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US Roller Speed Skating Rule Book 2017-2018

Updated May 30th, 2018

OUR MISSION:

The mission of US Roller Speed Skating is to develop the sport of roller speed skating in the United States, at all levels and abilities and to attain a future of international success, while generating a commitment to safety, integrity, sportsmanship and the enthusiasm for the sport of roller speed skating.

Our Vision

US Roller Speed Skating, a nonprofit organization, where the future is our Athletes. Focused on establishing skating teams locally, supporting skating teams regionally and the development of roller speed skating nationally.

Quad and Inline Rules (QIR) for all Competitions

All competitors must be current members of USRSS and possess a current USRSS Competitive Card.

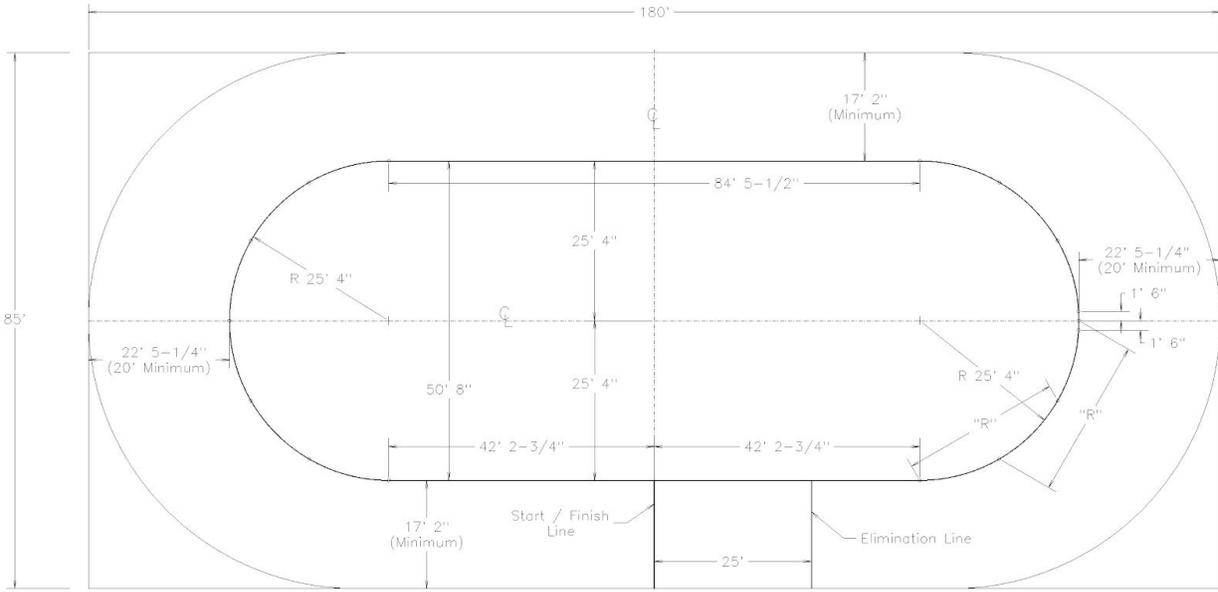
Section I The USRSS Oval Track

QIR-1 Official 100m Oval Track

- (a) All track markings are from rink center lines and will be accurate and clearly visible.
- (b) Track will be marked using (16) double stacked, orange soccer cones that are **taped** together for stability.
- (c) The distance from the edge of the skating floor and the track survey line is a minimum of 17'2" (straightaways). If the rink is less than 85 ft wide, radius and straight length may be adjusted to maintain 17'2"
- (d) The distance from the center line markers (turns) to the edge of the skating floor will be a minimum of 20'.
- (e) Skating floors with no wall on the straightaways will keep a 4' tape line from the edge of the skating surface which shall remain clear of seating or attendees. If there is an immovable object within the tape line, it must be sufficiently padded.
- (f) All openings or railings coming out of the apex of the turns (markers 5-8 and 13-16), and down the straightaway will be enclosed with a sturdy material to ensure an uninterrupted continuance of the wall. Any angles or protrusions coming out of the turn shall be padded with minimum 2" thick padding. Padding must not be touching the skating surface.

USRSS will provide dimensions to assist in layout of a oval track on floors less than 85 ft wide.

**see Appendix



QIR-2 Starting, Finish, Elimination, and Timing Lines

- (a) For racing on the Oval track, the start, finish, and timing line are all one and the same line.
- (b) Elimination Race - The elimination line is located 25ft past the start/finish line.

QIR-3 Passing area

- (a) The entire track area outside of the markers is considered the legal passing area.

Section II - Competitive Age Groups and Events

QIR-4 Age/Gender Determination

- (a) All Age Groups, Rookie and Individual, are determined by the age of the skater as of December 31st of the competitive year. Skaters who qualify by age, may skate the age group or relays as they choose, but not more than one age group classification or relay classification at the American Roller Speed Skating Championship or Rookie Showdown.
- (b) Gender determination-USRSS follows the rulings of the International Olympic Committee.**See Appendix

QIR-5 Individual Age Groups (Quad and Inline)

There are separate competitive events for males and females in Individual Age Groups.

	Quads	Inlines
5 - 7	200m, 300m, 500m	200m, 500m, 700m
8 & 9	300m, 500m, 700m	300m, 500m, 1000m
10 & 11	300m, 500m, 1000m	500m, 1000m, 1500m
12 & 13	500m, 700m, 1000m	500m, 1000m, 1500m
14 - 16	500m, 1000m, 1500m	500m, 1000m, 1500m
17 - 19	500m, 1000m, 2000m	500m, 1000m, 2000m
20+	500m, 1000m, 2000m	500m, 1000m, 2000m
30+	500m, 1000m, 1500m	500m, 1000m, 1500m

40+	300m, 500m, 1000m	500m, 700m, 1000m
50+	300m, 500m, 1000m	500m, 700m, 1000m
60+	300m, 500m, 700m	500m, 700m, 1000m

Time Trial and Elimination Race Age groups

There are separate competitive events for males and females, quad and inline, in Time Trial and Elimination events.

9 and under	100m Time Trial	2000m Elimination
10 - 13	100m Time Trial	3000m Elimination
14 - 17	100m Time Trial	3000m Elimination
18 - 29	100m Time Trial	5000m Elimination
30 +	100m Time Trial	3000m Elimination
40 +	100m Time Trial	3000m Elimination

Time Trial determines each skater's initial heat and starting line positions for the Individual Age Groups.

QIR-6 Rookie Age Groups

There are separate competitive events for males and females in Rookie Age Groups.

The Rookie program is a beginner participation program. Once the skater has purchased their competitive card, from any speed skating organization, they will have 2 years of Rookie eligibility. Rookie level 1 (first year)_Rookie Level 2 (second year) Only Rookie Level 2 skaters can challenge to Individual Age Groups at competitions other than the Rookie Showdown.

	Quads	Inlines
R5 & under	200m, 300m, 500m,	200m, 300m, 500m
R6 - 9	200m, 500m, 700m	300m, 500m, 1000m
R10 - 13	300m, 500m, 1000m	500m, 1000m,1500m
R14 - 17	500m, 1000m,1500m	500m, 1000m,1500m
R18 and up	500m, 1000m,1500m	500m, 1000m,1500m
R30 and up	500m, 700m, 1000m	500m, 1000m,1500m

Time Trial determines each skater's initial heat and starting line positions for the Rookie Age Groups.

QIR-7 Rookie Injury Contingency

For severe injuries that can be documented by a physician's note, a repeat of a rookie year may be allowed at the Board's discretion. A written request must be submitted with all required documentation for review. Injury must be before January 31st of that years' competitive season

QIR-8 2 Person Relay Age Groups

- (a) Relay team must be composed of members from the same team.
- (b) Relay heats will be computer draw and starters will draw pill or cards for starting position
- (c) Each skater skates 200m before relaying.
- (d) The starter will have a star on their helmet cover or helmet cover will be turned sideways, facing the inside and outside of track.

	Quads		Inlines		
5 - 9	2 Boy/Girl/Mix	1200m	5 - 9	2 Boy/Girl/Mix	1200m
10 - 12	2 Boy/Girl/Mix	2000m	10 - 12	2 Boy/Girl/Mix	2000m
13 - 16	2 Man/Lady/Mix	3000m	13 - 16	2 Man/Lady/Mix	3000m
17 & older	2 Man/Lady/Mix	3000m	17 & older	2 Man/Lady/Mix	3000m
35 & older	2 Man/Lady/Mix	2000m	35 & older	2 Man/Lady/Mix	2000m
50 & older	2 Man/Lady/Mix	2000m	50 & older	2 Man/Lady/Mix	2000m

QIR-9 3 Person Relay Age Groups

- (a) Relay team must be composed of members from the same team.
- (b) Relay heats will be by computer draw and starters will draw pill or cards for starting position.
- (c) Mixed relays must have a minimum of one female

- (d) Each skater skates 100m before relaying.
- (e) The starter will have a star on their helmet cover or the helmet cover will be turned sideways.

Quads			Inlines		
5 - 9	3 Boy/Girl/Mix	1800m	5 - 9	3 Boy/Girl/Mix	1800m
10 - 12	3 Boy/Girl/Mix	3000m	10 - 12	3 Boy/Girl/Mix	3000m
13 - 16	3 Man/Lady/Mix	4500m	13 - 16	3 Man/Lady/Mix	4500m
17 & older	3 Man/Lady/Mix	4500m	17 & older	3 Man/Lady/Mix	4500m
35 & older	3 Man/Lady/Mix	3000m	35 & older	3 Man/Lady/Mix	3000m
50 & older	3 Man/Lady/Mix	3000m	50 & older	3 Man/Lady/Mix	3000m

Section III RECORDS

QIR-10 American Roller Speed Skating Championship Records

- (a) Championship records in all distances in every Individual Age Group, Time Trial, Elimination Race, and Relays can be set only when skated at the American Roller Speed Skating Championship and verified by the official timing system.
- (b) Each skater setting a Championship Record will receive a certificate of American Roller Speed Skating Championship record time.

QIR-11 Rookie Showdown Records

- (a) Rookie records in all distances in every Rookie Age Group can be set only when skated at the USRSS Rookie Showdown and verified by the official timing system.
- (b) Each skater setting a Rookie Record will receive a certificate of USRSS Rookie Showdown record time.

Section IV: Equipment

QIR-12 Uniforms

- (a) Each USRSS Speed Team shall have a competitive uniform, which shall be distinguishable as a team uniform by color and design. The length of the sleeve and shorts does not apply. The team uniform shall be of non-transparent material and in good repair.
- (b) The uniform may be one or two-piece. The top may be long or short-sleeved. The shorts may be bicycle or basketball type. French cut or volleyball shorts are not acceptable. If uniform is two piece, tops must be tucked inside of shorts, while contestants are on the skating floor.
- (c) Uniforms must be worn at all USRSS speed competitions, including official warm-ups.
- (d) Points Series and Invitational competitions, SPONSORED skaters may wear their sponsor's uniform in Individual Age groups, provided those sponsors have registered with USRSS for the current season.
- (e) Contestants must wear their team uniform at the American Roller Speed Skating Championships for all competitive events as well as the Rookie Showdown.
- (f) Sponsored skaters may wear their sponsors uniform for awards provided that the sponsors have registered with USRSS for the current season.
- (g) Relay team uniforms shall be identical. The length of the sleeves and shorts does not apply. Difference in color of fabric due to fading or difference in dye lot will be permitted. Socks, solid color tights, and arm warmers are not considered part of the uniform.
- (h) Under no circumstances may a skater be permitted to wear a commercial advertisement, trademark, or the name of a sponsor on his/her uniform during competition unless they are an approved USRSS sponsor. A manufacturer's logo may be on the uniform no more than 5 times and no larger 2" x 3".

QIR-13 Helmets

See Personal Safety QIR 15

QIR-14 Skates

- (a) All equipment must be in good repair and well suited for the competition. Equipment must not have bolts or any other metal objects protruding that will harm the floor or another competitor in any matter.
- (b) Wheels should not have been used outdoor. Quad wheels must be used on quad skates. Inline wheels must

be used on inline skates. Maximum wheel size for inlines is 125mm and 62mm for quad wheels.

- (c) A vinegar and water solution or water is the preferred cleaner for indoor competitions. Any other cleaning solution used on wheels should be wiped off with water or vinegar and water mix so a residue is not left on the skating surface.

Section V Personal Safety

QIR-15 Helmets

- (a) Helmets with the ANSI Z90.4 , SNELL Bicycle standard, American Society for Testing and Materials (ASTM) standard F-1447 and/or CPSC Standard (Consumer Product Safety Commission bike helmet standard) are required to be worn by all speed skaters at all speed skating competitions. All normal markings on helmets must be left intact and not tampered with in order that they be readily identified as having complied with the ANSI Z90.4, SNELL Bicycle standard, American Society for testing and Materials (ASTM) standard F-1447 and/or CPSC Standard (Consumer Product Safety Commission bike helmet standard).
- (b) The helmet should sit level on your head, low on your forehead—one or two finger-widths above your eyebrow.
- (c) Helmets must have chin straps securely fastened beneath the chin at all times on the skating surface. The chin strap should be snug against the chin so that when you open your mouth very wide you feel the helmet pull down a little bit.
- (d) Hair should not be visible below the helmet line on the skater's forehead. Headbands and bandanas must be completely underneath the front of the helmet. Hair may be tied back with elastic bands only.
- (e) Officials may warn of improper helmet positioning prior to the start of a race. If not immediately corrected, that skater will be disqualified.
- (f) The skater's helmet should be completely on and securely fastened at all times while on the skating surface



Correct positioning of your helmet.

QIR-16 Eyeglasses

- (a) Eyeglass safety straps are mandatory for all USRSS speed competitions, warm-ups, and practices..
- (b) Elastic eyeglass safety straps must be fastened tightly around the head without excess strap length.
- (c) Lenses must be plastic and not glass.



Correct way to wear an eyeglass strap.

QIR-17 Jewelry

- (a) Skaters are not permitted to wear jewelry of any kind during races. The only exceptions are as follows:
 - (i) Weddings bands without stones or protrusions are allowed. If the engagement ring is soldered to the band, then the whole ring must be taped.
 - (ii) Piercings shall be removed. If the piercing cannot be removed, it must be taped.
 - (iii) Medical or religious necklaces or bracelets are allowed. The medical necklace must be inside the skater's uniform and the clasp taped. The medical bracelet must be taped to the wrist.

QIR-18 Electronic Devices

- (a) No Electronic Devices of any kind are permitted on the skating floor.

QIR-19 Injuries and Precautions

- (a) Skaters may compete with a hard cast on their arm providing it is below the elbow and the cast is wrapped in its entirety with an Ace style bandage. The closing tabs on the bandage must be securely taped over to prevent it from coming unwrapped.
- (b) Contestants applying any type of analgesic balm, cream, or ointment must tape or wrap the treated area of skin before coming to the starting line.
- (c) Head injuries- When in doubt, sit them out! Follow State Laws on head injuries.** see Appendix

Section VI Racing Procedures

QIR-20 Reporting and Ready Area

- (a) When an upcoming race is announced, contestants must report to the Race Marshall in the designated Ready Area and remain there. Chairs will be placed in the designated Ready Area for contestants that have reported and are waiting to race.
- (b) When a race is called, contestants will proceed to the starting line.
- (c) Relay teams will proceed to their assigned lanes in the gate area with the lowest drawn position on the right and the highest drawn position on the left. When the race is called, the starters will proceed to the start line with the lowest drawn position at the marker and the highest drawn position at the wall. Remaining team members will stay in their assigned lane in the gate area until they relieve a skater on the track.
- (d) If a skater experiences a malfunction of equipment or sudden onset of illness, the skater will notify the Race Marshall immediately. Upon notification the Race Marshall will notify the Lead Track Official, who may, at their discretion, invoke the Flexibility Clause and delay the starting of the race.

QIR-21 Starting Procedures

- (a) ***100m Time Trial*** When the skater's number is called, they will take their place on the starting line. They have 15 seconds to begin skating or a false start will be declared. If the forward skate rolls out of the back of the starting box, a false start will be declared.

- (b) **Individual Age Group Distances** After the skaters have chosen their positions, the command “ In Position “ will be given. The skaters will step into the box without hesitation and the starting signal will sound. If there are less than 6 skaters in the race, the inside position must be left open.
- (c) **False Starts** Once the race starting command has been given, all skaters are to assume a position signifying they are ready to race. If a skater moves from the ready position before the starting signal is sounded or delays getting into position, the Track Officials’ whistles will sound signifying the need for all skaters to report back to the line for a restart and a false start will be issued. The first false start is signified by the official showing the skater a yellow card. A second false start will equal a race disqualification, signified by the official showing the skater a red card. Once issued, a false start will follow the skater through all of the rounds of that particular event (ex. If a skater receives a false start in the initial heats of their Individual Age Group short distance and receives another false start in the final event, they will be disqualified for 2 false starts).
- (d) **Elimination Race** The skaters will be lined up by computer draw and started by a rolling start. The Lead Track Official will then communicate the elimination rules before the starting of the race. The race will start at the sound of the starting signal. No more than 20 skaters in a final. The amount of laps for qualifying may be reduced at the discretion of the Lead Track Official.
- (e) **Relay Race** Starters will proceed to the start line with the lowest drawn position at the marker and the highest drawn position at the wall. When there are 7 teams in a relay final the highest drawn position will choose their position on the back line. The command “ In Position “ will be given. The skaters will step into the box without hesitation and the starting signal will sound. If there are less than 6 skaters in the race, the inside position must be left open.

QIR-22 Racing Procedures (“The Race”)

- (a) **Time Trials** Skaters will be lined up according to initial draw. One skater at a time will take the track to skate for time. The results of this race will determine seeding for initial heating of Individual Age Group distances. **See Competition Manager’s Flexibility Clause for further information
- (b) **Individual and Rookie Age Groups (Short, Middle, Long Distances)** **See Appendix for Diagram
 - (i) Skaters will choose their starting position according to the TT/Initial Draw for the 1st round of heating. After the initial round, skaters will choose their starting position based upon their qualifying order
- (c) **Elimination Race Procedure** During the race, random bells will sound to signify that the next lap will be an elimination at the line. Lapped or skaters shall reduce the number of eliminations. The first 2 laps will be without bell or eliminations. If double eliminations are needed, they must come before the single eliminations. There will be at least 5 skaters left to compete for the finish at the final elimination. The final elimination will be at 3 laps remaining. The elimination is determined by the last point of the last skate to cross the Elimination line, whether or not it remains in contact with the track. Once eliminated, that skater must leave the race track immediately without interfering with the continuation of the race.
- (d) **Lapped Skaters** Skaters being lapped in a qualifying position or in a final event must move to the right and remain in their position until the leading skater/s have passed. If 2 or more skaters are moved over, they must remain in their respective positions until the lead skater/s have passed. When lapping a skater, the lead skater must pass the lapped skater safely and not impede the progress of the skaters being lapped.
- (e) **Injured Skater** In the event of a fall, if a skater(s) is injured to the point of not being able to get up and is impeding the race and/or the safety of the skater(s) is in question, the Track Official may sound the whistle with a repetitive blast to signal the suspension of the race. The race shall cease until the injured skater(s) are able to be cleared from the track. Depending upon the progress of the race, the Lead Track Official and Competition Manager shall decide whether the race shall be rerun immediately or scheduled at a later time. The skater(s) who were on the ground and/or the cause of the suspension of the race will not be eligible for rerun. Any penalties given before the race suspension shall remain in effect.

QIR-23 Finish of the Race

- (a) When a leading skater or leading relay team has completed all but one lap of a race, a bell will ring indicating that the leader has one lap remaining.
- (b) Placement is determined by the front wheel of the leading skate to cross the line with at least one wheel being in contact with the floor. When using an **Active Timing System**, the timing chip will record the placement and times of the athletes.
- (c) In the event that no skates are in contact with the floor when crossing the finish line, the first wheel of the

second skate to break the plane of the finish line will determine placement. When an Active Timing System is used, the Video Official and/or Lead Track Official shall review the footage and determine placement.

- (d) Once the qualifying skaters have crossed the line, the remaining finishers may have their remaining distance abridged, per the Official's Flexibility Clause. **See Appendix
- (e) Upon the completion of the finisher's laps, they may roll one additional lap to reduce their speed before exiting the skating surface, or, during a relay, returning back to the gate area. It is the responsibility of the skater to ensure they are completely out of the way of skaters still finishing their race, including any relay tags or re-entries.
- (f) When an **Active Timing System** is used, in the event of a timing chip tie, the Video Official shall review the footage and report the findings to the Lead Track Official. Upon agreement, the Lead Track Official shall have the final decision regarding placement. **See Appendix

Section VII Seeding, Qualifying, and Scoring of Competitions

QIR-24 Seeding

The results of the Time Trial will determine each skater's starting line position for the initial heating of the Individual Age Group races. In the event that Time Trials are not completed at an event, the Competition Manager may enact their Flexibility Clause **See Appendix

QIR-25 Qualifying **See Appendix for all Qualifying Diagrams

- (a) Short distance - Top 2 qualify from heats with 4-6 skaters in the final.
- (b) Middle distance - Winner from each heat and qualifying times with 6-8 skaters in the final.
- (c) Long distance - Winner from each heat and qualifying times with 8 in the final.
- (d) Elimination Race - Top 10 qualify from each heat. No more than 20 skaters in the final.
- (e) Relays - Top 3 teams qualify from each heat with 6 in the final.

QIR-26 Points and Scoring

In any final distance, the Race Analyst will award points to the top 6 skaters in each final to determine the overall placements. Points will be as follows- 1st-34 pts, 2nd-21 pts, 3rd-13 pts, 4th-8 pts, 5th-5 pts, 6th-3 pts.

- (a) Overall placements in Individual or Rookie Age Groups will be determined by the greatest total number of points awarded in all final distances
- (b) Contestants may choose not to compete in all distances and still maintain points earned in their other Individual or Rookie Age Group distances.
- (c) In the case of a tie for overall, the highest placement in the middle distance will determine the tie breaker. In the case of an unbreakable tie for overall, the tied skaters would compete in a skate off of the middle distance to determine final placement.

Section VIII Relays

QIR-27 Relay Rules

- (a) One skater starts while the remaining member/s of the team wait in the designated relay box until their relay lap.
- (b) All relay tags must be made in the designated relay zone. **See Diagram in Appendix
- (c) A relay tag is accomplished by body contact between members of the team whether it be a push or a touch tag. No whip or pull-through relays are allowed.
- (d) When the relay skater is relieved, he or she must stay to the outside of the track and continue back through to the return gate area.
- (e) It is the skater's responsibility to avoid contact with officials when entering or leaving the relay area.
- (f) After completing their laps, relay teams will return to the relay box and remain in the relay box until all teams have finished the race.
- (g) **Medical Substitution:** At the American Roller Speed Skating Championships, upon medical verification by on-site medical personnel, and conferring with the Competition Manager and Lead Track Official, if a skater can not return to competition at said championship due to an injury or illness, one relay member per team may be substituted. Once a medical substitution has occurred, that skater will be considered unable to compete for the rest of the championship.

Section IX Officials

QIR-28 Powers and Duties of the Officials

The Lead Track Official will:

- (a) Have control over the running of the races and any disputes that arise during the competition.
- (b) Have the authority to remove a skater or coach from the remainder of the competition for any actions that violate the Code of Conduct.
- (c) Be responsible for the professionalism and conduct of the Track and Supporting Officials; including, but not limited to, ensuring that proper credentialing for all of the track officials is current.
- (d) At events other than the American Roller Speed Skating Championship, the Lead Track Official, at their sole discretion, may grant non-members temporary ability to volunteer in designated roles. They may also consolidate the roles of certain officials, at their discretion, per the Official's Flexibility Clause. **See Appendix
- (e) Disqualify skaters immediately upon the observation of a foul or allow the skater to continue in the race and announce all penalties after the race is finished.
- (f) Oversee the distribution of all penalties and ensure that they are immediately turned into the Lead Placement Official before the start of the next race or as soon as practical.
- (g) Resolve any disputes with respect to order of arrival/finish.
- (h) Be responsible for optimal placement and strategy of Track Officials.

The Track Official will:

- (a) Be responsible for supervision of safety during the running of the races,
- (b) Assist the Lead Track Official in resolving any disputes that arise during the competition.
- (c) Disqualify skaters immediately upon the observation of a foul or allow the skater to continue in the race and announce all penalties after the race is finished.
- (d) Recommend and collaborate on the distribution of penalties to skaters and ensure that they are immediately turned into the Lead Placement Official before the start of the next race or as soon as practical.

The Competition Manager will:

- (a) Be responsible for all pre-race activities including, but not limited to, scheduling officials, collecting all fees, communicating competition specific rules and preparing the schedule and heating.
- (b) Have control over the attendees and off-skate area and any disputes that arise during the competition.
- (c) Have the ability to remove an attendee, parent, coach or vendor representative for any action that violates the Code of Conduct.
- (d) Facilitate a coaches' meeting prior to the start of the races to set expectations for Conduct and allow the Lead Track Official to communicate any rule changes and interpretations.
- (e) Accept all written Challenges and their associated fees and ensure the proper process is followed.
- (f) Be responsible for validating the credentials and membership of all competitors, coaches, vendors, Lead Track Officials, and other supporting officials.
- (g) Be responsible for procuring first aid kit and medical supervision (EMT, First Responders, Nurse, Doctor, Athletic Trainers, etc.)
- (h) Appoint the Lead Placement Official.

The Race Commentator will:

- (a) Provide a running commentary of the races.
- (b) Inform competitors when they are to report to the Ready Area.
- (c) Announce order of arrival/finish and any race penalties.

The Race Marshall will:

- (a) Be accountable for all skaters in the Ready Area.
- (b) Verify skaters have reported for their races at the appropriate time.
- (c) Alert Track Officials of scratched skaters and the possibility of reheating or making a final.

- (d) Oversee the draw of starting position, by pill or cards, prior to their being called to the starting line.
- (e) Perform an initial check of skaters for safety compliance (helmet straps, glasses straps, jewelry, uniform and skates are in good repair).
- (f) Distribute helmet covers/numbers for Relays.

The Race Starter will:

- (a) Call the race contestants to the starting line.
- (b) Perform a final pre-race check of skaters for safety compliance (helmet straps, glasses straps, jewelry, uniform and skates are in good repair).
- (c) Be responsible for adherence of proper starting procedures.
- (d) Report any deviation of the starting procedure to the Track Official for adjudication.

The Race Analyst will:

- (a) Record the names of all competitors entered by Time Trial, Rookie and Individual Age Groups Elimination race, and Relays.
- (b) Prepare any forms need for the running of the competition, including seeding of heats.
- (c) Assign relay helmet covers or numbers to be distributed by the Race Marshall.
- (d) Record order of arrival/finish turned in by the Lead Placement Official.
- (e) Record any carry-over penalties, such as false starts and race suspensions, and ensure they are properly notated on the subsequent lists.
- (f) Keep all order of arrival/finish slips as well as penalty slips filed, in order, in case of a Challenge.
- (g) Ensure the posting of lists, in an accessible area, of qualifiers for all semi-finals and finals as well as final order of arrival/finish points after each race.

The Lead Placement Official will:

- (a) Be appointed by the Lead Track Official
- (b) Assist the Lead Track Official in ensuring the professionalism and conduct of the placement officials
- (c) Assign the duties to Placement Officials and ensure their adherence to the rules of the finish.
- (d) Record Top 6 Placements in order of arrival/finish.
- (e) Submit all placement slips and penalty slips to the Race Analyst

The Placement Officials will:

- (a) Report the order of arrival/finish on designated placement forms and submit to the Lead Placement Official.

The Timing/Photo Finish Official will:

- (a) Will utilize approved camera and timing equipment to record the order of arrival/finish as well as notate the official time of the race.
- (b) When a computerized timing system is not available 3 Timing Officials will be used. When all 3 times are different the middle time will be used. When 2 times match the 3rd time will be eliminated and the matching times used.

The Video Replay Official will:

- (a) Review race footage in realtime to provide counsel to the Lead Track Official
- (b) Will assist the Lead Track Official in settling disputes that arise during the course of the competition where conclusive video evidence exists
- (c) Prepare a report at the conclusion of the competition for the purpose of Track Official training and feedback

The Lap Counter will:

- (a) Count the laps of each race on the designated lap board.
- (b) Ensure that each race completes the designated amount of laps.
- (c) Ring a bell with one lap to go.
- (d) Wave the checkered flag at the leader's finish.

First Aid-medical personnel will:

- (a) Provide emergency assistance first aid kit in case of injury.
- (b) Be knowledgeable of State head trauma laws,
- (c) Have telephone numbers ready for local transport and/or directions to closest hospital from facility

QIR 29 Track Official's Arm Signals - Track Officials will use two basic arm signals to facilitate the handling of speed skating contests and for the information of competitors and Coaches.

- (a) Right hand toward skater, palm out, fingers up, accompanied by two short blasts of a whistle indicates that he or she is about to be lapped by another skater and should move to the outside. Track Officials are encouraged to communicate with skaters to when it is safe to continue
- (b) Index finger of right hand pointing at skater, accompanied by one long blast of a whistle, indicates that he or she is disqualified and must leave the floor immediately.

Section X Penalties

There are four different levels of penalties that a member may receive: warnings, de-classifications, disqualifications, and race suspensions.

WARNINGS: A warning is a verbal reprimand of the skater to let them know that any further repetition of the action, whether or not the intensity of that action increases, will result in another penalty. Once issued, warnings will follow the skater through all of the rounds of that particular event. A culmination of 3 warnings within the heats, semis, and finals of a distance will equal an automatic disqualification. Once a Track Official issues a warning, they communicate it to the Lead Track Official. The Lead Track Official will communicate with the Race Commentator, who will announce the warning. Warnings may be issued by any Track Official and the Competition Manager.

DECLASSIFICATION: A declassification can be used when, within the final lap of a race, a skater commits a foul that affects the outcome of the race. At the discretion of the Track Official, the skater committing the foul shall be placed behind any skater or skaters who were affected by the foul. A declassification may be issued by any track official.

DISQUALIFICATION: A disqualification is used when a foul has been committed. Depending upon the severity of the foul, the Penalty may increase to a Race Suspension, Competition Suspension, or Permanent Exclusion. See reasons for Competition Suspension or Permanent Exclusion under **Section XIII**. A disqualification may be issued by any track official.

RACE SUSPENSION: A race suspension is used when a penalty has been committed in an aggressive or dangerous manner or when a display of unsportsmanlike conduct, an infraction of the code of conduct has been committed during or outside of a race. The skater will be declared disqualified from the next race they are registered to compete. A race suspension may be issued by the Lead Track Official and Competition Manager.

QIR 30 Personal fouls - Violations involving action of one skater against another such as:

- (a) **Impeding/Obstruction** - Any lane changing used by a skater to prevent another from passing, with or without body contact. Additionally, a skater must follow a reasonably straight course in skating the straightaway in a race.
- (b) **Unnecessary Roughness** - Inclusive of several different types of fouls.
 - (i) *Riding In* - Contestant's body contact from the outside of the track forcing another skater from the line of travel. Body contact must be made between two skaters before a foul is committed. If the lead skater gives way to the passing skater without being touched, then he/she gives up his right to the lead.
 - (ii) *Riding out/Charging* - Contestant's body contact from the inside of the track forcing another skater from the line of travel. Body contact must be made between two skaters before a foul is committed. If the lead skater gives way to the passing skater without being touched, then he gives up his right to the lead. A trailing skater attempting to overtake/pass another skater or skaters that makes physical contact and disrupts the normal path of the skater or skaters being passed. Can occur from the inside or outside.

- (iii) *Pushing/Shoving/Hitting* - Any skater that uses hands, forearms, elbows, shoulders on another skater causing them to skate wide, lose position, lose balance, trip or fall.
- (c) **Unsportsmanlike Conduct** - Acting in a manner not befitting an athlete or a role model. Includes, but not limited to, cursing, kicking the wall, striking other skaters or officials, throwing your helmet.
- (d) **Teamwork** - Skaters acting together to control the race, benefiting one or more skaters. The skater benefiting from Teamwork shall suffer a penalty as well.
- (e) **Interference** - Upon the completion of the finisher's laps, they may roll one additional lap to reduce their speed before exiting the skating surface. It is the responsibility of the skater to ensure they do not interfere with the race still in progress and are completely out of the way of skaters still finishing their race.
- (f) **Retaliation** - If in the opinion of the track official, an action is deemed retaliatory in nature, the official will recommend to the Lead Track Official that the skater will be disqualified from that race and suspended from the next race they are entered in. Depending upon the severity of the act, the action may be eligible for a more severe Penalty.
- (g) **Fighting**- There will be a zero tolerance rule for fighting. Participants will be banned from competition for fighting during a sanctioned event/activity.

QIR 31 Technical Fouls - Technical fouls are violations of track rules or procedures for divisions and relays

- (a) **Skating inside Markers** - The skating area is defined as the area outside (to the right) of the markers. If, at any time, a skater touches the floor to the inside of the track with one or more wheels, they will be disqualified. A skater may not take unfair advantage of another because a marker is off its respective mark by skating to the inside of the track. If in the opinion of the track official, a skater is forced inside the marker by the disqualifying act of another skater or fall, at the discretion of the track official, there may be no penalty.
- (b) **Distanced skater** - A skater that is being lapped, more than one lap behind the leader or leaders, and is not in a qualifying position may be declared "distanced" and disqualified by the track official.
- (c) **Helmet Infraction** - Should a skater's helmet come off for any reason during a race, or while on the skating surface, the skater will be disqualified.
- (d) **Two False Starts** - As described in QIR 21 (Starting Procedure)
- (e) **Three Warnings** - Once issued, a warning will follow the skater through all of the rounds of that particular event.

QIR 32 Team Fouls

- (a) **Incorrect Relay** - Such as relays made outside of the relay zone, whip or pull-through relays. Any relay other than touching, tagging or a push relay.
- (b) **Incorrect Return** - Skaters must immediately return to the gate area by the most direct line possible. No loops or deviations are allowed.
- (c) **No Relay** - Team members failing to make contact for a relay.
- (d) **Leaving Gate Area** - Leaving gate area before relay lap. A contestant having all the wheels of both skates outside the designated gate area before their relay lap.
- (e) **Stopping** after leaving the gate area.
- (f) **Wrong number of Laps** - A member who skates the incorrect number of laps;
- (g) **Interference** - A relay team member, when returning to the gate area, interferes or disrupts the skaters on the track.

QIR 33 Victim Rule: If in the opinion of the track official, a skater in a qualifying position is the victim of a disqualifying act from another skater in the final lap of a qualifying round, the Lead Track Official may advance that skater to the next round. **See Lead Track Official's Flexibility Clause

Section XI Challenge Procedures

QIR 34 Challenges

Within 15 minutes of the end of the race in question, an official SCA Coach with a contestant in the challenged race

child.)

Section XIII Code of Conduct Violation Procedures

QIR 36 Suspension and Permanent Exclusion When a USRSS member or SCA coach has been disqualified from an entire competition, the Competition Manager and Lead Track Official, within 5 working days from said meet, will submit a Code of Conduct Violation Report by e-mail to the USRSS Board. The report will contain:

- (a) The name of the member or coach
- (b) Code of Conduct rule infraction.
- (c) All facts and circumstances concerning the disqualification
- (d) Names of any witnesses and their contact information
- (e) Competition Manager and Lead Track Official's recommendation with respect to disqualification, suspension, and/or permanent exclusion from participation in USRSS.

QIR 37 USRSS Review of the Report After receiving such written report, the USRSS Board will hold an informal hearing. The suspended member or coach will be notified that a Code of Conduct infraction has been received, forward copies of said Code of Conduct Infraction and a written notice of hearing to be held by teleconference not less than 30 nor more than 60 days from the USRSS Boards receipt of the written report by the Competition Manager and Lead Track Official.

The member or coach will have the right at such hearing to testify and present witnesses or evidence on their behalf. At the conclusion of the hearing, the USRSS Board will

- (a) Issue a probationary period for a definite time.
- (b) Suspend the member for a definite period of time.
- (c) Permanently exclude said member or coach from all Speed Skating competitions conducted by USRSS.

Section XIV Cash Awards

QIR 38 Policies regarding Cash Awards

- (a) Competitive Cash Prizes as a means of drawing greater participation are permitted for USRSS Rookie Series, Points Series, and Invitationals.
- (b) State and Federal income taxes may be owed as a result of cash prizes. The recipient and or parent/legal guardian is responsible for all applicable taxes for the cash prize.

Section XV Amendments

QIR 39 Amendments to the USRSS Rulebook

- (a) Any proposed rule changes or amendments to the USRSS rulebook shall be submitted in writing to the Rules Committee within 60 days of completion of the current season to be considered for the following season
- (b) The Rules Committee shall present all proposed rule changes or amendments to the USRSS Rulebook, submitted in accordance with rule QIR 30 (a) to the USRSS Board for consideration
- (c) The USRSS Board and Rules Committee can call a Rules Amendment Meeting to amend the rules during the current season.
- (d) The most current rulebook supersedes all other rulebooks.
NOTE: Printed copies may be out of date. The USRSS website will have the most current rulebook posted.

Appendix

Based on a Floor 85 x 180

If the rink is less than 85 ft wide, radius and straight length may be adjusted to maintain a minimum of 17' 2" but still yield a skater's path of 100m. The distance from the center line markers (apex of turns) to the edge of the skating floor will be a minimum of 20'.

- (a) The skater's path is to be 17'2" wide on each straightaway
 - The distance from the edge of the skating floor and the track survey line is a minimum of 17' 2" (straightaways).
- (b) The distance from the center line markers (apex of turns) to the edge of the skating floor will be a minimum of 20'.
- (c) The center box is 86' divided equally from rink center
- (d) Radius on turns is 24' 8/10"

- (f) The center line measurement on the radius will have markers 1'6" on each side.
- (g) The Start, finish, timing line is at center.
 - The line is 17'2" wide
 - The starting line will need 6 marked lanes.
 - For the Time Trial a back line will be added. The dimensions of the box will be 20" from the front edge of the Start/Timing line to the back edge of the back line of the box. **See Diagram
- (h) The Elimination line is 25' past start finish line
- (i) Track will be marked using (16) double stacked, soccer cones that are **taped** together for stability with a **double sided tape** for sufficient adhesion.

**USRSS will provide dimensions to assist in layout of a oval track on floors less than 85 ft wide.

*Starting Signal

- (a) The electronic starting signal must also have a highly visible strobe flash for the hearing impaired.

**Relay Diagram - to be inserted on completion

Designated Relay Zone

- (a) The area immediately past marker #15 to the relay line at marker #1.
- (b) Marker 16 is removed for relays

Return Gate Area and Relay Box- Inside the Oval

- (a) The relay box is 1' inside the oval, parallel to the Start/Finish line. It will be 20'3" wide and divided into 7 lanes.
- (b) 6 soccer style markers will designate the right and left sides of the relay box.
- (c) The 8th turn marker will be removed to form the return gate area.
- (d) 2 markers will attach, at an angle, the 7th turn marker to the left side of the relay box.

***Diagrams for seeding , qualification and start line ranking- to be inserted upon completion

Relay Heats- Computer heated

5 Heats Advancing to Quarterfinals (Computer Entry)

- Heat 1: 1st, 2nd > Q1, 3rd > Q2, 4th > Q3
- Heat 2: 1st, 4th > Q2, 2nd, 3rd > Q1
- Heat 3: 1st > Q3, 2nd > Q2, 3rd, 4th > Q1
- Heat 4: 1st, 2nd > Q3, 3rd > Q2, 4th > Q1
- Heat 5: 1st > Q2, 2nd, 3rd > Q3, 4th > Q2

4 Heats Advancing to Semifinals (Computer Entry)

- Heat 1: 1st-3rd > Heat 2: 1st-3rd > S2
- Heat 3: 1st-3rd > S2
- Heat 4: 1st-3rd > S1

3 Heats or Quarterfinals Advancing to Semifinals (Computer Entry)

- Heat 1: 1st-4th > S1
- Heat 2: 2nd, 3rd >S1, 1st, 4th > S2
- Heat 3: 1st-4th >S2

***Flexibility Clause for Officials see also the Coach's Manual**

- (a) At events other than the American Roller Speed Skating Championships, the Lead Track Official, at their sole discretion, may grant non-members temporary ability to volunteer in designated roles. They may also consolidate the roles of certain officials, at their discretion, per the Official's Flexibility Clause. **See Appendix
- (b) If a skater experiences a malfunction of equipment or sudden onset of illness, the skater will notify the Race Marshall immediately. Upon notification the Race Marshall will notify the Lead Track Official, who may, at their discretion, invoke the Flexibility Clause and delay the starting of the race.
- (c) Once the qualifying skaters have crossed the line, the remaining finishers may have their remaining distance abridged, per the Official's Flexibility Clause.
- (d) Offset Fouls
- (e) **The Competition Manager and or Lead Track Official**, at their discretion, may shorten distances for heats, at any event other than the American Roller Speed Skating Championships or Rookie Showdown.
- (f) Elimination Race- The LTO has the option to implement 2 rolling lines when there are more than 10 skaters.
- (g) Victim Rule- In the event that the Victim Rule is used, the Lead Track Official may, at their sole discretion, revise the number of athletes in the next round.

***Flexibility Clause for Competition Manager**

- (a) When there is not enough time for Time Trials to be run, then computer draw will be used to put skaters into initial heats. Starting Line position for the initial heats would then be by pill or card draw.
- (b) **The Competition Manager and or Lead Track Official**, at their discretion, may shorten distances for heats, at any event other than the American Roller Speed Skating Championships or Rookie Showdown.
- (c) When using an **ActiveTiming System** it is up to the discretion of the Competition Manager as to where the timing chip shall be worn/placed on the athlete.

**** Gender Determination-** an athlete transitioning to a woman must undergo hormone therapy and demonstrate that the total level of male testosterone in the blood has been below 10 nanomols per litre for at least a year prior to competing. https://stillmed.olympic.org/Documents/Commissions_PDFfiles/Medical_commission/2015-11_ioc_consensus_meeting_on_sex_reassignment_and_hyperandrogenism-en.pdf

**** Head Injuries-** following <https://www.cdc.gov/headsup/youthsports/index.html>

Competition Managers and All Officials -<https://www.cdc.gov/headsup/youthsports/officials.html>

Coaches- <https://www.cdc.gov/headsup/youthsports/coach.html>

Parents - <https://www.cdc.gov/headsup/youthsports/parents.html>

**** Doping-** following USADA <https://www.usada.org/> WADA