



U S SPEEDSKATING

**REGULATIONS AND RACING RULES
FOR
AGE GROUP MASS START COMPETITIONS**

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FUNDAMENTAL RULES

- A. The International Skating Union, Special Regulations and Technical Rules, Speed Skating and Short Track Speedskating, current edition, are the fundamental rules to be used at all mass start competitions sanctioned by US Speedskating.
 - 1. The ISU Rules are to be used except as modified herein or as modified on the official announcement of the competition and/or on the entry form.
- B. Certain competitions may be conducted under the ISU rules un-modified when US Speedskating grants the sanction on that basis and it is published on the entry form for the competition.

APPLICABILITY OF RACING RULES

- A. The ISU racing rules and these modifications shall be utilized at all National Age Group Short Track and Long Track Championships, and all National and North American Marathon Championships sanctioned by US Speedskating.
- B. Notwithstanding anything that may be printed in any written materials before or during a National competition and any statements made orally at any time by any persons, including but not limited to US Speedskating Employees, Board Members, or others, The US Speedskating Regulations and Racing Rules for Age Group Mass Start Competitions shall control in all instances. If the US Speedskating Regulations and Racing Rules require amending in accordance with amended ISU racing rules or USS By-Laws, then those properly amended regulations shall supersede the original and subsequent amended Regulations.
- C. The ISU racing rules and these modifications herein are intended to be utilized in conducting all local and regional competitions sanctioned by US Speedskating. The member may alter or waive certain rules provided the change is published in advance of the start of competition and/or is included on the competition entry form.

AGE CLASSIFICATIONS

- A. The following definitions shall prevail to establish the age classification of skaters for the National Age Group Championships. Please refer to each Championship section for specific division and distance information.
 - 1. The age of the skater shall be that age the competitor is before July 1st preceding the competition.
 - Master 70+ - 70 years of age or older.
 - Master 60-69 - 60 years of age or older.
 - Master 50-59 - 50 years of age or older.
 - Master 40-49 - 40 years of age or older.
 - Master 30-39 - 30 years of age or older.
 - Senior – 19 years of age or older.
 - Junior A –17-18 years of age.
 - Junior B - 15-16 years of age.
 - Junior C – 13-14 years of age.
 - Midget – 11-12 years of age.
 - Pony – 10 years of age and at least age 7 to be eligible to compete in the Pony Division at the National Age Group Championships.
- B. At a National Age Group Championship meet, a skater may compete in an advanced age group up to and including the Senior division (Junior A division, for the National Age Group Short Track Championships). In the event the skater scores points, the skater shall be disqualified from compete in a lower age group at the next

National Age Group Championship meet. This disqualification shall not apply to Master skaters scoring points in one of the Master divisions. Skaters scoring points in a Master division may skate in a lower age group down to and including the Senior division (Junior A class for the National Age Group Short Track Championships). The division changes permitted by this paragraph are the only ones that shall be allowed. This does not apply to open, local or exhibition meets. In non-national championship meets, a skater may compete in advanced age group providing the skater has obtained the permission of the referee or competitor steward of the meet. The competitor steward or referee may combine classes if competitive conditions warrant without jeopardy to a skater's division status.

- C. A skater may compete in an advanced age group in National Age Group Short Track competition without jeopardizing his current or future lower age status in National Age Group Long Track competition and vice versa. If a skater is placed in an advanced age group as a result of combining classes but did not sign up for that division and scores points, they will not be required to skate in that advanced age group for future National Age Group Short Track or Age Group Long Track Championships.
- D. A skater may compete in only one division at a championship competition and in only one competition when competitions are combined.
- E. If there is only one skater registered in a division, they will be combined with the next age appropriate division.
- F. There must be more than one skater registered in a division to have a time recorded as a National Record.

TRACKS, PADDING AND TECHNICAL EQUIPMENT

A. Definitions

- 1. Survey Lines - Those lines (or points) that define the track by positioning lines, marks or blocks on the ice.
- 2. Skater's Path - 0.5 meter outside the survey line. This is to be used when calculating distances skated.

B. A track surveyor shall certify all track measurements are consistent with the following.

- 1. Tracks to be utilized are those approved by US Speedskating. Other tracks are published for local Association use but may be used in case of emergency upon the prior approval of the Chief Referee for the National Age Group Short Track and Long Track Championship meet.
- 2. For the National Age Group Short Track and Long Track Championship, the survey certificate shall be verified by the Chief Referee.
- 3. For long track meets, the survey line may be marked by a snowline or by blocks set on the ice. If blocks are used, they shall be set so that their outside edge is on the survey line and shall be spaced 1.0 meter apart for the first 10 meters of the turn, 2.0 meters apart on the remainder of the turn, and 5.0 meters apart on the straight-aways.
- 4. Start lines and finish lines shall be a minimum of 0.6 cm (approximately 1/4 inch) to a maximum of 2 cm (approximately 1 inch) in width. The line shall have its upstream side (approaching side) as the measured-to side. Starting lines and long track finish lines are drawn from the barrier and will have a length equivalent to the actual width of the straight. The short track finish line is drawn from the barrier and will have a length of the actual width of the straight plus 1.5 meters. The short track starting lines shall be divided into 5 equal spaces; the midpoint of each space shall be marked with a dot to mark the midpoint of the lane. Starting lanes shall be a minimum of 0.9 meter to a maximum of 1.3 meter to suit the ice dimensions.
- 5. "Fall-down" marks shall be used only on long tracks and shall be placed 10 meters (32 feet 9 3/4 inches) downstream of the starting line.

6. All marks in the ice shall be laid into the ice under the skating surface.
7. For short track meets, the spots marking the block location shall be a minimum of 0.02 meter (approximately 3/4 inch) in diameter with the outside edge marking the survey line.
8. For short track meets, the blocks shall be placed as indicated on the drawings with the outside edge on the marks on the ice. The blocks shall be ISU approved or unweighted rubber toilet plungers with a hole drilled in them to prevent sticking.
9. For the National Short Track Championships the track shall be an oval of 111.12 meters on an ice rink with minimum measurements of 60 x 30 meters (approximately 196.85 x 98.43 feet). Besides the standard track there shall be four other tracks laid out which are moved one and two meters in either direction of the standard track to preserve good ice conditions. For all tracks one finish line shall be used.
10. If the rink is shorter than 60 meters only the three middle tracks shall be laid.
11. The tolerance for any individual measurement in track layout shall be ± 3 mm or $\pm 1/8$ inch.

C. Short Track Padding

1. The padding shall be at least as high as the standard hockey board.
2. The pads must be covered with a suitable material so as not to allow any padding particle or materials to come in contact with the ice.
3. The pads must have adequate tabs so they can be firmly tied down so as not to fall onto the skating track when hit by a fallen skater.
4. Enough padding must be provided to cover the walls around the entire end of the rink to a point 15 feet behind the center red line on a standard hockey rink. It shall not be padded any closer than 15 feet unless the rink is 93 feet or wider. The walls shall have a double layer of padding from the end red line to a point no more than 30 feet behind the center red line.

D. Technical Equipment

1. May include photo finish/electronic timing, time transponders and possibly video replay.

OFFICIALS AND THEIR DUTIES

A. The officials at a National Championship shall be:

1. For Long Track: one Chief Referee and a minimum of six Assistant Referees selected by the Chief Referee.
 - a) Long Track Referees are required to be on skates. Assistant Referees are required to be on skates except at the discretion of the Chief Referee.
2. For Short track: one Chief Referee and a minimum of four Assistant Referees selected by the Chief Referee.
 - a) If video replay is utilized, then one Chief Referee, 2 Assistant Referees and 1 Video Referee.
 - b) Relief officials may be assigned at the discretion of the Chief Referee.
3. One Starter and Assistant Starters selected by the Starter.
4. One Competitor Steward and Assistant Stewards selected by the Competitor Steward. One Assistant may be on skates.
5. One Chief Judge and Assistant Judges selected by the Chief Judge.
6. Photo Finish Judge and Assistant Photo Finish Judges.
7. One Chief Timer and Assistant timers selected by the Chief Timer.

8. Track Stewards. A minimum of two (2) Track Stewards shall work at each end of the track.
9. Heat Box Steward
10. One Lap Counter.
11. One Lap Recorder.
12. One Announcer.
13. Medical personnel.
14. At all National Short Track meets, only 7 officials may be on the ice. These officials are: Referee, 2 Assistant Referees, and 4 Track Stewards. All Referees, Assistant Referees, Track Stewards, and Skater Stewards working on the ice shall be on skates and it is recommended that safety helmets be worn.

B. Duties of the officials at a National Age Group Championship shall be:

1. The Referee is the official representative of U.S. Speedskating at the meet and as such shall exercise authority at a meet when check-in of skaters begins and shall:
 - a) Assemble prior to the meet all officials including at least the Starter, Judge, Timer, Competitors Steward, and Meet Director to review and summarize the rules to be followed in the meet. Coordination of effort and uniformity of application of the rules shall be stressed.
 - b) Have authority to make decisions concerning all questions which arise during the meet. The Referee shall decide on all protests made, other matters in dispute, except those concerning the start, the make-up of the races and the order of the finish. All decisions of the Referee shall be final.
 - c) At Short Track meets have the ability to skate with the contestants, a comparable track inside the corner markers while the race is in progress.
 - d) Announce disqualifications and advancements at the end of each race, both to the competitor's coach, Competitors Steward and over the public address system for the benefit of the spectators.
 - e) Complete an event review report and submit it to the US Speedskating national office within 30 days of the end of the competition.
 - f) The referee is empowered to add a skater who was in a qualifying position to the next round if the referee feels that the skater was prevented from qualifying due to an offense resulting in a sanction or any other reason not resulting from any direct or indirect action of the skater concerned.
 - g) The referee makes any advancement solely at his discretion.
2. The Competitors Steward shall name and direct all assistants in their respective duties. The Competitor Steward shall be responsible for the following:
 - a) Review list of competitors prior to seeding the first round to verify age, division and seed time.
 - b) Fairly arrange the competitors in heats following clerking procedures for the competition.
 - c) Advise the skaters of the distance of the race and, if a preliminary, the number to qualify.
 - d) Lane assignments shall be made according to ISU rule 296 for National level meets. For local development level meets, lane position may be drawn by the competitors in the heat box or be assigned randomly.
 - e) Be required to use a computer system for all National level meets. A computer system shall be furnished complete with printers and all required accessories for use by the Competitor Steward by the meet host.
 - f) Cause to be posted, in the heat box area, and in a timely manner, the names of the skaters qualifying from a heat, etc. for the next semi or final race.
 - g) Combine age and gender classes for skating purposes, if appropriate, with the approval of the Referee.

Scoring toward championships shall be kept separate by class and records will be allowed if they meet the normal criteria.

- h) Record the finish positions of the competitors as determined by the Judges.
- i) Record the official time of each race as determined by the Timer and verify the time for record. The Steward shall mark cards "Record" for all records set during the meet.
- j) Keep a cumulative record of points scored by competitors.
- k) Have the responsibility to forward the list of new records, copy of meet protocol, surveyors certificate and cover sheet signed by the Chief Officials at the meet to the National Office within 30 days of the meet. The list of new records shall contain the date, competitors name, association, class, distance, old record time and new record time.
- l) The Competitors Steward shall arrange the heats of the Relay Teams according to best times available so that entered teams have as equal an ability to win in each heat as possible.

3. Timekeepers:

- a) The Timer and Assistant Timers shall time each event.
- b) If manual timing is used, then:
 - If two of the watches agree and the third disagrees, the time indicated by the two is the official manual time.
 - If all watches disagree, the time indicated by the watch showing the intermediate time is the official manual time.
- c) If electronic timing is used, then:
 - If the time is recorded electronically (any read-out), the electronic time is the official time.
 - If electronic time is not available, the official time will be the official manual time with 0.20 Seconds added to it.
- d) Time starts with the firing of the pistol. "Crimp" type twenty-two (0.22) caliber shells shall be used for short track. Meets held in the United States shall be timed in hundredths.
- e) Immediately after the finish of the event, each Assistant Timer must show the time to the Timer who will record the individual time.
- f) For all applications for records, the exact time of each Assistant Timer who timed that skater shall be included on each application for new record.

4. Judges

- a) The Judge shall assign positions to the Assistant Judges. At Long Track meets the teams of judges shall be positioned on tiered platforms to permit all judges a proper view of the finish line.
- b) Each Assistant Judge shall make a written note of the number only of the skater finishing in the position to which each is assigned, without referring to any selections made by any of the other Judges.
- c) These individual decisions shall then be turned over to the Judge, who shall compute the standings, record the decision on the official judge's card for that event, and note thereon the official time received from the Timer.
- d) In case of disagreement among the Assistant Judges, the Judge shall hear each Assistant Judge involved and make the final decision as to the order of the finish, which shall be without appeal.
- e) In determining the order of finish where there is disagreement in the results recorded by the individual Judges, the Judge shall award the skater the finish position in which the most Assistant Judges recorded such skaters (i.e., if two first place Judges select No. 14 for that position and three second place Judges select No. 14 for that position, the skater No. 14 shall be awarded second position).

- f) Determining the order of finish where there is a disagreement is called predominance of judging and without the required three Judges for each position this rule cannot apply.
- g) Following are some examples of predominance of judging.

A	Judge 1	Judge 2	Judge 3	
1 st	11	11	21	=11
2 nd	11	32	21	=32
3 rd	21	21	44	=21
4 th	44	44	21	=44

B*	Judge 1	Judge 2	Judge 3	
1 st	11	11	21	=11-21
2 nd	21	11	11	(tie)
3 rd	21	32	32	=32
4 th	44	44	44	=44

C	Judge 1	Judge 2	Judge 3	
1 st	44	44	11	=44
2 nd	21	21	11	=21
3 rd	32	32	44	=32
4 th	11	11	32	=11

D**	Judge 1	Judge 2	Judge 3	
1 st	11	11	32	=11
2 nd	11	11	44	=21
3 rd	32	32	11	=32
4 th	44	44	44	=44

E*	Judge 1	Judge 2	Judge 3	
1 st	11	21	44	=11-21
2 nd	11	21	44	(tie)
3 rd	44	32	32	=32
4 th	44	44	44	=44

F*	Judge 1	Judge 2	Judge 3	
1 st	21	21	11	=11-21
2 nd	21	21	11	(tie)
3 rd	44	44	44	=44
4 th	44	44	32	=32

Explanation:

*B, E, F 11 and 21 tie, no predominance at either position. They split total of first and second place points.

**D In the scramble, 21 was missed completely. He is given 2nd because of predominance of 32 at 3rd and 44 at 4th, a judgment call based on the circumstances.

- h) For relay races, a team of 3 judges shall be assigned to each relay team. Each judging team shall keep a written tally of the laps completed by its assigned relay team, shall notify the team of the laps remaining if they are not on the same lap as the lead team, and shall judge their position at the finish.
- i) It is recommended that the judges shall be positioned so as to have an equal number upstream and downstream from the finish line.
5. Photo Finish Judge
- A state of the art photo finish/timing system may be used at the discretion of US Speedskating.
 - The Photo Finish Judge shall be positioned in the area of the image-type timing/dedicated finish video equipment. He shall report to the Judge the finish order of skaters who finish within 0.05 seconds of each other. He shall also report any other finish results the Judge may request.
 - The Photo Finish Judge shall read the photo finish. He shall report the order of finish and times of each competitor to the Competitor Steward or electronic equipment recording the results of each race. These results shall be considered official.
6. Heat Box Steward
- The Heat Box Steward shall call out the names of those about to compete.
 - The Heat Box Steward shall be responsible for seeing that the skaters are wearing their racing numbers and correct equipment.
7. The Starter shall name and assign duties to such Assistants as he may require.

8. The Announcer will keep the spectators fully informed throughout the competition. In addition he will announce the disqualifications and advancements of skaters.
 9. Track Stewards will have the responsibility to replace the corner markers and to place, remove a marker showing which is the correct start line for backstretch starts, and other duties as assigned by the Referee.
 10. Referees, Starters, and Competitors Stewards, are prohibited from officiating at any event, providing replacements are available, in which a relative is competing. In addition, Referees and Starters shall be required to remove themselves from the ice during that event. All officials shall be prohibited from disputing any call by another official against a relative.
- C. The officials at the National Speedskating Marathon shall be:
1. One Referee and one or more Assistant Referees selected by the Referee.
 2. One Competitors Steward and Assistant Stewards selected by the Steward.
 3. One Judge and at least five additional Judges.
 4. One Timer and three Assistant Timers.
 5. One Lap Counter; each skater is responsible to provide their own personal lap counter.
 6. One Announcer.
 7. First Aid and Medical personnel.
 8. The Organizer.
- D. Duties of the officials at the National Speedskating Marathon:
1. Referee:
 - a) Inspect the course, and instruct the organizers as to changes required to comply with safety regulations, long enough prior to the event so that changes can be effected.
 - b) Provide last minute instructions to the skaters just prior to the start.
 - c) With the help of Assistant Referees, control and monitor the development of the events and make changes when required.
 - d) Assist the Steward to draw up chronological lists of finishers.
 - e) Hear and decide all disputes and protests; penalize infringements of these rules; uphold and enforce the Racing Rules.
 2. Scorers: Each skater must supply his own responsible scorer who will record the elapsed time from the official clock on an official check sheet each lap when his skater crosses the finish line. The Scorer and Assistant Scorers will be responsible for constantly monitoring the skaters' scorers and the relative positions of the skaters in each class. After the race is over, the Steward will be responsible for validating the official check sheets to determine finishing positions in each class.
 3. Judges: The Judge and his Assistants shall pick close finishers for all classes. In order to accomplish this task, the Judges must make certain that they work closely with the skaters' scorers in order to observe when skaters in the same class are close to each other as they enter their final lap.
 4. Timers: The Timer shall ensure that at least two (2) watches are active. In case the official clock fails, a Timer must call out the time every lap when skaters cross the finish line.
 5. Lap Counters: The Lap Counter shall count the laps of the lead skater(s) only and display this on a board easily visible from a minimum of 30 meters. A bell shall be rung for the lead skater(s) starting their last lap. Skaters who are one or more laps behind the leader(s) must rely on their scorers to inform them when they

have one lap to go.

6. Announcer: The Announcer shall, as much as possible, provide a running commentary of the event, its development, the individual skaters participating, the organizer and the sponsor.
7. First Aid and Medical Personnel: For all events, medical or paramedical personnel shall be present with the necessary equipment to provide assistance in case of an injury.
8. The Organizer: All sanction applications must include the name of the person responsible for the technical aspects of the race. This individual shall be called the Organizer, who must be a member of the USS and shall be responsible for the overall success of the event, keeping in mind the interest of the skaters, the USS, the volunteers and the sponsor
 - In the 50K race, a Feed Zone shall be provided by the organizer.

MEDICAL AND SAFETY PROCEDURES

- A. Medical procedures at National Championships shall be as follows:
 1. The medical team will consist of two (2) first aid personnel with either of the following minimum qualifications:
 - State Certified Paramedic
 - State Certified EMT (Emergency Medical Technician)
 2. A full fracture board and a bag with a stiff collar, sand bags, two inch tape and bandage scissors are to be provided at the rink so any injured skater with severe injury, a fracture or suspected fracture may be immobilized and removed from the ice using the fracture board and carried to a first aid room where the medical team can give a more extensive examination.
 3. City or private ambulance service must be on site and available to respond to emergencies at the ice rink.
 4. One member of the medical team shall observe the races at all times.
 5. A minimum of one (1) of the above qualified medical personnel shall be in attendance and available to treat injuries at all practice sessions before and during the National and North American competitions.
- B. Safety procedures
 1. It is recommended that all timers, boxes, bells, and other paraphernalia be banned from the rink during warm- up periods when skaters are on the ice.
- C. Warm up guidelines and supervision for short track competitions
 1. On –ice warm ups must be supervised by a meet official for compliance with the guidelines. The official has the authority to stop the warm up from starting or while it is underway if an unsafe situation is seen or develops. The official shall be in position to observe the entire ice surface and act as the gatekeeper to ensure that only the skaters designated for that warm-up session are on the ice at the same time.
 2. The official shall make sure before on ice warm-up starts that:
 - a) Mats and all safety equipment are in place.
 - b) All rink doors are closed.
 - c) All workers shall be off the ice and set up shall be complete
 3. The official shall make sure during the on-ice warm-up those skaters on the ice:
 - a) Are of the designated warm-up groups, combined by similar size, age and ability.
 - b) Are wearing equipment that includes neck guards, helmets and gloves.

- c) Skate the same direction at all times with no stopping while on the track.
- d) Glide/rest inside of the track (center most area of the ice).
- e) Do not stand along the walls or in the corners talking to coaches, other skaters, or doing starts.
- f) Only do starts on the inside of the track at the red centerline

EQUIPMENT OF SKATERS

A. Short track skaters must be equipped with:

- 1. The safety-type headgear shall have a complete hard shell with chin strap, have a regular shape and may not have protrusions. ASTM approved helmets are recommended but not mandatory.
- 2. Gloves
- 3. Shin protection.
- 4. Long sleeved and long legged clothing.
- 5. Padded or padded hard shell knee protection.
- 6. All speed skates must have the tubes closed and the blade ends rounded off, with a radius of 10 mm.
- 7. For short track competition, blades must be fixed to the boot at a minimum of two points with no moveable parts.
- 8. Adequate cut resistant neck protection to ensure complete neck coverage.

B. All long track skaters must be equipped with:

- 1. Gloves or mitts
- 2. Long sleeved and long legged clothing
- 3. Skates that conform to the most current ISU regulations, currently as follows:
 - a) A skate that is a passive mechanical extension of the leg, meant to facilitate the gliding technique. The skate consists of a blade and a shoe of any material with dimensions which do not change significantly during a competition, and a construction which connects the shoe to the blade. This construction may allow any translation and rotation of the shoe relative to the blade, in order to enable an optimal utilization of the physical capacity of the skater, as far as it does not jeopardize the safety of the skaters. The skate does not contain any element that would violate the requirement that all energy expended during the speed skating exercise originates from metabolic work liberated by the skater during the race. There is no connection between the skater and the skate, and no transmission of energy, matter or information to the skate, other than via the anatomical structures of the lower leg and foot. In particular, it is not permitted to heat the blades of the skates from any external source or by means of any artificial mechanisms.
 - b) If deemed necessary in order to avoid confusion as to what kind of equipment is permitted for speed skating competitions, the ISU may issue further specifications concerning the definition of allowable skates.
 - c) The use of skates that do not conform to the above definition and requirements is a cause for disqualification.

TECHNICAL RULES

A. Type of Races

- 1. Short Track speedskating competitions consist of races with mass start:
 - a) Individual races

- b) Relay races
- 2. Long Track speedskating competitions consist of races with mass start and may include metric time trials.
 - a) Individual races
 - b) Team pursuit
- 3. Marathon speedskating competitions consist of individual races with mass start.
- 4. For National Age Group Long Track and Short Track Championships the progression on each distance from the first round to the final will be by elimination.

B. Program

- 1. Races are held over the distances specified for each age classification and Championship.
- 2. The number of skaters in the final and each preliminary round, and progression to finals for each distance skated are given in the clerking tables applicable to each Championship.
- 3. Relay teams shall advance to the next round on the best times skated by teams overall.
- 4. The last (longest) distance may be skated as a super final. The skaters will go directly to the finals based on the final points accumulated during the preceding rounds. Any skaters tied for the last position in a final will skate in that final. For example, if there are 8 in the final, then the top 8 plus ties would skate the A final.
- 5. ISU Rules regarding rest times between races shall not apply to Age Group Mass Start Competition.

C. Entries

- 1. All National Age Group Championship entries except for the National Marathon and North American Marathon are required to be done online through the US Speedskating website.
- 2. All entries shall be completed with the name of the competitor, age/date of birth, address, name of club or program, name of Association (if applicable), USS membership number, name of coach and the requested seed time information.
- 3. The USS National office shall process all entries and fees for the National Championships. For meets held in Canada, the fees shall be paid to Speedskating Canada. No surcharge may be added to the entry fee for any reason.
- 4. Entry fee for the National Championships shall be listed on the entry form. Entries must be received 10 days prior to the event. Late entries will be accepted up to 5 days prior to the first day of competition. If the late entry deadline falls on a weekend or legal holiday, the late entry deadline will be the first day after the weekend or legal holiday. Late entries are subject to \$100 late fee in addition to the event entry fee.
- 5. Entry fee for the National Marathon and North American Marathon meets shall be listed on the entry form. Entries must be received at least 48 hours prior to the start of the first race to avoid a late fee. Late entries shall include a late fee and the following information should be provided: 1) a signed USS membership application. 2) Proof of age and citizenship (birth certificate or passport) 3) Payment of applicable membership dues.
 - a) Any skater who is not a member of USS, or of an ISU affiliate organization, may purchase a single event race license to compete in a designated USS-sanctioned marathon event. US Speedskating shall designate those events at which the single event license will be available. At events not so designated, the single event license will not be available.
 - b) The license entitles the purchaser to USS member benefits during the specified event. The license fee, plus proof of birth date and citizenship, must be submitted with the event application and entry fee.

D. Apparel Parameters

1. Skaters may only wear a uniform or skin suit that they have earned. Uniforms must comply with the Athlete Agreement. A skater wearing an inappropriate uniform shall, after due notification, be disqualified from the remainder of the competition.

E. Numbers

1. Competitors shall obtain and wear the specified number assigned for the meet. Short Track helmet numbers shall be issued in pairs.
2. Bibs of Lycra material with numbers will be worn as issued by the Organizer for the National Long Track Championships. Helmet covers with numbers shall be worn as issued by the Organizer for National Short Track Championships. Each skater at the National Championships will leave a refundable deposit for bibs or helmet covers at registration.
3. Helmet numbers shall have a minimum height of 2½ inches and a maximum height of 4 inches.
4. The following are recommendations for meets other than the Nationals Championships:
 - a) For long track meets the number shall be worn on the lower back at or above the waistline and below the shoulder area. These numbers shall be of a Tyvek or other tear resistant material.
 - b) For short track meets the number may be issued as a helmet cover, stick-on helmet numbers, or as a back number.
 - c) Number worn on the back shall have a minimum height of 5 inches and a maximum height of 7 inches. The numbers shall be black on a white background and must have at least ½ inch white background around the number.
 - d) Stick-on helmet numbers shall have a minimum height of 3 inches and a maximum height of 4½ inches. The numbers shall be black on a white background and must have at least ½ inch white background around the number. These numbers shall be issued in pairs.
 - e) Any helmet number previously on the competitor's helmet shall be totally covered prior to the issuance of a new stick-on helmet number or a back number.

RACING RULES

A. Conduct of races for short track mass start competitions.

1. Races are run counter-clockwise, that is to say the inner side of the track is on the left hand side of the skater.
2. Overtaking is allowed at all times, but until the Skaters are besides each other the responsibility for any obstruction or collision shall be upon the Skater overtaking, provided the Skater being overtaken does not act improperly.
3. When a skater has been lapped once the skater may continue his race, preferably on the outside of the track, provided this does not interfere with nor impede other competitors.
4. If a skater is lapped twice, the referee may remove that skater to the center of the ice unless there are one or more other skaters very close to his current race position. Skaters who have left the race on the basis of this rule shall be recorded as not finished. If the Referee, at his discretion, feels that the skater was prevented from finishing due to reasons beyond the skater's control, then the Referee may declare the skater having reached the finish but no time shall be recorded.
5. A competitor or team has completed the distance when the skater has reached the finish line with the leading tip of the skate blade.

6. If in the opinion of the Referee and his Assistants, the skaters are “not racing” they shall stop the race and declare “no contest” and may disqualify competitors. All false starts or disqualifications will remain in force on the re-skate.
- B. Conduct of races for long track mass start competitions
1. Skaters shall not travel inside the blocks. A skater who does so must return to the competition track where the skater left it.
 2. Skaters shall keep within one lap of the leader in the race; and if lapped, may be declared distanced and be called out of the race by the Referee. For awarding points/medallions, removed skaters shall retain their position as when removed.
 3. Be deemed lapped when the leader has gained a lap on them but has not actually passed them, and if it appears that they are in any way impeding or attempting to set pace for the leader or leaders, they shall be called out of the race by the Referee.
- C. Infringements of Racing Rules
1. The general racing rule is that the competitors by their way of skating shall contribute to honest sporting and safe progress of the race in order to determine the result of the race on its merits.
 2. Breaches of the racing rules are considered as follows:
 - a) OFF-TRACK: Shortening the distance to be skated with one or both skates on the left side of the curve, marked by track marking blocks;
 - b) IMPEDING: Deliberately impeding, blocking, charging, or pushing another Competitor with any part of the body. Interfere with another Skater by crossing his/her course thereby deliberately causing contact;
 - c) ASSISTANCE: Each Skater shall compete as an individual. Any assistance from other Skaters will be cause for sanctions of all Skaters involved. This will not apply to the push the Skater receives from their Team-mate in a Relay race, nor to a push or other assistance in a Team Pursuit race.
 - d) KICKING OUT: Deliberately kicking out of any skate during any part of a race thereby causing danger including at the finish line or throwing the body across the finish line is forbidden.
 3. The Referee may disqualify any competitor from the entire meet or any part of the meet if the competitor:
 - a) Loafs, competes to lose, coaches during the race, or uses unfair team work by blocking or impeding other competitors.
 - b) Fails or refuses to compete in his first event on the meet program, or any subsequent event, after voluntarily entering, unless the competitor shows good cause for not competing.
 - c) The Referee may also disqualify an entire team for any unfair team work by any of the members thereof, such as boxing, pushing, blocking, etc.
 - d) The Referee may call out of a heat or race any competitors who are disqualified.
 - e) The Referee may in his discretion disqualify a competitor for the violation of any rule or regulation not specifically designated as grounds for disqualification.
 - f) When a skater has fallen, and refuses or is unable to get up and continue the race, thereby endangering him or herself or other skaters by remaining on the track, the referee may stop the race and order an immediate restart. The skater for whom the race was stopped shall be excluded from the restart.
 - g) If during the race any irregularity affecting the result does take place, the Referee may stop the race and order an immediate re-start of the race. If the distance has been completed the Referee may order a re-run of the race. Should any of the skaters have been disqualified in the initial part of the race they will not take part in the re-start or re-run.

h) At any time commits any acts unbecoming a gentleman or lady (such as use of profane language, engaging in fighting, causing undue disturbance), or commits any willful or deliberate act which results in damage, loss or injury to person or property, without regard to the location of the competitor's act from time for first check-in, during and until completion of presentation of awards.

4. For Long Track Mass Start Competition, the Referee may disqualify a competitor for failure to observe the following passing rules:

- a) Upon gaining the inside or pole position, the skater has the right of way and may be passed on the right side; but should the skater stray from the pole position, any competitor has the privilege of passing such skater on the left providing there is ample room. When passing, the responsibility for collision or obstruction is upon the passing skater, provided that the skater being passed does not act improperly.
- b) Keep in their respective positions from the start to finish in all races on straightaway track. In all races with one or more turns, competitors shall not cross to the inner edge of the track except when they can do so without interfering with other competitors.
- c) Upon entering the homestretch, competitors must stay in a straight line without deviation to the right or left until reaching the finish line. If the skater is far enough ahead so that his changing lanes will not interfere with the following skater, he may cross to another lane.

D. Sanctions for infringement of the Racing Rules

1. The term "disqualification" as used in ISU Rule 123 paragraph 4 c. shall be understood to describe the various sanctions mentioned in this Rule including without limitation the following type of sanctions:

- a) **PENALTY:** In the case of an infringement of the Racing Rules a penalty will be given. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred, and will be excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit the points/result accrued in that race alone. Points/results accrued prior to that race will not be affected.
- b) **YELLOW CARD:** If an infringement of the Racing Rules is deemed by the Referee to be an unsafe, harmful or hazardous offense, a yellow card will be shown to the infringing Skater. The Skater/Relay Team will be disqualified in the relevant race in which the infringement occurred and excluded from participating in the next round of the distance concerned. The Skater/Relay Team will forfeit prior points/results accrued in all races over the distance concerned. Any Skater who is shown the 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.
- c) **RED CARD:** 1) In the case of an infringement which is deemed by the Referee to be intentionally dangerous or grossly negligent, the Skater will be shown a red card. 2) In the case a Skater is shown two yellow cards in the same competition, the Skater will be shown a red card. 3) For any action, either on or off ice, not in compliance with Rule 125, a red card may also be shown to the Skater. The Skater who is shown a red card will be excluded immediately from the competition and will not be ranked in the final classification. In the case a Skater is shown a red card in a Relay race, his Relay Team will be excluded immediately from the Relay competition and will not be ranked in the final Relay classification. Individual sanctions for the Skater(s) concerned will also apply.

E. Relay Racing

1. A competitor will be in the race and be responsible for the team until that skater is relayed a team member. Relaying will be by touch, that is to say a competitor will not be in the race until that skater has been touched by, or has touched the competitor he/she is relieving.
2. A competitor may be relayed at any time except during the last two (2) laps. These laps must be skated by one skater. A warning shot will be fired to indicate the start of the last three (3) laps.

3. In the case of a fall during the last two (2) laps, the skater may be relayed.
4. Infractions of racing rules shall apply to relay races that is to say for all members of the team, both participating and relayed team members.
5. Breaches of the relay racing rules include the following:
 - a) RELAYING NON TOUCH: The relay has taken place without a touch or that the touch has not been obvious, clearly shown, and seen by the Referee or Assistant Referees.
 - b) RELAYING DURING THE LAST TWO (2) LAPS: The last relay has not been clearly started before the commencement of the final two laps.

F. Team Pursuit

1. Pursuit races may have either 3 or 4 skaters racing on each team. In both cases the finishing time of the team will be determined as the finishing time of the third skater in the team. If less than three Skaters of the team finish the race, the team is considered not to have completed the race and shall be disqualified.
2. In Team Pursuit races the two teams shall start simultaneously at each side of the track, at the middle of straights. If the heats have been composed according to a ranking of the teams, the best ranked team shall start on the ordinary finishing straight. Otherwise the starting positions will be determined by a draw.
3. The track must be laid out with only one competition lane, e.g. by making use of the demarcation between the inner lane and the warm-up lane on a standard track.
4. If some skater(s) of a team is overtaken by skaters from the other team, this competitor shall be disqualified. ISU Rule 258, paragraph 2, applies.
5. If the competition format for the Team Pursuit competition is based on elimination races to promote teams to the next phase of races, a team overtaking the other team before the full distance has been skated in an elimination race, will already at that moment be declared the winner of the race (heat). The definition of overtaking is in this case that the third positioned skater of the team has overtaken the third positioned skater of the other team.

G. Suspension and Permanent Exclusion

1. Whenever a competitor has been issued a red card, the Referee, within ten days from the termination of the meet, shall file a written report with the Executive Director of USS. The report shall contain the full facts and circumstances concerning the penalty, the name of the competitor so penalized, the names of any witnesses, and the Referee's recommendation with respect to what suspension, if any, should be considered by USS, in accordance with the USS By-Laws and Code of Conduct.
2. If a skater has accumulated two red cards within 12 months, the skater shall be automatically suspended from competition for at least two months.
3. While suspended, a competitor may not compete in local, regional, U.S. Championships, National meets or races.

H. The Start of Races

1. On the command "go to the start" the Skaters shall place themselves at their respective dot at the starting line. The Skaters have to stand still until the Starter calls "ready", whereupon they have to take their starting position immediately with the center of the body over the respective dot and keep this position absolutely until the shot is fired; However, if more than 5 Skaters are starting in a race, the starting dots will not be used, and the Starter will direct the Skaters in the respective order of their position to the starting line. If

due to the number of Skaters in a race a second row is required at the start then the Skaters at this line will be positioned as far as possible to the outside of the track in the order of the lane positions.

2. If a Skater takes his starting position before the command "ready" or leaves his position or moves any part of his body after the command "ready" and before the shot is fired, it is a false start.
3. If a Skater places his skate partially or completely on or over the starting line, it is a false start.
4. If a Skater does not have both skates on the ice,i.e. full contact over the length of the blades, it is a false start (effective as of July 1, 2015)
5. For Short Track, if a Skater is interfered with and falls before the first apex block after the starting line the Skaters shall be called back to make a new start according to subparagraph 1. For Long Track, if a skater is interfered with and falls within 25 meters past the starting line, the Skaters shall be called back to make a new start according to sub paragraph1.
6. If a false start takes place, the Skaters will be recalled with a second shot, or blast with a whistle. The Skaters must return to the start line without delay. The Starter shall identify the Skaters by line position number and shall indicate to the Skater(s) that they made a false start.
7. If all Skaters remain in the starting position despite a false start, the Starter shall re-start the race using only the command 'ready'. If the Skaters must be re-assembled for the start, the complete starting procedure shall be respected. The Skater or Skaters who made the false start, will be assessed a false start.
8. If more than one skater is responsible for a false start they shall all be assessed a false start.
9. If one of the skaters breaks from his marks, thereby causing other skaters to follow him, only the skater at fault shall be assessed a false start.
10. After a race has been called back for a false start, then any subsequent false start by any of the Skaters will result in a penalty for the Skater(s) concerned.
11. Any skater that by his action delays the start will receive a warning. In the case of a false start or a second warning to a skater who has already received a warning, the starter shall tell the skater that he gets a penalty. Any warnings for delays do not affect the other skaters on the starting line.
12. In the event of a misfire by the starter's gun, or an official's delay in the start of a race, the complete starting procedure with all verbal commands shall be used. If the skaters have left the starting area, the starter shall command their return to the starting line with a whistle. Skaters shall return without delay. All false starts or penalties shall remain in effect.

PROTESTS

- A. No protests are allowed against a Referee's or Starter's decision concerning penalties for violation of any of the general and individual racing rules.
- B. Protests against results are permitted only in the case of incorrect mathematical calculation.
- C. The Referee decides upon all protests. All discussions concerning a protest will be held in private.
- D. Protests must be filed with the Referee in writing and within the stated time. At the same time \$100 dollars must be deposited with the Referee.
- E. Protests concerning the participation of a competitor must be filed before the competition starts. If an immediate decision cannot be reached, the competitor is permitted to start, but the announcement of the result and the distribution of the prizes shall be deferred until a decision has been reached.

- F. Protests may be lodged only by a competitor, coach ,members of the competition organizing committee or by an official representative of a club or association that have entered competitors.
- G. Protests concerning the composition of the panel of Officials must be filed within one hour of its announcement.
- H. Protests against incorrect mathematical calculation may be filed until 24 hours after the completion of the competition. Other protests must be filed with the referee immediately, however no later than 30 minutes after the completion of the race.
- I. If a protest is filed after the time limit or is not allowed by the rules, the Referee shall dismiss the protest with reference to the rule or briefly state reasons for his/her decision.
- J. The Referee may at his/her discretion, prior to his/her decision on a protest, review official digital replay, if the Referee deems it to be relevant and readily available.
- K. The Referee's decision upon a protest is final and there is no appeal against such decision except in cases specified in ISU rule 124.
- L. The Referee may at his/her discretion decide to officially announce to the public any protest filed and in such case also his/her decision upon the protest.

National Age Group Short Track Speedskating Championship

Entries

On line registration must be completed 10 days prior to the event to avoid a late fee. Late entries (with late fee) must be received 5 days prior to the first day of competition. Entry must include the name of competitor, date of birth, address, name of club or program, name of association (if applicable) , USS membership number, seed time and name of coach. Maximum entry cap shall be 250 participants.

Pony through Junior C divisions shall furnish a 500M seed time. Junior B through Master divisions shall furnish a 1000M seed time.

Format: Progression on each distance from the first round to the final will be by elimination.

Divisions	Mandatory Distances to be skated at National Championship			
Pony (7-10)	222	333	500	777
Midget (11-12)	333	500	777	1000
Junior C (13-14)	500	777	1000	1500
Junior B (15-16)	500	1000	1500	1500/3000 Super Final*
Junior A (17+)*	500	1000	1500	1500/3000 Super Final*
Master 30-39	500	1000	1500	1500/3000 Super Final*
Master 40-49	500	1000	1500	1500/3000 Super Final*
Master 50-59	500	777	1000	1500 Super Final
Master 60-69	500	777	1000	1500 Super Final
Master 70+	500	777	1000	1500 Super Final
Relays*	3000 Heats & Finals			

*Junior A division for the National Age Group Short Track Championship will be an open division for skaters age 17-29 and for skaters that participated in the 2014-2015 Short Track American Cup Race Series.

*If 8 or more skaters are registered in the division then the top 8 with points plus ties for 8th will skate a 3000 meter super final. If there are less than 8 skaters registered, then 1500 meter super final shall be skated by the top 6 with points plus ties for 6th.

* Relay races shall be limited, for safety reasons, to Junior C division through Master 30-39.

Points

Points	34	21	13	8	5	3	2	1
Place	1st	2nd	3rd	4th	5th	6th	7th	8th

- A division champion will be determined by the greatest number of points won in all final events.
- Final points are awarded in final races only.
- No points will be awarded to skaters or relay teams who receive a penalty, did not start, did not finish, yellow card, or red card.
- In case of a tie in a final, all skaters involved in a tie will receive the points awarded for that finish position. If two skaters are involved in a tie, the points for the following finish place will not be awarded, in the case of three skaters involved, the following 2 finish places will not be awarded.

- e. In a 3000 meter super final, the skater crossing the finish line after 1000 meters will be entitled to 5 points. These points will be awarded upon completion of the race. If the skater concerned receives a penalty, yellow care, red card or did not finish, then no extra points will be awarded to any skater.

Final and Overall Classification Ranking

- Total number of final points earned over the scheduled distances.
- Finish place in the super final or longest distance final.
- By combined ranking over all distance classifications.
- By highest ranking achieved in one of the distances and subsequent other best rankings.
- By best time over the longest distance of the scheduled program.

Clerking Table for the National Age Group Short Track Speedskating Championship

Pony	222	333	500	777
Skaters in the final	5	5	5	6
Midget	333	500	777	1000
Skaters in the final	5	5	5	6
Junior C	500	777	1000	1500
Skaters in the final	4	4	4	6
Junior B, Junior A, Master 30-39, Master 40-49	500	1000	1500	1500/3000 Super Final
Skaters in the final	4	4	6	6+ties/8+ties
Master 50-59, 60-69, 70+	500	777	1000	1500 Super Final
Skaters in the final	4	5	5	6+ties

Table of the progressions from qualifying rounds to final

Skaters in The Final	Skaters in The division	Heats	Qualify	Quarters	Qualify	Semi-Final	Qualify to Final
4	1-5						Straight to Final
	6-10					2	2
	11-12			3	2+2F3rd	2	2
	13-16			4	2	2	2
	17-25	5	2+2F3rd	3	2+2F3rd	2	2
	26-30	6	2	3	2+2F3rd	2	2
	31-35	7	2+2F3rd	4	2	2	2
5	1-6						Straight to Final
	7-12					2	2+1F3rd
	13-18			3	3+1F4th	2	2+1F3rd
	19-24			4	2+2F3rd	2	2+1F3rd
	25-30			5	2	2	2+1F3rd
	31-36	6	2+3F3rd	3	3+1F4th	2	2+1F3rd
	37-42	7	2+1F3rd	3	3+1F4th	2	2+1F3rd
6	1-7						Straight to Final
	8-12					2	3
	13-18					3	2
	19-24			4	3	2	3
	25-30			5	2+2F3rd	2	3
	31-36			6	2	2	3

Seeding the first qualifying round for the first distance

- a. Skaters shall be ranked from fastest to slowest seed time submitted by the skater.
- b. Ties on seed time shall be randomly drawn.
- c. Once the skaters are ranked, they shall be seeded into heats in a serpentine fashion.

Heat 1	Heat 2	Heat 3	Heat 4
1	2	3	4
8	7	6	5
9	10	11	12

- d. After the makeup of each heat, the order in which the heats will race will be randomized.

Subsequent rounds within the same distance.

- a. Skaters that advance shall be ranked by placement, then by time and then on advancements from previous round and seeded into the next qualifying round.
- b. The order in which the heats will race will be randomized.

Seeding the first qualifying round of subsequent distances

- a. When qualifying rounds over multiple distances are skated before the final of the first distance, the most current distance classification will be used to seed the first qualifying round of the next distance.
- b. For other first qualifying rounds, the most current overall classification will be used.
- c. Ties for seeding will be broken by random draw.

Lane Position

- a. Skater position on the start line will be random for the first qualifying round of a distance.
- b. Skater position on the start line for subsequent rounds and finals will be by time in the previous round.

NATIONAL CLUB CHAMPIONSHIP

The club earning the highest points in final events in each division (Pony – Master 70+) will be National Club Champions.

Eligibility

- a. A skater must be a member of a current registered USS club.
- b. A division must have more than 1 skater registered in order to earn club championship points

Club Championship points

1 st	5 points
2 nd	3 points
3 rd	2 points
4 th	1 point

- a. Points will be awarded 1st through 4th place in all division final events.
- b. Points earned will accumulate for their respective club.
- c. Club points will not be scored in the case of a penalized skater in a final event.

RELAY

- Relay teams shall consist of male team(s) and female team(s) from associations, registered clubs, training teams, and/or team(s) of direct skaters. Teams shall consist of up to eight skaters entered in the Junior C through Master 30-39 division, four of whom will take part in the race.
- Associations, registered clubs, training teams or teams of direct skaters which do not have at least four skaters entered in the Junior C through Master 30-39 divisions will be allowed to combine with another association, registered club, training teams or with direct skaters to form a relay team.
- Teams shall be ranked from fastest combined time to slowest and seeded into semi finals in serpentine fashion.
- Relay teams shall advance to the next round by fastest times skated by teams overall.
- Entries for relay teams shall be submitted to the competitor steward by the completion of the coaches meeting held the day before the competition begins.

COACHES

- Only coaches designated by a competing skater will be entitled to receive a coaching credential for any specific competition.
- Coaches must register at least ten (10) days prior to the first competition in which they would request coaching credentials to be listed on the approved coaching list and be eligible for coaching credentials.
- Coaches will be listed on the approved coaching list for the entire season, unless revoked for cause.
- All coaches must be Level 2 certified and be compliant with requirements for certification renewal.

QUALIFYING TIME STANDARDS

A skater must meet at least one of the time standards listed in the division and distance table below. Times standards are based on 120% of the current National Age Group Short Track Speedskating Records. Submitted time standards and seed times must have been established at a USS sanctioned competition between July1, 2013 and the date of the entry deadline for the National Age Group Short Track Speedskating Championship.

Division	222m	333m	500m	777m	1000m	1500m
Pony Men	27.5	40.5	59.4	1:35.1		
Pony Ladies	28.9	42.5	1:02.0	1:38.1		
Midget Men		37.2	54.2	1:25.7	1:52.4	
Midget Ladies		40.0	58.6	1:33.2	2:01.2	
Junior C Men			53.0	1:24.7	1:51.6	2:52.6
Junior C Ladies			55.5	1:29.3	1:58.5	3:06.5
Junior B Men			53.4		1:50.1	2:51.5
Junior B Ladies			56.1		1:58.6	3:06.6
Junior A Men			52.8		1:47.7	2:52.0
Junior A Ladies			57.3		1:58.2	3:06.7
Master 30-39 Men			53.4		1:50.9	2:51.1
Master 30-39 Ladies			1:00.4		2:04.4	3:12.8
Master 40-49 Men			57.5		1:58.3	3:06.8
Master 40-49 Ladies			1:02.3		2:10.0	3:18.8
Master 50-59 Men			59.5	1:34.3	2:02.7	
Master 50-59 Ladies			1:04.8	1:42.3	2:13.1	
Master 60-69 Men			1:00.6	1:35.0	2:04.7	
Master 60-69 Ladies			1:08.3	1:46.7	2:19.9	
Master 70+ Men			1:10.1	1:51.8	2:24.0	
Master 70+ Ladies			1:55.6	3:03.0	3:57.1	

National Age Group Long Track Speedskating Championship

Entries

On line registration must be completed 10 days prior to the event to avoid a late fee. Late entries (with late fee) must be received 5 days prior to the first day of competition. Entry must include the name of competitor, date of birth, address, name of club or program, name of association (if applicable) , USS membership number, seed time and name of coach.

Junior C divisions through Master divisions shall furnish a 1000m seed time, Midget division shall furnish a 500m seed time and Pony division shall furnish a 200m seed time. Seed time provided may have been achieved at either a metric or mass start (Long or Short Track) competition.

Format: Progression on each distance from the first round to the final will be by elimination.

Divisions	Mandatory Distances for National Championship				
Pony (7 -10)	200	300	400	500	600
Midget (11-12)	300	400	500	600	800
Junior C (13-14)	300	500	800	1000	1500
Junior B (15-16)	500	800	1000	1500	3000
Junior A (17-18)	500	800	1000	1500	3000
Senior (19 years +)	500	800	1000	1500	3000
Master 30-39	500	800	1000	1500	3000
Master 40-49	500	800	1000	1500	3000
Master 50-59	500	800	1000	1500	1500
Master 60-69	500	800	1000	1500	1500
Master 70+	500	800	1000	1500	1500
Team Pursuit	Ladies-6laps		Men-8laps		

Points

Points	34	21	13	8	5	3	2	1
Place	1st	2nd	3rd	4th	5th	6th	7th	8th

- A division champion will be determined by the greatest number of points won in all final events.
- Final points are awarded in final races only.
- No points will be awarded to skaters or relay teams who receive a penalty, did not start, did not finish, yellow card, or red card.
- In case of a tie, all skaters involved in a tie will receive the points awarded for that finish position. If two skaters are involved in a tie, the points for the following finish place will not be awarded, in the case of three skaters involved, the following 2 finish places will not be awarded.

Final and Overall Classification Ranking

- Total number of final points earned over the scheduled distances.
- Finish place in the super final or longest distance final.
- By combined ranking over all distance classifications.
- By highest ranking achieved in one of the distances and subsequent other best rankings.
- By best time over the longest distance of the scheduled program.

Clerking table for the National Age Group Long Track Speedskating Championship

Pony	200	300	400	500	600
Skaters in Final	6	6	8 (6)	8	8
Midget	300	400	500	600	800
Skaters in Final	6	6	6	8	8
Junior C	300	500	800	1000	1500
Skaters in Final	6(5)	6(5)	8	8	8
Junior B, Junior A, Senior, Master 30-39 Master 40-49	500	800	1000	1500	3000
Skaters in Final	6(5)	8(6)	8	8	15
Master 50-59, Master 60-69, Master 70+	500	800	1000	1500	1500
Skaters in Final	6(5)	8(6)	8	8	15

(Narrow Track Changes in Bold Numbers)

Table of progressions from the qualifying rounds to the Final

Skaters in the Final	Skaters in The division	Heats	Qualify To Quarter	Quarters	Qualify To Semi	Semi-Final	Qualify to Final
5	1-5						Straight to Final
	6-7					2	2
	8-10					2	2+1F3rd
	11-12			3	2+2F3rd	2	2+1F3rd
	13-15			3	3+1F4th	2	2+1F3rd
	16-20			4	2+2F3rd	2	2+1F3rd
	21-25			5	2	2	2+1F3rd
26-30	6	2+3F3rd	3	3+1F4th	2	2+1F3rd	
6	1-6						Straight to Final
	7					2	2+1F3rd
	8-12					2	3
	13-14					3	2
	15-18			3	3+1F4th	2	3
	19-24			4	3	2	3
25-30			5	2	2	3	
8	1-8						Straight to Final
	9					2	2+1F3rd
	10-16					2	4
	17-24			3	4	2	4
	25-32			4	4	2	4
15	1-16						Straight to Final
	17-24					2	6
	25-32					2	7
	33+					3	5

Seeding the first qualifying round for the first distance

- a. Skaters shall be ranked from fastest to slowest seed time submitted by the skater.
- b. Ties on seed time shall be randomly drawn.
- c. Once the skaters are ranked, they shall be seeded into heats in a serpentine fashion.

Heat 1	Heat 2	Heat 3	Heat 4
1	2	3	4
8	7	6	5
9	10	11	12

- d. After the makeup of each heat, the order in which the heats will race will be randomized.

Subsequent rounds within the same distance

- a. Skaters that advance shall be ranked by placement, then by time and then on advancements from previous round and seeded into the next qualifying round.
- b. The order in which the heats will race will be randomized.

Seeding the first qualifying round of subsequent distances

- a. When qualifying rounds over multiple distances are skated before the final of the first distance, the most current distance classification will be used to seed the first qualifying round of the next distance.
- b. For other first qualifying rounds, the most current overall classification will be used.
- c. Ties for seeding will be broken by random draw.

Lane Position

- a. Skater position on the start line will be random for the first qualifying round of a distance.
- b. Skater position on the start line for subsequent rounds and finals will be by time in the previous round.

NATIONAL CLUB CHAMPIONSHIP

The club earning the highest points in final events in each division (Pony – Master 70+) will be National Club Champions.

Eligibility

- a. A skater must be a member of a current registered USS club.
- b. A division must have more than 1 skater registered in order to earn club championship points

Club Championship points

1 st	5 points
2 nd	3 points
3 rd	2 points
4 th	1 point

Points will be awarded 1st through 4th place in all division final events.

- a. Points earned will accumulate for their respective club.
- b. Club points will not be scored in the case of a penalized skater in a final event

TEAM PURSUIT

- a. Team Pursuits shall consist of male team(s) and/or female team(s) from associations, registered clubs and/or team(s) of direct skaters. Associations, registered clubs or teams of direct skaters which do not have at least four skaters entered in the junior C through Master 30-39 divisions will be allowed to combine with another association, registered club or with direct skaters that are entered in the competition to form a team.
- b. Entries for the team pursuit shall be submitted to the Competitor Steward by the completion of the coaches meeting held the day before the competition begins. Entries shall specify the name of the coach responsible; names of skaters are not required.
- c. Team Pursuit races will be conducted if time is available.

COACHES

- a. Only coaches designated by a competing skater will be entitled to receive a coaching credential for any specific competition.
- b. Coaches must register at least ten (10) days prior to the first competition in which they would request coaching credentials to be listed on the approved coaching list and be eligible for coaching credentials.
- c. Coaches will be listed on the approved coaching list for the entire season, unless revoked for cause.
- d. All coaches must be Level 2 certified and be compliant with requirements for certification renewal.

National Speedskating Marathon/North American Speedskating Marathon

Entries

- a. Entries shall be received at least 48 hours prior to the start of the first race. Late entries shall include a late fee and the following information should be provided. 1) A signed USS membership application. 2) Proof of age and citizenship (birth certificate or passport) 3) Payment of applicable membership dues.
- b. Any skater, who is not a member of USS or of an ISU affiliate organization, may purchase a single-event race license to compete in a designated USS-sanctioned marathon event. US Speedskating shall designate those events at which the single-event license will be available. At events not so designated, the single-event license will not be available. The license entitles the purchaser to USS member benefits during the specified event. The license fee, plus proof of birth date and citizenship, must be submitted with the event application and entry fee.

Divisions for the National Speedskating Marathon

Master Men 60-69	Master Women 60-69
Master Men 50-59	Master Women 50-59
Master Men 40-49	Master Women 40-49
Master Men 30-39	Master Women 30-39
Senior Men 19-29	Senior Women 19-29
Junior Men (18 and under)	Junior Women (18 and under)

Divisions for the North American Speedskating Marathon

- a. The divisions in the table above may be used or otherwise determined by the host country and organizing committee.

Distances

- b. The distances for the National Speedskating Marathon shall be 25 kilometers and 50 kilometers.
- c. The distances for the North American Speedskating Marathon shall be determined by the host country and organizing committee.

Final Classification

- a. For each race in the National Marathon, the Class Champion will be the contestant who completes the course in the fastest time. (Points do not apply)

CHAMPIONSHIP MEDALS AND TITLES

A. National Age Group Short Track Speedskating Championships

1. The following overall medallions will be awarded for each division.
 - a) The overall classification will be determined by the highest number of final points accumulated over four distances in each division.
 - b) Medallions will be awarded to the 1st, 2nd and 3rd place winners in the overall classification.
2. The following distance awards will be awarded for each division.
 - a) The distance classification is determined for each distance by the final points earned in that distance.
 - b) Awards will be given for the 1st, 2nd, 3rd and 4th place winners in each distance.
3. The following overall awards will be awarded for the relay event.
 - a) Awards will be given to all four members of the relay team that participate in the final event.
 - b) Awards will be given to the 1st, 2nd, 3rd and 4th place teams.
4. The title of National Club Champion will be designated to the club that earns the highest club championship points. A banner will be awarded to the National Club Champion.

B. National Age Group Long Track Speedskating Championships

1. The following overall medallions will be awarded for each division.
 - a) The overall classification will be determined by the highest number of final points accumulated over five distances in each division.
 - b) Medallions will be awarded to the 1st, 2nd and 3rd place winners in the overall classification.
2. The following distance awards will be awarded for each division.
 - a) The distance classification is determined for each distance by the final points earned in that distance.
 - b) Awards will be given for the 1st, 2nd, 3rd and 4th place winners in each distance.
3. The following overall awards will be awarded for the team pursuit event.
 - a) Awards will be given to all three members of the team that participated in the final event.
 - b) Awards will be given to the 1st, 2nd, 3rd and 4th place teams.
4. The title of National Club Champion will be designated to the club that earns the highest club championship points. A banner will be awarded to the National Club Champion.

C. National Speedskating Marathon

1. The following overall medallions will be awarded for each division
 - a) The overall classification is determined by fastest finish times in each division.
 - b) Medallions will be awarded to the 1st, 2nd and 3rd fastest finishers in each division for the 25K race.
 - c) Medallions will be awarded to the 1st, 2nd and 3rd fastest finishers in each division for the 50K race.

D. Medal Sponsor Recognition

1. A complete list of ASU Foundation medal sponsors shall be given to the event organizers for inclusion in award ceremonies and event programs at the Championships which receive medal sponsorship funding.

E. Special Considerations

1. A skater must compete in all distances in order to be awarded an overall medallion.
2. In the event the meet is canceled, the overall classification at the time of cancellation shall be used to determine awards, provided at least 50% of the division final events have been completed.

Rev A, 2/16/01, Original issue
Rev B, 4/1/01, Incorporate comments.
Rev C, 4/4/01, Incorporate comments.
Rev D, 8/14/01, Incorporate comments.
Rev E, 8/24/01, Incorporate comments; submit for Board approval.
Rev F, 12/8/02, Changes adopted at 9/28/02 Board meeting and 2002 ISU Rule changes
Rev G, 4/26/03, Revisions approved by Board
Rev H, 9/20/03, Revisions approved by Board
Rev I, 11/25/03, Revisions approved by Board
Rev. J, 5/05/04, Revisions approved by Board
Rev. K, 9/18/04, Revisions approved by Board
Rev. L, 9/24/05, Revisions approved by Board
Rev. M, 1/26/06, Revisions approved by Board
Rev. N, 9/16/06, Revisions approved by Board and updates from ISU Rules
Rev. O, 7/30/07, Revisions approved by Board
Rev. P (4), xx/xx/08, Reorganization to correspond with 2006 ISU Rules
Rev. Q (2) 04/18/2010 Revisions approved by Board
Rev. R 10/24/10 Revisions approved by Board
Rev. S 04/16/11 Revisions approved by Board
Rev. T 09/10/2011 Reorganization, revisions and updates with 2010 ISU Rules approved by Board
Rev. U 04/21/2012 Revisions approved by Board
Rev. V 09/15/2012 Revisions approved by Board
Rev. W 07/29/2013 Revisions and approved proposals.
Rev. X 08/08/2013 Revisions to comply with 2013 By-Laws.
Rev. Y 5/30/2014 Revisions approved at 2014 USS Congress
Rev. Z 9/9/2014 Updated ISU Start Rule.
Rev Z-1 12/18/2014 Clarified USS sanctioned competition for time standards and the Age Group Short Track National Championship.
Rev Z-2 1/2015 Updated Age Group Short Track clerking table to align with ISU. Number of skaters in a 1000m Final Shall be 4 in the Junior C, B, A and Master 30-39, Master 40-49 divisions. Clarified Junior A (17*) division as an open division for the 2015 National Age Group Short Track Championship.