

II.

Special Regulations for Short Track Speed Skating

A. Tracks

Rule 280

Track

1. a) For ISU Events and the Olympic Winter Games the track shall be an oval of 111.12 meters on an ice rink with minimum measurements of 60 x 30 meters (see diagram on page 95).

b) The width of the straight shall not be less than 7 meters.

c) The measurements from the apex block of the bends to the barrier shall not be less than 4 meters.

d) Curves and turns should be made symmetrically, there should be a symmetrical curve from the end of one straight to the point where the next straight begins.

e) Besides the standard track there will 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 will be used. For the starting lines see diagram on page 95.

f) In semi-final and final of 500 meters only the three (3) middle tracks as marked on the diagram shall be used. This does not apply to Team Championships.

2. a) The starting lines and finish line are to be denoted by lines (colored) drawn at right angles to the straight and not more than 2 cm wide.

b) Starting lines are drawn from the barrier and will have a length equivalent to the actual width of the straight. The finish line is drawn from the barrier and will have a length of the actual width of the straight plus 1.5 meters.

c) Starting at 50 cm from the inner side of the track, dots 2 cm diameter shall mark five (5) starting positions every 1.3 meters in order to define the starting positions.

3. For International Competitions on ice rinks of less than 30 meters in width the track that may be used is shown in the diagram in the respective Announcement.

Track markers

4. Track marking blocks of an approved design by the ISU Short Track Speed Skating Technical Committee shall be used and seven (7) must be used in curves (see Handbook).

Rink Board padding

5. Protections must be installed to cover the boards. All measures must be taken to improve the safety of the skaters. Mats must be covered with water and cut resistant material. Mats must be attached to the boards and to each other, with their weight on the ice. For minimum specifications see the respective Communication. A technical description of material properties and drawing of the construction of the mats must be submitted with the initial application.

Facilities at rink

6. a) For ISU Events and the Olympic Winter Games, electronic equipment capable of producing an image of the finish and the times of the competitors shall be used. Times shall be produced in thousands of a second. These results shall be considered Official Results.

b) For International Competitions a manual procedure explained in Rule 292, paragraphs 13 and 14 may be used, if the above equipment is not available.

c) For ISU Events and the Olympic Winter Games, only computer software approved by the Technical Committee shall be used to document the results of races, prepare the make-up of the next round of races, and produce the final results and Protocol of the competition.

d) For International Competitions a manual procedure explained in Rule 283, paragraph 3 and Rule 292, paragraph 10 may be followed.

e) All technical equipment shall be located in areas restricted to public access.

B. Races

Rule 281

Type of races

1. Short Track Speed Skating Competitions consist of races with mass start:

a. Individual races

b. Relay races

2. For ISU Events and the Olympic Winter Games the progression on each distance from first round to the final will be by elimination.

3. Only for International Competitions an All Finals progression system may be used, in which all skaters qualify for final races in different levels.

C. Definitions

Rule 282

General conditions/Definitions

1. a) Race: A single distance held between skaters or teams to determine a finish position.
- b) Qualifying Rounds: A group of preliminary series of races held to determine by progression, finalists for any given distance:
 - i. e. preliminaries, heats, quarter-finals, semi-finals.
- c) Competition: A competition is the complete series of distances to determine a winner.
- d) Coach/Team leader /Support Staff: eligible persons appointed by the respective ISU Member to support and represent the athlete/team of the Member. During each qualifying round there shall be allowed only one person per participating athlete in the designated coaching area.

Program

2. a) Individual races are held over 500, 1000, 1500 and 3000 meters.
- b) Short distances: 500 and 1000 meters
Long distances: 1500 and 3000 meters
- c) Relay races will be held as follows:

Ladies	3000 meters
Men	5000 meters

For International Competitions Relay races for Men may also be held over 3000 meters.
- d) Semi-final and final races of 500 to 1000 meters and quarter-final races of 500 meters shall have up to 4 skaters participating. For the 1500 meters distance there shall be up to 6 skaters participating. For exception see Rule 292, paragraph 5. See Rule 283, paragraph 4, and Rule 287, paragraph 4, for the 3000 meters Super-Final. See Rule 285, paragraph 4, for the 1500 meters Super-Final. These Super-Finals are non-medal races.
- e) Race winners and second placed skaters in the races will move forward to the next round. The fastest thirds may be used if there is an odd number of competitors.
- f) Competitors shall be allowed a minimum rest of 20 minutes between races.

Announcements

3. a) For the announcement of ISU Championships see Rule 129, for International Competitions see Rule 110 and for Olympic Winter Games see Rule 126. The announcement should also contain supplementary items, see Rule 112.
- b) The conditions of contest shall be set out in the published program.

Entries

4. a) Entries for ISU Events can be made only through the respective Members.

b) The number of competitors, substitutes, coaches and team leaders shall be entered at least four weeks before the first day of the ISU Event concerned. The number of other personal traveling with the team shall also be communicated separately at least four weeks before the ISU Event concerned. Members are seriously requested to enter only the number of skaters they actually intend to send to the ISU Event concerned.

c) The names of the competitors and substitute names per category with their International Registration Numbers shall be communicated to the organizing committee at the latest on the fifth day before the first day of the ISU Event concerned.

d) The date and time of arrival and departure of competitors and those accompanying them shall be included when sending in the Final Entries.

e) Post entries are not allowed. The Organizing Committee will immediately notify the Member concerned that the entry has arrived late and that the entry is therefore not accepted.

f) The names of the competitors for each of the respective individual distances, if applicable, shall be communicated to the Competitors Steward at the latest at 18:00 hours on the evening before the Official Draw.

g) The composition of the races shall be published at the latest 3 hours before the Official Draw.

h) Any comments regarding the make up of the races can be addressed to the Competitors Steward up to 1 hour before the Official Draw.

i) Competitors must be present at the site of the ISU Event at 18:00 hours on the day of the Official Draw, or the Organizing Committee must confirm their arrival in the city of the ISU Event concerned.

j) The Official Opening Draw will take place on the day before the ISU Event, not earlier than 19:00 hours.

k) Any financial requirements imposed by the Organizing Committee for making on-site arrangements shall be communicated in the Announcement.

Points and classifications

5. a) Final Points will be awarded in the final races only. No points will be awarded to skaters or teams in case of disqualification or failing to finish the race.

b) The points 34, 21, 13, 8, 5, 3, 2 and 1 are awarded in descending order commencing with first place.

c) In the case of a tie, the points are determined by combining the points of the positions involved and equally distributing to the respective participants.

d) Seeding Points will be awarded in all races. In the awarding of Seeding Points the same rules apply as in awarding Final Points.

6. For each of the distances a classification will be made in which the participants are ranked:

- by group/block; Finalists, Semi-Finalists, Quarter-Finalists, etc.
- by position (finish place) within the respective group
- by number of Seeding points on the distance concerned
- by number of victories, and if needed best places, on the distance concerned
- by best time in any race over the distance concerned

7. Skaters who are disqualified or failed to finish in the first round will be ranked last with a ranking equivalent to the number of competitors plus 1.

8. a) For the Final Classification (and current overall classification) the skaters having scored Final Points and having qualified for the Super Final, are ranked first:

- by total number of Final Points
- by position on the last distance, e.g. Super Final (finish place)

b) For the Final Classification (and the current overall classification) the remaining skaters are ranked:

- by total number of Final Points
- by combined ranking over all Distance Classifications
- by total number of Seeding Points over all Distances
- by number of victories, and if needed best places, over all distances concerned
- by best time over the longest distance on the program.

9. a) Teams consist of 4 or 5 skaters, which are all considered as participants. During any relay race in a competition, a maximum of 4 shall compete. Entries of teams with less than 4 or more than 5 skaters shall not be accepted.

b) Teams for the World Team Championships are further defined in Rule 284.

c) The names of substitutes corresponding with the number of ordinary entries may be entered.

d) All skaters of a team must belong to one and the same ISU Member.

Uniforms

10. During ISU Events and the Olympic Winter Games all skaters, members of the same national team (individual and relay) must wear identical uniforms. The racing uniforms shall show on the external part of both lower legs the name of the country or the official abbreviation. Instead of this, the name or the official abbreviation of the country may also be on the external part of both legs (thighs) until July 1st 2005. The size of the characters not to be smaller than 5 cm high. The racing uniforms and the warming-up uniforms may show the name of the athlete.

Helmet Covers

11. a) Helmet-covers, yellow with black numbers, supplied by Organizers of ISU Events and the Olympic Winter Games, clearly mentioning the skaters number, must be worn.

b) After each distance of an ISU Championship the organizers will supply to the skater having attained the highest total of Final Points a helmet cover with a contrasting color. If a tie exists then the skater having attained the highest total of Seeding Points will carry this special helmet cover.

D. World Championships

Rule 283

Distances and program

1. a) The distances will be: 500, 1000, 1500 and 3000 meters individual, 3000 meters relay for ladies and 5000 meters relay for men.

b) On the distances 500, 1000 and 1500 meters there may be qualifying rounds depending on the number of entries, e. g. preliminary heats, heats, quarter-finals and semi-finals, in which the competitors qualify for the final according to Rule 282, paragraph 2. The 3000 meters distance will be skated as a Super-Final.

c) Based upon the number of competitors entered, the qualifying procedure shall be decided by the Referee after consultation with the Competitors Steward and the Representative of the Technical Committee.

d) The World Championships are held over three (3) days.

e) The order of the finals and their respective preceding qualifying rounds will be 1500, 500, 1000 and 3000 meters.

f) The finals of the relays will be held after the conclusion of the individual aces. Qualifying rounds of the relays may be held on each day of the Championships provided they are held after the conclusion of the individual aces of the day.

g) For World Championships the program will be:

First day:	heats	1500 meters ladies/men
	semi-finals	1500 meters ladies/men
	finals	1500 meters ladies/men
	semi-finals	3000 meters relay ladies
Second day:	heats	500 meters ladies/men
	quarter-finals	500 meters ladies/men
	semi-finals	500 meters ladies/men
	finals	500 meters ladies/men
	semi-finals	5000 meters relay men

Third day:	heats	1000 meters ladies/men
	quarter-final	1000 meters ladies/men
	semi-finals	1000 meters ladies/men
	finals	1000 meters ladies/men
	Super-Finals	3000 meters ladies/men
	final	3000 meters relay ladies
	final	5000 meters relay men

h) The starting times on each day may be determined by the organizing committee. Each days program can be divided in two parts. Semi-finals and finals must be in one part and not separate. When each part (session) starts it will be held without any intermission or breaks other then to resurface the ice or give the athletes the rest time according to Rule 282, paragraph 2.

Entries

2. a) Each Member has the right to enter at least two competitors in each category. If a Member had more than one skater amongst the best 16 competitors in the final classification of the same preceding Championships of which one or more scored Final Points that Member may enter 3 competitors in total in the respective category.

b) Each Member may enter the names of substitutes corresponding with the number of ordinary entries.

c) ISU Members who qualify amongst the best 7 relay teams from the World Relay Ranking (see Rule 288) and the host country may enter a team in the respective category in the Relay Competition. If the three (3) teams with the best (fastest) times, skated at World Cup Competitions, are not among these 7 teams they will replace the lowest ranked teams respectively. See Rule 288, paragraph 3, for entry requirements which also apply to the Host Member.

Members entering a relay team must use those skaters who are entered for the relay also for the individual Competition. In this respect the Members entering a relay team can only enter a maximum number of 5 skaters which will include all participants and substitute for both Competitions: individual and relay.

d) If a skater is not able to start on the first day due to illness after the names have been officially presented to the Competitors Steward in accordance with Rule 282, paragraph 4 f), that skater may be replaced by another entered skater of the Member concerned. The Competitors Steward may change the make up of the races according to the seeding procedure, Rule 283, paragraph 3

e) In cases when a competitor withdraws after the names have officially been presented to the Competitors Steward in accordance with Rule 282, paragraph 4 f), this competitor is not allowed to be entered again in the individual part of the Championships.

Drawing and seeding procedure

3. a) A draw shall take place to establish the starting order of each race.
- b) The composition of the first qualifying round of the first distance both individual (heats 1500 meter) and relay (heats), is made up by the Competitors Steward in consultation with the Referee and the Representative of the Technical Committee in accordance with the Overall World Cup Ranking (see Rule 288).
- c) The Competitors Steward makes up the first round of the first distance by placing the skaters in the heats by means of the skaters current World Overall Ranking position, e.g. the number one (1) ranked skater will be placed in the first race, the number two (2) ranked skater will be placed in the second race etc., always filling the heats from first race to last race in the first instance and then always from last race to first race, until all ranked skaters have been used. The unranked skaters will be given a ranking by means of a Draw, conducted by the Competitors Steward, and will be placed in the heats subsequently.
- d) When compiling the make up of the first qualifying round of the first distance, any skater that is to be placed in a race which contains a skater from the same country, that skater will be moved to the next available race. If there are no more races available to move a skater to, then this skater will be placed in the originally designated race.
- e) The composition of all other qualifying rounds shall be made by the Competitors Steward by placing the skaters in the races by means of the skaters current overall classification, e.g. the number one (1) ranked skater will be placed in the first race, the number two (2) ranked skater will be placed in the second race etc., always filling the heats from the first race to the last race in the first instance and then always from the last race to the first race until there are 2 skaters in each race. Any skater that is to be placed in a race which contains a skater from the same country, that skater will be moved to the next available heat. If there are no more races available to move a skater to, then this skater will be placed in the originally designated race.
- f) The remaining skaters are placed by means of the skaters' current overall classification in the race with the lowest subtotal of Seeding Points.
 - If there are two or more races with the same subtotal of Seeding Points, the skater will be placed in the race with the lesser number of skaters.
 - If there are two or more races with the same subtotal of Seeding Points and the same number of skaters, the skater will be placed in the first available race.
 - If the skater has scored Final Points and other skaters in the respective race have scored Final Points, the skater will be placed in the next available race.
 - If the skater is of the same country as another skater in the race, the skater will be placed in the next available race.
 - If there are no more races available to move a skater forward then this skater will be placed in the originally designated race.

g) Other than the first distance draw for the starting order of the races, the Competitors Steward and the Assistant Competitors Steward will draw the starting order and lane positions of the skaters for all other races immediately after the make-up of the round is completed.

Conditions of contest

4. a) Only the top 8 points scorers and ties on the 8th position, on the basis of Final Points after the previous finals, are eligible to compete in the 3000 meters Super-Final.

b) The final classification will be made according to Rule 282, paragraph 8.

c) For each of the distances a classification will be made according to Rule 282, paragraph 6 and 7.

Winner

5. a) The winner is the skater having attained the highest rank according to rule 282, paragraph 8, at the conclusion of the Championships.

World Relay Champion

b) The winning team of the World Short Track Speed Skating Championships for the relay Competition is the one which has been declared winner of the final race.

Distance Champion

c) The winner of the World Short Track Speed Skating Championships 500/1000/1500 meters is the skater being declared winner of the final race of the distance concerned.

Titles

d) For titles see Rule 133.

E. World Team Championships

Rule 284

Distance and program

1. a) The duration of the program shall be two days during which four (4) Competitions (bracket) will take place. Each Bracket will consist of a Competition with four (4) Teams participating.

b) Qualifying Brackets will take place on the first day.

c) The Final of the Team Championship will take place on the second day.

- d) For each Bracket the distances will be:

500 meters for Ladies and Men (individual)	4 races
1000 meters for Ladies and Men (individual)	4 races
3000 meters for Ladies and Men (individual)	1 race (2 skaters per Team)
3000 meters for Ladies (relay)	1 race
5000 meters Men (relay)	1 race
- e) The order of the distances shall be 1000, 500, 3000 meters for Ladies and Men, and 3000 meters relay for Ladies followed by 5000 meters relay for Men.

Brackets

2. The winning team of each Qualifying Bracket on the first day qualifies directly to the final of the Team Championship. The teams finishing second and third in the Qualifying Brackets skate the Repechage Bracket. The winning team and the second placed team of this Repechage Bracket qualify for the final of the Team Championship.

Entries

3. The best 7 teams Ladies and best 7 teams Men on the basis of the World Team Ranking plus the host country will be allowed to participate. The teams ranked first (1), third (3), fifth (5) and seventh (7) will skate in the first qualifying competition. The teams ranked second (2), fourth (4), sixth (6) and eighth (8) will skate in the second qualifying competition.

If the host country is not ranked among the top 8 teams of the World Team Ranking they shall replace the eighth position in the World Ranking in determining the participation in the qualifying groups. See Rule 288, paragraph 3, for entry requirements which also apply to the Host Member.

Conditions of Contest

4. In all races over 500 and 1000 meters each country shall be represented by one skater. In the race over 3000 meters each country shall be represented by two skaters.

For each distance the team leader shall give the names of the skaters and the race in which they will start to the Competitors Steward at the latest 30 minutes before the start of the distance.

The order in which the races are to be skated is not drawn. Prior to the respective bracket the Competitors Steward and the Referee shall draw the start position for the first race of each distance using the names of the participating countries. For all other races on the distance concerned each country will move to the next lane position. The country that was in the last lane position will move to the first start position.

5. a) On the distances 500 and 1000 meters 4 skaters will skate for the team. On the 3000 meters 2 skaters will skate for the team. For all distances there will be finals only. Races of 500 and 1000 meters shall have up to 4 skaters participating. For the 3000 meters distance there shall be 8 skaters participating. All teams participate in the relay race.

- | | | |
|----|----------------------------|-------------|
| b) | Points in individual races | 5, 3, 2, 1 |
| | Points in relay | 10, 6, 4, 2 |

Winner

6. a) Winner is the team having attained the highest total of points after all parts of the Final Team Competition.

- b) The other teams will be ranked according to their total points.
 c) In case of a tie the results in the relay race will prevail.

F. World Junior Championships

Rule 285

Distances and program

1. a) The distances will be: 500, 1000 and 1500 (twice) meters individual. Relay races over 2000 meters (exhibition). Each Relay team shall consist of three (3) skaters per Member.

b) On the distances 500, 1000 and 1500 meters there may be qualifying rounds depending on the number of entries, e. g. preliminary heats, heats, quarter-finals and semi-finals, in which the competitors qualify for the final according to Rule 282, paragraph 2. The second 1500 meters distance will be skated as a Super-Final.

c) Based upon the number of competitors entered, the program and qualifying procedure shall be decided by the Referee after consultation with the Competitors Steward and the Representative of the Technical Committee.

d) The Championships are held over three (3) days with the following program:

First day:	heats	1500 meters ladies/men
	semi-finals	1500 meters ladies/men
	finals	1500 meters ladies/men
	<u>heats</u>	2000 meters relay ladies/ <u>men</u>
Second day:	heats	500 meters ladies/men
	quarter-finals	500 meters ladies/men
	semi-finals	500 meters ladies/men
	finals	500 meters ladies/men
	semi-finals	2000 meters relay <u>ladies</u> /men

Third day:	heats	1000 meters ladies/men
	quarter-finals	1000 meters ladies/men
	semi-finals	1000 meters ladies/men
	finals	1000 meters ladies/men
	Super-Finals	1500 meters ladies/men
	final	2000 meters relay ladies
	final	2000 meters relay men

e) The starting times on each day may be determined by the organizing committee. Each day's program can be divided in two parts. Semi-finals and finals must be in one part and not separate. When each part (session) starts it will be held without any intermission or breaks other than to resurface the ice or give the athletes the rest time according to Rule 282, paragraph 2.

Entries

2. a) Each Member has the right to enter three (3) competitors in each category.

b) Each Member may enter the names of substitutes corresponding with the number of ordinary entries.

c) If a skater is not able to start on the first day due to illness after the names have been presented to the Competitors Steward in accordance with Rule 282 paragraph 4 f), that skater may be replaced by another entered skater of the Member concerned. The Competitors Steward may change the make up of the races according to the seeding procedure, Rule 283, paragraph 3.

d) In cases when a competitor withdraws after the names have officially been presented to the Competitors Steward in accordance with Rule 282 paragraph 4 f), this competitor is not allowed to be entered again in the individual part of the Championships.

Drawing and seeding procedure

3. See Rule 283, paragraph 3.

For skaters without a World Ranking, the best season time over 1000 meters will be used to determine a ranking for the make up of the first round of the first distance. These times must be submitted with the final entry. See the respective ISU Communication for further details.

Conditions of contest

4. a) Only the top 6 points scorers and ties on the 6th position, on the basis of Final Points after the previous finals, are eligible to compete in the 1500 meters Super-Final on the third day.

b) The final classification will be made according to Rule 282, paragraph 8.

c) For each of the distances a classification will be made according to Rule 282, paragraph 6 and 7.

Winner

5. The winner is the skater having attained the highest rank according to Rule 282, paragraph 8, at the conclusion of the Championships.

G. Olympic Winter Games

Rule 286

Distances

1. For the Olympic Winter Games the distances are:
 - a) 500, 1000 and 1500 meters individual distances for Ladies and Men
 - b) 3000 meters relay for Ladies
 - c) 5000 meters relay for Men

Qualification procedure

2. Qualification for the Olympic Winter Games will be through the World Cup Series. In the Olympic season there shall be only 4 World Cup Competitions which all count for the World Cup Classification. The following calendar is used for the Olympic season:

- World Cup 1 and 2
- World Cup 3 and 4
- Olympic Winter Games

3. The 2 World Cups held on the same Continent as the Olympic Winter Games will be taken into consideration when determining the participants in the forthcoming Olympic Winter Games. For this purpose a special classification on each of the following distances will be made over these two competitions.

- 500 meters
- 1000 meters
- 1500 meters
- Relay

These special classifications for these distances will be made following the same rules and principles as the World Cup classifications. See Rule 288.

4. Entry in the two designated World Cups will be considered as a confirmation of the Members intent to participate in the Olympic Winter Games with the same number of skaters as qualified.

5. Entries in the two designated World Cups are subject to the rules and principles of the World Cup competitions. See Rule 288.

6. Number of skaters per individual distance at the Olympic Winter Games: 32 per distance (500, 1000 and 1500 meters), including the Host Member in all distances.

7. Number of skaters per relay distance: 8, including the Host Member.

8. Members qualified for the relay events may enter a maximum of 5 skaters in total for the relay. The skaters competing in the individual events must be among the 5 skaters in the relay team. Members not qualified for the relay event may bring one skater in addition to those qualified subject to a reduction system.

9. Maximum entry of accompanying Officials per Member: 1 coach, 1 team leader.

10. a) Members having 3 or more skaters amongst the top 8 in the special classification over 500 meter will be allowed to enter 3 skaters on this distance at the Olympic Winter Games.

b) Members having 2 or more skaters amongst the top 32, and not 3 or more amongst the top 8, in the special classification over 500 meter will be allowed to enter 2 skaters on this distance at the Olympic Winter Games.

c) Members having skaters in the special classification over 500 meters, of which 2 or more are not amongst the top 32, may enter 1 skater on this distance at the Olympic Winter Games in the order of the special classification until the total number of skaters at the Olympic Winter Games is 32.

11. The same applies for the distances of 1000 and 1500 meters.

12. If the Host country of the Olympic Winter Games is not amongst those qualifying on the basis of the special classification they will replace the skater ranked 32 in the special classification on each distance.

13. In the case of a tie in the special classification determining the 8th and 32nd place for 500, 1000 and 1500 meters, a tie breaking system will be used to determine these places. The tie breaking system is as follows:

- a) over the 2 designated World Cups in the respective season
- World Cup points
- Best place in 1 of the 2 designated World Cups
- Sum of Final points
- Sum of Seeding points
- Number of victories
- Number of Best places
- Best time on the distance
- Other times on the distance

- b) over all 4 World Cups in the respective season
- World Cup points
- Best place in 1 of the 4 World Cup Competitions
- Sum of Final points
- Sum of Seeding points
- Number of victories
- Number of Best places
- Best time on the distance
- Other times on the distance
- Draw

14. Members having a team in the special classification over the relay may enter a team in the relay at the Olympic Winter Games in the order of the special classification until the total number of participants at the Olympic Winter Games is 8. In case of a tie on the 8th place, the tie breaking system described in paragraph 13 above will be used.

15. If the Host Country of the Olympic Winter Games is not amongst those qualifying on the basis of the special classification they will replace the team ranked 8 in the special classification.

16. Countries qualifying a relay team may enter 5 skaters for the Olympic Winter Games. Countries not having qualified a relay team may enter a number of skaters on the basis of their highest number of starting places on any distance plus one, subject to a reduction system.

H. European Championships

Rule 287

Distances and program

1. a) The individual distances will be 500, 1000, 1500 and 3000 meters. For all relay races the distances will be 3000 meters for ladies and 5000 meters for men.
- b) In the distances 500, 1000 and 1500 meters there may be qualifying rounds depending on the number of entries, e. g. preliminary heats, heats, quarter-finals and semi-finals, in which the competitors qualify for the final according to Rule 282, paragraph 2. The 3000 meters distance will be skated as a Super-Final.
- c) Based upon the number of competitors entered, the qualifying procedure shall be decided by the Referee after consultation with the Competitors Steward and the Representative of the Technical Committee.
- d) The European Championships are held over three days.

e) The order of the finals and their respective preceding qualifying rounds will be 1500, 500, 1000 and 3000 meters.

f) The finals of the relays will be held after the conclusion of the individual Competition. The heats and semi-finals of the relays may be held on each day of the Championships provided they are held after the conclusion of the individual Competition of the day.

g) For European Championships the program will be:

First day:	heats	1500 meters ladies/men
	semi-finals	1500 meters ladies/men
	finals	1500 meters ladies/men
	heats	relay ladies/men

Second day:	heats	500 meters ladies/men
	quarter-finals	500 meters ladies/men
	semi-finals	500 meters ladies/men
	finals	500 meters ladies/men
	semi-finals	relay ladies/men

Third day:	heats	1000 meters ladies/men
	quarter-finals	1000 meters ladies/men
	semi-finals	1000 meters ladies/men
	finals	1000 meters ladies/men
	Super-Finals	3000 meters ladies/men
	final	3000 meters relay ladies
	final	5000 meters relay men

h) The starting times on each day may be determined by the organizing committee. Each day's program can be divided in two parts. Semi-finals and finals must be in one part and not separate. When each part (session) starts it will be held without any intermission or breaks other than to resurface the ice or give the athletes the rest time according to Rule 282, paragraph 2.

Entries

2. a) Each European Member has the right to enter two competitors in each category. If a Member had one or more skaters among the best 8 competitors in the final classification in the same preceding Championships that Member may enter 3 competitors in total in the respective category.

b) Each Member may enter the names of substitutes corresponding with the number of ordinary entries.

c) The Members entering a relay team can only enter a maximum number of 5 skaters which will include all participants and substitute for both Competitions: individual and relay.

d) If a skater is not able to start on the first day due to illness after the names have been officially presented to the Competitors Steward in accordance with Rule 282 paragraph 4 f), that skater may be replaced by another entered skater of the Member concerned. The Competitors Steward may change the make up of the races according to the seeding procedure, Rule 283, paragraph 3.

e) In cases when a competitor withdraws after the names have been officially presented to the Competitors Steward in accordance with Rule 282 paragraph 4 f), this competitor is not allowed to be entered again in the individual part of the Championships.

Drawing and seeding procedure

3. See Rule 283, paragraph 3.

Conditions of contest

4. a) Only the top 8 points scorers and ties on the 8th position, on the basis of Final Points after the previous finals, are eligible to compete in the 3000 meters Super-Final.

b) The final classification will be made according to Rule 282, paragraph 8.

c) For each of the distances a classification will be made according to Rule 282, paragraph 6 and 7.

Winner

5. a) The winner is the skater having attained the highest rank according to Rule 282, paragraph 8, at the conclusion of the Championships.

European Relay Champion

b) The winning team of the European Short Track Speed Skating Championships for the Relay Competition is the one which has been declared winner of the final race.

J. World Cup Competitions

Rule 288

1. A World Cup for Ladies and Men will be organized as an ISU Event under the responsibility of the Short Track Technical Committee. Additional rules and details are published each season in an ISU Communication.

Conditions of contest

2. The World Cup is a series of International Competitions held each season, open to ISU Members, with the following criteria;

- Entries from at least 4 ISU Members.
- The Competitions must follow the rules applicable for the World Championships except otherwise stated in this Rule and the appropriate Communication.
- No other race categories shall be allowed during these Competitions.
- Each ISU Member may enter three (3) competitors for the individual part of the competition and a relay team for the relay part of the competition. Participation in relays only is not allowed.
- All Officials appointed by the ISU must be on the List of Officials for ISU Championships.
All Assistant Referees, Starters and Competitor Stewards must be at least on the ISU List of Officials for International Competitions with a mark “W” for World Cups.
For World Cups designated for Olympic qualification, all Assistant Referees, Starters and Competitor Stewards must be on the List of Officials for ISU Championships.
- At least three (3) qualified Officials from other Members shall be included amongst those appointed.

3. a) The World Cup determines the entries for the Relay at the World Championships, Rule 283, paragraph 2 and the entries for the World Team Championships, Rule 284, paragraph 3.

By entering participants for the respective parts of any World Cup the Members making the entry confirms automatically to participate in the respective Championship if qualified. The Member may forfeit these rights by notifying the ISU Council and the Technical Committee in writing before the last World Cup Competition of the season.

b) Following the General Regulations, the ISU Council shall impose penalties upon any Member for not being in compliance with this requirement.

4. The program of each World Cup Competitions must include the following items;

- Single distances for individuals: 500, 1000, 1500 meters
3000 meters (restricted entry)
- Relay : 3000 meters for ladies
 5000 meters for men

5. Entries must be made by the ISU Members in accordance with criteria confirmed in the appropriate ISU Communication.

6. For the purpose of establishing both rankings for the first qualifying rounds of the World Championships (see Rule 283 paragraph 3) and the World Ranking Lists only the best 4 results from the World Cup Competitions will be considered.

7. Points shall be awarded during all World Cup Competitions for;
 - Individual rankings per distance
 - Individual rankings overall (for World Championships first round rankings see Rule 283, paragraph 3)
 - Relay team rankings (for World Championship Relay qualification and first round rankings see Rule 283 paragraph 2 and 3)
 - Team rankings, combination of individual and relay (for World Team Championship qualification, see rule 284 paragraph 2)
8. These current Ranking Lists as specified shall be circulated by the Short Track Speed Skating Technical Committee each time results of World Cup Competitions are received. The World Ranking Lists commence with the first World Cup Competition each season and then maintained throughout the series of World Cup Competitions. The Ranking Lists will be concluded with final standings after the last World Cup Competition.

K. Competitions

Rule 289

The Global Club Competition can be organized biannually under the responsibility of the Short Track Speed Skating Technical Committee. Basic principle of the Competition is one overall Club Classification so that only a club can win this Competition. Every Club affiliated to an ISU Member is eligible to participate.

Conditions of Contest, Entries, additional Rules and details are published in the Announcement.

L. Officials and their duties

Rule 290

Duties of the Representative of the Technical Committee

1. The Representative of the Technical Committee will make at least one consultation and inspection visit during the two years before the ISU Event. The Representative of the Technical Committee will be present at the ISU Event and check all technical matters concerning the condition, adequacy and scheduling for use of all skating facilities used in connection with the ISU Event. In addition, as necessary, he will act as a liaison between the Referee and the organizers.

2. The Representative of the Technical Committee must not be an official or member of the ISU Member organizing the particular ISU Event.
3. The Representative of the Technical Committee shall not also serve as a Referee, Assistant Referee, Starter or Competitors Steward in the same ISU Event except in an emergency.
4. The Representative of the Technical Committee or his Assistant must be present from the beginning of the official training for all competitors.
5. The Representative of the Technical Committee shall conduct inquiries during a competition regarding any omissions or failure to observe the regulations with the Officials and/or organizers concerned.
6. The Representative of the Technical Committee shall submit a written report to the Technical Committee regarding his observations.
7. The Chairperson of the Technical Committee shall conduct inquiries regarding any reported omissions or failure to observe the regulations.

Rule 291

Nominations of Officials

1. a) Every ISU Member may submit applications to the General Secretary of the ISU the names of up to 10 individuals within their Association qualified to serve as Referees, Starters and Competitors Stewards at International Competitions.
 - b) These completed applications may be made at anytime during the year so long as they do not exceed 10 individuals per category.
 - c) Once an individual is approved by the Short Track Technical Committee and placed on the International List, that individual shall remain on the list and does not require re-nomination annually.
 - d) Removal from the International List or Championship List shall occur only if:
 - a written resignation, signed by the individual concerned, is received from the Member announcing the individual's retirement, or
 - the Short Track Technical Committee removes the individual from the List as the result of an imposed penalty, or a written request, with reasoning, is received from the Member concerned.
 - e) To qualify as an ISU Official the individual shall have at least the following experience at competitions and courses conducted in accordance with ISU Regulations. The Member is responsible to check the following requirements and must confirm in writing to the Technical Committee.

- Served at two (2) National Championships in the position being nominated for.
 - Attended at least one (1) Officials Course conducted by the Member within the past 36 months.
 - Served as an Official in any capacity at an International Competition in the past 36 months.
2. These Officials should in general have the nationality of the country of the Member nominating them.
3. If an Official is of a foreign nationality, he can be accepted only with the approval of the Member of the country of which he is a national. The name of this Official is to be entered in the list of the nominating Member. An official so nominated is counted in the quota of the nominating Member.
4. Members of the ISU should exercise the utmost care to nominate as Referees, Starters, and Competitors Stewards only fully experienced, reliable and entirely impartial individuals who possess a thorough knowledge of the appropriate ISU Rules and fluent ability in the English language.
5. a) Among the nominated Referees, Starters and Competitors Stewards the Short Track Speed Skating Technical Committee shall recognize a maximum of 25 individuals who shall officiate as Referees or Assistant Referees, 25 individuals who shall officiate as Starters and 25 individuals who shall act as Competitors Stewards in ISU Events and the Olympic Winter Games.
- b) The Technical Committee may mark Officials on the List for ISU Championships with an “A” indicating that they may only officiate in an assisting capacity at ISU Events.
- c) The Technical Committee may mark Officials on the International List with a “W” indicating that they may officiate at World Cups also.
6. a) To be considered to the Championship list of Referees, Starters and Competitors Stewards, those individuals on the International list shall have at least fulfilled the following requirements:
- Served in his nominated category at least twice at International Competitions during the past 36 months.
 - Have satisfactory reports from Referees at these International Competitions.
 - Attended an ISU course for International Officials within the past 36 months.
 - For Referees: have passed the appropriate examination during the past 36 months.

- b) To be reconsidered as an ISU Championship Official the individual shall maintain the following qualifications:
- Attend the ISU course for Officials conducted by the Technical Committee every 2 years during the period of 90 - 120 days following a Congress.
 - Submit a report to the Technical Committee each time the individual serves as a Referee.
 - Conduct an International Course for International Officials during the past 24 months.
 - Successfully completed the appropriate examination within the past 24 months.
- c) The full list of Referees, Starters and Competitors Stewards approved by the Short Track Speed Skating Technical Committee shall be communicated to the Members by the General Secretary of the ISU by August 1st every year.

Appointment of Officials

7. a) - The Officials for the Olympic Winter Games and for the ISU Championships are appointed in accordance with Rule 126, paragraph 8 and with Rule 129, paragraph 5 respectively.

- The Referee, one Assistant Referee, Starters and one Competitors Steward for each World Cup Competition shall be appointed by the ISU President or with the consent of the former, by the Vice President for Speed Skating.

b) Appointed Officials must be invited by the organizing Member not less than 60 days before the start of the respective Competition.

c) At least three qualified Officials, from other Members than the Member of the country in which the Competition is held, shall be among those appointed.

d) For ISU Events and the Olympic Winter Games all Officials required (other than the Representative of the Technical Committee and the Technical Delegate), not appointed by the ISU President or by the Vice President for Speed Skating, shall be appointed by the Member in which the Competition is held.

e) Any Official in the List for ISU Championships who is appointed and/or invited for more than three ISU Events in one season must inform the ISU Secretariat immediately and ask for approval.

f) For ISU Events and the Olympic Winter Games all Referees, Starters and Competitors Stewards must be selected from the current ISU List of Officials.

8. All activities of Officials shall be observed by the Technical Committee. In case of failure to comply with or observe a rule the Official will be subjected to a system for recommendation of sanctions and penalties. See the respective ISU Communication.

Rule 292

Officials necessary

1. The following Officials for ISU Events, and the Olympic Winter Games must be appointed; Referee, 4 Assistant Referees and 2 Competitors Stewards; Assistant Competitors Steward; Starter, Assistant Starter; Chief Finish Line Judge, Photo Finish Judge; Finish Line Judges; Chief Timekeeper; Timekeepers; Lap Scorers; Lap Recorder, Announcer and Track Stewards.

Medical

2. A Medical Doctor and First Aid attendants must be in attendance.

Referee

3. The Referee shall be the chief executive officer, and shall decide all points of dispute and infringements of rules, which can result in disqualification. His decision shall be final (see Rules 123 and 124 about protests and appeals).

4. The Referee is responsible for:

- a) Checking the eligibility of Officials and skaters.
- b) Deciding the program and qualifying procedure in consultation with the Competitors Steward and the Representative of the Technical Committee.
- c) See that all applicable rules be observed for the competition he is conducting.
- d) In the ISU Championships, to give information as to the preparation of the ice (see the Handbook).
- e) Reporting on the respective form to the Technical Committee for Short Track Speed Skating on the officiating at the Competition concerned, within 30 days.
- f) The Referee is responsible for conducting a Competition review meeting with all major Officials to evaluate all decisions and activities.

5. The Referee is empowered to:

- a) Introduce alteration in the program, in so far as these do not conflict with the Regulations.
- b) Decide whether the conditions of the rink permits the holding of the Competition.
- c) Accept, in agreement with the organizing Member or affiliated club, another rink for the holding of the Competition.
- d) If necessary, to exclude skaters from the competition (see Rule 124).
- e) Remove the Starter, Competitors Steward or other Officials.
- f) Suspend skating until order is restored when the public interrupts the competition or interferes with its orderly conduct.

g) Delegate responsibility to other Officials in order to assist him to carry out his duties.

h) Add a skater who was in a qualifying position to the next round if he feels that the skater was prevented from qualifying due to:

- an offense resulting in a disqualification;
- any other reason not resulting from any direct or indirect action of the skater concerned.

The Referee makes any advancement solely at his discretion.

i) If the Referee is in doubt concerning any action on the field of play before a decision is made, then the Referee is authorized to view the Instant Digital Replay at full speed, slow motion or still picture, with the exception of matters concerning the starting procedure.

6. The Referee decides upon:

a) All protests made, and other matters in dispute, except those concerning the start (Rule 294), the make-up of races (Rule 283, paragraph 3) and the order of finish (paragraphs 12 and 13).

Protests must be made to the Referee. All discussions concerning a protest will be held in private. All applicable paragraphs of Rule 123 shall apply.

b) All matters concerning any breaches of the Constitution and Regulations of the ISU, even though no protest has been made.

c) The Referee shall decide when a touch has been "obvious" in relay racing and should observe all relaying for this particular purpose, with the assistance of the Assistant Referees.

Assistant Referee

7. a) The Assistant Referee appointed by the President will substitute in case the Referee is no longer able to do his job due to illness or injury.

b) The Assistant Referees shall report to the Referee on each part of the competition of any infringement of the rules.

c) Two Assistant Referees are positioned off ice, one at each end near the beginning or end of the curves.

d) The Assistant Referee directs the skaters to their starting positions over their starting dot and ensures that they are ready to start.

Starter

8. a) The Starter shall decide all disputes relating to the start. He shall give his starting commands in English.

b) The Starter shall take his position, so that he has a clear view of all skaters starting in the race.

c) In the relay race, the Starter having been warned by the lap scorer, will fire the pistol signifying the last three laps.

d) The Starter may designate the Assistant Starter to call the skaters back in case of a false start.

Assistant Starter

9. a) The Assistant Starter may, if directed by the Starter, recall the race if a false start occurs, this action will be taken by firing a pistol or a blast with a whistle.
- b) The Assistant Starter, shall on the order of the Starter, give a stop signal in front of the skaters.

Competitors Steward

10. a) The Competitors Steward is responsible for the coordination of all administrative matters and shall observe Rule 283, paragraph 3, completely.
- b) Based on the results of the races the Competitors Steward shall, according to the official program, determine the skaters taking part in the next qualifying round.
- c) The Competitors Steward shall make-up the races for each qualifying round and draw the order of the races, with the exception of the starting order of races for the first qualifying round of the first distance which will be drawn by the Referee at the official opening draw.
- d) The Competitors Steward shall inform those skaters of their qualification and the race in which they shall start.

Assistant Competitors Steward

11. a) The Assistant Competitors Steward shall work in a designated staging area called heat box.
- b) The Assistant Competitors Steward shall call out the names of those about to compete.
- c) Skaters shall report to the Assistant Competitors Steward before the start of each race and he shall be responsible for seeing that the skaters are wearing their racing numbers and correct uniforms (see the Memorandum).

Photo Finish Judge

12. a) The Photo Finish Judge shall read the photo finish. He shall report the order of finish and times of each competitor to the Competitors Steward or electronic equipment recording the results of each race. The results shall be considered official.
This official may be the person operating the photo finish equipment described in Rule 280, paragraph 6.
- b) For International Competitions photo finish equipment may be used in determining the order of finish of all skaters.
- c) The term photo finish equipment denotes a system that records the order of finish in such a way that it can be reproduced immediately after the race concerned. The equipment must be able to reproduce a clear and undistorted photo of the finish of each race.
- d) If the photo finish equipment is able to produce a time scale on the finish photo, the times read of this scale be taken as official times.

e) If it is not possible to record times with the photo finish equipment then electronic time keeping equipment, according to Rule 246, may be used to record the times of all skaters.

Chief Finish Line Judge and Finish Line Judges

13. For International Competitions without photo finish equipment:

a) The official order of finish is determined by the Chief Finish Line Judge.

b) The order of all finishers shall be recorded.

c) The Chief Line Judge shall assign finish positions to the Finish Line Judges. The Chief Finish Line Judge shall pick first place only.

d) There shall be four Finish Line Judges: Judge No. 1 picks skaters 1st and 2nd; Judge No. 2 picks skaters 2nd and 3rd; Judge No. 3 picks skaters 3rd and 4th; and Judge No. 4 picks skaters 4th and 5th.

e) In case of six or more skaters, the Starter or his Assistant shall act as Judge No. 5 and pick 6th place only.

f) In the 3000 meters and relay races the Finish Line Judges will be assigned to a skater or team and record the number of laps skated and the place on the finish.

Chief Timekeeper and Timekeepers

14. For International Competitions without photo-finish equipment;

a) The chief timekeeper is responsible for the recording of times and shall comply with all sections of Rules 242 and 245 that apply to Short Track Speed Skating.

b) The chief timekeeper will ensure that he and the timekeepers are positioned off the ice and adjacent to the finish line necessary to record the accurate time of the skaters.

c) When digital watches are used, the times will be recorded in hundredths of a second.

d) The chief timekeeper must read each watch, record the results, and declare the official time. He will warn the timekeepers not to clear their watches until he has ordered them to do so.

e) A minimum of 2 timekeepers plus one reserve on first and second place and one timekeeper on third position is required.

f) They will also pretest their watches in accordance with standard procedures.

g) The timekeepers must not clear their watches until such time as they have been instructed by the chief timekeeper.

h) Timekeepers should not call out their times but if requested by the chief timekeeper show their watch.

Lap scorer

15. a) The lap scorer shall visibly show the number of laps still to be skated by the leading skater at all times and he will turn the lap-board each time the leading skater passes.
- b) The lap scorer will ring the bell to signify the last lap of each race.
- c) In relay races the lap scorer will advise the Starter that the last three laps are coming up.
- d) In relay aces a lap scorer shall be assigned to each team.

Lap recorder

16. a) The lap recorder shall complete a lap by lap record in writing of the lap times of the leading skater with an accuracy of one second or less and keep check on the lap scorer at all times.
- b) The lap recorder shall be positioned off the ice but near the lap scorer.

Announcer

17. The announcer will keep the spectators fully informed throughout the competition. In addition when requested by the Referee he will announce disqualifications specifying where and how the skater(s) concerned made an infringement and whether there is an advancement.

The announcer shall also ensure that all Officials, teamleaders, coaches and skaters are kept fully informed by public announcements regarding competition details.

All announcements are in English. If applicable the same announcements may be made in a second language.

Track Steward

18. Preferably two, but at least one, track steward shall work at each end of the track. The track stewards must be experienced skaters and have knowledge of the English language. If possible the track steward should be positioned so that he will not interfere with the skaters and Officials but can readily replace missing blocks.

On-ice Officials

19. a) Only the Referee, two Assistant Referees and track stewards may be on the ice during the running of the race.
- b) On-ice Officials should be appropriately dressed and must wear skates.
- c) Only with the permission of the Referee other Officials may be on the ice during a race, i. e. to operate equipment if necessary.
- d) At ISU Events and the Olympic Winter Games the Referee and his Assistants shall use radio equipment to communicate provided this equipment is protected against third party intrusion.

M. Racing Rules

Rule 293

Individual races

1. a) Races are run counter-clockwise, that is to say the inner side of the track is on the left hand side of the skater.

b) Overtaking is allowed at all times, but the responsibility for any obstruction or collision shall be upon the skater overtaking, provided the skater being overtaken does not act improperly.

c) 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 impedes other competitors.

d) If a skater is lapped twice, that skater shall leave the race unless there are one or more other skaters very close to his current race position. Skaters who have left the race on 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 skaters control, then the Referee may declare the skater having reached the finish but no time shall be recorded.

e) A competitor or team has completed the distance when the skater has reached the finish line with the leading tip of the skate blade.

Individual racing rules

2. a) The general racing rule is that the competitors by their way of skating shall contribute to the honest sporting and safe progress of the race in order to determine the result of the race on its merits.

b) Breaches of the racing rules are considered as follows:

-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.

-IMPEDING: Deliberately impeding, blocking, charging, or pushing another competitor with any part of the body.

-CROSSTRACK: Improperly cross the course of, or in any way interfere with another competitor.

-ASSISTANCE: Permitting to give and/or receive assistance during a race. This will not apply to the push the skater receives from their team-mate in a relay event.

-TEAM SKATING: During a race any action that in any way is beneficial to the result of another skater is considered team skating and all involved shall be disqualified. This does not apply to relay races.

-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 and will lead to disqualification.

Relay races

3. a) Teams consist of maximum 5 competitors. In any race 4 competitors will skate as team members.

b) For each race the team can be composed of any four of the five skaters originally named.

c) Each of the four team-members must take part in the race.

d) All members of a team shall be equally dressed. Teams which do not comply with this shall be excluded from participation.

e) A competitor will be in the race and be responsible for the team until that skater is relayed by 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 is relieving.

f) 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.

g) In the case of a fall during the last two (2) laps, the skater may be relayed.

Relay racing rules

4. a) The individual racing rules, paragraphs 1 and 2, shall apply to relay races, that is to say for all members of the team, both participating and relayed team members.

b) Breaches of the relay racing rules are considered as follows:

- RELAYING NON TOUCH: The relay has taken place without a touch or that the touch has not been obvious, clearly shown, and seen by the Referee or Assistant Referees.

- RELAYING DURING THE LAST TWO (2) LAPS: The last relay has not been clearly started before the commencement of the final two laps.

Disqualification

5. a) The Referee decides whether an infringement of the racing rules has taken place and whether the competitors concerned shall be disqualified.

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 competitor(s).

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 after respecting the rest time according to Rule 282, paragraph 2.

Should any of the skaters have been disqualified in the initial part of the race then they will not take part in the re-start or re-run.

b) A disqualification must be announced at the end of each race, both to the competitor(s) team leader or coach, Competitors Steward, and over the public address system for the benefit of the spectators, specifying where and how the skater(s) concerned made an infringement and whether there is an advancement.

c) A disqualification in any race means that the skater will be excluded from participating in the next round and that they will forfeit the points accrued in that race only. The points accrued before that race will not be affected.

d) Protests against any decisions concerning infringements of the racing rules will not be accepted.

Exclusion

6. a) For any action, either on or off ice, not in compliance with Rule 125 or a disqualification which is deemed by the Referee to be an intentional and serious offence, the Referee will show the skater a yellow card. If the Referee decides the offence is very grave, the skater also may be excluded immediately from the competition and not be ranked in the final classification. Any skater who is shown the yellow card twice in the same competition shall be excluded from the competition immediately and shall not be ranked in the final classification.

b) In addition the Referee shall file a written report to the Short Track Technical Committee concerning any skater who received a yellow card. If a skater has accumulated two (2) yellow cards in one (1) competition or within 12 months, that skater shall be automatically suspended from all ISU Events, the Olympic Winter Games, and International Competitions for at least two (2) months or three (3) applicable Events whichever is the longer period. Furthermore the Technical Committee may on receipt of the Referees report consider further and additional disciplinary action consisting of a minimum of one (1) year suspension from the date of the decision of the Technical Committee against the skater. A notice specifying the action will be given to the skaters Member Association, which if accepted, will terminate the matter.

c) If the Technical Committee's proposal is not accepted by the Member Association the Technical Committee may refer the matter to the Council in accordance with Rule 125, paragraph 4, with a recommendation.

d) This also applies to teams in relay races.

Rule 294

Heat box

1. Previous to each start the names of those about to compete are to be clearly called at the heat box. Failure to appear promptly is equivalent to withdrawal from the competition concerned, except for medical reasons.

2. Skaters with defective skates (e.g. broken skate blade) will not be allowed to start or re-start in any race.

3. Prior to the start of each semi-final over an individual distance, the participants are introduced by the announcer stating their full name and country. Prior to the start of a final over an individual distance, the participants are introduced by the announcer stating their full name, country, current position in the Championships and current position on the World Ranking List (see Rule 288).

Starting procedure

4. a) 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 with the center of the body over the respective dot and keep this position absolutely until the shot is fired.

b) 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.

c) If a skater is interfered with and falls before the first apex block after the starting line the skaters may be called back to make a new start according to subparagraph a.

d) 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 area 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.

e) The skaters shall receive the same commands as per the first start according to subparagraph a). The skater or skaters who made the false start, will be assessed a false start.

f) If more than one skater is responsible for a false start they shall all be assessed a false start.

g) 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.

h) After a false start the Starter shall tell a skater that he has made a false start. In the case of a second false start by the same skater the Starter shall tell the skater that he is disqualified.

i) Any skater that by his action, deliberately delays the start, shall be assessed a false start.

Rule 295

Equipment of skaters

1. All skaters must be equipped with:
 - a) Safety type headgear that is in compliance with the current ASTM standard for Short Track Speed Skating. The helmets must have a regular shape and may not have protrusions;
 - b) Gloves or mitts;
 - c) Shin protection;
 - d) Long sleeved and long legged clothing;
 - e) Padded or padded hard shell knee protection;
 - f) All speed skates must have the tubes closed and the blade ends must be rounded off, with a minimum radius of 10 mm. Blades must be fixed to the boot at a minimum of two points with no moveable parts;
 - g) Neck protection.
2. Each skater is solely responsible that his personal equipment meets the highest safety criteria in order to obtain the utmost safety of the skaters.
3. Further specification concerning the equipment described in paragraph 1), which may include enforcement of a world-wide accepted industry standard, may be issued by the ISU and shall then be announced in an ISU Communication or ISU Circular Letter.
This applies only to ISU Events and the Olympic Winter Games. Use of equipment according to these specifications is recommended for international competitions.
4. The Assistant Competitors Steward in the heat box shall determine whether a skater has respected the safety conditions, so that they can start a race. Skaters whose equipment is not in compliance with these rules shall be excluded from participation.
5. A skater who removes his equipment before the end of the race shall be disqualified.

Rule 296

World records

- a) World Records will be registered by the ISU:
 - For Ladies over distances of 500, 1000, 1500 and 3000 meters;
 - For Men over distances of 500, 1000, 1500 and 3000 meters;
 - For Junior Ladies over distances of 500, 1000 and 1500 meters;
 - For Junior Men over distances of 500, 1000 and 1500 meters;
 - For Ladies Teams over distances of 3000 meters relay;
 - For Men Teams over distances of 3000 meters relay and 5000 meters relay.

b) World records will be considered in thousands of seconds provided such times have been established:

- on an official ISU track as listed in Rule 280, paragraph 1;
- that photo finish and/or electronic timing has been used, proved by original outputs of the respective equipment;
- an ISU Referee and Starter are officiating;
- that lap record times were duly recorded for distance of 1500 meters or over;
- for International Competitions open to all ISU Members: the announcement was published as laid down in Rule 110;
- for National Championships and International Competitions restricted in any way: the detailed announcement was received by the ISU General Secretary at least four weeks before the event;
- that the distances skated and the starting times were in accordance with the announcement;
- that the original official ISU Protocol of the event, together with certificates regarding the watches and track and a program of the event are available.

c) Junior World Records can only be accepted provided these times have been established in a competition open only to Juniors.

d) Any competitor who achieves a World Record must have been tested negative for doping at the time of the race to have this record ratified.

e) If the existing World Record is broken more than once on the same distance in a competition only the best time obtained shall be considered as a World Record.

f) Any competitor who equals an existing World Record shall have his name entered in the list of records.

g) For each record obtained, or the equaling of any record, the ISU shall issue a diploma to the skater.

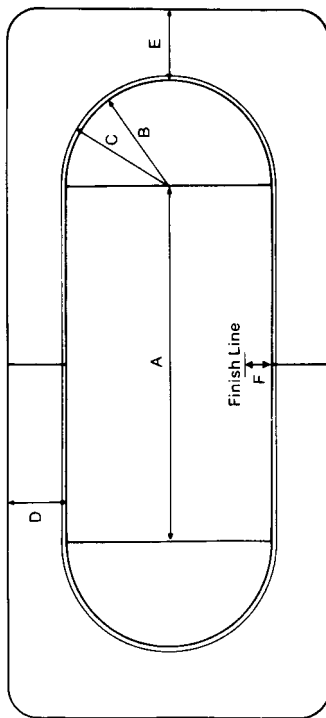
h) All respective documents must be submitted by the organizing committee to the ISU General Secretary within 30 days following the competition.

Rules 297- 299

Are reserved for possible further Regulations in Part III: "Regulations for Short Track Speed Skating"

Diagram of A STANDARD TRACK FOR SHORT TRACK SPEED SKATING

Start for 1500 meters
500 meters



Start for 1000 meters
3000 meters
5000 meters

To be used for semi-finals and
finals of 500 meters.



Track 60 x 30 meters rink

- A = Length of straight
- B = Curve
- C = Measuring curve
- D = Straight width
- E = Width from apex block
- F = Actual width of straight
+ 1.5 meters

28.85 meters
8.00 meters
8.50 meters
7.00 meters minimum
7.57 meters

111.12 meters track

2 x A
2 x 8.50 x π
One lap =

57.71 meters
53.41 meters
111.12 meters

Laps in different distances: 1000 m = 9 laps 3000 m = 27 laps
1500 m = 13 1/2 laps 5000 m = 45 laps
500 m = 4 1/2 laps