



# **Australian Speed Rule Book**

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# SKATING - RULES AND REGULATIONS

The current Speed Technical Committee Regulations, approved for use by the National CSOC Chairperson, apply to all racing except as otherwise noted in this document. STC Regulations Art 159.1(a) applies to any racing situation not covered by the following rules and regulations.

## 1. CLASSIFICATION OF EVENTS

### 1.1. **Sprint and Middle Distance Races (distances under 3000m)**

### 1.2. **Long Distance Races (distances 3000m and over)**

### 1.3. **Relay Races**

- a. Relay races shall be contested by teams of 2 or 3 competitors.
- b. Competitors may relay at will but the changeover must be in the starting straight between pylon 4 & pylon 1.
- c. A competitor who has finished his relay must move to the outside of the track in such a manner as not to hinder his opponents & then return to the gate area between pylon 1 & half way between pylon 2 & pylon 3.
- d. Two team members on the track at the same time i.e. remaining on the track after completing a relay will result in disqualification, except where 1.3.f. applies.
- e. When relaying, skaters must not impede the progress of other competitors and they must not deliberately interfere with relaying teams.
- f. In the event of a fall, the competitor should carry on if able. If unable, he must wait for one of his team members to tag him. The relaying skater must enter the track between pylon 4 and pylon 1 and then skate in the normal direction to complete the relay.
- g. A disabled skater shall not return to the gate area until the referee signifies. The referee shall motion for the removal of an injured skater for attention and the injured skater's team may continue in the race.
- h. All skaters (excepting injured skaters removed by the referee's authority) must return to the gate area at the completion of the race before results are declared.
- i. Disqualified teams shall remain in the gate area until advised by the referee to leave.
- j. During the event each team must remain in their allotted gate areas, except in the case of two-man relay events where competitors may rotate within the inside of the track in such a manner as to not hinder his/her opponents.
- k. Each team member must skate at least one lap. The last skater must complete at least one lap to finish.
- l. When leaving the gate area, a competitor must continue moving in a forward direction to relay.

## 2. CLASSIFICATION OF SKATING TRACK

- a. An indoor flat track comprises 2 equal straights and 2 offset bends.
- b. An indoor flat track used in Championship competitions shall be 100m per lap set out as per the diagram in Appendix 1
- c. An indoor flat track shall be between 6m and 7.5m wide. Tracks outside these dimensions can only be used if the Chief Referee deems so for either safety reasons or to utilise existing floor markings for practicality reasons.
- d. All track calculations and markings on the skating surfaces shall be calculated and supervised by the Chief Referee.
- e. All markings shall be in a colour that contrasts with the skating surface.
- f. A starting line 5cms wide, shall be drawn according to the track diagram in Appendix 1. However, to avoid extra markings, the starting line can be placed up to approximately 2 metres behind pylon 4.
- g. A finishing line 5cms wide shall be drawn according to the track diagram in Appendix 1
- h. The Time Trial start will take place from the centre line according to the track diagram in Appendix 1.

- i. Corner Pylon positions shall be marked with tape at the beginning and end of each straight. For Championship Events Pylons and Corner markers will be positioned over a marked 1 square meter box at the beginning and end of each straight.

### **3. OFFICIAL EQUIPMENT**

#### **3.1. Corner Pylons:**

Being of a bright colour contrasting to that of the skating surface, incorporating a non-slip base. Height of not less than 70mm and not greater than 200mm. The profile is to be such that they offer an adequate level of clearance to skater's boots when cornering at speed.

#### **3.2. Other Pylons**

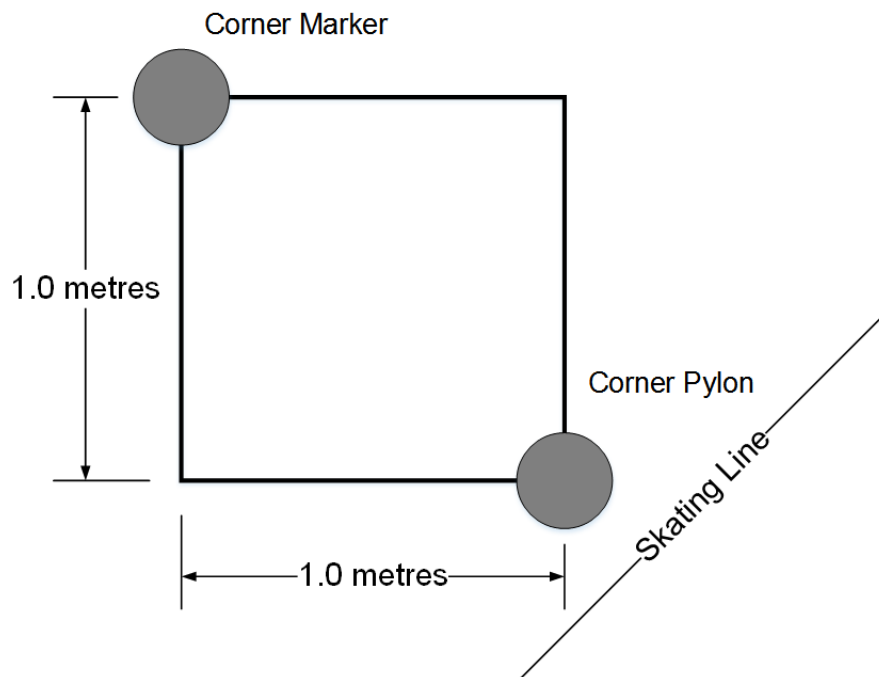
Being cone shaped standing a minimum of 20cm high and of a contrasting colour to that of the skating surface. Used to mark the start and finish lines.

#### **3.3. Corner Markers**

Should be cone shaped but must stand no less than 36cm high and should be a bright colour and of a different characteristic to that of the Pylons.

#### **3.4. Positioning of Corner Pylons and Markers**

- a. Following the positioning of the Corner Pylons (CP) as per the track plan in Appendix 1 and using the diagram below, position the Corner Markers (CM) by marking a 1 metre square box inside the track from the centre of the corner pylon position.
- b. The corner diagonally opposite the centre position of the corner pylon will be the centre mark for the corner marker.



*Figure 1 - Positioning of Corner Pylons and Markers*

#### **3.5. Lap Counter and Bell**

#### **3.6. Stop Watches (minimum of 8)**

#### **3.7. Electronic Timing Equipment (E.T.E)**

### **3.8. Other Miscellaneous Equipment**

- a. Miscellaneous Cones
- b. Starting Pistol and Blanks
- c. Whistle/s
- d. Measuring tape calibrated in metres and millimetres
- e. Clipboards, paper and pens
- f. Protest forms
- g. Table and chair for the clerk
- h. Current Rule book situated on the clerk's table
- i. Dais for presenting awards
- j. Computer and Printer for preparation of results (optional)

### **4. APPROACH OF OFFICIALS**

Coaches, parents and spectators are not permitted to approach any of the Race Officials including the Race Referee during the running of the events. All approaches to Race Officials must be by the designated Team Manager only.

### **5. RACE RULES**

#### **5.1. Relaxation of Rules for Under 10's**

Referees discretion to be used in the rules for tiny tot and primary grades. These include:

- a. Falls in the first lap to be restarted.
- b. Longest distance shall be a mass start.
- c. Skate damage may be repaired with outside assistance.

#### **5.2. Pylon and Corner Marker infringements and penalties**

- a. Skating inside a Corner Pylon: Should any part of the skate touch the floor within the Corner Box (1m x 1m defining the area between the Pylon and Corner Marker) while the Pylon is in position:

*First Offence: Disqualification (skater removed from race)*

- b. Moving a Corner Pylon: Moving a pylon with any part of the skate or body, that causes another competitor to be disadvantaged:

*First Offence: Warning (delivered verbally to skater mid-race)*

*Second Offence: Disqualification (skater removed from race)*

- c. Straddling a Corner Pylon: Skating with one skate inside the *in position* Pylon, within the Corner Box, and with the wheels below the height of the Pylon:

*First Offence: Warning (delivered verbally to skater mid-race)*

*Second Offence: Disqualification (skater removed from race)*

- d. Moving a Corner Marker:

*First Offence: Disqualification (skater removed from race)*

- e. Touching a Corner Pylon in a Time Trial:

*First Offence: Disqualification*

- f. The imposition of the above penalties shall be at the discretion of the race referee and dependent upon the circumstances at the time.

### **5.3. A Lapped Competitor**

- a. Competitors who are about to be lapped or who have already been lapped, must move aside to allow the leading competitor/s to pass and should not impede or assist the passing skater/s.
- b. Competitors who are up to two (2) laps down may be removed from the race.

### **5.4. Palming Off**

Palming off is the placing of one hand on the lower back of the competitor in front so as to avoid a fall and will be permitted when the lead competitor/s slows or the competitor is pushed from behind causing the pack to bunch up.

### **5.5. The Finish**

- a. The end of all long distance races shall be declared when the leading competitor crosses the finish line followed by second and third place getters in that order. All three podium place getters must complete the event distance in full. The remaining competitors will not be required to complete the event distance and will finish as they cross the line after the final podium place getter.
- b. When using ETE the competitor must, at the finish, break the beam with the foot or lower leg only.

### **5.6. Track Boundaries**

- a. The inside track boundaries are defined by drawing a straight line between each of the corner pylons. Should any part of the skate voluntarily touch the floor inside the line to gain advantage:

*First Offence: Disqualification for Technical Fault*

- b. The outside track boundaries are defined by a wall or a line of cones. Should any part of the skate voluntarily touch the floor outside the line of cones to gain advantage:

*First Offence: Disqualification for Technical Fault*

### **5.7. Resuming an Interrupted Race**

When an interrupted competition is restarted only the athletes who were competing at the moment of interruption shall participate in the restarted event/s.

## **6. SERIOUS RACING OFFENCES**

Competitors can be immediately disqualified for the following sports faults and may be removed from the track. Examples of some sports faults include:

- a. Deliberately holding onto another competitor
- b. Pulling or pushing
- c. Jostling (knocking, bumping or striking with any part of the body)
- d. Deliberate obstructing (blocking)
- e. Deliberately changing track
- f. Tripping
- g. Braking suddenly and causing interference to the pack
- h. Deliberately falling with the intent to cause interference to another competitor/s
- i. Use of any unsporting gestures or making derogatory remarks or swearing
- j. Serious body contact when entering the first corner
- k. Deliberately towing another competitor or being towed

## **7. DISCIPLINARY MEASURES**

STC Regulations 2019 Arts 177 – 183 apply.

Note: Art 178(4), Art 183 – warnings do not exist for a sprint tournament.

Adoption of Art 181 – Automatic suspension from the next race is at the Chief Referee's discretion

### **7.1. Sanctions**

As per Art 177, Disciplinary measures that may be adopted during the progress of a race, towards any competitor who might be responsible for the non-observance of the instructions given by the referee or of more serious violations with respect to the principles or the ethics of the sport are as follows:

- a. Warning
- b. Reducing of rank in the order of finish
- c. Disqualification from the race for a Technical Fault or for a Sports Fault
- d. Disqualification from the competition
- e. Suspension or revocation of membership (see Skate Australia Constitution)

### **7.2. What Disqualification Measures can be used for:**

- a. In the case of very serious infringements the competitor may be disqualified from all or part of a scheduled competition. This must be handled by a CSOC disciplinary panel and notified to the organizers of the event. A copy of the findings shall be forwarded to:
  - (1) The State CSOC Chairperson
  - (2) The State Speed Chairperson
  - (3) The National CSOC Chairperson
  - (4) The National Speed Branch Chairperson
- b. Use of specified doping substances (Refer to Skate Australia's Anti-Doping Policy) will be dealt with by Skate Australia

## **8. PROTESTS**

- a. Communication of any disqualifications will be directed to the competitors' Team Manager as soon as practical after the race. Incident reports may be viewed at this time. Once this has occurred, the offence will be announced publicly.
- b. The Team Manager has 15 minutes to communicate if they wish to proceed with a protest.
- c. If proceeding, the referee should give the Team Manager a protest form marked with the time.
- d. The Team Manager must return the completed form together with the appropriate fee set by the organizers within 15 minutes of the marked time.
- e. The referee may consult with other officials and after consideration will mark the protest form "dismissed or upheld" and inform the protesting competitor/s of his decision.
- f. The referee will then ratify the race results.
- g. The fee shall be forfeited should the protest be dismissed.
- h. No appeal may be lodged against the Chief Referee's final decision.
- i. Any protest against the marking and measuring of a track, official/s involved in a race or the programming of events is a technical complaint and must be made to the organizers before the start of the first event.
- j. Any protest against the conduct of an official/s must be made in writing to the National CSOC Chairperson within 72 hours after the end of the race or competition.

## **9. COMPETITORS DRESS RULE**

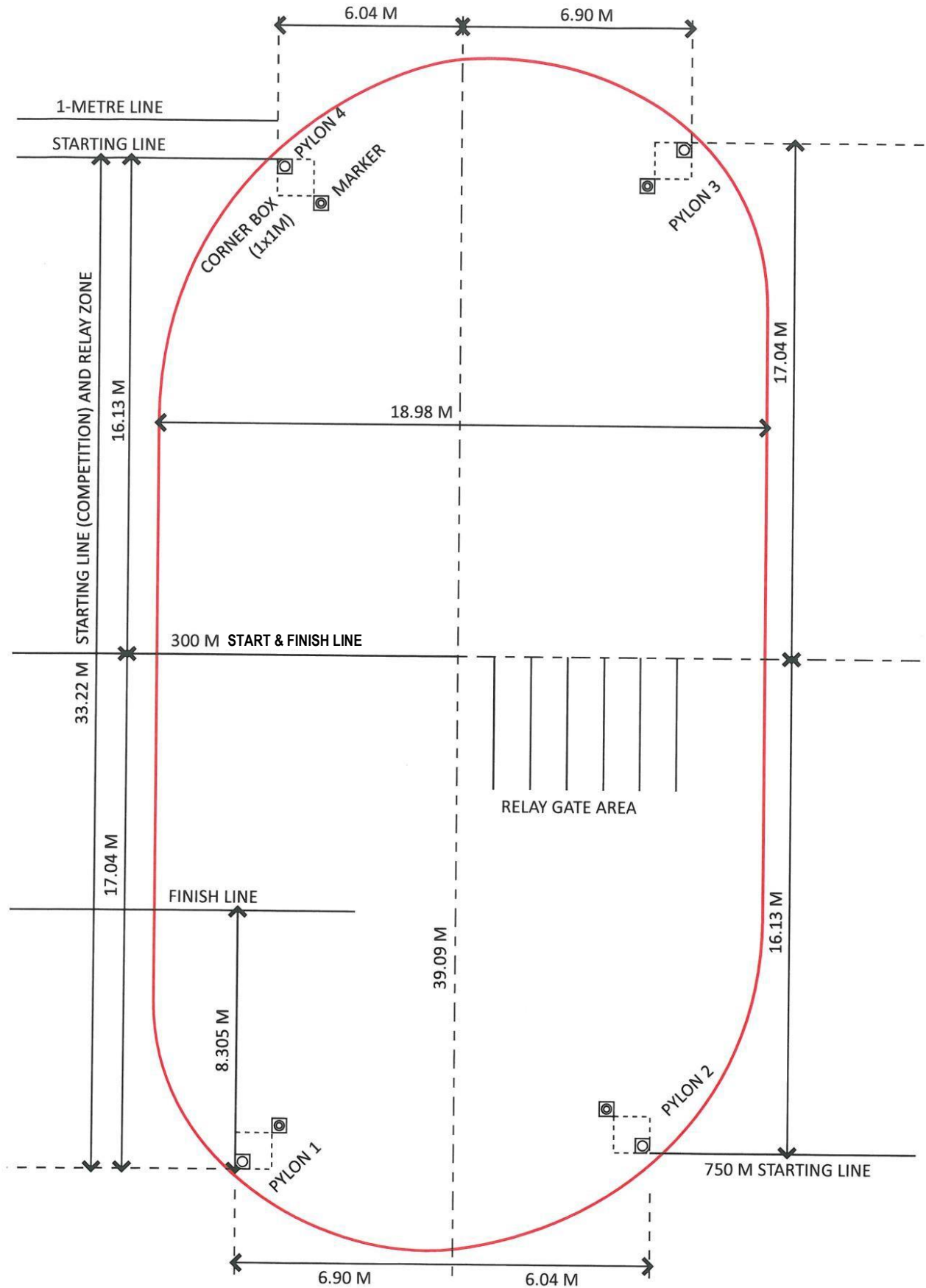
Skaters who present themselves to the starter contrary to the following rules may be disqualified.

### **9.1. Australian Championships and Other Competitions**

Competitors must wear the official uniform of the Club or State they represent. Any variation must be approved by the Australian Speed Committee (Australian Championships) or State Executive for other competitions.



OFFICIAL CHAMPIONSHIP 100M TRACK



**APPENDIX 2**

<b>Skate Australia - Speed Branch</b>				
<b>C.S.O.C. Incident Report</b>				
Date	Event	Lap No.		
Offence				
Skater at Fault		Skater Disadvantaged		
Recommendation:	DISQ from Competition		False Start #1	
	DISQ for Technical Fault		False Start #2	
	DISQ for Sports Faults			
	Relegation			
	Warning			
Reporting Official		Race Referee		

<b>Skate Australia - Speed Branch</b>				
<b>C.S.O.C. Incident Report</b>				
Date	Event	Lap No.		
Offence				
Skater at Fault		Skater Disadvantaged		
Recommendation:	DISQ from Competition		False Start #1	
	DISQ for Technical Fault		False Start #2	
	DISQ for Sports Faults			
	Relegation			
	Warning			
Reporting Official		Race Referee		

# Skate Australia Protest Form



Time Received \_\_\_\_\_

Time Returned \_\_\_\_\_

Date: \_\_\_\_\_

Event No: \_\_\_\_\_

Referee: \_\_\_\_\_

Details:

Signature: \_\_\_\_\_ Fee Received by: \_\_\_\_\_