

# INTERNATIONAL SKATING UNION

## Communication No. 1957

### Mass start Races at ISU Speed Skating Events 2015-16

#### SAFETY MEASURES and RACING RULES

(Complementing ISU Special Regulations Rule 223, paragraph 1, and ISU Technical Rule 253, paragraph 4 b)

#### 1. Introduction

This Communication is an update of ISU Communication No. 1914 which was issued for the season 2014-15. It contains important new regulations on safety measures, making it mandatory for Competitors to wear certain safety gear and racing outfit with specific qualities. *These safety regulations will apply also for the Mass start races at the Winter Youth Olympic Games 2016.*

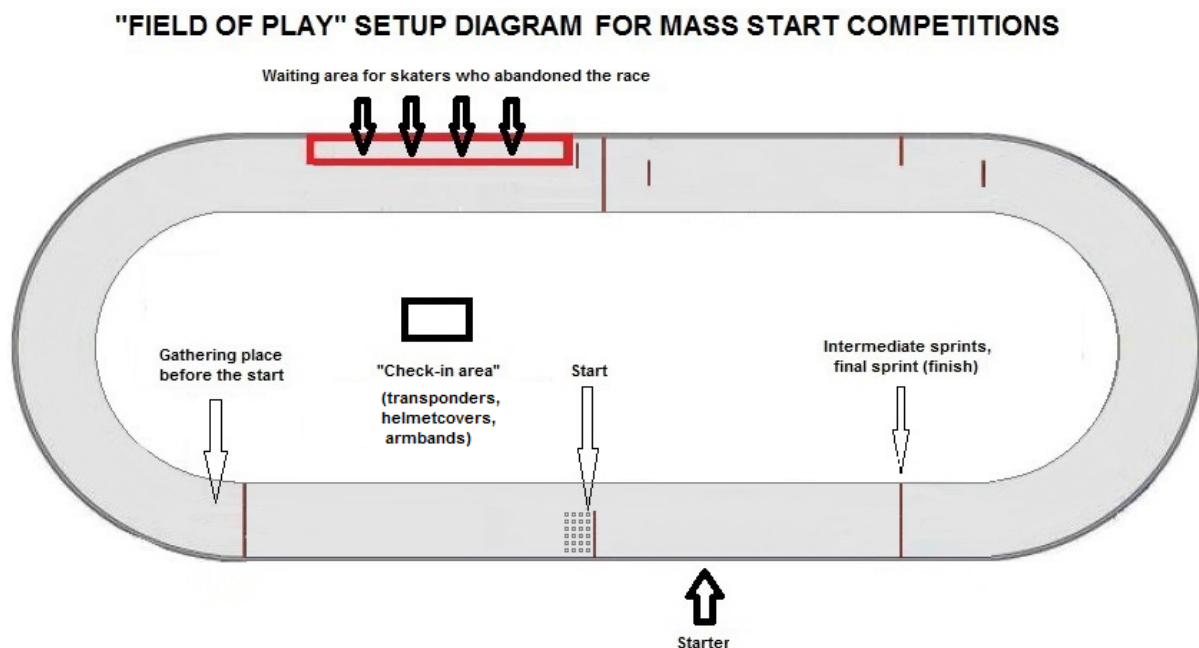
#### 2. Track and Distances

- **Track demarcation:**

Use of warm up lane: The competition track generally includes the warm-up lane. However, if deemed necessary to keep an adequate and safe radius of the competition track, a demarcation restricting use of the innermost part of the ordinary warm up lane can be implemented upon decision of the Referees in consultation with the Representative of the ISU Speed Skating Technical Committee.

- **Distances:**

- 16 laps for Ladies and Men
- 10 laps for Junior Ladies and Junior Men



### 3. Race procedures

3.1. Equipment	
<i>Transponders for timekeeping</i> must be worn by Competitors (Rule 223, paragraph 5)	
<i>Helmet covers*</i> , with numbers corresponding to the start list	
<i>Armbands*</i> shall be worn for easy identification as follows:	
<i>at ISU World Cups, ISU Championships, Youth Olympic Games:</i>	<i>at ISU Junior World Cups:</i>
<b>Skater #1</b> from a country: <b>no armband</b>	<b>Skater #1</b> from a country: <b>no armband</b>
<b>Skater #2</b> from the same country: must wear <b>yellow armband <u>on both arms</u></b>	<b>Skater #2</b> must wear a <b>yellow armband</b> <b>Skater #3</b> must wear a <b>white armband</b> <b>Skater #4</b> must wear a <b>red armband</b> <b>Skater #5</b> must wear a <b>blue armband</b>

*\*as provided by the organizer (see also Rule 223, paragraph 6)*

### 3.2. Start

The Competitors gather at the start area of the 500m and will then be called to the start line by the Starter or announcer.

- The start will be in the middle of the finishing straight (1000m finishing line)
- line up at the start in rows of 6 Skaters each, with a distance of at least 1 meter between each row. Only the inner and outer lane is used for the start rows.
- Start positions are assigned according to the Mass start (Junior) World Cup Ranking. For the first (Junior) World Cup Competition see details in the respective ISU Communication.

### 3.3. Race format and organization

- After the first lap, before the 500m finishing line, a second shot will be fired by the Starter. Acceleration to gain a better position in the pack is allowed only from this moment on.
- Intermediate sprints and final sprint
  - During the race there will be one (for junior Events) or three (for senior Events) intermediate sprints before the final sprint. For each sprint, Competitors will score points that count towards their ranking in the final result of the race.
  - For seniors the sprints will be concluded at the finishing line after 4, 8, 12 and 16 laps (counting the first lap). A bell signal will be given one lap before each sprint; that means when the lap counter shows 13 laps, 9 laps, 5 laps and 1 lap left.
  - *For Juniors there will be one intermediate sprint before the final sprint. The sprints will be concluded after 5 and 10 laps; that means that the bell signal will be given when the lap counter shows 6 laps and 1 lap left.*
- The finish of the race, and of each of the intermediate sprints:
  - at the end of the finishing straight (500m finishing line).
- Photo finish equipment will be used to verify the position of the Competitors at the finish.
- No coaching is allowed from the ice. No team officials are admitted infield during the race.

## 4. Safety Measures (See also Rule 223, paragraph 1)

### 4.1. Mandatory safety requirements.

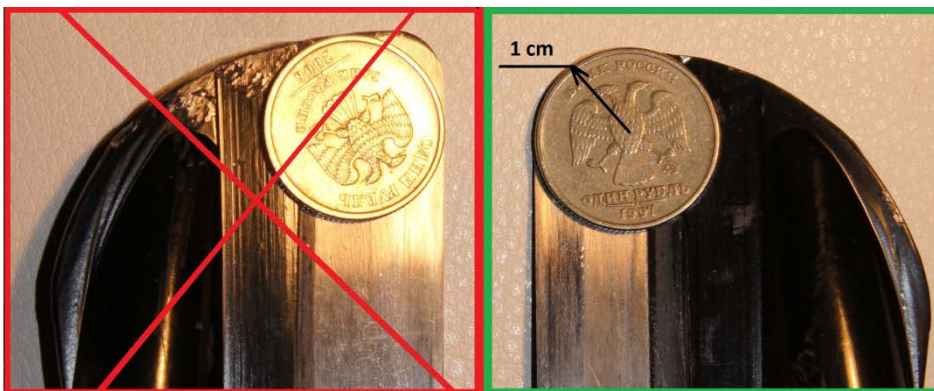
i) Each Competitor MUST wear:

- A helmet that conforms to the shape of the head. The helmet shall comply with the specifications for Short Track Speed Skating (Rule 291, paragraph 1 a)
- Cut-resistant racing suit or underwear, in accordance with specifications for Short Track Speed Skating (ISU Communication No. 1265)
- Knee-shin guards, made of plastic or cut resistant material
- Cut resistant gloves or leather gloves
- Cut resistant neck and ankle protection

Other protective gear is recommended, for example: protective eyewear.

ii) Blades:

- The back and front part of the blades must be rounded off, with an indicative radius of 1 cm (see picture below).



### 4.2. Control of safety measures

- Safety measures will be controlled at a “check-in point” for the race, located at the transponder distribution area or as described during the Team leaders' meeting.
- Each Skater is responsible for wearing skates and safety equipment, as described above, when appearing at the start and during the whole race.

## 5. Racing rules and conduct of the race

### 5.1. General

- “Fair play” as the basic rule: no obstruction of other Competitors.
- Skaters must take care during racing to avoid causing dangerous situations.
- Competitors overtaken by the leader with one lap must abandon the race immediately. Lapped Competitors and other Competitors abandoning the race must move to the outside of the track and enter the coaches' box on the crossing straight as soon as possible after they have been overtaken or abandoned the race, and shall remain in the coaches' box until the race is over. Technical equipment may be used for signalling overtaking.
- The Referee has to stop the race (Rule 216, paragraph 1 g) if there are safety concerns in the case of fallen or injured Competitor(s). The race will then be stopped by a gun shot or whistle from the Starter or by the Referee. Technical equipment may be used for signaling a stop of the race.
  - The Referee decides if and when a fresh start of the race will be held.
  - The full distance of the race will be re-skated if the race is stopped for safety concerns and a fresh start will be held.
  - No fresh start will be allowed for Competitors who were disqualified for rule violations, who were lapped or abandoned the race before the incident happened that caused the stop of the race.

- If a “crash” occurs during the first lap with a large group (6 or more) of Skaters involved, the race will be stopped, and a fresh start will then follow immediately.

## 5.2. Disqualifications

- Competitors moving forward and out of their starting row before the shot is fired, will be disqualified.
- The first lap must be skated “in one group” without fast accelerations. Breach of this rule will lead to a disqualification.
- Skaters who do not meet the safety requirements (under section No.4 above) will not be allowed to compete or will be disqualified if violating these requirements during the race
- Serious obstruction that causes the fall of another Competitor will lead to a disqualification.

## 6. Ranking Rules and Sprint Points

The ranking will be determined by the accumulated points gained at the intermediate sprints and at the final sprint. Further ranking of the other Competitors is determined by their order of finish at the final sprint.

### 6.1. Allocation of Sprint points:

The points awarded for the sprints are as follows:

- Intermediate sprints: The first three (3) Skaters will earn: 5 – 3 – 1 sprint points
- Final sprint: The first three (3) Skaters will earn:
  - Seniors: 60 – 40 – 20 sprint points
  - Juniors: 30 – 20 – 10 sprint points

### 6.2. Race results

- The winners of the final sprint (places 1 to 3) will be ranked 1-2-3 in the race.
- The other competitors will be ranked according to their accumulated points in the intermediate sprints, three (3) sprints for seniors and *one (1) sprint for Juniors*.
- For Competitors with the same total of sprint points, the order of finish in the last sprint will break the tie.
- Competitors without sprint points will be ranked according to their position at the finish.
- For Competitors that do not finish the race, points earned in the intermediate sprints will not be considered for the final race result. These intermediate print points will not be reallocated to other Competitors.
- Competitors not finishing the race will be ranked according to the number of laps they have completed before being lapped or otherwise having abandoned the race.

## 7. Liability

ISU General Regulations, Rule 119, applies.

Milano  
August 3, 2015  
Lausanne

**Ottavio Cinquanta**, President

**Fredi Schmid**, Director General