*
Club Skater	6	Neo-Senior (B1)	19	Masters 30+	30-34
Club Skater	7	Neo-Senior (B2)	20	Masters 35+	35-39
Club Skater	8	Neo-Senior (A1)	21	Masters 40+	40-44
Club Skater	9	Neo-Senior (A2)	22	Masters 45+	45-49
Club Skater	10	Senior	23+	Masters 50+	50-54
Youth	11			Masters 55+	55-59
Youth	12			Masters 60+	60-64
Youth (C1)	13			Masters 65+	65-69
Neo-Junior (C2)	14			Masters 70+	70-74
Neo-Junior (B1)	15			Masters 75+	75-79
Junior (B2)	16			Masters 80+	80-84
Junior (A1)	17			Masters 85+	85-89
Junior (A2)	18			Masters 90+	90+

**Age of participant before July 1st prior to the competitive season*

Age category example:

Age On				Racing Age
June 29	June 30	July 1	July 2	
14	15	15	15	15
14	14	15	15	14
14	14	14	15	14

B1-300 | Skating in a Different Age Category

In any one competition where age categories are used, a skater is limited to the events of a single age category. A skater may compete in a different category if it is deemed developmentally appropriate in accordance with age reclassification guidelines established by Speed Skating Canada. This rule is not applicable to ability formats within competitions.

B2 | ACTIVITIES AND DISTANCES

Activities and distances must be developmentally appropriate for the corresponding age categories. Competition programs should be developed based on skaters racing in events that correspond to their age category.

B2-100 | Skill Based Activities

Any activity or event in which a skating skill is evaluated by a skater crossing a finish line first or by executing a skill in relation to a predetermined outcome shall be recognized as a skill-based event.

B2-200 | Distances

Distances have been determined based on estimations of skaters' speed relative to their stage of development. For Neo-Junior C2 skaters and older, ISU distances have been used as the primary reference. Marathon distances are defined within the special regulations for marathons.
The following distances are officially recognized by SSC for each age category. Where different track sizes are used, a proportionate number of laps should be used to determine the actual distance raced. Other distances respecting the stage-appropriate durations may be raced at the discretion of competition organizers.

Category	Age	Short Track		Long Track	
		Individual	Team	Individual	Team
Club Skater	6-8	0-50m, 100m, 200m, 300m, 400m, 500m, 800m	Relay: Skill based relays (development)	0-50m, 100m, 200m, 300m, 400m, 500m, 600m, 800m	Pursuit 2-4 laps Relay 4 laps
Club Skater	9-10	200m, 400m, 500m, 800m, 1000m, 1200, 1500m	Relay: Skill based relays (development)	MS: 100m, 200m, 300m, 400m, 500m, 600m, 800m, 1500m ISU MS: 4-5 laps OS: 500m	Pursuit 2-4 laps Relay 4 laps
Youth	11 12 13	200m, 400m, 500m, 800m, 1000m, 1200m, 1500m	Relay/mixed relay: 1200m-2000m	300m (MS), 500m (OS), 1500m (MS/OS), ISU MS 7 laps	Team Pursuit 4-5 laps
Neo-Junior C2 **Neo-Junior B1**	14 15	500m, 777m, 1000m, 1500m	Relay: 3000m (W,M), 2000m (Mixed)	500m, 1000m, 1500m, 3000m, ISU MS: 10 laps	Team Pursuit 6/8 laps Mixed Relay
Junior B2 **Junior A1** **Junior A2**	16 17 18	500m, 1000m, 1500m, 3000m	Relay: 3000m (W,M), 2000m (Mixed)	500m, 1000m, 1500m, 3000m(W) /5000m(M), ISU MS 10 laps	Team Sprint Team Pursuit 6/8 laps Mixed Relay
Neo Senior B1 **Neo-Senior B2** **Neo-Senior A1** **Neo-Senior A2** **Senior**	19 20 21 22 23+	500m, 1000m, 1500m, 3000m	Relay: 3000m (W), 2000m (Mixed), 5000m (M)	500m, 1000m, 1500m, 3000m (W), 5000m, 10000m (M), ISU MS 16 laps	Team Sprint Team Pursuit 6/8 laps Mixed Relay
Masters	30+ 35+ 40+ 45+ 50+ 55+ 60+ 65+ 70+ 75+ 80+ 85+ 90+	500m, 777m, 1000m, 1500m	Relay: 3000m	500m, 1000m, 1500m, 3000m, 5000m	Team Pursuit 6/8 laps Mixed Relay

Legend: W = women's or girls gender category, M = men's or boy's gender category, Mixed = where women/girls are combined with men/boys in the same event.

B3 | AUTHORIZATION OF SKATER'S ENTRY INTO COMPETITIONS AND EVENTS

B3-100 | Requirements for Entry

Canadian skaters must be registered with Speed Skating Canada in the appropriate skating category: **SSC Team Athlete** (by invitation only), **National Athlete**, **Provincial/Territorial Athlete**, or **Club Athlete**. International skaters must be registered members of a National Skating Federation recognized by the ISU.

B3-200 | Authority for Competitions and Events in Canada

Member authorization (SSC authorization in the case of independent members and National Team members) is required for a skater to enter and participate in any sanctioned competition or event in Canada. Authorization may be implicit or explicit as required.

B3-201 | Provincial/Territorial Representation

Registrants may be affiliated with multiple clubs and Provincial/Territorial Sport Organizations (PTSOs) during a given season. However, they must designate a single PTSO that will serve as their official provincial or territorial representation. This designation is important for determining eligibility and representation at national competitions and enables PTSOs to effectively administer athlete eligibility, team selection, and other participation requirements.

B3-202 | Change of Provincial/Territorial Representation

A registrant who wishes to change their provincial/territorial representation during the season must submit a written request to Speed Skating Canada (SSC).

The request must include the rationale for the proposed change and written confirmation of consent from both:

- the registrant's current PTSO; and
- the proposed receiving PTSO.

No change of representation shall take effect unless and until it has been approved by SSC and both affected PTSOs.

SSC may consider the following factors when evaluating and approving a change in provincial/territorial representation:

- Change of address;
- Change of training location;
- Support from the relevant PTSO(s);
- Any previous changes in representation;
- The rationale provided by the skater; and
- Any other factor relevant to sport integrity or athlete eligibility.

To protect the integrity of competitions and selection processes, any request for a change in provincial or territorial representation that is intended to obtain a competitive advantage or to influence eligibility, rankings, team selection, or qualification outcomes shall be denied.

A registrant who fails to qualify for a national competition while representing their designated PTSO shall not be eligible to compete in that same competition during the same season under the

representation of another PTSO, regardless of any subsequent change in provincial or territorial representation.

Unless otherwise approved by the NSO, a registrant may change their provincial/territorial representation no more than once during a season.

B3-300 | Authority for International Competitions and Events

SSC authorization is required for a skater to enter and participate in an international competition. Authorization may be implicit or explicit as required by the nature of the event. All events requiring the designation of an official team to represent Canada require formal authorization in accordance with the guidelines and procedures set forth by the appropriate High Performance program.

B3-400 | Interdiction

Interdiction must be specifically communicated to competition and event organizers to ensure enforcement. Interdiction of skaters named as members of National Teams for National Championships, National Team Selections and International Competitions cannot be enforced without prior agreement of the CEO of SSC.

B4 | SANCTIONS

B4-100 | Purpose

Sanctions are the primary mechanism through which competitions are recognized by SSC. When SSC issues a sanction and an organizer accepts a sanction, this represents an agreement between the organizer and SSC (*see Sanction Agreement B4-602*). SSC sanctions are enforced to ensure the safety of participants, the fairness of competition and to respect the values of our sport community.

B4-200 | Eligible Competitions and Events

B4-201 | Competition and Event Organizers

The following organizations/groups are eligible to be recognized as competition/event organizers and receive a sanction:

1. Provincial/territorial Members
2. Speed skating clubs, which must be officially recognized by the provincial/territorial Member in which the club is located
3. Competition/event Organizing Committees, which must be recognized by the provincial/territorial Member in which the organizing committee is located

B4-202 | Out of Province Eligibility

At least one-third of all SSC sanctioned competitions/events in a province must be open to skaters from other provinces and territories. For such sanction to be valid, entry requirements must be made available to the provincial/territorial Members not less than ten days before the registration deadline for the competition or event.

B4-203 | Member Endorsement

Events sanctioned by SSC must be endorsed by the provincial/territorial Member in which the event is taking place. Endorsement may be implicit or explicit as required by the Member. It is strongly recommended that the competition/event also apply and be approved for a Member event sanction.

B4-300 | Types of Sanctions

Each SSC sanction carries with it a specific series of conditions that the competition/event organizer must meet to ensure that the event is safe, developmentally appropriate and is run in accordance with SSC's Procedures and Regulations. The following sanctions are available from SSC:

1. **SSC Championship**: An SSC Championships Sanction applies to all events designated as SSC Championships. *See Section B5.*
2. **Ability**: An Ability Sanction covers competitions where seeding is done primarily on ability and not based on gender and age. In ability competitions, skaters of different age classes and genders may be grouped together, however skaters must compete in activities and distances recognized for their age categories. *See Section B6.*
3. **Age Class**: An Age Class Sanction covers competitions where skaters are grouped within their age category for competition and race events deemed developmentally appropriate for that stage of development. *See Section B7.*
4. **National**: A National Sanction covers Canadian (non-championship) competitions with a national participant focus, including but not limited to Canada Cups and National Opens. *See Section B8.*
5. **Festival**: A Festival Sanction covers all forms of skating festivals, which comprise an element of uniting participants around a common interest in skating and may or may not include traditional racing. *See Section B9.*
6. **Marathon**: A Marathon Sanction covers Mass Start Marathon skating events which are defined as skating events in excess of 10km. *See Section B10.*
7. **International:** An International Sanction covers all Canadian hosted competitions in which participants from multiple recognized National Speed Skating Sport Federations are present. An International Sanction is not equivalent to an ISU sanction and does not serve as a substitute for one. *See Section B12*.

B4-400 | Sanction Requirements

Each type of sanction shall carry its own set of specifications defining which procedures and regulations are in force and the reporting requirements being placed on the competition/event organizers. Member regulations may apply to sanctioned events in addition to those set forth by SSC, as long as minimum standards set forth by SSC are respected.

B4-500 | Applying for a Sanction

All SSC event sanctions must be requested through the online application form within the Membership Registration System. Only submissions through the online application will be accepted. All details regarding sanctioning criteria and the online application process will be made available on SSC's website.

B4-501 | Application Deadline

Organizers must submit a sanction application via the online form at least twenty-eight (28) days prior to the start of an event.

B4-502 | Application Review

SSC staff will review all sanction applications. Should any required information be missing, the applicant will be contacted through the online application to provide the missing information. Missing information must be provided to SSC within a reasonable period; failure to do so may result in rejection of the sanctioning request. A request may also be rejected if a competition/event organizer has failed to submit required reports from a previous competition/event.

SSC has a responsibility to ensure that all technical requirements of a sanction are being met. Should the administrative review identify any inconsistencies with the technical guidelines, the sanction shall not be issued.

B4-503 | Designated SSC Events

For designated SSC events, including SSC Championships and national-level events, sanctioning requirements are incorporated into the hosting and/or grant application process. All competitions and events designated as official SSC events or receiving a subsidy (financial or in-kind) are required to hold an SSC sanction.

B4-600 | Issuing of the Sanction

No sanction shall be issued until all required fields have been reviewed and approved.

B4-601 | Sanction Certificate

When a sanction application is confirmed, a sanction certificate shall be issued to the designated sanction applicant. The sanction certificate will be sent electronically.

The sanction certificate shall be displayed in a location which is clearly visible to all participants during the competition/event and may be subject to review by the Chief Referee or SSC Representative(s).

B4-602 | Sanction Agreement

When a sanction is issued, the competition/event organizer agrees to conduct the competition/event in a manner which is consistent with the guidelines of the given sanction.

By applying for a sanction, the competition/event organizer agrees to:

1. Respect the guiding principles for competitions and events, as captured in the hosting agreement.
2. Abide by all SSC policies, procedures and regulations in force, including but not limited to the Red Book, relevant bulletins and communications.
3. Comply with conditions which may have been imposed on the event to accommodate any special circumstances.
4. Complete all required reporting during and following the event, including necessary forms. In the absence of a hosting agreement, reports will be limited to the requirements of IceReg.

B4-603 | Entry Forms

Programs and entry forms for SSC sanctioned competitions and events must contain the notice, “Sanctioned by Speed Skating Canada”.

No Organizing Committee shall state on entry forms that the competition/event has been sanctioned by SSC until the sanction has been granted.

B4-604 | Designated SSC Events

Organizing Committees for designated SSC events (SSC Championships, Canada Cups and other competitions on the national calendar) must provide the requested competition information to SSC electronically a minimum of sixty (60) days prior to the start of the event. SSC will publish this

information and associated registration details on the SSC website no later than 45 days prior to the competition.

B4-605 | Inspection of Facilities

A technical inspection of facilities and equipment shall be carried out by the Chief Referee. Their approval must be given before the start of the competition. A copy of the Referee's checklist must be submitted to the competition/event organizer prior to the start of the event.

B4-700 | Revoking a Sanction

SSC reserves the right to revoke or cancel any sanction after issuance for failure to comply with SSC's Procedures and Regulations, which can include:

1. A program change which results in the event no longer conforming with SSC procedures and regulations.
2. Failure to submit required documentation.
3. Lack of qualified personnel.
4. Failure of an Organizing Committee to submit required documentation from a previous event.

B4-800 | Waiver Forms

B4-801 | Standard Waiver

Entry forms for all SSC sanctioned events must include the following statement:

> Participation in this event requires an active, issued Speed Skating Canada (SSC) membership. All SSC membership holders and/or their guardian are required to review and sign the *Assumption of Risk and Release Agreement* and the *Data Use Consent and Release Agreement* when purchasing their SSC membership via the online membership management system. Event organizers are responsible for ensuring individuals registering to SSC sanctioned events hold valid SSC memberships for the current season.

B4-900 | Reporting Procedures

B4-901 | Event Results

The Organizing Committee (or Meet Coordinator) of any SSC-sanctioned event is responsible for ensuring that a complete competition results protocol is submitted to SSC within two (2) days following the conclusion of the event. The Competitor Steward, Sport Expert or Competition Coordinator (ISU) assigned to the event is responsible for preparing the results protocol for submission.

Posting to an official website with an email notification is considered an acceptable means of circulation.

The protocols for SSC sanctioned competitions (with the exemption of Ability and Festival sanctions) shall specifically indicate the age categories of all participants, even when participants are racing in an open category.

B4-902 | Activities Reports

The competition/event organizer is responsible for submitting all required reports to SSC.

B4-1000 | Entry Fees

Unless otherwise specified in the applicable sanctions, event fees are set at the discretion of the event organizer. SSC encourages organizers to establish fees that promote participation while

maintaining the event's financial sustainability. Organizers are also encouraged to set clear policies on late entry fees and reimbursement procedures. It is strongly recommended that all fee-related details be clearly outlined in the event bulletin or information package.

B5 | SSC CHAMPIONSHIPS

B5-100 | Definition

SSC Championships are events where a Canadian Champion is named in one or more categories. Members may also declare their provincial/territorial champions based on the results of these events.

B5-200 | Designated Competitions, Dates & Eligible Age Categories

The following events shall occur annually and be designated as SSC Championships for eligible participants:

B5-201 | Long Track Championships

Event	Age Categories
Canadian Long Track Championships	Junior B2 and older
Canadian Junior Long Track Championships	Junior B2, A1, A2
Canadian Neo-Junior Long Track Championships	Neo-Junior C2, B1
Canadian Youth Long Track Championships	Youth 11, 12, 13

B5-202 | Short Track Championships

Event	Age Categories
Canadian Short Track Championships	Junior B2 and older
Canadian Junior Short Track Championships	Neo-Junior B1, Junior B2, A1, A2
Canadian Neo-Junior Short Track Championships	Neo-Junior C2, B1
Canadian Youth Short Track Championships (East)	Youth 11, 12, 13
Canadian Youth Short Track Championships (West)	

B5-203 | Combination of Championships

Multiple championships may be combined into a single event at the discretion of SSC staff, in consultation with the designated High Performance Advisory Council (LT/ST) or, in the case of a Youth Championship, the Sport Pathway Manager.

B5-300 | Selection of Hosts

Speed Skating Canada shall confirm a host for each SSC Championships from a list of applicants by way of an open bid process made available to all members.

B5-301 | Sanction

All sanctioning requirements are to be reviewed prior to the awarding of a host for each SSC Championships. An SSC sanction will be automatically awarded to the event organizer when their bid is accepted, and the competition is awarded to that organization. The organizers must still submit their sanction application 28 days in advance of the competition, per section B4-500.

B5-400 | Entries

Only skaters who are eligible to represent Canada internationally are allowed to skate in SSC Championships. Only skaters registered with SSC as an **SSC Team Athlete** (invitation only) or **National Athlete** are allowed to skate in SSC Championships (Canadian Championship, Junior Championship, Neo-Junior Championship). Skaters registered with SSC as a **Provincial/Territorial Athlete** are eligible to compete in the Canadian Youth Championships. Each Member is responsible for confirming the list of preliminary and final entries for each SSC Championship.

B5-401 | Preliminary Entries

Preliminary entries may be required for entry into Championship events. Information regarding preliminary entries (procedures, deadlines, contact persons, etc.) can be found in the applicable competition Bulletin and communications.

B5-402 | Final Entries

Procedures, deadlines and contact persons for final entries are found in the applicable competition Bulletin and communications. Final entry into competition, which includes registration and payment, must be done through IceReg, unless otherwise communicated by SSC.

B5-403 | Setting of Fees

The entry fee for SSC Championships shall be determined by SSC on an annual basis and communicated to Members no later than sixty (60) days prior to the first SSC Championships of the season.

Late entries may be accepted at the discretion of the SSC Representative and competition/event organizer and will be subject to a double entry fee.

B5-404 | Payment of Fees

Registration fees shall be guaranteed by the Member and should be sent when final entries are submitted. All fees must be paid via IceReg by the deadline indicated in the appropriate Bulletin or SSC event communication.

B5-405 | Seed Times

All entrants in SSC Championships must provide a seed time. No entry will be accepted without a seed time. Details regarding seed times can be found in the appropriate Bulletin for the event.

B5-406 | Reimbursement of Fees

Skaters withdrawing from a competition after the registration deadline or not showing up to a competition after registering, will not be reimbursed any registration fees. Likewise, fees will become due if not already paid. A reimbursement will be made if the skater does not attend the competition for medical reasons, accompanied by proof from a doctor or a health professional or as detailed in an infectious disease policy for the named competition. Reimbursements may also be approved by the event host for circumstances deemed reasonable (example: unforeseen event logistics or registration issues).

B5-500 | Championships – Specific Regulations

B5-501 | Canadian Youth Short Track Championships (West/East)

1. All criteria for the competitions will be published as part of the Youth Competitions Bulletin at least three (3) months prior to the first qualifying competition.
2. Three (3) Youth age categories are eligible to compete in these Championships: 11-12-13 years old.
3. In order to ensure meaningful competition and to maximize racing opportunities for participants, a maximum number of entrants by age category may be imposed.
4. Each Member will be allowed to enter a minimum number (quota) of skaters within the boys and girls gender categories for each Youth age category.
5. Entries may be subject to a minimum time standard.
6. After distribution of the Member quota, additional skaters will gain entry according to established criteria until the maximum number of entrants is attained.
7. Regions will be composed as follows:

East	West
Newfoundland & Labrador	Manitoba
Nova Scotia	Saskatchewan
New Brunswick	Alberta
Prince Edward Island	British Columbia
Quebec	Northwest Territories
Ontario	Yukon
Nunavut	

B5-502 | Canadian Youth Long Track Championships

1. All criteria for the competitions will be published as part of the Youth Competitions Bulletin at least three (3) months prior to the first qualifying competition.
2. Three (3) Youth age categories are eligible to compete in these Championships: 11-12-13 years old.
3. In order to ensure meaningful competition and to maximize racing opportunities for participants, a maximum number of entrants by age category may be imposed.
4. Each Member will be allowed to enter a minimum number (quota) of skaters within the boys and girls gender categories for each Youth age category.
5. Entries may be subject to a minimum time standard.
6. After distribution of the Member quota, additional skaters will gain entry according to established criteria until the maximum number of entrants is attained.

B5-503 | Canadian Long Track Championships, Canadian Junior Long Track Championships and Canadian Neo-Junior Long Track Championships

1. In order to ensure meaningful competition and a maximum number of racing opportunities for participants, a maximum number of entrants may be imposed by SSC's High Performance Director, in consultation with the High Performance Advisory Committee – Long Track.
2. SSC's High Performance Director, in consultation with the High Performance Advisory Committee – Long Track, may, at their discretion, publish additional entry criteria including minimum time standards and entry criteria based on performance at previous competitions/events or Canadian Rankings. Any such criteria will be published in a High Performance Bulletin (or addendum) at least six (6) weeks prior to the start of the event and must be considered in the best interest of the participants, while aligned with True Sport principles and the objectives of the competition/event bulletin.

B5-504 | Canadian Short Track Championships, Canadian Junior Short Track Championships and Canadian Neo-Junior Short Track Championships

1. In order to ensure meaningful competition and a maximum number of racing opportunities for participants, a maximum number of entrants may be imposed by SSC's High Performance Director, in consultation with the High Performance Advisory Committee – Short Track.
2. SSC's High Performance Director, in consultation with the High Performance Advisory Committee – Short Track, may, at their discretion, publish additional entry criteria including minimum time standards and entry criteria based on performance at previous competitions/events or Canadian Rankings. Any such criteria will be published in a High Performance Bulletin (or addendum) at least six (6) weeks prior to the start of the event and must be considered in the best interest of the participants, while aligned with True Sport principles and the objectives of the competition/event bulletin.

B5-600 | Awards

B5-601 | Medals & Awards

Medals or other awards for all SSC Championships shall be provided to the Organizing Committee by SSC. Host awards are the responsibility of the competition/event organizer. The overview of medals and awards for each SSC Championship can be found in the National Event Hosting Manual.

B5-700 | Program

The program for each SSC Championship will be comprised of distances considered to be developmentally appropriate for that stage of development. The official race program including seeding criteria and order of races will be published annually in the respective High Performance (LT/ST) or Youth Competitions Bulletins as appropriate.

B5-800 | Responsibilities of the Organizing Committee

The competition/event organizer will be responsible for meeting all requirements set out in the Hosting Agreement and all other services described within the SSC Hosting Manual. Specifically, all Organizing Committees shall ensure:

1. That all minimum standards for safety and emergency response are respected.
2. That a sufficient number of qualified officials are available to complete all duties not carried out by SSC appointed officials.

B5-900 | Officials

Officials shall be appointed to SSC Championships in accordance with the selection procedure outlined in Appendix A, which is administered by SSC staff. The selection process is reviewed by multiple SSC staff members representing various functional areas to ensure fairness, consistency, and alignment with event requirements.

Expenses incurred by appointed officials shall be reimbursed in accordance with SSC's financial policies and volunteer expense reimbursement guidelines.

B5-1000 | Coaching

B5-1001 | Coaches List

Coaches must register via IceReg for each event to receive accreditation and gain access to the field of play and/or coaches designated areas.

All participants acting in any capacity as a coach must hold an active, issued membership with Speed Skating Canada.

B5-1002 | Certification

All coaches must be NCCP Certified, holding one of the following levels of certification in speed skating:

1. Introduction to Competition
2. Competition Development
3. Competition Development Advanced Gradation (CDAG)
4. Competition High Performance

Coaches not holding the required certification will not be allowed in the field of play, in the Coaches Box and/or on the ice surface and will not be allowed to talk to the Referee unless they have received a special exemption or are designated as a Coach In-Training.

B5-1003 | Coaches In-Training

Assistant coaches with an "In Training" or "Trained" status in the appropriate context may be allowed to act as Certified coaches if accompanied by an eligible Certified coach as part of a professional development and training process.

B5-1004 | Certification Exemption

Where a Member does not have or is unable to send a coach with the required certification, the Member must make an application for an exemption from this rule. Such application must be made to SSC at least seven (7) days prior to the coach registration deadline for review.

B5-1005 | Coach Identification

All individuals eligible to serve as coaches at SSC Championships will be provided with identification. Identification must be visible to officials while in the field of play, including the Coaches Box and attending coaches' meetings.

B5-1006 | Number of Coaches in the Coaches Box

Short Track

- One (1) coach per participating skater per race is permitted in the designated coaching area. Where space allows, additional coaches are permitted, up to two (2) coaches per participating skater per race, including mentor coaches and coaches In-Training.

Long Track

- One (1) coach per participating skater per race is permitted access to the on-ice designated coaching area during Olympic Style racing in the 500m, 1000m and races run in quartets.
- Two (2) coaches per participating skater per race are permitted access to the on-ice designated coaching area during Olympic Style racing in the 1500m, 3000m, 5000m and 10000m races when conducted in pairs.
- On-ice access during non-Olympic Style racing, when permitted, will be identified by the chief referee at the coach/team leader meeting for the event.
- Off-ice designated coaching areas and accessibility will be identified by the chief referee and/or meet coordinator at the coach/team leader meeting for the event.

B6 | ABILITY SANCTION

B6-100 | Definition

Ability sanctions are issued for events that use time or other measures of performance to group skaters for competition.

B6-200 | Eligibility

Skaters from any age category may participate in a competition/event under an ability sanction. Participating skaters must have an active, issued membership with Speed Skating Canada, or another recognized National Speed Skating Sport Federation (e.g., US Speedskating).

B6-300 | Groupings

Skaters are to be grouped based on performance in each activity or distance. At the organizers' discretion, multiple groupings within a single activity or distance can be made based on performance.

At the request of a Certified coach and at the discretion of the competition/event organizer, a skater may be placed in a stronger or weaker grouping for one or more events.

B6-400 | Coaching

All participants acting in any capacity as a coach must hold an active, issued membership with Speed Skating Canada, or another recognized National Speed Skating Sport Federation (e.g., US Speedskating).

B6-401 | Certification

All coaches must hold a valid NCCP Speed Skating certification in a context which corresponds to the participants in the competition as defined by SSC's Coaching Development Model.

Coaches not holding the required certification will not be allowed in the Coaches Box and/or on the ice surface and will not be allowed to talk to the Referee unless they are designated as a Coach In-Training.

B6-402 | Coaches In-Training

Assistant coaches with an "In-Training" or "Trained" status in the appropriate context may be allowed to act as Certified coaches if accompanied by an eligible Certified coach as part of a professional development and training process.

B6-500 | Officials

Officials are assigned by the event host and must be members in good standing with Speed Skating Canada.

B7 | AGE CLASS SANCTION

B7-100 | Definition

Age class competitions are competitions where skaters are grouped within their age category to participate in events deemed developmentally appropriate for that stage of development.

B7-200 | Eligibility

Skaters from any age category may participate in a competition/event under an age class sanction. Participating skaters must have an active, issued membership with Speed Skating Canada, or another recognized National Speed Skating Sport Federation (e.g., US Speedskating).

B7-300 | Groupings

Skaters are to be grouped based on their age class for participating in events. At the organizer's discretion, separate groupings of skaters within an age class may be created based upon skater performance.

At the request of a Certified coach and at the discretion of the competition/event organizer, a skater may be placed in a younger or older age category in the interest of meaningful competition as long as it can be demonstrated that the events remain developmentally appropriate for the individual.

B7-400 | Activities and Distances

Participants should only compete in developmentally appropriate activities and distances as defined within the Competitions and Events Regulations – Activities and Distances. *See B2-100 and B2-200.*

The balance of speed, stamina and skill events as defined for each stage of development should be maintained when skaters are grouped.

B7-500 | Tracks

Skaters should compete on the tracks that are designated as developmentally appropriate as stipulated in the Competitions and Events Regulations. Should the facility being used for the event not accommodate larger tracks, the smaller track must be used for all participants.

In groupings where the skater's ability spans multiple tracks, one track may be specified for the racing of those events. Final discretion for the track lies with the Chief Referee following consultation with participating coaches.

B7-600 | Coaching

All participants acting in any capacity as a coach must hold an active, issued membership with Speed Skating Canada, or another recognized National Speed Skating Sport Federation (e.g., US Speedskating).

B7-601 | Certification

All coaches must hold a valid NCCP Speed Skating certification in a context which corresponds to the participants in the competition as defined by SSC's Coaching Development Model.

Coaches not holding the required certification will not be allowed in the Coaches Box and/or on the ice surface and will not be allowed to talk to the Referee unless they are designated as a Coach In-Training.

B7-602 | Coaches In-Training

Assistant coaches with an "In-Training" or "Trained" status in the appropriate context may be allowed to act as Certified coaches if accompanied by an eligible Certified coach as part of a professional development and training process.

B7-700 | Officials

Officials are assigned by the event host and must be members in good standing with Speed Skating Canada.

B8 | NATIONAL SANCTION

B8-100 | Definition

National sanctions are issued for non-championship Canadian events which are used for selection or ranking, or feature competition between Members.

B8-200 | Rules and Regulations

Competitions and events carried out under a National sanction shall be governed by ISU Rules unless specifically stated within SSC's High Performance Bulletin or these Procedures and Regulations.

B8-300 | Eligibility

Participating skaters must be registered as an **SSC Team Athlete** (invitation only) or **National Athlete** with Speed Skating Canada. Skaters registered as members of another recognized National Speed Skating Sport Federation may be eligible, as determined by the applicable competition/event Bulletin.

Age category eligibility and additional entry criteria are as specified within the applicable competition/event Bulletin.

B8-400 | Responsibilities of the Organizing Committee

The competition/event organizer will be responsible for meeting all requirements set out in the Hosting Agreement (if applicable) and all other services described within the SSC Hosting Manual. Specifically, all Organizing Committees shall ensure:

1. That all minimum standards for safety and emergency response are respected.
2. That a sufficient number of qualified officials are available to complete all duties not carried out by SSC appointed officials.

B8-500 | Officials

Officials shall be appointed to events with a National sanction in accordance with the selection procedure outlined in Appendix A, which is administered by SSC staff. The selection process is reviewed by multiple SSC staff members representing various functional areas to ensure fairness, consistency, and alignment with event requirements.

Expenses incurred by appointed officials shall be reimbursed in accordance with SSC's financial policies and volunteer expense reimbursement guidelines.

B8-600 | Coaching

All participants acting in any capacity as a coach must hold an active, issued membership with Speed Skating Canada. or another recognized National Speed Skating Sport Federation (e.g., US Speedskating).

B8-601 | Certification of SSC Member Coaches

All coaches must be NCCP Certified, holding one of the following levels of certification in speed skating:

1. Introduction to Competition
2. Competition Development
3. Competition Development Advanced Gradation (CDAG)
4. Competition High Performance

Coaches not holding the required certification will not be allowed in the Coaches Box and/or on the ice surface and will not be allowed to talk to the Referee unless they are designated as a Coach In-Training.

B8-602 | Coaches In-Training

Assistant coaches with an "In-Training" or "Trained" status in the appropriate context may be allowed to act as Certified coaches if accompanied by an eligible Certified coach as part of a professional development and training process.

B8-603 | Certification of non-SSC Member Coaches

Coaches representing other recognized National Speed Skating Sport Federations may be required to provide documentation of their current, active and in-good-standing coaching membership. Coach certification and qualifications may also be requested by the host organizing committee prior to authorizing accreditation for the competition/event in question.

B8-604 | Coach Identification

All individuals eligible to serve as coaches at SSC National sanctioned events will be provided with identification. Identification must be visible to officials while in the field of play, including the Coaches Box and attending coaches' meetings.

B8-605 | Number of Coaches in the Coaches Box

Number of coaches permitted in the Coaches Box shall be the same as *B5-1006*.

B8-700 | Designated Events

While National event sanctions are available for multiple types of national level events, some events are formally recognized by SSC and are conducted under specific regulations. These designated events are confirmed by SSC annually in relevant competition/event Bulletins.

Event	Age Categories
Canada Cups Long Track	As per relevant High Performance Bulletin
Canada Cups Short Track **(including Junior Canada Cup events)**	As per relevant High Performance Bulletin
Junior Open Short Track	As per relevant High Performance Bulletin

B8-701 | Entries

Procedures, deadlines and contact persons for entries (preliminary and/or final) are found in the applicable competition/event Bulletin and communications. Final entry into competition, which

includes registration and payment, must be done through IceReg, unless otherwise communicated by SSC.

B8-702 | Entry Fees

The entry fee for designated events shall be determined by SSC on an annual basis and communicated to Members no later than sixty (60) days prior to the first such event of the season. Late entries may be accepted at the discretion of the SSC Representative and competition/event organizer and will be subject to a double entry fee.

B8-703 | Payment of Fees

Registration fees shall be guaranteed by the Member and should be sent when final entries are submitted. All fees must be paid via Ice Reg by the deadline indicated in the appropriate Bulletin or SSC event communication. Reimbursement of fees already paid shall be the same as *B5-406*.

B8-704 | Reporting

Reporting requirements shall be the same as SSC Championships.

B8-800 | Special Regulations for Canada Cups (LT)

B8-801 | Eligibility

In addition to the eligibility criteria defined for events holding a National sanction, SSC's High Performance Director, in consultation with the High Performance Advisory Committee – Long Track, by way of the High Performance Bulletin (or addendum), may impose time and/or ranking based eligibility criteria, so long as it is deemed to be developmentally appropriate and consistent with both the Guiding Principles for Competitions and Events and SSC Policy.

B8-802 | Program

All items pertaining to the competition program shall be published in the relevant High Performance Bulletin.

B8-900 | Special Regulations for Canada Cups (ST)

B8-901 | Eligibility

In addition to the eligibility criteria defined for events holding a National sanction, SSC's High Performance Director, in consultation with the High Performance Advisory Committee – Short Track, by way of the High Performance Bulletin (or addendum), may impose time and/or ranking based eligibility criteria, so long as it is deemed to be developmentally appropriate and consistent with both the Guiding Principles for Competitions and Events and SSC Policy.

B8-902 | Program

All items pertaining to the competition program shall be published in the relevant High Performance Bulletin.

B9 | FESTIVAL SANCTION

B9-100 | Definition

Skating festivals are based on the premise of uniting participants around a common interest in skating and may or may not include traditional racing.

B9-200 | Eligibility

All participants must hold an active, issued membership with Speed Skating Canada. Participants who are not yet registered with Speed Skating Canada may participate in events sanctioned as festivals so long as all such participants are registered as **Try Speed Skating** members following the event.

B9-300 | Traditional Racing

Festival events comprised of traditional racing are to be conducted in accordance with the requirements of the appropriate SSC sanction.

B9-400 | Rules and Regulations

A safe and welcoming environment consistent with the Guiding Principles for Competition and Events is to be maintained at all times. All applicable policies, procedures and regulations of SSC are to be in force. Considerations for special circumstances are to be stated prior to issuing of the sanction.

B10 | MARATHON SANCTION

B10-100 | Definition

SSC may sanction open and/or closed championships in mass start marathon skating, which are defined as skating events in excess of 10km.

B10-200 | Eligibility

Participating skaters must have an active, issued membership with Speed Skating Canada, or another recognized National Speed Skating Sport Federation (e.g., US Speedskating).

B10-300 | Age Categories

Official SSC Age Categories or the following condensed categories may be used:

1. 29 and under
2. 30 – 49
3. 50 and over

B11 | SPECIAL REGULATIONS FOR CANADA WINTER GAMES

B11-100 | Technical Package

The Technical Package prepared for both Short Track and Long Track is to be used as the primary reference concerning regulations for the Canada Winter Games (CWG) and shall include details concerning the competition program and supporting officials.

B11-200 | Eligibility

B11-201 | Membership

Only skaters registered with SSC as a **National Athlete** and who meet all other eligibility requirements as defined by the Canada Games Council are permitted to participate in the Canada Winter Games.

B11-202 | Age of Competitors

Competitors who have reached the age of fourteen (14) but have not reached the age of twenty (20) on June 30 prior to the start of the Games for Short Track, and competitors who have reached the age of fourteen (14) but have not reached the age of twenty-one (21) on June 30 prior to the start of the Games for Long Track, are eligible for entry to the Games.
Exceptions may be granted for younger skaters in accordance with SSC's Minimum Age Exemption Criteria.

B11-300 | Sanction

Canada Winter Games will be carried out in accordance with the requirements of a National Sanction, with the following adjustments specific to the Canada Games.

B11-301 | Coaching Certification

All coaches must be NCCP Certified, holding one of the following levels of certification in speed skating:

1. Competition Development
2. Competition Development Advanced Gradation (CDAG)
3. Competition High Performance

Exemptions to the above coaching certifications are approved through the process as defined by the Canada Games Council.

B11-302 | Officials

Officials shall be appointed to the Canada Winter Games in accordance with the selection procedure outlined in Appendix A, which is administered by SSC staff, and in accordance with the selection procedures governed by the Canada Games Council. The selection process is reviewed by multiple SSC staff members representing various functional areas to ensure fairness, consistency, and alignment with event requirements.
Recognizing that many officials may have only one opportunity to participate in a CWG during their officiating career, SSC strives to provide this unique experience to as many deserving officials as possible. However, where specific expertise, mentorship, or leadership capacity is required, previous CWG experience may be considered a valuable asset and may be prioritized accordingly.

B11-400 | Appeals

SSC's Appeals Policy will be used for all matters relating to the Canada Winter Games unless otherwise stipulated within the Technical Package for the respective discipline.

B11-500 | CWG Competition Attire

All competition attire for the Canada Winter Games, including skinsuits and racing suits, must adhere to the safety standards established by SSC. Furthermore, all competition-related clothing—including podium apparel and team uniforms—must comply with Rule C4-400,

provided such compliance does not conflict with the policies and guidelines set forth by the Canada Games Council.

B12 | INTERNATIONAL SANCTION

B12-100 | Definition

International sanctions are issued for Canadian hosted events which are used to promote racing development opportunities with other National Speed Skating Sport Federations. These events may be used for team selection.

B12-200 | Rules and Regulations

Competitions and events carried out under an International sanction shall be governed by ISU Rules unless specifically stated within competition/event specific Bulletin or these Procedures and Regulations.

B12-300 | Eligibility

Participating skaters registered as an **SSC Team Athlete** (invitation only) or **National Athlete** with Speed Skating Canada are eligible for International sanctioned events. Event specific eligibility may also extend to **Provincial/Territorial Athlete** registered skaters, as identified in the appropriate competition/event Bulletin or communication. Skaters registered as members of another recognized National Speed Skating Sport Federation are eligible and must be current members in-good-standing with their federation.

Age category eligibility and additional entry criteria are as specified within the applicable competition/event Bulletin.

B12-400 | Responsibilities of the Organizing Committee

The competition/event organizer will be responsible for meeting all requirements set out in the Hosting Agreement (if applicable) and all other services described within the SSC Hosting Manual. Specifically, all Organizing Committees shall ensure:

1. That all minimum standards for safety and emergency response are respected.
2. That a sufficient number of qualified officials are available to complete all duties not carried out by SSC appointed officials.

B12-500 | Officials

Officials shall be appointed to events with an International sanction by the local organizing committee. Officials with the appropriate level of experience and certification should be appointed to align with the competition's objectives and the expected standard of racing. Assignments should reflect the level of athlete performance and competition complexity, ensuring that officiating expertise is matched to the developmental and performance needs of the event while supporting a safe, fair, and positive competition environment.

B12-600 | Coaching

All participants acting in any capacity as a coach must hold an active, issued membership with Speed Skating Canada. or another recognized National Speed Skating Sport Federation (e.g., US Speedskating).

B12-601 | Certification of SSC Member Coaches

All coaches must be NCCP Certified, holding one of the following levels of certification in speed skating:

1. Introduction to Competition
2. Competition Development
3. Competition Development Advanced Gradation (CDAG)
4. Competition High Performance

Coaches not holding the required certification will not be allowed in the Coaches Box and/or on the ice surface and will not be allowed to talk to the Referee unless they are designated as a Coach In-Training.

B12-602 | Coaches In-Training

Assistant coaches with an "In-Training" or "Trained" status in the appropriate context may be allowed to act as Certified coaches if accompanied by an eligible Certified coach as part of a professional development and training process.

B12-603 | Certification of non-SSC Member Coaches

Coaches representing other recognized National Speed Skating Sport Federations may be required to provide documentation of their current, active and in-good-standing coaching membership. Coach certification and qualifications may also be requested by the host organizing committee prior to authorizing accreditation for the competition/event in question.

B12-604 | Coach Identification

All individuals eligible to serve as coaches at SSC National sanctioned events will be provided with identification. Identification must be visible to officials while in the field of play, including the Coaches Box and attending coaches' meetings.

B12-605 | Number of Coaches in the Coaches Box

Number of coaches permitted in the Coaches Box shall be the same as *B5-1006*.

B12-700 | Entries

B12-701 | Entries

Procedures, deadlines and contact persons for entries (preliminary and/or final) are found in the applicable competition/event Bulletin and communications. Final entry into competition, which includes registration and payment, must be done through IceReg, unless otherwise communicated by SSC.

B12-702 | Entry Fees

The entry fee for International sanctioned events shall be determined by the event organizing committee on an event specific basis and communicated to Members no later than sixty (60) days prior to the registration deadline of the event. Late entries may be accepted at the discretion of the competition/event organizer and may be subject to a double entry fee, as per the competition/event bulletin.

B12-703 | Payment of Fees

Registration fees shall be guaranteed by the Member and should be sent when final entries are submitted. All fees must be paid via Ice Reg by the deadline indicated in the appropriate Bulletin or event communication. Reimbursement of fees already paid shall be the same as *B5-406* unless otherwise stated by the host organizing committee or relevant competition Bulletin.

SECTION C: RACING RULES

C1 | PURPOSE

These rules provide a regulatory structure to support the delivery of developmentally appropriate competitions and events in accordance with the guiding principles defined in Section A.

The following rules shall apply to all SSC sanctioned competitions and events, unless a specific reference to SSC Championships, selection events or other restrictions is made. Short Track and Olympic Style competitions will follow ISU Rules unless otherwise indicated in this section or, in cases involving the format of competitions, in the appropriate High Performance or Youth Bulletins. Specific guidelines pertaining to SSC Championships will be published in the appropriate High Performance Bulletin or as part of the Youth Competitions Bulletins.

This section therefore contains SSC-specific rules that differ from corresponding ISU Rules. In each case, there is a documented need for a uniquely Canadian approach or to state a practice that considers convention.

C2 | TRACKS

Different tracks are recognized to account for differences in the size of skaters at different stages of development and the venue where a competition or event is taking place. Tracks for training and competition are to be laid out in accordance with official track diagrams provided by SSC and/or the rules defined by the ISU.

C2-100 | Certification of Tracks

The track measurements shall be certified prior to all competitions and events where a result may be used for the purposes of selection or establishing of a national record. Track certification by a qualified engineer or surveyor is required for all SSC Championships and Canada Cup/International events. Written proof of this certification must be submitted to the Chief Referee prior to the commencement of the competition or event and made available through the online sanction application process.

- At venues where permanent, certified markers are installed (e.g., directly in the concrete slab), upon which the track markers are located, surveyor certifications will be valid for a period of five (5) years from the date on the certificate.
- At venues without permanent, certified markers, where the ice and track markers have NOT been removed at any period after the track survey was performed, surveyor certifications will be valid for a period of three (3) years from the date on the certificate.
- At venues without permanent, certified markers AND where the ice and/or track markers have been removed since the last survey, recertification is required prior to application for a competition/event sanction. Track certification is valid for one (1) year or until the ice and/or track markers have been removed, whichever comes first.

If the Chief Referee has reason to believe that a track not requiring certification is unsafe, they may request certification prior to the start of the competition or event.

C2-101 | ISU Events & Records

For ISU-sanctioned events held in Canada, the current ISU regulations governing track certification shall take precedence over SSC Rule C2-100. This ensures compliance with ISU sanctioning requirements and preserves the validity of performances for international record recognition and other ISU-recognized achievements.

C2-200 | Track Measurements, Ice Surfaces and Markings

All track diagrams are available in Appendix B.

C2-201 | Olympic Style

Track measurements for Olympic Style competitions will conform to ISU Rules 203-206.

Track
400m Oval
333.33m Oval

Track markings will conform to ISU Rule 226.

C2-202 | Mass Start and Team Events

Track measurements for Mass Start, Team Pursuit, Team Sprint and Mixed Relay competitions will conform to ISU Rule 203 with the provision that the track be arranged without separate competition lanes. Measurement diagrams are available for the most common tracks used in Canada as follows:

Track
400m Oval
387.36m Oval
333.33m Oval

Track markings will conform to ISU Rule 226. The racing area on all Long Track mass start tracks shall be no less than six (6) meters in width.

For Ovals with a radius of less than twenty-seven (27) meters from the inner track

A mark should be painted on the start line at the intersection of the 500m start line and the straight, with a cone placed at the same position and removed after the start. The skater who has drawn position #1 takes their position at the mark.

If the 500m start line is not perpendicular to the inside lane, allow for one of the following options:

- If the start line is less than six (6) meters, allow the number of skaters at the line to a maximum of one (1) per meter.
- Move the finish line by the same distance (between 500m mass start and 100m) as indicated on the diagram and move the start line at the same time.

C2-203 | Short Track

SSC recognizes that children should have the opportunity to compete on tracks which are proportionate to their size. SSC also recognizes that having a greater distance from the track to the boards can reduce the risk of injury when a fall occurs. A series of developmentally appropriate

tracks are officially recognized by SSC. Unless otherwise stated, ISU track marking regulations shall be the reference point with regards to the spacing of markings and track markers.

111.12 m Track

The 111.12m track is recommended for skaters who are Junior C2 and older or have reached an appropriate stage of development. It is to be laid out in accordance with ISU Rule 280 on an ice surface with minimum dimensions of 30m x 60m.

For competitions and events held on ice surfaces smaller than 30m x 60m, the following exceptions shall apply:

1. Tracks will be offset by .75 meters rather than one (1) meter, and
2. The five dots marked on the start lines as per ISU Rule 280 will be measured thus:
    a) the first will be marked 50cm from the inner side of the track,
    b) the fifth 1 meter from the boards, and
    c) the other three evenly spaced between them.

100m Track

The 100m track is recommended for skaters in Youth competitions, aged 13 years old or younger. It is to be laid out as defined by the diagram found in Appendix B, on any size ice surface so long as it will accommodate the provisions of ISU Rule 280, Paragraphs 1b, c, d.

Tracks less than 100m

Sanctioned competitions and events may take place on tracks smaller than 100m as long as they are in symmetrical proportions to the 100m or 111.12m tracks. Official diagrams are available for tracks featuring a 4m and 6m radius. Tracks may be laid out on any size ice surface so long as it will accommodate the provisions of ISU Rule 280, Paragraphs 1b, c, d.

C2-204 | Festivals and Skills Events

Events sanctioned as Festivals and the skills components of any sanctioned event do not require an official track, so long as all competitors are provided with a safe, welcoming environment that facilitates fair and meaningful competition.

C3 | TIMEKEEPING

C3-100 | Electronic Timekeeping

Electronic timekeeping shall be used during all SSC Championships, National and International sanctioned competitions. A Photo Finish system is required for Short Track. For Long Track, time transponders and photocells will also be accepted as official means of timekeeping. A video timing system may also be used as an electronic timing system.

C3-101 | Backup Timekeeping

Electronic timekeeping may also be used to provide backup timekeeping to the primary electronic system, provided the secondary timekeeping has an independent clock.

C3-200 | Manual Timekeeping

If no electronic timing is available, manual timing may be used for official timekeeping unless otherwise specified by sanctioning requirements.

When manual timekeeping is used, the following procedures are to be followed:

1. Times will be recorded in hundredths of a second.
2. All watches are to be from a matched set (same model and manufacturer). The Chief Timekeeper shall be responsible for ensuring that all watches are in good working order.
3. The reading on three watches shall be the minimum requirement for establishing a record. There shall be three watches for each of the first and second places, and two watches for third place. In addition to the official watches, there should be one or more specifically designated spare watches, to be read officially only if one or more of the official watches are mishandled. Each timer should use only one watch.
4. When two watches show the same time and the third a different one, the time of those in agreement shall be taken. When all watches show different times, the time of the intermediate watch is taken as the result. If for any reason only two timers have taken the time, the mean time of their watches is to be taken as the result. If the mean time is not the multiple of one hundredth of a second, the lower hundredth of a second is taken.
5. Manual timing is not required when two or more independent electronic/automatic timing systems are in use.
6. Manual timing can also be done through the use of “plungers” or other similar automated manual timing systems.

In the event the electronic timing fails, backup timekeeping may be provided by manual timekeepers. The manual time plus 0.20 seconds shall be accepted.

C4 | SKATERS' RESPONSIBILITIES

C4-100 | Reporting to the Line

Competitors are responsible for reporting promptly at the start of each of their races without being notified. Skaters must report to the line with all required equipment in proper working order, including timekeeping and identification devices.

C4-200 | Skater No-Show

In a sanctioned competition, if an entrant fails to compete in any race for which they are qualified, the Referee shall suspend them from further competition in that day's events unless adequate reason is given for not having competed, prior to the race being missed.

C4-300 | National Team Suits

During an event sanctioned by SSC, skaters must not wear a competition uniform (skinsuit/racing suit) identified as belonging to a national team (including Canada and abbreviations) unless the skater belongs to that team at the time of the competition. This refers to any team during the current competition season. Skinsuits/racing suits earned in previous seasons may be worn only if the skater receives special permission from the current High Performance Director (HPD) or SSC Technical Representative for the event. Unless adequate reason is given, the Referee may suspend the skater for the remainder of the competition.

C4-400 | Competition Attire

During an event sanctioned by SSC, skaters must wear competition attire (skinsuit/racing suit and podium wear), during all official training, competition, and ceremonies, that respects the following guidelines:

- Displays a maximum number of logos and corporate marks, in a maximum size per marking, as consistent with current International Skating Union rules
- Refrains from displaying logos or corporate marks that conflict with the values of SSC or the values commonly associated with a healthy, active lifestyle
- Unless wearing a National Team competition uniform as described in Section C4-300, does not include the text "Canada" in any location on the attire
- Only displays Speed Skating Canada logos or marks, including those of SSC sponsors such as Intact Insurance, if prior written approval of the attire design has been secured from SSC via communications@speedskating.ca

C5 | OFFICIALS

C5-100 | Registration of Officials

The following officials at SSC sanctioned competitions and events must hold an active, issued membership with Speed Skating Canada:

- Meet Coordinator / Event Coordinator
- Chief Referee
- Assistant Referee(s) and Video Referee(s)
- Chief Starter
- Assistant Starter(s)
- Competitor Stewards & Sport Experts (SSC) / Competition Coordinator (ISU)
- Heat Box Stewards
- Chief Finish Line Judge and Finish Line Judges
- Chief Timer and Timers
- Photo Finish Judge and E-Timer
- Chief Track Steward and Track Stewards
- Track Judges
- Lap Scorers (Counters, Recorders)
- Announcer(s)

C5-200 | Duties of Long Track Officials

Except as defined below as adaptation to the Canadian reality, the responsibilities of long track officials are as described in ISU Rules 216 to 221. Additional powers of officials may be defined in relevant competition bulletins.

Officiating procedures are contained in Officials Manuals appropriate to the specialty concerned.

C5-201 | Referee

The Referee shall decide all points of dispute and infringements of rules, which can result in disqualification. Their decision shall be final.

In addition to the duties and powers outlined in ISU Rule 216, the Referee:

1. Ensures a safe and welcoming environment for all participants.
2. Gives information as to the preparation of the ice, including the resurfacing schedule, for all events.
3. May introduce alterations in the announced program of the competition, in so far as these do not conflict with the regulations. For SSC Championships and selection events (Canada Cups), such alterations can only be made in consultation with the SSC Technical Representative(s) assigned for the competition.
4. Decides upon all matters concerning any breaches of SSC policies, procedures, and regulations in consultation with SSC Technical Representatives when present.
5. Sets alternative event programs in the event that the original competition program cannot be completed because of exceptional circumstances or unfavourable conditions.

C5-202 | Starter

The duties and powers of the Starter are outlined in ISU Rule 217.

C5-203 | Lap Scorers

The duties and powers of the Lap Scorers are outlined in ISU Rule 220.

C5-204 | Finish Line Judge
The duties and powers of the Finish Line Judge are outlined in ISU Rule 221.

C5-205 | Sport Expert (SSC) / Competition Coordinator (ISU)
The duties and powers of the Sport Expert are outlined in ISU Rule 218.

C5-206 | Track Judges
The duties and powers of the Track Judges are outlined in ISU Rule 219.

C5-300 | Duties of Short Track Officials
Except as defined below as adaptation to the Canadian reality, the responsibilities of short track officials are described in ISU Rule 286. Additional powers of officials may be defined in relevant competition bulletins.
Officiating procedures are contained in Officials Manuals appropriate to the specialty concerned.

C5-301 | Chief Referee
The Referee shall decide all points of dispute and infringements of rules, which can result in a penalty. Their decision shall be final.
In addition to the duties and powers outlined in ISU Rule 286, the Referee:

1. Ensures a safe and welcoming environment for all participants and volunteers.
2. May introduce alterations in the announced program of the competition, in so far as these do not conflict with the regulations. For SSC Championships and selection events (Canada Cups), such alterations can only be made in consultation with the SSC Technical Representative(s) assigned for the competition.
3. May add a skater who was in a qualifying position to the next round, solely at their discretion, if they feel that the skater was prevented from qualifying due to:
    a. an offense resulting in a penalization, or
    b. any other reason not resulting from any direct or indirect action of the skater concerned.
4. Calls out of a race any competitor who the Referee disqualifies.
5. Suspends an entrant from further competition in that day's events of a sanctioned competition/event, if the entrant fails to compete in any race for which they are qualified, unless adequate reason is given for not having competed prior to the race being missed.
6. Prohibits any competitor, official or coach from attending part or the whole of a competition due to abusive language, demonstration of disrespect or for dangerous behavior/actions towards officials or competitors. A report of the incident resulting in such an expulsion is to be included as part of the Chief Referee's report submitted to SSC.
7. Ensures that no one other than authorized skaters and officials are on the skating track during the race.

C5-302 | Assistant Referee and Video Referee
In addition to the duties and powers outlined in ISU Rule 286, the Assistant Referee(s):

1. Shall report to the Chief Referee any infringement of the rules throughout the competition.
2. May be positioned off-ice, as determined by the chief referee, to best serve the objectives of their role for the event or race.
3. Directs the Skaters to their starting positions over their starting dot and ensures that the Skaters are ready to start.
4. Video referee is located where the video review system is setup and must be able to communicate with the chief referee.

C5-303 | Starter

In addition to the duties and powers outlined in ISU Rule 286, the Starter:

1. Shall decide all disputes relating to the start.
2. May use a starter pistol, a whistle or other approved signalling device.

C5-304 | Assistant Starter

The Assistant Starter may recall the race if a false start occurs.

C5-305 | Competitor Steward (SSC) / Competition Coordinator (ISU)

The duties of the Competitors' Steward are outlined in ISU Rule 286. Should no Competitors' Steward be named to a competition, the Competition Coordinator shall assume these duties.

C5-306 | Heat Box Steward

The duties of the Heat Box Steward are outlined in ISU Rule 286.

C5-307 | Photo Finish Judge or E-Timer

The duties of the Photo Finish Judge are outlined in ISU Rule 286.

C5-308 | Chief Finish Line Judge and Finish Line Judges

The official order of finish is determined by the Chief Finish Line Judge when no Photo Finish system is present, or if the system fails. The duties of the Finish Line Judges are outlined in ISU Rule 286.

C5-309 | Chief Timekeeper and Timekeepers

The duties of the Timekeepers are outlined in ISU Rule 286.

C5-310 | Lap Scorer and Lap Recorder

The duties of the Lap Scorer and Lap Recorder are outlined in ISU Rule 286.
Additional Lap Scorers can be assigned if additional lap counts are being displayed beyond that of the lead skater. When additional Lap Scorers are being used, they will keep track of the remaining laps for their assigned skater or team.

C5-311 | Announcer

The duties of the Announcer are outlined in ISU Rule 286.
For SSC Championships and Canada Cup events, announcements must be made in English and French. For all other events, announcements are to be made in the official language(s) of the province or territory where the event is taking place. If applicable, the same announcements may be made in additional languages.

C5-312 | Track Steward

Preferably three (3), but at least two (2), Track Stewards shall work at each end of the track for SSC Championship, National and International sanctioned events. A minimum of one (1) Track Steward is required for other events, where the speed and ability of the participating skaters do not justify the increased support. Track Stewards must be experienced skaters and be able to communicate effectively with the Referee. The Track Steward shall be positioned so that they will not interfere with the skaters and officials but can readily replace missing blocks.

The below list indicates the officials required for short track competitions to run regardless of the timing systems used.

- Chief Referee
- Assistant Referee(s)
- Starters (Chief and Assistants)
- Competitor Steward(s) / Competition Coordinator(s)
- Heat Box Steward
- Lap Scorer
- Lap Recorder
- Announcer
- Track Stewards

Depending on the timing system(s) being used, various roles are required to operate the necessary equipment. Below are the required officials to meet the needs of the various timing systems.

Manual Timing (Primary or backup timing)

- Chief Timer
- Timers
- Chief Finish Line Judge
- Finish Line Judges

Photo Finish (Primary)

- Chief Photo Finish / E-Timer
- Assistant Photo Finish

Transponders (Backup timing and live stream data)

- E-Timer

Video Timing (Backup timing only)

- E-Timer or Timer under supervision of E-Timer

C6 | SPECIAL RULES FOR SHORT TRACK COMPETITIONS

C6-100 | Identification of Skaters

Each competitor shall wear an assigned number on both sides of the helmet which shall be different from the number worn by any other competitor in a given race. The number must be clearly visible to the Referee at all times while a skater is on the ice (before the start, during the race, until the skater leaves the ice surface after the race), must be at least 6cm in height and must have lines with a solid width of at least 1.5cm. The number shall be on a contrasting background so that it is clearly visible.

Individually unique assigned numbers may be worn by each skater for the duration of the competition, or eight (8) different helmet cover colours may be used, and skaters will be assigned a number from 1 to 8 corresponding to their position on the line. Skaters will be referred to by their unique assigned number for the competition or race for purposes of recording or reporting a result.

C6-200 | Starting Positions

Prior to the first round of each event, if no advanced seeding criterion has been specified, the starting position of the skaters shall be randomly assigned by the Competitors' Steward, using competition software. Should an equipment problem make the software unusable, starting position shall be decided by lot. The skater with the lowest number takes the inner starting position and those with higher numbers take progressively outer positions.

For SSC Championships, National and International events, ISU Rules shall prevail following the qualifying round, unless otherwise stated in a relevant competition bulletin.

C6-300 | Number of Skaters on the Line

The maximum number of skaters that may report to the start for a race and that may be on the first start line is established to ensure safe and fair competition. The maximum number reporting to the start shall include skaters who are directly seeded and skaters who have been advanced.

The maximum number of skaters at the start and on the first start line may be adjusted downward depending on the racing format as detailed in the applicable High Performance or Youth Competitions Bulletin, or for reasons of safety due to the rink dimensions at the absolute discretion of the Chief Referee.

Skaters at the start		**Skaters at the start**	
Junior C2 - Senior		**Club Skater (6-10) – Youth (11-12-13)**	
500m	6	400m / 500m	6
1000m	8	800m to 1200m	8
1500m	10	1500m	8
3000m points	10	2000m points	10
All **Relays**	5	All Relays	5

C7 | SPECIAL RULES FOR LONG TRACK MASS START COMPETITIONS

Short track rules will apply in situations not covered in this section unless common sense dictates otherwise. For instance, problems specific to skating outdoors (ice quality, protection, skater equipment, etc.) should be resolved by reference to Olympic style practice.

C7-100 | Starting Procedures

C7-101 | Number of Skaters on the Line

In sanctioned long track Mass Start competitions, a maximum of six skaters will be allowed at the starting line. For tracks with a racing area wider than six meters, a maximum of seven skaters will be allowed, with the exception that eight skaters will be permitted for the longest distance. This rule does not apply to Marathon skating.

C7-102 | Recalling the Start

If a skater is interfered with and falls within ten meters of the start, the race may be called back at the discretion of the Starter.

C7-103 | Starting Position

A skater shall not place a hand or hands on the ice during the start procedure.

C7-200 | Identification of Skaters

Each competitor shall wear an assigned number in accordance with rule C6-100.

C8 | SPECIAL RULES FOR OLYMPIC STYLE COMPETITIONS

C8-100 | Automatic Timekeeping

When automatic timekeeping is being used in accordance with ISU Regulations, the time recorded shall decide which of the Skaters in a pair is the winner, or if they are equal.

C8-200 | Manual Timekeeping

The Finish Line Judge shall determine which of the skaters is the winner, or if they are equal. There is no appeal of their decision.

When the difference between the skaters is less than five (5) meters, the Finish Line Judge shall report to the Chief Timekeeper the distance between the two skaters in the pair at the moment the winner passes the line.

If two competitors, who have skated in the same pair, have the same time and the Finish Line Judge has decided one of the skaters to be the winner, this skater occupies one rank before the other skater in the ranking over this distance. 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.

C8-300 | Identification of Skaters

Each competitor shall wear an armband, located on the right arm, as specified in the ISU Technical Regulations (ISU Rule 253 & 278). In extenuating circumstances, the Chief Referee may accept alternative methods of skater identification to ensure a fair, meaningful, and uninterrupted competition experience for all participants.

C9 | SPECIAL RULES FOR MARATHON

Long track Mass Start rules will apply in situations not covered in this section.

C9-100 | Tracks

C9-101 | Racing Surfaces

Marathon races will be held on:

1. a standard 400m speed skating oval on natural or artificial ice (*as per Appendix B*); or
2. a longer track of at least five (5) meters in width, which is covered a number of times; or
3. a racing tour route over a specified course.

C9-102 | Track Measurements

The track measurements must be certified by GPS or surveyor and submitted to the Referee.

C9-103 | Track Width

For 100m prior to the start/finish line, a track width of ten (10) meters is recommended.

C9-104 | Start/Finish Lines

1. The start and finish lines must be a minimum of five (5) centimeters wide and clearly visible.
2. A start/finish banner and clock must be visible at the start/finish line.

C9-105 | Facility Requirements for Natural Ice Competitions

Start and finish lines should be clearly marked perpendicular to the track. The finish line should be located at least 100m after a bend or corner of the track.

C9-200 | Marathon Racing Rules

C9-201 | Maximum Number of Skaters

The maximum number of skaters for a 400m oval is one hundred (100) per race. If more than fifteen skaters within one gender category are registered, a separate race for skaters within each gender category could be held with distinct starts.

C9-202 | Lap Scorer

Electronic chip timing is the preferred timing system. As a back-up system, skaters shall provide their own responsible Lap Scorer who will record, on an official check sheet, the elapsed time from the official time clock every time the skater crosses the finish line. The scorer will also advise the skater of the number of laps remaining.

C9-203 | Identification of Skaters

All competitors shall have the number tags provided by the event organizers clearly displayed on the side of their leg or hip and visible to the place judges.

C9-204 | Overtaking Skaters

1. Skaters must keep left at all times (keep their lane on the left side of the track), even if there is a right turn in the track. Passing will be on the right.
2. Skaters who are behind the leader in a pack must move ahead and take the lead if the lead skater pulls outside and relinquishes the lead.
3. Drafting is allowed in Marathon skating, even when skaters are being lapped. The yelling of 'track' is discouraged for safety reasons.

C9-205 | Leaving the Race

Skaters leaving the race must report to the judges at once and remove their competition number or make it invisible.

C9-206 | Coaching

No coaching or skater assistance is permitted from inside the track.

C9-207 | Infractions

Infractions will be reported to the Chief Referee. The Chief Referee will decide whether a warning, de-classification or a penalization is required.

A warning is given for:

1. Cross tracking in the sprint
2. Obstructing a skater who is passing

A penalization results from:

1. Unsportsmanlike behaviour towards other skaters or officials

C9-208 | Declassification and Penalization

The Referee decides if a de-classification or a penalization is necessary.

1. A de-classification is the placement of a skater in last place of a sprinting group. The de-classified skater will be given the time of the last skater in the group. This action occurs when:
    a. One skater impedes upon another
    b. A skater is kicking out at the finish line
    c. A skater is cross tracking
    d. Skaters are off-track
2. A penalization occurs when:
    a. Instructions from the Chief Referee or their designate are not followed
    b. One skater pushes another to gain advantage over the field
3. No protest can be lodged against a declassification or penalization. A report on the de-classification or penalization will be submitted by the Chief Referee to the Organizing Committee and SSC.

C10 | SPECIAL RULES FOR SPECIAL OLYMPICS

The Special Olympics Canada (SOC) Official Sports Rules were created based upon SSC rules and shall govern all SOC speed skating competitions. SSC rules shall be employed except when they are in conflict with the SOC Official Sports Rules.

C11 | Yellow Card or Red Card

Application of the Yellow Card (YC) and Red Card (RC) rules vary between long track and short track disciplines. The current ISU Special Regulations and Technical Rules for each discipline, along with any ISU Communications, will serve as the guidelines for YC and RC application, unless otherwise stipulated in this document and the relevant High Performance or Youth Competition Bulletins. In SSC Championship, National or International sanctioned events, Red Cards issued for behavioral offenses are valid across both short track and long track disciplines. This means that a behavioral Red Card received in short track will also apply in long track competitions, and vice versa. Tracking of Yellow and Red Cards is applicable only for nationally hosted competitions.

C11-100 | Long Track Yellow Card and Red Card

Reference: ISU Special Regulations and Technical Rules Speed Skating, *Duties and Powers of the Referee* (ISU Rule 216) and *Disqualification* (ISU Rule 275).

1. Any skater who is given a Yellow Card during a race in a competition will receive a penalty within that race. The skater will forfeit prior points/results accrued in all races over the distance concerned (if any). Points/results accrued prior to that distance will not be affected. A distance is considered a set of seeded races from the 1st round until the final round of that distance. If a distance is raced more than once during a competition, the Yellow Card will apply only to the distance within which it was earned. Grounds for receiving a yellow card are found in ISU Rule 216 2.f.
2. Any skater who is given a Yellow Card twice in the same competition will be sanctioned by a Red Card, will be excluded from the competition immediately and will not be ranked in the final classification.
3. For all national-level competitions in Canada, Yellow and Red Cards shall be reported to SSC by the Chief Referee or the Sport Expert/Competitor Steward on behalf of the Chief Referee.
4. If a skater has accumulated two (2) Red Cards or four (4) Yellow Cards within a 12-month period, that skater will be automatically suspended from all SSC sanctioned competitions for a period of 60 days. Days between the final sanctioned event of the current season and the first sanctioned event of the following season do not count towards the 60 day suspension.
5. A current national list of skaters with Yellow and Red Card sanctions shall be maintained by SSC and forwarded to the Sport Expert/Competitor Steward and Competition Coordinator for each national event and made available for any Provincial or Territorial event upon request. This list is not to be shared with the Chief Referee either prior to or during the competition so as not to bias the Referee.
6. Exceptions: Variations to this rule may be outlined in competition-specific bulletins, particularly for High Performance or Youth competitions.

C11-200 | Short Track Yellow Card and Red Card

Reference: ISU Special Regulations and Technical Rules Short Track, *Sanctions for Infringements of the Racing Rules or the ISU Code of Ethics* (ISU Rule 296).

1. Any skater who is given a Yellow Card during a race in a competition will receive a penalty within that race. The skater will forfeit prior points/results accrued in all races over the distance concerned (if any). Points/results accrued prior to that distance will not be affected. A distance is considered a set of seeded races from the 1st round until the final round of that distance. If a distance is raced more than once during a competition, the Yellow Card will apply only to the distance within which it was earned.
    a. YC-2 Definition: YC-2 specifically refers to a single yellow card awarded to a skater for committing two racing rule infractions in the same race.
    b. YC-B (Behavioral Yellow Card): YC-B refers to a yellow card awarded to a skater for committing a behavioral offense that is not related to racing rule infractions.
2. Double Yellow Card: A skater who receives two Yellow Cards within the same competition will automatically receive a Red Card. This results in:
    a. Immediate exclusion from the competition
    b. Removal from the final classification (i.e., the skater will not be ranked)
3. For all national-level competitions in Canada, Yellow and Red Cards shall be reported to SSC by the Chief Referee or the Competitor Steward on behalf of the Chief Referee.
4. If a skater has accumulated two (2) Red Cards or four (4) Yellow Cards within a 12-month period, that skater will be automatically suspended from all SSC sanctioned competitions for a period of 60 days. Days between the final sanctioned event of the current season and the first sanctioned event of the following season do not count towards the 60 day suspension.
5. A current national list of skaters with Yellow and Red Card sanctions shall be maintained by SSC and forwarded to the Competitor Steward and Competition Coordinator for each national event and made available for any Provincial or Territorial event upon request. This list is not to be shared with the Chief Referee either prior to or during the competition so as not to bias the Referee.
6. Exceptions: Variations to this rule may be outlined in competition-specific bulletins, particularly for High Performance or Youth competitions.

SECTION D: SPORT SAFETY

D1 | PURPOSE

This section provides regulations and guidelines that aim to ensure all participants are provided with the safe and welcoming environment in both training and competition that is espoused as a core value of SSC. The regulations presented represent the minimum requirements established by SSC. Members and clubs may require a higher standard as they feel necessary or desirable.

D2 | PROTECTIVE PADDING

D2-100 | Short Track

Specific regulations regarding the design and installation of pads are published in SSC's Crash Protection Specifications and Guidelines (*see Appendix C*), which spell out how these regulations are to be implemented in specific training and competition situations. As the nature of participants varies greatly by event, it is recommended that Members also prepare regulations which specify required levels of crash protection within specific competition circuits below the national level, based on the eligible participants.

Decisions regarding minimum requirements are based on a Kinetic Energy Factor (KEF) value. The calculation for this value is the weight of the skater in kilograms divided by the square of the fastest forecast lap time (e.g., 70kg / (9.0 sec x 9.0 sec) = 0.86).

D2-101 | SSC Championships, National and International Events on Boarded Rinks

A minimum Level 4 crash protection is required for all events sanctioned as National or International events. Where the KEF value of competitors requires Level 5 protection (boardless system) and such a system is unavailable, Level 4 protection must be exceeded. Hybrid padding systems consisting of at minimum, boardless padding setup in the entire Red Zone crash zones, are accepted to meet Level 5 requirements. *See Appendix C for crash zone definitions.*

SSC Championship events typically require boardless padding systems. The list below details the minimum requirements of SSC's designated competitions/events.

Competition / Event	Padding System Requirement (minimum requirement)
Canadian Short Track Championships	Level 5 - Boardless
Canadian Junior Short Track Championships	Level 5 - Boardless
Canadian Neo-Junior Short Track Championships	Level 4
Canadian Youth Short Track Championships (East & West)	Level 4 or Adapted Level 4
Canada Cups & Canada Cup Final	Level 5 - Boardless
Canada Cup Junior Final	Level 4
Canadian Junior Open	Level 4

D2-102 | SSC Sanctioned Competitions

Minimum requirements for crash protection at SSC sanctioned events is determined by the skater with the highest forecast KEF value known to be participating in the event. For specific placement of pads, consult Appendix C as follows:

KEF Value	Crash Protection Level
<.30	1
.30 to <.60	2
.60 to <.90	3
.90 to <1.15	4

D2-103 | Short Track Training

These regulations apply to all regular short track speed skating practices but exclude learn to skate programs, for which crash protection is recommended but not required. Minimum requirements for crash protection at regular speed skating practices is determined by the skater with the highest forecast KEF value to be participating in a given practice session. For specific placement of pads, consult Appendix C as follows:

KEF Value	Crash Protection Level
<.30	1
.30 to <.60	2
.60 to <.90	3
.90 to <1.15	4

D2-104 | Level 5 Protection (Boardless Systems)

As each venue is different, systems affording Level 5 protection (boardless systems and hybrid boardless systems) must be submitted to SSC for review by qualified experts.

D2-200 | Long Track

Specific regulations regarding the design and installation of pads are published in SSC's Crash Protection Specifications and Guidelines (*see Appendix C*), which spell out how these regulations are to be implemented in specific training and competition situations. As the nature of participants varies greatly by event, it is recommended that Members also prepare regulations which specify required levels of crash protection within specific competition circuits below the national level, based on the eligible participants.

Decisions regarding minimum requirements are based on a Kinetic Energy Factor (KEF) value. The calculation for this value is the weight of the skater in kilograms divided by the square of the fastest forecast lap time (e.g., 70kg / (35 sec x 35 sec) = 0.057).

For training sessions, it is recommended that the same crash protection measures be put in place for athletes as they would be afforded for competition.

D2-201 | SSC Championships, National and International Events

All long track SSC Championships, National and International Events with distances shorter than 3000m shall require Level 5 crash protection. The Canadian Youth Long Track Championships and any events restricted to distances 3000m and longer will require Level 4 crash protection.

D2-202 | SSC Sanctioned Competitions

Minimum requirements for crash protection at SSC sanctioned events is determined by the skater with the highest forecast KEF value known to be participating in the event.

For skaters whose KEF value is less than 0.020, no crash protection is required. For all other skaters, crash protection is required as follows and with placement described in Appendix C.

KEF Value	Crash Protection Level
.020 to <.035	1
.035 to <.055	2
.055 to <.080	3
.080 to <.115	4
.115+	5

D3 | SKATER'S EQUIPMENT

This section outlines SSC's minimum requirements for a skater's equipment. Members at their discretion may impose additional requirements for training and competition. Minimum requirements for safety equipment as outlined in current ISU Rules and Communications must be followed, unless otherwise stated in this section.

D3-100 | Short Track

The following equipment is required for short track training and competition, applicable for all SSC Championship, National, International, Ability and Age Class sanctioned events. For Learn to Skate activities (Levels 1 to 4 of First Strides Skating Development Program), which may occur during an Ability or Age Class Sanctioned event, only the equipment requirements for head protection, hand protection and knee protection apply, while neck protection is strongly recommended.

For promotional activities, an exemption can be requested by contacting SSC at least thirty (30) days before the event.

Equipment	Intent, Minimum Requirement and Guidance
Racing suit – Rest of body protection	Intent: Prevent cut and puncture wounds for all areas covered by the racing suit. Protection may be integrated into the suit (one piece) or can be worn as a full undergarment underneath the racing suit, as long as the protective material offers complete coverage. Minimum Requirement: All skin below the top of the neck must not be bare. All skaters must wear cut resistant clothing meeting or exceeding the minimum standards established by the ISU. Where a racing suit does not cover all the necessary areas, additional equipment is worn to ensure complete coverage. The transition from the racing suit to additional equipment must not have any gaps, allowing skin to show. Ankle Coverage: Skates to Racing suit transition Wrist Coverage: Gloves to Racing suit transition Neck Coverage: Extension from Racing suit to top of neck as required Guidance: The minimum requirement for "rest of body protection" is recommended for all other activities outside of sanctioned events. The more cut and puncture resistance, the better.
Ankle Protection	Intent: Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride. Minimum Requirement: When the cut resistant suit does not cover the transition to the boots, a cut and puncture resistant anklet made of Kevlar, Dyneema or similar material must be worn on both legs, covering the legs from the tops of the boots to 10cm above the tops of the boots. No skin may be visible in the ankle area at any time. The ankle region must remain fully covered during racing, and all protective equipment must be worn correctly and remain securely in place throughout the race. Guidance: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.
Eye Protection	Intent: Prevent eye injuries resulting from ice chips or a collision with a blade or other object. Minimum Requirement: Shatter-resistant glasses are required for all skaters. All glasses must be held in place by a strap. Guidance: Dark or mirrored lenses are prohibited. A lightly tinted lens is permitted providing the pupil is still visible. Evaluation: For a lightly tinted lens, printed text placed behind the lens must be readily legible.
Hand Protection	Intent: Prevent cut and puncture wounds on the hands from blades. Minimum Requirement: For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn. Guidance: The more cut and puncture resistance of the gloves, the better.

Head Protection	Intent: Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards, and crash pads. Minimum Requirement: A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet. For Learn to Skate and Learn to Speed Skate programs, as well as training for Club Skaters, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski, or skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified.
Knee Protection	Intent: Prevent puncture and blunt force impact wounds to the knees. Minimum Requirement: Full frontal knee coverage is required, providing complete coverage of the patella and made of puncture resistant (e.g., Kevlar, Dyneema, or similar material) and impact absorbing (e.g., high-density foam) material. Protection may be worn over a skater's skin suit, or it can be integrated in the suit. Guidance: The more puncture resistance and blunt impact energy absorption, the better.
Neck Protection	Intent: Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries. Minimum Requirement: All skaters must wear neck protection fully covering the neck and covering all soft tissue in a line from the lower jaw on either side of the face to just below the chin. Large gaps are not permitted, and separate neck protection must be worn if not covered by the built-in suit protection. Neck protection shall extend below a line joining the armpits at the front of the body. Neck protection must be made of Kevlar, Dyneema, ballistic nylon, or similar material. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skin suit. If separate neck protection is worn, it must be fastened securely. Guidance: The more cut and puncture resistance and the greater the extent of neck coverage, the better. ISU Communication 2721 provides a visual example of the correct coverage for neck protection.
Shin Protection	Intent: Prevent cut and puncture wounds along the shin from blades, as well as provide some measure of blunt impact protection from hitting hard objects/bodies. Minimum Requirement: When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage must extend from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/under a skater's skinsuit, or it can be integrated in the suit. Guidance: The more cut and puncture resistance and impact protection of the shins, the better.

Skate Blades	Intent: Reduce the puncture making capacity of the blades. Minimum Requirement: All skates must have the tubes closed. The rear and front tips of the blades shall be rounded to a minimum radius of 1cm. Guidance: The rounder the tips, the better. Evaluation: Tips must be rounded to the approximate radius of a Canadian nickel.

D3-200 | Long Track Olympic Style Training and Competition

Equipment	Intent, Minimum Requirement and Guidance
Ankle Protection	Intent: Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride. Minimum Requirement: When no cut resistant suit is worn, a cut and puncture resistant anklet made of Kevlar, Dyneema or similar material must be worn on both legs, covering the legs from the tops of the boots to 10cm above the tops of the boots. Guidance: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.
Skate Blades	Intent: Reduce the puncture making capacity of the blades. Minimum Requirement: All skates must have the tubes closed. The rear and front tips of the blades shall be rounded to a minimum radius of 1cm. Guidance: For all blades, the rounder the tips, the better. Evaluation: Tips must be rounded to the approximate radius of a Canadian nickel.

For mass start races within an Olympic Style competition, guidelines outlined in D3-300 shall apply.

D3-300 | Long Track Mass Start and Team Competition

The following equipment is required for all long track mass start, team sprint, team pursuit and mixed gender relay training and competition events. For Learn to Skate activities, only the equipment requirements for head protection, hand protection, knee protection and neck protection apply.
Relevant ISU Rules and Regulations and specific ISU Communications for mass start competition will be followed for all SSC Championships, National and International events.
For promotional activities, an exemption can be requested by contacting SSC at least thirty (30) days before the event.

Equipment	Intent, Minimum Requirement, Guidance
Ankle Protection	Intent: Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride. Minimum Requirement: When no cut resistant suit is worn, a cut and puncture resistant anklet made of Kevlar, Dyneema, or similar material must be worn on both legs, covering the legs from the tops of the boots to 10 cm above the tops of the boots. With or without a cut-resistant suit,

	no skin may be visible in the ankle area at any time. The ankle region must remain fully covered during racing, and all protective equipment must be worn correctly and remain securely in place throughout the race. Guidance: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.
Neck Protection	Intent: Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries. Minimum Requirement: All skaters must wear neck protection covering the entirely of the neck to just below the chin, regardless of the skaters position, to a point extending below a line joining the armpits at the front of the body. Neck protection must be made of Kevlar, Dyneema, ballistic nylon, or similar material. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skin suit. If separate neck protection is worn, it must be fastened securely. Guidance: The more cut and puncture resistance and the greater the extent of neck coverage, the better. ISU Communication 2721 provides a visual example of the correct coverage for neck protection.
Eye Protection	Intent: Prevent eye injuries resulting from ice chips or a collision with a blade or other object. Minimum Requirement: Shatter-resistant glasses are required for all skaters. All glasses must be held in place by a strap. Guidance: Dark or mirrored lenses are prohibited. A lightly tinted lens is permitted providing the pupil is still visible. For outdoor competitions, skaters may wear tinted lenses for UV protection. The higher the level of shatter resistance and the more extensive the protection, the better. Evaluation: For a lightly tinted lens, printed text placed behind the lens must be readily legible.
Hand Protection	Intent: Prevent cut and puncture wounds on the hands from blades. Minimum Requirement: For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn. Guidance: The more cut and puncture resistance of the gloves, the better.
Head Protection	Intent: Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards, and crash pads. Minimum Requirement: A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet. For Learn to Skate and Learn to Speed Skate programs, as well as training for Club Skaters, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski, or skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified.

Racing suit – Rest of body protection	Intent: Prevent cut and puncture wounds for all areas covered by the racing suit. Protection may be integrated into the suit (one piece) or can be worn as a full undergarment underneath the racing suit, as long as the protective material offers complete coverage. Minimum Requirement: All skin below the top of the neck must not be bare. All skaters must wear cut resistant clothing meeting or exceeding the minimum standards established by the ISU. Where a racing suit does not cover all the necessary areas, additional equipment is worn to ensure complete coverage. The transition from the racing suit to additional equipment must not have any gaps, allowing skin to show. Ankle Coverage: Skates to Racing suit transition Wrist Coverage: Gloves to Racing suit transition Neck Coverage: Extension from Racing suit to top of neck as required Guidance: The minimum requirement for "rest of body protection" is recommended for all other activities outside of sanctioned events. The more cut and puncture resistance, the better.
Shin Protection	Intent: Prevent cut and puncture wounds along the shin from blades, as well as provide some measure of blunt impact protection from hitting hard objects/bodies. Minimum Requirement: When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage must extend from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/under a skater's skinsuit, or it can be integrated in the suit. Guidance: The more cut and puncture resistance and impact protection of the shins, the better.
Skate Blades	Intent: Reduce the puncture making capacity of the blades. Minimum Requirement: The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm. Guidance: The rounder the tips, the better. Evaluation: Tips must be rounded to the approximate radius of a Canadian nickel.

D3-301 | Additional Protective Equipment for Club and Youth Participants

Equipment	Intent, Minimum Requirement and Guidance
Knee Protection	Intent: Prevent puncture and blunt force impact wounds to the knees. Minimum Requirement: Full frontal knee coverage is required, providing complete coverage of the patella and made of puncture resistant (e.g., Kevlar, Dyneema, or similar material) and impact absorbing (e.g., high-density foam) material. Protection may be worn over a skater's skinsuit, or it can be integrated in the suit. Guidance: The more puncture resistance and blunt impact energy absorption, the better.

D4 | PROTECTIVE EQUIPMENT FOR ON-ICE OFFICIALS

D4-100 | Short Track Officials

All on-ice officials must wear a helmet that is ASTM F 1849 certified, or CSA approved (specifically, a speed skating, hockey, snowboard/ski, or skateboarding helmet). Helmets must be securely fastened under the chin at all times.

D5 | MEDICAL PERSONNEL, EQUIPMENT, AND EMERGENCY RESPONSE

The following section outlines minimum requirements for medical personnel and emergency response.

For the purposes of this section, the following definitions shall apply:

Advanced Care Paramedic	An Advanced Care Paramedic has a diploma from a CMA (Canadian Medical Association) accredited institution and is licensed to practice at the Advanced Care Paramedic level by the official registering body in the province or territory in which the event is taking place.
Advanced Medical Responder	An Advanced Medical Responder is defined as a person with a minimum number of hours of advanced responder training, as outlined in requirements set by the Canadian Ski Patrol System, Canadian Red Cross, St John Ambulance, or an equivalent agency.
Medical Coordinator	The Medical Coordinator is an individual designated by the Organizing Committee to ensure that all emergency response requirements are put in place for a given competition and that appropriate arrangements have been made with local medical professionals and hospital(s).
Physician	A Physician for a speed skating competition may be a Licensed Sports Medicine Doctor, an Emergency Doctor, an Internist or a Doctor with emergency room experience.
Primary Care Paramedic	A Primary Care Paramedic has a diploma from a CMA (Canadian Medical Association) accredited institution and is licensed to practice at the Primary Care Paramedic level by the official registering body in the province or territory in which the event is taking place.
Sports Therapy Professional	For the purposes of these regulations, Sports Therapy Professionals are recognized as a Certified Athletic Therapist or a Sports Physiotherapist.
SCAT6	A standardized tool for evaluating concussions designed for use by Health Care Professionals (HCP). The SCAT6 is intended to be used in the acute phase, ideally within 72 hours and up to 7 days, following injury.
Child SCAT6	A standardized tool for evaluating concussions in children ages 8-12 years and designed for use by Health Care Professionals (HCP). The Child SCAT6 is intended to be used in the acute phase, ideally within 72 hours and up to 7 days, following injury.
Concussion Recognition Tool	The Concussion Recognition Tool is to be used by non-medically trained individuals for the identification and immediate management of suspected concussion. It is not designed to diagnose concussion.

D5-100 | Requirements for All SSC Sanctioned Events

The following regulations are in place to ensure appropriate response and treatment of skaters in the event of injury for all SSC sanctioned events. Additional measures may be put in place as deemed necessary by event organizers and other sanctioning bodies.

Event organizers shall form a medical team meeting the following requirements. At least one member of the medical team must be rink side at all times while skaters are on the ice, including warm-ups and practice sessions.

1. Competition must be able to proceed if one medical personnel is occupied.

These individuals should have training and experience in applying immobilization devices and at least one member of the team must be able to administer the current SCAT Concussion Assessment Tool.

All medical personnel should be easily recognizable by their uniform.

Please note that if Speed Skating Canada's National Team medical personnel are on-site at the competition, they should not be relied upon to fulfill the requirements listed below. While they may assist as needed, their primary responsibility is to the National Team.

Short Track Medical Personnel Requirements

The below table details the medical personnel requirements for various levels of competition, encompassing both official practice/warm-up sessions and competition days.

Medical Personnel for Interclub Competitions	
Official Practice Sessions/Warm-Ups 2 personnel	Competition Day 2 personnel
1 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional **1 Organizing Committee Medical Coordinator**	**2 personnel from the following list, must have experience administering Concussion Recognition Tool** Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional

Medical Personnel for Provincial Junior/Senior Competitions	
Official Practice Sessions/Warm-Ups 2 personnel	Competition Day 2 personnel
1 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional **1 Organizing Committee Medical Coordinator**	**1 personnel from the following list, must have experience administering Concussion Recognition Tool** Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic **1 personnel from the following list, must have experience in administering SCAT6:** Physician Advanced Medical Responder Sports Therapy Professional ***At least one physician must be present***
Medical Personnel for National Youth Competitions (ages 11-13)	
Camp Day/Warm-Ups 2 personnel	Competition Day 2 personnel
1 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional **1 Organizing Committee Medical Coordinator**	**2 personnel from the following list, must have experience administering Concussion Recognition Tool** Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional
Medical Personnel for National Neo-Junior/Junior/Senior Competitions (ages 14+)	
Official Practice Sessions/Warm-Ups 2 personnel	Competition Day 3 personnel
1 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional **1 Organizing Committee Medical Coordinator**	**2 personnel from the following list, must have experience administering Concussion Recognition Tool** Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic **1 personnel from the following list, must have experience in administering SCAT6:** Physician Advanced Medical Responder Sports Therapy Professional ***At least one physician must be present***

Long Track Medical Personnel Requirements

The below table details the medical personnel requirements for various levels of competition, encompassing both official practice/warm-up sessions and competition days.

Medical Personnel for Interclub Competitions	
Official Practice Sessions/Warm-Ups 2 personnel	Competition Day 2 personnel
1 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional **1 Organizing Committee Medical Coordinator**	**2 personnel from the following list, must have experience administering Concussion Recognition Tool** Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional
Medical Personnel for Provincial Junior/Senior Competitions	
Official Practice Sessions/Warm-Ups 2 personnel	Competition Day 2 personnel
1 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional **1 Organizing Committee Medical Coordinator**	**1 personnel from the following list, must have experience administering Concussion Recognition Tool** Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic **1 personnel from the following list, must have experience in administering SCAT6:** Physician Advanced Medical Responder Sports Therapy Professional
Medical Personnel for National Youth Competitions (ages 11-13)	
Camp Day/Warm-Ups 2 personnel	Competition Day 2 personnel
1 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional **1 Organizing Committee Medical Coordinator**	**2 personnel from the following list, must have experience administering Concussion Recognition Tool** Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional

Medical Personnel for National Neo-Junior/Junior/Senior Competitions (ages 14+)	
Official Practice Sessions/Warm-Ups 2 personnel	Competition Day 3 personnel
1 personnel from the following list, must have experience administering Concussion Recognition Tool Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic Sports Therapy Professional **1 Organizing Committee Medical Coordinator**	**2 personnel from the following list, must have experience administering Concussion Recognition Tool** Physician with acute trauma training Advanced Care Paramedic Advanced Medical Responder Primary Care Paramedic **1 personnel from the following list, must have experience in administering SCAT6:** Physician Advanced Medical Responder Sports Therapy Professional

D5-102 | Equipment

The following equipment must be available to the medical team:

1. A communications system which provides a link between the medical team, Medical Coordinator and the Organizing Committee
2. Medical room, medical equipment and fully stocked first aid kits.
3. Appropriate footwear to walk on the ice

Before an event begins, the medical team must ensure that all equipment is in proper working condition and that all medical team members are familiar with event emergency procedures.

D5-103 | Emergency Response

When an emergency occurs on the ice, the Referee will stop the race and signal the nearest Medical Personnel to enter the ice safely.

Medical Personnel is empowered to respond independently in situations where the Chief Referee may be unaware or unable to make a decision, such as in cases of severe life-threatening injury. It's important for the Chief Referee and the medical team to connect prior to the event to discuss their communication plan for on-ice emergencies.

1. The Medical Personnel with the Medical Coordinator (if present) will enter the ice surface and assess the Skater.
    a. The role of the Medical Coordinator is to support the Medical Personnel as needed.
2. The Skater is removed from the ice surface by the Medical Personnel and taken to the medical room for further assessment.
3. Following assessment, the Medical Personnel must complete an injury report form in accordance with SSC's Injury Reporting Policy.

An ambulance must be able to respond quickly whenever on-ice evacuation or ambulance transportation is required. Guidelines for required response time are to be determined based on the level of emergency response available on-site and the level of risk associated with the event.

D5-104 | Location of Medical Personnel

Medical personnel must be located rink side in a well-marked area with unobstructed view of the ice surface and near a door giving direct unobstructed access to the ice surface.

1. Long Track – Medical Personnel shall be located infield on both curves.
2. Short Track – Medical Personnel shall be located near a door with direct unobstructed access to the ice surface.

Event organizers should consider the proximity to the on-site medical room when designating the placement of medical personnel.

Only the designated medical team, the Medical Coordinator, and/or the Incident Manager for the event may remain in the designated medical area.

D5-105 | On-site Medical Room

An adequately equipped medical room based on the nature of the event must be available within the event venue. A temporary trailer or heated tent is acceptable for an outdoor event with no permanent fixtures.

D5-106 | Emergency Action Plan

All SSC sanctioned events must have an adequate Emergency Action Plan (EAP) in place based on the nature of the event. All members of the medical team, officials, members of the Organizing Committee and team leaders/coaches should be made aware of this plan and their responsibilities should the plan be enacted. Medical team members and on-ice officials must be fully aware of the plan and their duties in implementing the plan.

D5-107 | Reporting

The Medical Coordinator, or the Event Coordinator when no Medical Coordinator is named, is responsible for ensuring that all injuries that occur during an event are documented using SSC's Injury Report Form (*see Appendix E*) and duly submitted to SSC.

All medical documents must be kept secured at all times during the competition.

D6 | ICE SURFACE

D6-100 | Size of Ice Surface for Short Track Practice and Competition

Entry level speed skating can occur on any size ice surface, so long as adequate crash protection is provided. The minimum size for short track training and competition is determined based on the KEF value (*see Appendix C*) of skaters and the track on which they are skating.

D6-101 | Ice Surface Size for SSC Championships, National and International Events on Boarded Rinks on 111.12m Track

The ice surface must be no shorter than 59.4m (195 feet) long and no narrower than 28m (92 feet) wide with the recommended ice surface being at least 60m (197 feet) long and 30m (98 feet) wide.

D6-102 | Ice Surface Size for SSC Championships, National and International Events on Boarded Rinks on 100m Track

The ice surface must be no shorter than 59.4m (195 feet) long and no narrower than 25.9m (85 feet) wide with the recommended ice surface being at least 60m (197 feet) long and 30m (98 feet) wide.

D6-103 | Ice Surface Size for Other SSC Sanctioned Short Track Competitions

For SSC sanctioned competitions where the 111.12m track is used, the following rink size requirements must be met as per the defined KEF value.

KEF Value	Crash Protection Level	Minimum Length	Minimum Width
<.30	1	None	None
.30 to <.60	2	None	None
.60 to <.90	3	59.4m (195 feet)	26m (85 feet)
.90 to <1.15	4	59.4m (195 feet)	28m (92 feet)

Note that an ice surface of at least 59.4m (195 feet) long and no narrower than 30m (98 feet) is recommended for skaters with a KEF value greater than 0.60.

D6-200 | Short Track Ice Resurfacing

During sanctioned competitions, excluding boardless facilities, competition organizers and officials must use a resurfacing path which provides for a deceleration zone prior to impacting crash protection corresponding to the appropriate track layout diagram (*see Appendix B*). In order to ensure that the ice resurfacing operator follows the appropriate path, it is recommended that dots be placed on the ice as indicated in the diagram and blocks be placed over the dots during resurfacing.

D7 | SPECIAL GUIDELINES AND REGULATIONS FOR OUTDOOR COMPETITIONS AND EVENTS

D7-100 | Temperature Guidelines

For all outdoor competitions, the temperature guide outlined in Appendix D will be used to determine if the weather conditions that exist at the time of the competition are suitable and appropriate for racing to commence or continue. Event organizers should consult the Environment Canada website to determine the weather forecast.

In national competitions and other events listed in the relevant High Performance Bulletin, the SSC Representative(s), in consultation with the Chief Referee, Medical Personnel and Event Coordinator, will determine if the conditions outlined in the temperature guide exist.

The threshold air temperature for maintaining an event is -20 degrees Celsius. This is the threshold air temperature, regardless of the wind chill factor or "feels like" factor. At this temperature or warmer, the event may proceed.

When conditions are close to the threshold for cancellation, the decision may be made to cancel only certain distances (e.g., longer races or races where maximal breathing is elicited), or the schedule may be modified to minimize the time exposed to outdoor air temperatures. Duration of cold weather exposure of volunteers, officials, staff and all participants must be considered.

Colder than or equal to -21 degrees Celsius, racing is cancelled.

For conditions starting at -10 degrees Celsius and nearing the threshold, it is highly recommended that all participants wear additional protection against cold weather.

Event organizers are advised to proceed with caution and exercise their best judgment in all situations.

D7-200 | Ice Thickness on Lakes, Rivers, and Canals

Ice must be at least 18cm thick over the entire track. Dangerous sections of ice must be clearly marked.

SECTION E: RECORDS

E1 | RECOGNITION OF RECORDS

SSC records will be recognized for all official SSC activities and distances for the men's gender category and the women's gender category in the following age categories:

Short Track, 111.12m Track

- Junior
- Senior

Long Track, Olympic Style

- Junior
- Senior

E1-100 | Application Deadline

An application for a record must be submitted to SSC by the relevant Meet Coordinator and/or Competitors' Steward within thirty (30) days following the specified competition/event in accordance with the required procedures. In the event that a record has been missed at an SSC-sanctioned competition due to clerical error or omission, recognition shall be granted up to December 31 of the following year. Records will be accepted once all required documentation has been provided and validated.

E1-200 | Updating of Record

Following receipt and review of record applications, the records shall be immediately updated, and these shall be known as the official records of SSC. The official records of SSC are displayed on the organization's public website.

E1-300 | Record Recognition

Recognition for Canadian records will be in the form of a digital certificate suitably inscribed with the skater's name, distance, record category and record time. Such certification will be issued by SSC directly to the skater concerned.

E1-301 | Recognition of Masters Records

While SSC does not maintain national records within the Masters age categories, Canadian skaters achieving a World record, as identified on the annual records list published by the International Masters' Speed Skating Committee, will be recognized with a digital certificate issued by SSC.

E2 | CONDITIONS FOR RECOGNITION OF RECORDS SKATED IN CANADA

E2-100 | Competition/Event Requirements

The competition/event must be sanctioned by SSC, with all reporting requirements having been completed prior to an application being submitted.

E2-200 | Application

The record must be applied for on the official SSC Application for Record Form and substantiated by the following documents.

E2-201 | Manual Timing Used

1. The original time slip for the event showing the reading of three watches plus the official time signed by the Chief Timer and Chief Referee.
2. The original judges slip for the event showing the order of placing and signed by the Chief Finish Line Judge.

E2-202 | Electronic Timing Used

1. The official electronic timing slip signed by the Chief Electronic Timer and Chief Referee.
2. A copy of the Photo Finish image showing the placing and signed by the Chief Photo Finish Judge (short track only).

E2-300 | Setting of Records

E2-301 | Multiple Records

If the existing record is broken by more than one skater in the same competition, only the best time from the competition will be recognized.

E2-302 | New Distances

For new distances, the best time over the first season will be recognized as the established record.

E2-303 | Equaling a Record

Any competitor who equals an existing record shall receive recognition for that time through the award of a certificate.

E2-304 | ISU Sanctioned Events

Competitions held in Canada with an ISU sanction may submit the paperwork as outlined in the ISU Regulations.

E3 | CONDITIONS FOR THE RECOGNITION OF RECORDS SKATED OUTSIDE OF CANADA

E3-100 | Eligible Competitions

The competition must be sanctioned by the ISU or by a recognized national organization of an ISU Member country.

E3-200 | Application

Records shall be applied for using the official SSC Application for Record Form.

E3-201 | Supporting Documents

The application must be supported by the complete official protocol of the competition including names of the Chief Referee and Chief Timer.

Appendices

APPENDIX A: SELECTION PROCESS FOR OFFICIALS

For SSC Supported Competitions

All actions completed by Speed Skating Canada staff, unless otherwise identified.

1. **Confirmation of competition calendar**
    i. Draft national schedule of domestic competitions
    ii. Include development meets as appropriate or as funding permits

2. **Availability of officials**
    i. Update list of officials to include recent upgrades to Apprentice National, National, International and ISU levels
    ii. Send survey to officials with competition calendar to confirm availability
    iii. Track responses on master availability sheet linked to competition calendar

3. **Consultation**
    i. Initial input on officiating priorities and development opportunities for the season is collected through both formal and informal reporting, including feedback from event hosts, chief referee reports, competition feedback forms, and event debriefings
    ii. Relevant SSC staff, particularly in High Performance, are consulted for input regarding competition needs

4. **Draft of competition assignments**
    i. Prepare draft assignments based on
        i. Officials' availability and identified priorities
        ii. Officials' level is appropriate for the role being assigned
        iii. The officiating team for each event is composed, whenever possible, of members representing multiple gender identities and diverse geographical regions, as reflected by PTSO-affiliated membership
        iv. The officiating team's collective capacity for clear, effective and collaborative communication
        v. Alignment with SSC's strategic plan as related to officials' development
        vi. Financial viability and estimated travel expenses
    ii. Assign mentorship and development opportunities
    iii. SSC leadership reviews the final draft to ensure it aligns with the identified priorities and development opportunities. They also critically assess the proposed assignments to ensure they meet appropriate standards of rigor and transparency in the selection of individuals
    iv. Officials who did not complete the availability survey will not be assigned to SSC supported competitions

5. **Communication of assignments to officials**
    i. Send confirmation to each assigned official with assignments and requirements to accept
    ii. Send a notification to each non-assigned official to communicate non-selection for national level competitions
    iii. Officials who did not complete the availability survey will not receive notification for non-assignments

6. **Confirmation of assignments**
    i. Officials complete and submit required form(s) to confirm acceptance of assignment(s)
    ii. Officials who decline assignments are identified and replacements are determined

7. **Communication of assignments to hosts**
    i. Contact competition hosts to provide officials list and outline requirements to support officials assigned to the competition
    ii. Share list of officials' assignments with Members

8. **Adjustment of assignments**
    i. When an official declines or is unable to complete an assignment, a replacement is identified who respects the needs and opportunities inherent with the initial assignment
    ii. Communicate any adjustments to the event's SSC representatives, chief referee, the competition hosts and Members, as required

9. **Final reporting**
    i. Complete formal and informal assessment of official assignments following each competition

APPENDIX B: TRACK DIAGRAMS

Speed Skating Canada's Track Diagrams are maintained in electronic format on SSC's website.

Long Track

The following long track diagrams are available for download:

1. 400m Olympic Style Oval
2. 333.33m Olympic Style Oval
3. 387.36m Mass Start Oval
4. 333.33m Mass Start Oval
5. 400m Mass Start Oval

30m x 60m Ice Surfaces

The following short track diagrams for 30m x 60m ice surfaces are available for download:

1. 111.12m Oval with 5 Racing Tracks
2. 111.12m Oval and 100m Oval (3 Racing Tracks for Each)
3. 100m Oval with 5 Racing Tracks

A short track diagram for 30m x 60m ice surfaces with 7 racing tracks is included within the ISU Technical Rules.

Ice Surfaces 26m x 60m and Smaller

The following short track diagrams for ice surfaces 26m x 60m and smaller are available for download:

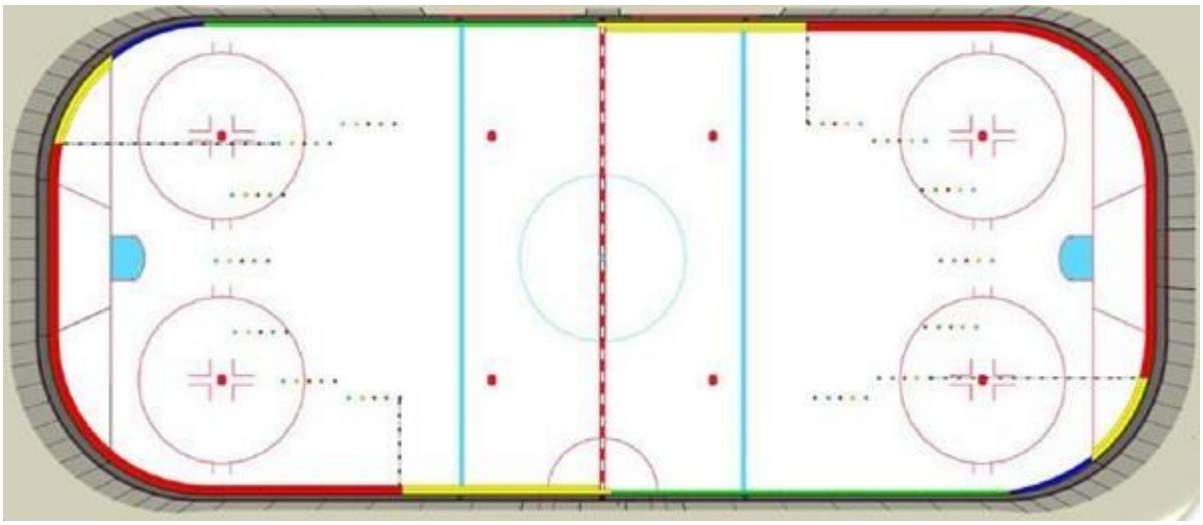
1. 26m x 60m - 100m Track (5 Tracks)
2. 26m x 60m - 111.12m Track & 100m Track
3. 26m x 60m - 111.12m Track & 100m Track with 85m & 60m Training Tracks
4. 26m x 56m - 100m Racing Track with 85m & 60m Training Tracks
5. 26m x 60m - 111.12m Track (5 Tracks)

APPENDIX C: CRASH PROTECTION SPECIFICATIONS AND GUIDELINES

Short Track Requirements

Decisions regarding Crash Protection placement and thickness are based on a Kinetic Energy Factor (KEF) value. The calculation for this value is the weight of the skater in kilograms divided by the square of the fastest forecast lap time (e.g., 70kg / (9.0 sec x 9.0 sec) = 0.86).

Crash Zone Definitions



RED ZONE	The Red Zone shall extend from where a straight line drawn from the second series of track markers hits the end boards, through to the track marker closest to the rink's center line on the corner exit.
YELLOW ZONE	The first Yellow Zone shall extend from the icing line (or 1m from the end of the rink if there is no icing line) to where a straight line drawn from the second series of track markers hits the end boards. The second Yellow Zone shall extend from the track marker closest to the rink's center line on the corner exit to the rink's center line.

BLUE ZONE	The Blue Zone shall extend from the end of the Green Zone to the beginning of the first Yellow Zone.
GREEN ZONE	The Green Zone shall extend from the rink's center line to the beginning of the curvature of the corner boards.

Placement of Crash Protection

Pads should be ruggedly connected to adjacent pads with Velcro at both the fronts and backs of pads and must be attached to the boards. Pads should be positioned and secured so that skaters do not tend to slide under the pads in case of a crash into them, and the weight of the pads must rest on the ice.

Should additional, or thicker, padding be available in excess of the requirements outlined below, it should be placed in priority at:

- the end of the Red Zone nearest to the Yellow Zone, working back towards the Blue Zone,
- in the Yellow Zone, and finally,
- in the Blue Zone.

Thickness of Crash Protection

Pads in the Red Zone cannot be comprised exclusively of soft foam. The final pad length can be changed to Yellow Zone padding on rinks narrower than 28m (92') at the discretion of the Head Coach for training or the Chief Referee for competition.

Level 1

Level 1 Crash Protection is the minimum standard of crash protection for holding a sanctioned short track speed skating competition and for regular short track training where KEF values are below 0.30.

Thickness of Crash Protection

	Maximum Layers of Pads	**Minimum Thickness (Competition)**		**Minimum Thickness (Training)**	
		111.12m Track	**100m Track**	**111.12m Track**	**100m Track**
RED ZONE	1	20 cm (8")	20 cm (8")	20 cm (8")	20 cm (8")
YELLOW ZONE	1	20 cm (8")	20 cm (8")	20 cm (8")	15 cm (6")

BLUE ZONE	1	15 cm (6”)	15 cm (6”)	N/A	N/A

Level 2

Level 2 Crash Protection is the minimum standard of crash protection for holding a sanctioned short track speed skating competition and for regular short track training where KEF values are above 0.30 and below 0.60.

Thickness of Crash Protection

	Maximum Layers of Pads	**Minimum Thickness (Competition)**		**Minimum Thickness (Training)**	
		111.12m Track	**100m Track**	**111.12m Track**	**100m Track**
RED ZONE	2	40.0 cm (16”)	30.5 cm (12”)	40.5 cm (16”)	30.5 cm (12”)
YELLOW ZONE	2 (Comp.) 1 (Train.)	25.5 cm (10”)	20 cm (8”)	20 cm (8”)	20 cm (8”)
BLUE ZONE	1	20 cm (8”)	15 cm (6”)	20 cm (8”)	N/A

Level 3

Skaters requiring Level 3 Crash Protection should compete and train on rinks which are no shorter than 59.4m (195 feet) long and no narrower than 26m (85 feet) wide.

Level 3 Crash Protection is the minimum standard of crash protection for holding a sanctioned short track speed skating competition and for regular short track training where KEF values are above 0.60 and below 0.90.

Thickness of Crash Protection

	Maximum Layers of Pads	**Minimum Thickness (Competition)**		**Minimum Thickness (Training)**	
		111.12m Track	**100m Track**	**111.12m Track**	**100m Track**
RED ZONE	2 (Comp.) 3 (Train.)	51 cm (20”)	51 cm (20”)	51 cm (20”)	40.5 cm (16”)
YELLOW ZONE	2	30.5 cm (12”)	30.5 cm (12”)	30.5 cm (12”)	25.5 cm (10”)
BLUE ZONE	2	30.5 cm (12”)	20 cm (8”)	25.5 cm (10”)	15cm (6”)

Level 4

Level 4 Crash Protection is the highest minimum standard of crash protection available for boarded rinks. Skaters requiring Level 4 Crash Protection should compete on rinks which are no shorter than 59.4m (195 feet) long and no narrower than 28m (92 feet) wide. It is also recommended that skaters requiring Level 4 or Level 5 Protection train on rinks of the same minimum size.

Level 4 Crash Protection is the minimum standard of crash protection for holding a sanctioned short track speed skating competition and for regular short track training where KEF values are above 0.90 and below 1.15.

Level 4 Crash Protection is the highest minimum standard of crash protection available for boarded rinks where the KEF is greater than 0.90 and less than 1.15. Where the KEF exceeds 0.90, events requiring Level 4 Crash Protection shall be conducted on rinks measuring at least 59.4 m (195 ft) in length and 28.0 m (92 ft) in width.

Where the KEF is less than 0.90 and competition is conducted on a 100 m track, an Adapted* Level 4 Crash Protection may be used on rinks measuring at least 59.4 m (195 ft) in length and 25.9 m (85 ft) in width.

Skaters requiring Level 4 or Level 5 Crash Protection should train on rinks that meet the applicable minimum dimensions set out above.

Thickness of Crash Protection

	Maximum Layers of Pads	Minimum Thickness (Competition)		Minimum Thickness (Training)	
		111.12m Track	100m Track*	111.12m Track	100m Track*
RED ZONE**	2 (Comp.)*** 3 (Train.)	71 cm (28”)	71 cm (28”)	61 cm (24”)	61 cm (24”)
YELLOW ZONE	2	40.5 cm (16”)	40.5 cm (16”)	40.5 cm (16”)	40.5 cm (16”)
BLUE ZONE	2	30.5 cm (12”)	30.5 cm (12”)	30.5 cm (12”)	30.5 cm (12”)
GREEN ZONE	1	20cm (8”)	20cm (8”)	N/A	N/A

*Adapted Level 4 - For events using 100m Tracks and conducted on rinks between 25.9m (85 feet) and 28 m (92 feet) wide, the SSC Technical Representative and Chief Referee assigned to the competition will collaborate with the host to establish the effective minimum requirements to meet an Adapted Level 4 Crash Protection.

** Last pad in Red Zone should be tapered.

*** 3 layers of padding in competition may be approved by SSC once verified by the SSC Technical Representative and Chief Referee for the competition

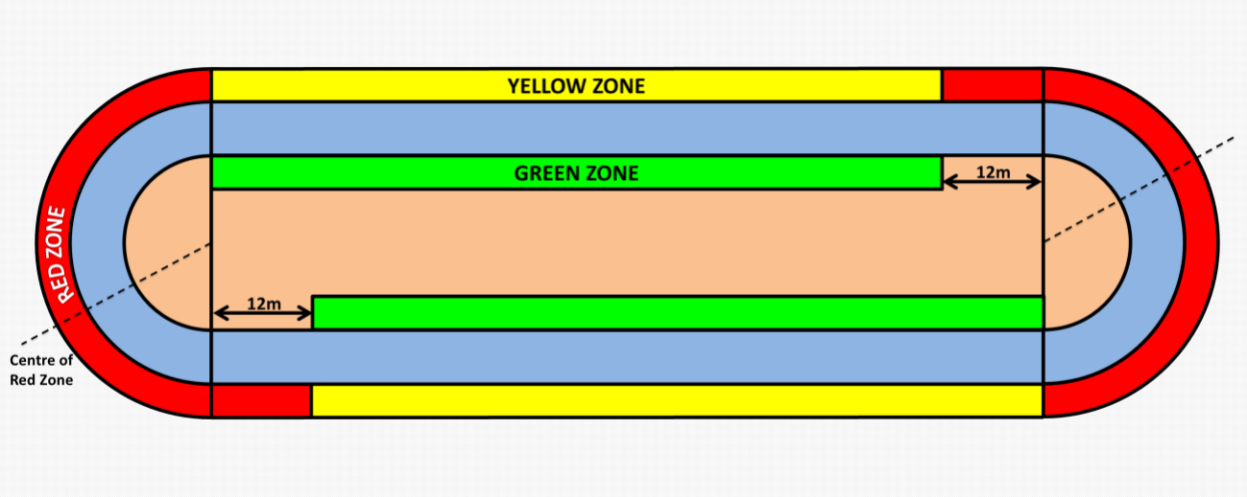
Level 5

Level 5 crash protection is the standard for rinks with boardless systems (the hockey rink boards have been removed) or hybrid boardless systems (the hockey rink boards have been removed from the Red Zone). By removing the boards, the padding system can be displaced, reducing the force of impact and therefore increase the safety for falling skaters.
Requirements for Level 5 crash protection are designed for each venue, meeting or exceeding ISU standards for safety. *See also D2-104.*

Long Track Requirements

Decisions regarding Crash Protection placement and thickness are based on a Kinetic Energy Factor (KEF) value. The calculation for this value is the weight of the skater in kilograms divided by the square of the fastest forecast lap time (e.g., 70kg / (35 sec x 35 sec) = 0.057).

Crash Zone Definitions



Placement of Crash Protection

Pads should be ruggedly connected to adjacent pads with Velcro at both the fronts and backs of pads. Pads should be positioned and secured so that skaters do not tend to slide under the pads in case of a crash into them, and the weight of the pads must rest on the ice, snow, or ground. When pads are placed against obstructions, they must be securely attached to the obstructions.
Should additional, or thicker, padding be available in excess of the requirements outlined below, it should be placed in priority at:

- in the Red Zone, starting from the centre of the Red Zone and radiating out towards the ends of the Red Zone,
- in the Yellow Zone, and finally,
- in the Green Zone.

Level 1

Thickness of Crash Protection	
RED ZONE	So long as there are no obstructions present within 2m of the ice surface in the Red Zone, no crash protection is required. However, if obstructions are present, they must be covered with at least 46cm (18 inches) of padding or encircled with at least 69cm (27 inches) of snow, up to 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Even if no obstructions are present, it is good to have some pads or snow in these areas.
YELLOW ZONE	No crash protection required.
GREEN ZONE	No crash protection required.

Level 2

Thickness of Crash Protection	
RED ZONE	So long as there are no obstructions present within 3m of the ice surface in the Red Zone, no crash protection is required. However, if obstructions are present, they must be covered with at least 56cm (22 inches) of padding or encircled with at least 84cm (33 inches) of snow, up to 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Even if no obstructions are present, it is good to have some pads or snow in these areas.
YELLOW ZONE	So long as there are no obstructions present within 2m of the ice surface in the Yellow Zone, no pads are required. However, if obstructions are present, they must be covered with at least 30cm (12 inches) of padding or encircled with at least 45cm (17.5 inches) of snow, up to 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Even if no obstructions are present, it is good to have some pads or snow in these areas.

GREEN ZONE	No crash protection required.

Level 3

Thickness of Crash Protection	
RED ZONE	Crash protection must be provided throughout the Red Zone using pads and/or snowbanks. Padding must be at least 66cm (26 inches) thick; snowbanks must have a thickness of at least 1m (39 inches). When covering obstructions within the Red Zone, padding must be 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter).
YELLOW ZONE	So long as there are no obstructions present within 3m of the ice surface in the Yellow Zone, no pads are required. However, if obstructions are present, they must be covered with at least 35cm (14 inches) of padding or encircled with at least 52.5cm (21 inches) of snow, up to 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Even if no obstructions are present, it is good to have some pads or snow in these areas.
GREEN ZONE	So long as there are no obstructions present within 2m of the ice surface in the Green Zone, no pads are required. However, if obstructions are present, they must be covered with at least 15cm (6 inches) of padding or encircled with at least 22.5cm (9 inches) of snow, up to 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Even if no obstructions are present, it is good to have some pads or snow in these areas.

Level 4

Thickness of Crash Protection	
RED ZONE	Crash protection must be provided throughout the Red Zone using pads. Track padding must be at least 76cm (30 inches) thick. If obstructions are present, additional padding must be 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Any obstructions within the Red Zone which can be moved must be removed or placed at least 3m behind the crash protection provided.

YELLOW ZONE	So long as there are no obstructions present within 3m of the ice surface in the Yellow Zone, no pads are required. However, if obstructions are present, they must be covered with at least 41cm (16 inches) of padding up to 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Even if no obstructions are present, it is good to have some pads or snow in these areas.
GREEN ZONE	So long as there are no obstructions present within 2.5m of the ice surface in the Green Zone, no pads are required. However, if obstructions are present, they must be covered with at least 15cm (6 inches) of padding up to 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Even if no obstructions are present, it is good to have some pads or snow in these areas.

Level 5

Thickness of Crash Protection	
RED ZONE	Free-standing crash protection must be provided throughout the Red Zone using pads. Padding shall conform with ISU Rule 228 and must be at least 80cm thick at the bottom of the pad and 40cm thick at the top of the pad in the corners. If obstructions are present, additional padding must be at least 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Any obstructions within the Red Zone which can be moved must be removed or placed at least 3m behind the crash protection provided.
YELLOW ZONE	So long as there are no obstructions present within 3m of the ice surface in the Yellow Zone, no pads are required. However, if obstructions are present, they must be covered with at least 41cm (16 inches) of padding up to 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Even if no obstructions are present, it is good to have some pads or snow in these areas.
GREEN ZONE	So long as there are no obstructions present within 3m of the rink in the Green Zone, no pads are required. However, if obstructions are present, they must be covered with at least 20cm (8 inches) of padding up to 1.21m (4 feet) in height or the height of the obstruction (whichever is shorter). Even if no obstructions are present, it is good to have some pads or snow in these areas.

Appendix D: Temperature Guidelines

For Outdoor Competitions

Temperature Range	Guidelines
Above -10°C	Competitions can proceed as planned. Ensure skaters and staff are dressed appropriately for cold weather.
-10°C to -15°C	Competitions can proceed with caution. Ensure warm-up areas are adequately heated and provide additional warming breaks for skaters.
-15°C to -20°C	Competitions can proceed with extra caution. Increase the frequency of warming breaks and provide hot beverages for skaters and staff. Monitor skaters for signs of cold-related stress or injuries. Delaying or cancelling events longer than 1500m is strongly recommended. Delaying or cancelling events for all participants under 16 years old (racing age Neo-Junior B1 or younger) is strongly recommended.
Below -21°C	Competitions must be delayed or cancelled. The risk of frostbite and other cold-related injuries is high. Restarting of delayed racing only when temperatures rise to appropriate levels.

The above temperature range refers to the threshold air temperature regardless of the wind chill factor or "feels like" factor. Event organizers are advised to proceed with caution and exercise their best judgment in all situations.

**** Colder than or equal to -21 degrees Celsius, all racing is cancelled.***

APPENDIX E: SSC INJURY REPORTING FORM

Members must use the SSC digital or paper Injury Reporting Form to report all injuries sustained in a competition environment within 10 days of the incident, as per SSC's Injury Reporting Policy (Section 7 of SSC's Safe Sport Policy Manual).

The information collected in this form will be used for injury follow-up and to analyze incident trends related to speed skating training and competition environments with the purpose of implementing preventive measures pertaining to safety of the sport.