



Hong Kong Inline Skating Federation

## **Speed Skating Rules**

**Art.1 Racecourse**

1. A racecourse may be either a “track” or “road” course. A road racecourse may be either an “open” or “closed” circuit.
2. Both on the track and on the road, the racecourse is measured 30 centimeters from the inner edge. The line is called “ROPE”.
3. In all course, bends are to be bordered either by a natural edge or removable signals that are highly visible. Such signals are never to be placed on the rope of the track because they may represent a danger for competitors.
4. On road course with both left and right bends, measuring is to be taken along an imaginary line at 30 centimeters from the extreme ends of the bends themselves.
5. During races only judges and skaters are allowed to stay on the course. Only delegates and medical team can enter on the racecourse when they have been authorized by the Chief Referee.

**Art.2 Tracks**

1. A “track” is defined as a racecourse within an outdoor or indoor facility provided with two straightaways of the same length and with two symmetrical bends having the same diameter or dimensions. In the case of indoors, tracks may have bends using the diamond formation.
2. The total length of a track cannot be less than 75 meters or longer than 400 meters.
3. The track surface may be made of any material, provided it is perfectly smooth and not slippery, so that it does not compromise adhesion. The Referee shall determine these properties.
4. Tracks may be perfectly level or with banking at the bends.
5. Tracks with a banking at the bends are to be not less than 125 meters long and not more than 250 meters. Banking are to be gradual and uniformly rising from the inside to the outside of the course. Straightaways may have a banking in order to allow the introduction of bend banking. However, straightaways are to be perfectly level longitudinally, to minimum of 33% of their total length.
6. The finish line must be marked with a white line, 5 centimeters wide.
7. The starting line must not be on a bend, except for the cases when it is impossible to do otherwise.
8. Any external fencing directly bordering the track edge must be protected through suitable materials in order to avoid danger due to its presence.

**Art.3 Road course**

1. In “open road” competitions, starting and finishing lines do not coincide.
2. A “closed circuit road” racecourse is a road course consisting of an asymmetrical closed circuit which competitors are to cover one or more times according to the distance of the event.
3. A “closed circuit road” racecourse must not be shorter than 400 meters.
4. The road course cannot be less than 5 meters wide in any point of the course.

5. The road surface must be uniformly and sufficiently smooth without hollows and fissures. The cross-fall of the course shall never exceed 3% of its width.
6. In “open courses” gradients shall never exceed 5%. Exceptions to this rule shall never exceed 25% of the whole course.
7. Starting and finishing lines must be marked with a line 5 centimeters wide. The starting line must not be placed on a bend except when it is impossible to do otherwise. The finishing line shall be placed at not less than 50 meters after the bend leading to the finish line.

#### **Art.4 Suitability for practice of a racecourse**

1. Any decision regarding the suitability for practice of a racecourse is up to the Referee before the start of the competition itself.
2. When the ground or weather conditions hinder the normal performance of a competition or the continuation of the same, the Referee can interrupt the competition for a given period of time or he can cancel it. In the case of preliminary heats, the competition shall start or continue once the ground condition is suitable for safe skating, provided that it ends within 24 hours of its interruption.
3. When the competition which was interrupted starts again, only the athletes who were competing at the moments of the interruption shall participate again. Competitors who withdrew or were disqualified continue to be excluded.
4. When the track or road is slippery it is up to the Referee to decide about the application of an anti-slippery coat on the whole course or part of it.

#### **Art.5 Direction of the race**

For track or closed road circuit competitions, competitors are placed so that their left hands are located facing the inside edge of the track or road. The direction of the race shall be counter clockwise.

#### **Art.6 Age limit and groups**

The event organizer has the rights to decide the best suitable age groups.

#### **Art.7 Official distance of the course**

The event organizer has the rights to decide the distance of the race.

#### **Arts.8 Official awards.**

The event organizer has the rights to decide the number of awards.

#### **Art.9 Alternative championship distances**

This will be at the discretion of the organizer once final entries have been placed due to the numbers of skaters competing in these events. Organizer or the Referee may decrease the distance on the day of contest due to weather conditions or facility constraints.

**Arts.10 Types of competitions**

1. Individual time trials
2. Elimination races
3. Mass start races
4. Points races
5. Relay races
6. Elimination + Points races
7. Knockouts (one on one)

**a. Individual Time Trials**

Races against time may take place either on a track or on the road. In such competitions there is a certain number of skaters who cover a circuit while their times are taken by means of a timekeeper.

These trials will be skated individually according to the order decided by the draw of competitors by the organizer to the distribution of the Official Race Programme.

**b. Elimination races**

Elimination races may take place on both the track and the road. This competition is carried out through direct elimination of one or more competitors on one or more fixed points of the course. The Referee communicates the rules of elimination before starting the competition. Four skaters will usually be left on to contest the finish, where there are less than five competitors this shall be reduced to two.

In the case of heats, usually only two heats are skated. Whenever possible, the heats should have the same number of skaters and the heats will cover the official distance of the event. The draw will be done by the organizer prior to the event. Entries on the day will appointed heats by the Referee.

The elimination system will be determined by the number of skaters, in the heats as well as the final, keeping in mind the length of the track.

The heats will be planned in such a way that the number of athletes remaining after the last elimination will coincide with the number of skaters that will advance to the final.

One lap before each sprint, at the passing of the finish line by the lead skater, the bell will sound. Whenever possible, no elimination sprint should take place during the first lap, especially on small tracks. Whenever an athlete leaves the competition in which the heat or the final is taking place, because of a fall or fatigue, this retirement will count as the corresponding elimination or eliminations. Also, if during an elimination sprint an athlete violates any rule, the Referee may eliminate him in replacement for the skater who crossed the finish line last.

The determination of who is the last athlete is based on the last point of the last skate to cross the finish line.

c. Mass start races

Such races can be carried out both on the track or on the road. In these races an unlimited number of competitors can participate at the same time. When the number of registered athletes is too high in relation of size of the track or the road, preliminary heats may take place, followed by a final event. Eliminated athletes can be ranked according to the time registered by each one of them.

Heats

The organizer will determine the number of heats

A certain number of skaters will classify to the semi-finals, based exclusively in the order in which they finish the elimination heat.

The organizer will inform also, how many losers times will classify to the semi-finals and final phases, in addition to the winners of each of the heats.

d. Points races

Point's races may take place on both the track and the road. This competition awards a score for each competitor after each fixed point of the course. At the completion of the distance a greater score will be awarded. The competitor totaling the highest number of points wins the race. The Referee will communicate to the athletes the point's rules before the start of the event. Points shall be awarded in all cases as 2 points to the first athlete to cross the line on a points scoring lap and 1 point to the second athlete to cross the line, except the finish which shall be 3-2-1 for the first three skaters.

If a skater does not finish the race, the athlete will lose the points earned for the race. If there is a tie in points among two or more skaters, their final position will be decided by who was the first of them at the finish line in the last lap. This person shall be awarded the higher placing.

If in the opinion of Referee an athlete commits a fault on any point sprint, the Referee may change the order of the arrival and the assignment of the point.

e. Relay races

Such competition can take place both on track or on road. Teams comprised of the team size as mention on the event, who are cover a fixed distance and can relays in a given area run these races. According to the size of the track, the organizer will determine

whether heats will take place, and if so, they will indicate how many teams of each heat will go on to the final. The organizer will determine the draw for heats.

At the time of the relay, competitors must touch their mate with both hand. They relay will be completed by touching or pushing from the arriving skater to the starting skater. Pull relays are not permitted.

The relay zone will be assigned on the straightaway that contains the finishing line and a waiting zone is also assigned for the relaying skaters. In the case a relaying athlete enters the relay zone but is not touched by the teammate, the team will be eliminated. The relay must start and be completed inside the relay zone but not continue also after the second line. Where a relaying athlete falls, this mate must not continue.

The last relay is to be made before the last lap, according to the distance of the course, unless changed by the Referee in the interests of safety. This change must be communicated no less than 10 minutes before the competition.

The Referee will advise how the athletes who are relayed should return and the path they must use, done in such a way that it does not interfere with development of the race. If an athlete commits a disqualifying act, the whole team is disqualified.

During relay races only Judges and athletes are allowed to stay on the course.

The competitors of a team should wear identical uniforms. In case the uniforms of town teams are sufficiently similar, the Referee can order the modification of one of them by draw

f. Elimination + Points races

This competition is carried out through direct elimination of one or more competitors on a fixed point on the course. A single point score will be assigned to the leading competitor on the same lap. At the completion of the last lap a score of 3-2-1 will be awarded to the first three athletes. Points awards and eliminations will take place on the same lap. The skater who is eliminated will lose the points obtained up to that moment.

The Referee will communicate to the athletes the points rules before the start of the event. There will be 5 skaters left to contest the final lap unless the number of entries is less than 10, then there will only be 3 skaters left to contest the final lap. The competitor, still in the competition, totaling the highest number of points, win the race.

If there is no elimination because of withdrawal or fall of on or more skaters points continue to be awarded.

g. Knockout (one-on-one)

Knockout competition are conducted by drawing pairs of competitors who will race each other over a specified distance. The winner of each race will progress into the next round until there are just two skaters left to compete in final round.

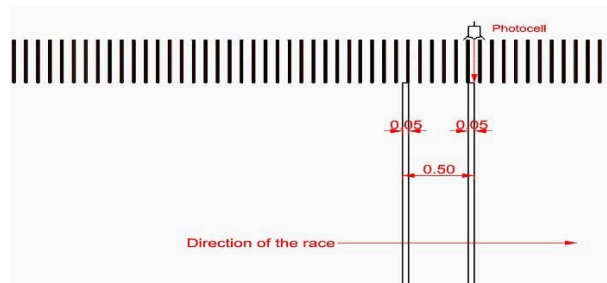
In the event that an odd number of athletes are entered into the competition, at the first round stage some athletes may be given a “bye” into the next round in order that the final round will consist of just two skaters.

#### **Art.11 The start**

1. For every competition, only starts without fixed supports on the surface are permitted. The starting signal is to be given either through a gunshot or the blowing of a whistle.
2. In any competition, in the case of a false start, the starter shall call back competitors to the starting line. Athletes resume their positions and the start is repeated.
3. If a competitor does not answer the starting judge after being called twice, he is eliminated.

#### **Art.12 Starting conditions**

1. The starting signal is given when the athletes are standing behind the starting line at 50 centimeters from each other. In mass start events the initial starting positions are determined by the random draw during the registration.
2. For mass starts, the rows of competitors are to be approximately 50 centimeters from each other. Athletes are to stand behind the starting line. The starter gives the start through two signals. He first says “Attention” and then he fires a shot or blows a whistle. The start may only be repeated under the following circumstances and only by the Referee (except where the starter may declare a false start)
  - a. In races against time, when an athlete falls down because of a mechanical defect or any other reason for which he is not responsible;
  - b. In mass starts, when the falling down of one athlete cause the falling of several others, within the first lap from the starting line;
  - c. When an athlete starts before the signal is given, the start is cancelled and the athlete involved is penalized; after two violations, he is eliminated (for the first violation a yellow card will be shown and for the second violation and disqualification a red card will be shown).
3. Time Trial starting conditions
  - a. The skater must have at least one skate on the racing surface within the 2 lines (50cm)



- b. During the initiation of the start the skate cannot leave the surface. The skate can roll but isn't allowed to cut out of the back line. The oscillation of the skater's body is allowed.
- c. The starter authorizes the skater to go. The skater has 15 seconds to initiate the competition and if he does not do so, a false start will be declared and the skater will receive (1) warning.
- d. On the Referee's order the start may be repeated when the skater does not respect (b) of this article and moves his/her skate before the start. A false start will be declared and the skater will received (1) warning.
- e. A yellow card will be shown to the skater for (1) warning. A red card will shown for a second violation and the skater disqualified.

#### **Art.13 Neutralization of the race**

When a small part of the race circuit becomes unsuitable as a consequence of a minor external problem, fall of a skater or a small group of skaters, or a minor injury to a skater, the Chief Referee can neutralize the race.

#### **Art. 14 Stop the race**

The Chief referee can stop the race in the following cases.

1. When the ground or weather conditions hinder the normal performance of a race. The Chief Referee can stop the race for a given period of time.
2. The fall of an important group of skaters
3. A serious injury of one of the skaters which needs the intervention of first aid or the evacuation if at least one skater.

#### **Art.15 Resuming the race**

1. When the race is stopped for the reasons given in Art.14 (Stop the race) it is the responsibility of the Chief Referee to decide, with the help of the organizers and his officials, whether the programme allows for the resumption of the race.
2. If a time trial race with ranking qualification by time is stopped, all the skaters registered or qualified shall participate again.
3. If a long distance race is stopped in the first half of the race, and if the restart can be planned before 15 minutes after the stop, the race will restart with the same situation as the moment of the stop.



- a. Only the skaters competing at the moment of the stop shall participate again
- b. With the number of laps remaining to run
- c. Without any modification of the assignation of the points (points race) or elimination
- d. If a skater or group of skaters leads the race with an advance or breakaway this advantage is restored to the skater(s). The pack starts on the starting line.
- e. The number of points obtained in the first part of the race are conserved by the skaters.

**Art.16 Restarting the race**

1. If the race is stopped in the last half of the race, or if the race is stopped without the possibility to restart within 15 minutes, the race must be postponed and re-raced totally with all skaters who took the initial start.
2. Disqualified skaters during the initial race cannot re-start.

**Art.17 Cancellation of a race**

The cancellation of a race is the responsibility of the Chief Referee with the agreement of the organizers.

**Art.18 Finish line in the different types of competition**

1. In mass start, the ranking position of the athletes is determined according to the time at which his/her front tip of skate crosses the finishing line. At the finishing line, the leading skate must be in contact with the track or road surface. If the first skate is not in contact with the ground then the front tip of his/her second skate decides the placement.
2. In the elimination race, the elimination will be established on the last part of the skate crossing the finishing line.

**Art.19 Placement of lapped athletes**

In mass start races on track or on closed road courses, the athletes who have been lapped or who are about to be lapped, and who may hinder the competition, may be eliminated. Athletes who have been lapped and eliminated or withdrawn will be placed in the order opposite to the elimination.

Lapped and not eliminated athletes must cover the distance of the competition, except in the case of races on closed road circuits greater than 500m. Here the lapped athletes shall be classified once the first skater has completed the distance. The bell, signifying the final lap, rings only for the first athlete.

**Art.20 Ex-aequo placement in mass start competitions**

In mass start competitions, when a group of athletes crosses the finish line all together, and thus it is not possible to determine their exact finishing order, all these athletes involved will be awarded the same placement position and will be listed in alphabetical order.

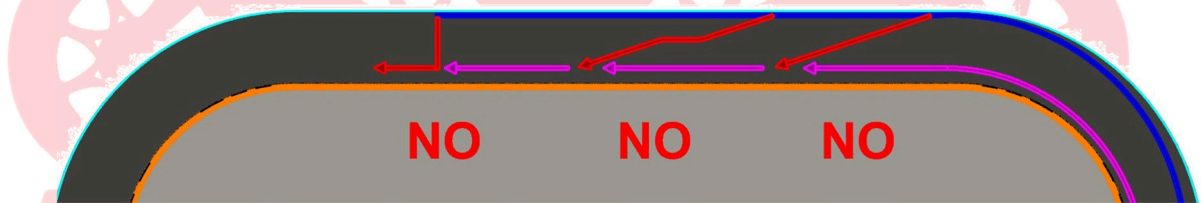
**Art.21 Time trial**

In order to determine the first-placed skater in races against time, when two or more athletes obtain the same time, the trial shall be repeated in order to establish the placement order.

The time obtained by each competitor in individual competitions must be immediately communicated after arriving at the finish.

**Art.22 Order at the finish line**

The athlete leading the race on the last straightaway of the course shall not obstruct the runner-up and must continue in a straight path. Athletes violating this rule will be reduced in rank and placed after the skater obstructed.

**Art.23 Maximum time in competitions**

Maximum time in competitions is computed by increasing by 25% the time obtained by the first competitor.

**Art.24 Competition protection gear and other equipment**

1. The helmet must be a hard gear with international certification.
  - a. On mass start the hard headgear must have a regular shape and may not have protrusions or ends.
  - b. On time trial race the hard headgear can present a profiled shape with profiled ends
  - c. Each skater is solely responsible that his personal equipment meets the highest safety criteria in order to obtain the utmost safety of the skater

- d. The helmet must be well fastened on the head in conformity with the safety instructions of the manufacturer.
- e. A skater who removes his helmet before the end of the race shall be disqualified.
2. Heart rate monitor and corresponding watches are allowed.
3. It is not allowed to skate with plaster, synthetic plaster or any hard contention.
4. The judge is in power to ask to the skater to take off any item which in his judgment may presents a danger for himself or the other skaters

**Art.25 Skates**

1. Skates a maximum of six wheels fastened in line are permitted. The skate must not exceed 50cm in length. Skates must be firmly attached to the boot and axles are not to protrude from the wheels or frames. Brakes are forbidden. Clap skates are allowed without propulsive gear. Frames must contain a complete set of wheels on departure from the start in a race.
2. Wheels size
  - a. For "fitness" race, the wheels size must not exceed 90mm
  - b. For speed race, the wheels size must not exceed 110mm except in the marathon distance where the maximum wheel size is 125mm is permitted.

**Art.26 Race numbers**

Athletes are identified by means of two numbers. They are applied to the hip facing the finishing judges and on the back. If a third number is supplied, it is placed on the left side of the helmet. Numbers are to be clearly visible.

**Art.27 Doping**

Concerning the anti-doping control, the organizer medical regulations will be observed.

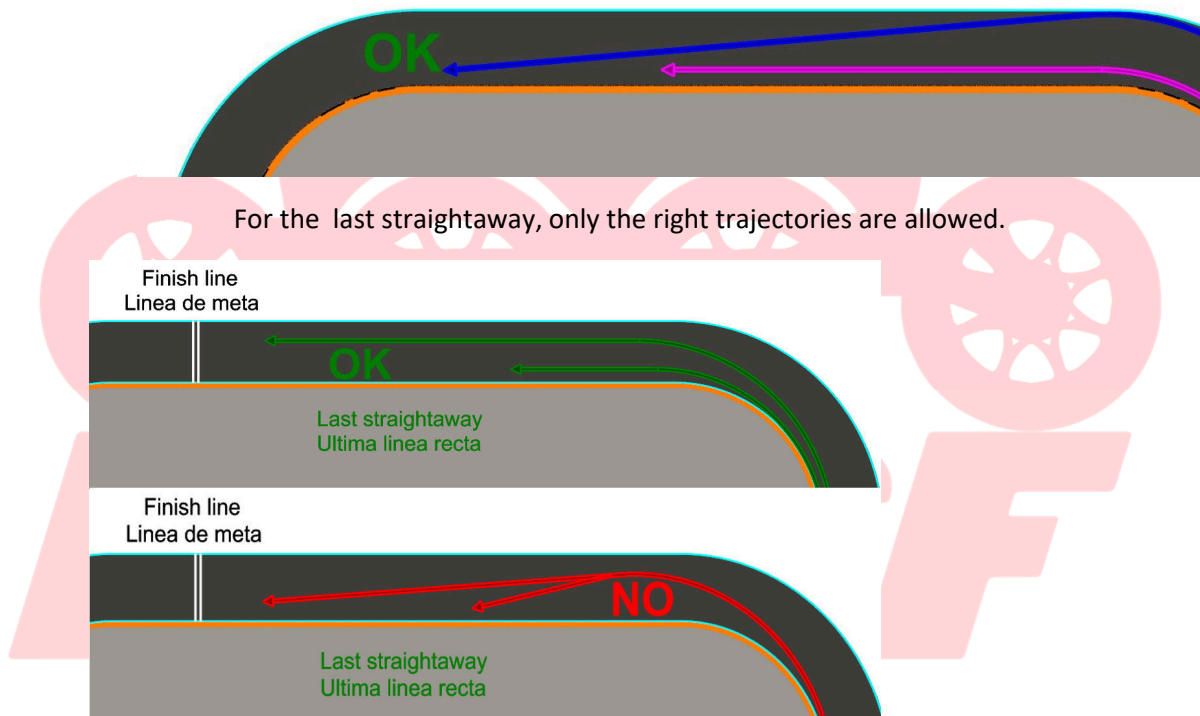
**Art.28 Warnings & Disqualification**

1. Warnings may be given to sanction technical and sport faults
2. Warnings are cumulated: heat and finale
3. Disqualification for technical fault
  - a. when a skater commits two (2) consecutive false starts (300m)
  - b. when a skater commits a wrong relay (pull or touch relay, relay out of the relay zone, enter in relay zone without relay) all the team is disqualified
  - c. During 100 m sprint, if the skater exits of his lane, he is disqualified
4. Disqualification for sport fault:
  - a. when a skater commits one (1) fault considered as voluntary or dangerous;
  - b. when a skater receives three (3) warnings in a race, (cumulated in qualification heat & final);

- c. when a skater benefits of assistance
- d. when a skater removes his helmet before the end of the race
- e. when a skater gets out voluntarily of the racecourse
- f. when a skater does not respect technical rules (size of wheels, radio, etc.)
- g. When a skater goes inside the natural edge or removable signals of racecourse with either 1 skate or both

#### Art.29 General rules / Sport faults

1. Competitors are strictly forbidden to accept any sort of physical help.
2. Competitors are forbidden to touch the removable signals (cones) on the racecourse
3. Two way radios or earphones may not be used between athletes or athletes and coaches in any open competitions.
4. Competitors are to reach the finish line along the shortest imaginary line, without loops or lateral deviations.



5. In no case, shall the passing of other athletes cause difficulty to other competitors. (passage in force/ entry in force in the pack)
6. In no case can athletes push other competitors or cut in front of them. It is also forbidden to let oneself be taken in tow, to push, obstruct or help any competitor.
7. In road or track closed circuit competitions, athletes who are lapped shall not obstruct or help another competitor.
8. Athletes are not allowed to touch with their skate the ground outside the lines determining the course.

9. Athletes can repair a damaged skate, being careful not to obstruct the race. They can only receive from a third party the new skate or tools to repair them.
10. In the case of a fall, competitors who are still able to continue the race must stand up without any help from a third party. Otherwise, they shall be excluded from the competition.
11. Athletes violating the above mentioned rules might be excluded from the competition.
12. All the athletes must take part in races fairly.
13. When a skater is disqualified for sport fault, he is not ranked and the following skater takes his place.
14. In mass start races on open circuit roads, athletes must comply also with the above-mentioned rules, always keep to their right and in no case can they overcome the center of the road. Furthermore, athletes must strictly observe instructions given by the organizer.
15. Athletes who withdraw from the race should go to the finishing line and inform a finishing judge, so that they will be ranked according to their position.

