

Communication No. 2195

Mass Start and Team races at ISU Speed Skating Events – Safety measures, promotion initiatives and organization of races.

(Complementing ISU Special Regulations Rule 223, paragraph 1, and the following ISU Technical Rules: Rule 253, paragraph 4, Rule 261, paragraphs 1 and 3, and Rule 265 paragraphs 5, 6 and 7)

1. General

This Communication replaces ISU Communication No. 2038 and will apply for the season 2018/2019 and beyond. It contains important regulations on safety measures and provides requirements and recommendations for Competitors to wear particular safety gears and racing suits with specific qualities and design.

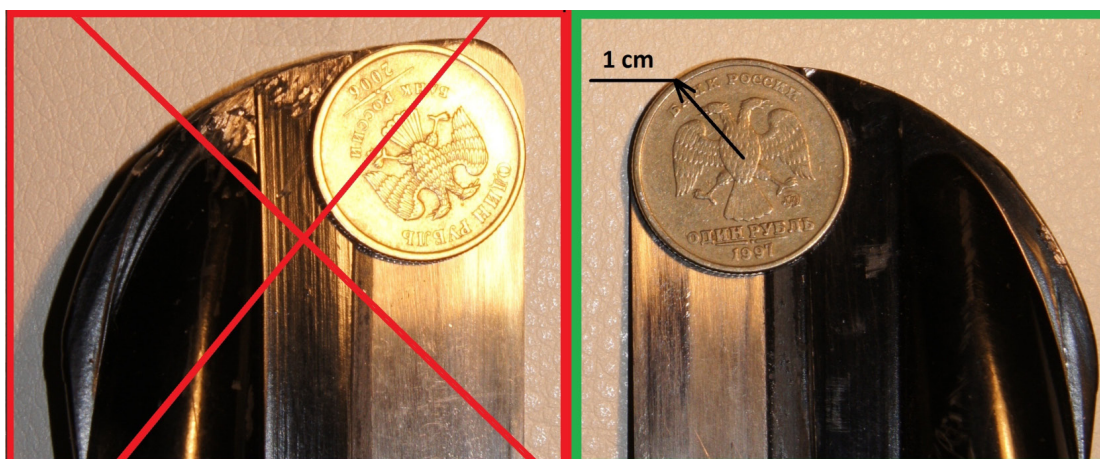
2. Safety measures and initiatives for promotion of Mass Start and Team races (See also Rule 223, paragraph 1)

2.1. Safety measures during Mass Start races

All Competitors **MUST** wear:

- Cut-resistant racing suit or underwear
- Knee and shin guards, made of plastic or cut resistant material
- Cut resistant gloves
- Cut resistant neck and ankle protection
- A helmet that conforms to the shape of the head. The helmet shall comply with the technical specifications for Short Track Speed Skating as indicated in ISU Special Regulations for Short Track Speed Skating, Rule 291, paragraph 1.a).

Moreover, the front and back part of the blades must be rounded off, with a radius of 1 cm.



2.2. Safety measures for Team competitions (including Mixed gender)

For the season 2018/19:

- For Team Sprint races it is mandatory for the Skaters to wear a helmet as indicated in paragraph 2.1 above;
- All the other safety measures specified for Mass Start races in paragraph 2.1 above are *recommended* also for Team Pursuit races and Team Sprint races;
- Other specially announced safety measures may apply.

With effect from the season 2019/20:

- All the safety measures specified for Mass Start races will be *mandatory requirements* also for Team Pursuit races and for Team Sprint races.

2.3. Control of safety measures

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

2.4. New racing suit design requirements for ISU Members

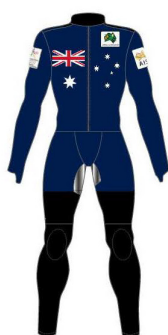
In order to clearly identify and recognize the athletes and national teams competing in Mass Start and Team races and to create a TV and spectator friendly exposure, the same design guidelines as for Short Track Speed Skating racing suits has been adopted, as indicated in the following excerpt from ISU Communication No. 1954 "Initiatives and measures for the Promotion of Short Track Speed Skating".

- a) *Racing suits shall show a design clearly distinguishing the participating ISU Members (nations).*
- b) *The front and back part of the upper body of the racing suits shall clearly show the national flag. Simple art work will be accepted. For all ISU Members having flags similar to other Members in shape and color (i.e. Netherlands – France - Russia, Italy – Hungary – Bulgaria, Germany – Belgium, – etc.) a unique artwork shall be defined showing the national flag on the upper body of the racing suits and using the national colors for the remaining part of the Racing Suits.*
- c) *This provision does not apply to national team uniforms but is intended for racing suits only.*
- d) *For advertising markings, Rule 102, paragraph 6.b) and all relevant ISU Communications continue to apply.*
- e) *The country name may be shown on the back part of the racing suit either vertically or horizontally.*

In other words, the approved design of the Short Track racing suits may be used also for Mass Start and Team races in Speed Skating.

This also means that ISU Members may use racing suits with one design for Mass Start/Team competitions and with a different design for individual distances.

Indicative design examples from racing suits currently used for Short Track Speed Skating:



Australia



Germany



Japan



USA

The implementation of the above provision on racing suits will be made in two steps as follows:

- **For the season 2018/19:**

ISU Members are **recommended** to introduce new designs of the racing suits for their national team Skaters in Mass Start and/or Team competitions. Any new designs shall be submitted to ISU for approval in due time before it will be used in ISU Events.

- **As of the start of the season 2019/20:**

The above provisions will be **mandatory**. The design of the racing suits to be used in ISU Events shall be submitted to ISU for approval by July 31, 2019 – and any future changes by July 31 preceding the season.

3. Distances and Track for Mass Start races

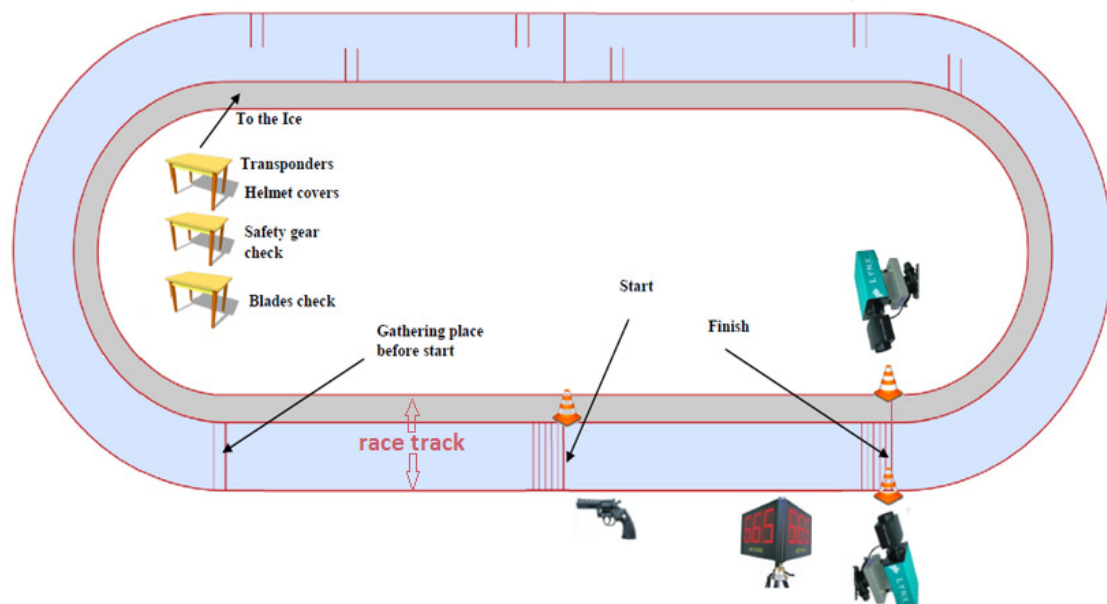
3.1. Distances

- 16 laps for Ladies and Men;
- 10 laps for Junior Ladies, Junior Men and for "Neo-Seniors" (Ladies & Men) competing at ISU Junior World Cup Competitions.

3.2. Track demarcation

Use of the 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.

3.3. Track organizational diagram



4. Race procedures for Mass Start races

4.1. Equipment

- Transponders for timekeeping must be worn by Competitors (Rule 279, paragraph 3);
- Helmet covers with numbers corresponding to the start list.

4.2. Preparation of the races

- Start positions are assigned according to the respective ISU Communication;
- If races are organized with Semi-Finals, entered Skaters will be placed in the Semi-Finals according to their seeding or Ranking, according to the following procedure:
 - Top seeded Skater: Semi-Final A;
 - 2nd and 3rd seeded Skaters: Semi-Final B;
 - 4th and 5th seeded Skaters: Semi-Final A, etc.
- If the rules of the Competition restrict the number of Skaters from the same country in each Semi-Final, the allocation of Skaters to the Semi-Finals will be adjusted accordingly;
- The Final shall consist of a limited number of the best ranked Skaters from each Semi-Final, with the same number of Skaters qualifying from each Semi-Final. In the case of withdrawal of a Skater qualified for the Final, this Skater will be replaced in the Final by the next ranked Skater from the Semi-Final concerned:
 - If a qualified Skater from Semi-Final A would withdraw from the Final, this Skater will be replaced in the Final with the next ranked Skater from Semi-Final A;
 - If a qualified Skater from Semi-Final B would withdraw from the Final, this Skater will be replaced in the Final with the next ranked Skater from Semi-Final B.

4.3. Starting procedures

The Competitors gather at the 500m start area 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 ordinary (inner and outer) racing lanes are used for the start rows. For presentation reasons, after the first 2 rows (12 Skaters) have been presented, the starter/announcer can call entire rows to the start.

4.4. Races set up

- After the first lap, before the main (500m) finishing line, a 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:
 - For Junior competitions there will be 2 (two), for Senior competitions 3 (three), 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 Junior competitions the sprints will be concluded after 4, 7 and 10 laps (counting the first lap). A bell signal will be given one lap before each sprint; that means when the lap counter shows 7 laps, 4 laps and 1 lap remaining;
 - For Senior competitions the sprints will be concluded 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 remaining;
- The finish of the race and each of the intermediate sprints will occur 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 intermediate and final sprints;
- No coaching is allowed from the ice. No team officials, staff or coaches are admitted infield before and during the race.

5. Mass Start racing rules

5.1. General (see also Rule 253, paragraph 4)

- "Fair play" as the basic rule: no obstruction of other Competitors;
- Skaters must take care during racing to avoid causing dangerous situations;
- Competitors overtaken with one full lap by the leading Skater must abandon the race immediately. Lapped Competitors and other Competitors abandoning the race must move to the outer part 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;

- Any unsportsmanlike behavior against other Competitors can lead to disqualification. The Referee has the authority to disqualify the Competitor(s) concerned. An obstructed Competitor may be advanced to the next round at the sole discretion of the Referee;
- The Referee has to stop the race (Rule 216, paragraph 2.g) if there are safety concerns in the case of a 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 signalling 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 (see paragraph 2.1 above) will not be allowed to compete, or will be disqualified if violating these requirements during the race;
- Serious obstructions or other unsportsmanlike behaviour against other Competitor(s) will lead to a disqualification.

6. Mass Start ranking rules and sprint points

In each Semi-Final and Final 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: 3 - 2 - 1 sprint points;
- Final sprint: The first six (6) Skaters will earn:
 - Senior competitions: 60 - 40 - 20 - 10 - 6- 3 sprint points;
 - Junior competitions: 30 - 20 - 10 - 4 - 2 - 1 sprint points.

6.2. Race results

- a) The first three Skaters of the final sprint (places 1 to 3) will be ranked 1 - 2 - 3 in the race.
- b) The other Competitors will be ranked according to their accumulated sprint points in the intermediate and final sprints.
- c) For Competitors with the same total of sprint points, final time at the finish will break the tie.
- d) Competitors without sprint points will be ranked according to their final time at the finish.
- e) 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. If two or more Competitors abandon the race for any reason (e.g. fall, injury, broken skates) on the same lap, they will be ranked according to their last intermediate time.

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 sprint points will not be reallocated to other Competitors.

7. Distances and track for Team races

7.1. Distances

- 3 laps for Team Sprint races;
- 6 laps for Team Pursuit races for Ladies, Junior Ladies and "Neo-Senior" Ladies competing at ISU Junior World Cup Competitions;
- 8 laps for Team Pursuit races for Men, Junior Men and "Neo-Senior" Men competing at ISU Junior World Cup Competitions.

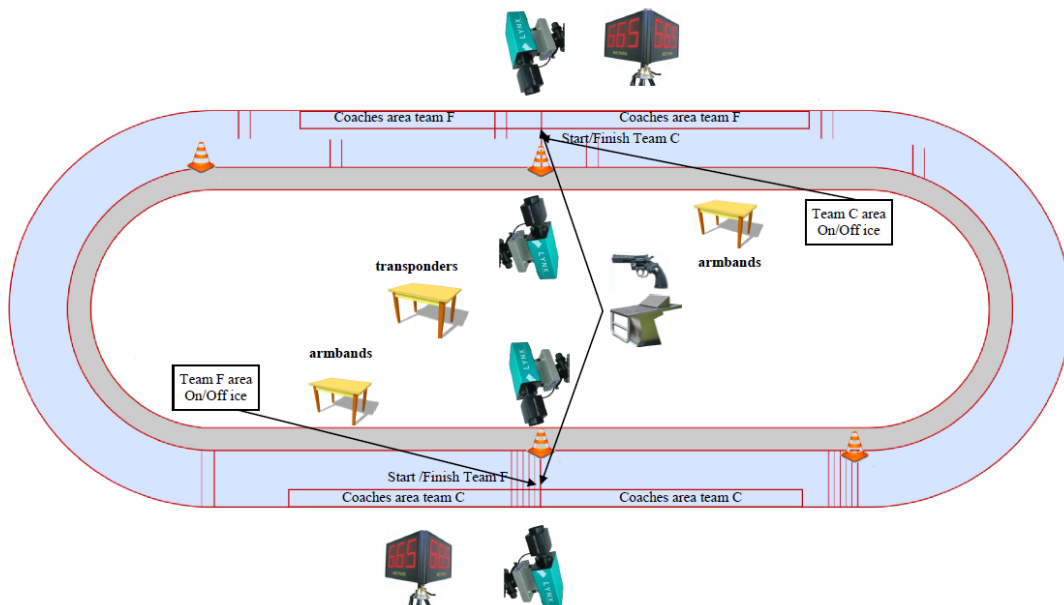
7.2. Track demarcation and set up

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.

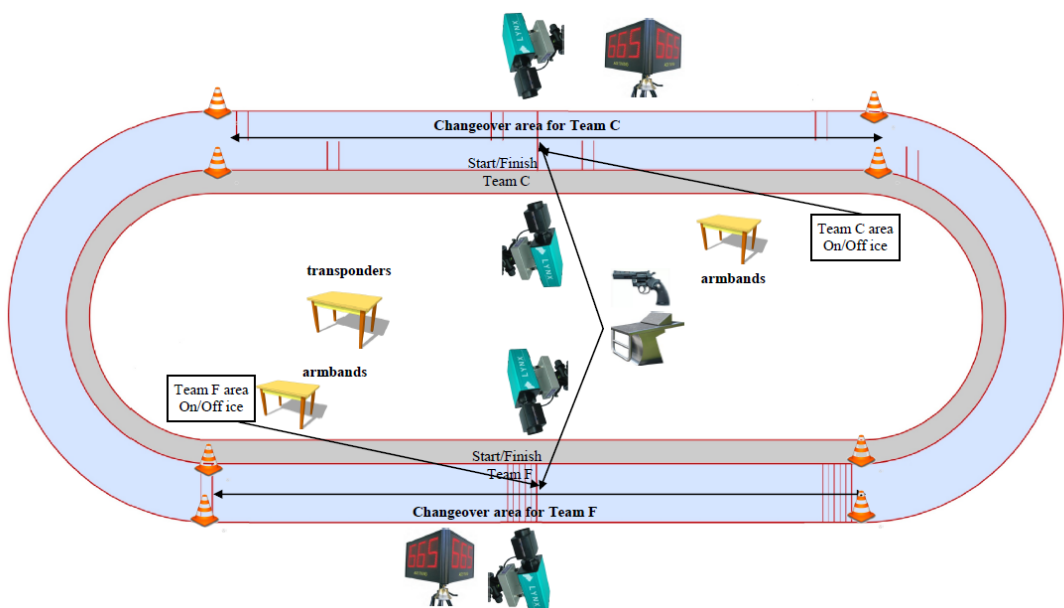
Two Skaters' preparation areas are installed infield:

- At the "500m start" – **on/off Ice Team F Area** for teams starting on the finishing straight;
- At the "1500m start" – **on/off Ice Team C Area** for teams starting on the crossing straight.

7.3. Track organizational diagram for Team Pursuit races



7.4. Track organizational diagram for Team Sprint races



8. Race procedures for Team races

8.1. Equipment

- *Transponders for timekeeping must be worn by Competitors;*
- **For Team Pursuit races** - Skater No.1 in the team shall wear white armbands with №1, Skater No.2 shall wear red armbands with №2, Skater No.3 shall wear yellow armbands with №3, Skater No.4 shall wear blue armbands with №4;
- **For Team Sprint races** - each Skater shall wear different identification defining their role in the race. Skater No.1 in the team shall wear white armbands with №1, Skater No.2 shall wear red armbands with №2, Skater No.3 shall wear yellow armbands with №3, Skater No.4 (in the case of 4 Skaters in the team) shall wear blue armbands with №4;
- Rule 279 applies;
- At the discretion of the Referee, helmet covers or helmets may be used for identification of the Skaters in each Team instead of armbands.

8.2. Preparation of the races

- Only the two competing teams (or one if there is only one team racing) are allowed on the ice during a race. All non-competing teams will remain in or near their ON/OFF ICE preparation areas in the infield;
- Teams will be allowed on the ice from their preparation area after the conclusion of the previous heat. In the case of the first heat, the teams will be instructed when to enter the ice, approximately one minute before the start time. The teams shall move directly from their preparation area to their respective start lines;
- To enter the ice, Skaters use the designated ON/OFF ICE area. Skaters will have approximately 50m from entering the ice to the starting line. A countdown clock may be used to inform the Skaters when to appear at the start;
- To exit the ice, Skaters use the designated ON/OFF ICE area. After the finish of the race the Skaters will have approximately 350m to exit the ice;
- For Team Pursuit races, coaches are not allowed to pass through the starting area during the starting procedure (after the “go to the start” command) OR through the finishing area while the competing teams pass through the finishing area on the final lap. Coaches must stay 20m away from both the Starter and starting line during the starting procedure. The coaches will enter and exit the ice in the same locations as the Skaters. After the race the coaches will move directly from their coaching area to their respective exit area;
- For Team Sprint races coaches are not allowed in the coaches' area.

8.3. Starting procedures

- The start will be in the middle of each straight;
- Two teams shall start simultaneously at each side of the track. If the heats have been composed according to a ranking of the teams, the best ranked team shall start on the finishing straight. Otherwise the starting positions will be determined by a draw;
- Order and position of the Skaters at the start are at the discretion of the teams. However, for Team Sprint races the Skater assigned as No.1 must lead the team from the start of the race and during the first lap.

9. Team races – racing rules (see also Rule 261)

- During **Team Pursuit races** tactics and changeover are at the discretion of the teams;
- During **Team Sprint races** the first lap is skated with the Skater assigned as No. 1 leading the team, with the other Skaters of the team staying behind. At the end of each lap, the Skater leading the team has to leave to the outer part of the track, and the next assigned Skater (assigned as No.2) has to lead the team during the next lap. The last assigned Skater shall skate the last lap alone and finish the race for the team. Changeover to the next assigned Skater in the team must take place between the beginning of the finishing straight of the team and before the entry to the curve. The beginning and end of the changeover area will be suitably marked (e.g. by cones).

10. Liability

ISU General Regulations, Rule 119, applies.

Tubbergen,
August 29, 2018
Lausanne,

Jan Dijkema, President

Fredi Schmid, Director General