



Roller Sports Canada  
Rules for RSC Speed: 2014 and Beyond  
Communicated April 2014 via e-mail & online  
Effective immediately upon publication  
Developed by the RSC Speed Committee 2012, Updated October 2013 to April 2014  
Please report errors, omissions: [speedcommittee@rollersports.ca](mailto:speedcommittee@rollersports.ca)

---

**Brief Summary of Some Changes and Updates for March 2014 Final Version**

- Eliminated “World Team” from rulebook and replaced with National Team. Skaters wishing to compete at World Championships will be selected from the National Team.
- Open Division: Females and Males will compete together- heats for the 1000m will be based on the 300m time trial and 10km pts. groups will be based on the 300m time trial
- Canadian Outdoor Championships (Nationals): Day 1 will be age division races, day 2 will be open class
- Section detailing infractions and rules of racing has been added to this rulebook
- Points system used in earlier RSC rulebook version has been re-adopted

---

**SECTION 1: RULEBOOK REVISION & VERSION**

**SECTION 2: OUTDOOR ROAD & TRACK CATEGORIES & DISTANCES**

**SECTION 3: SCHEDULE OF EVENTS, COMBINING OF CATEGORIES**

**SECTION 4: OPEN CATEGORY**

**SECTION 5: POINTS RACES, FINISH, ELIMINATION RACES, COMBINED POINTS & ELIMINATION, YOUTH (FRESHMEN AND YOUNGER) DISTANCE RACES**

**SECTION 6: SPRINT RACES (AGE CATEGORY)**

**SECTION 7: POINTS & AWARDS**

**SECTION 8: NATIONAL TEAM, CANADIAN TEAMS**

**SECTION 9: TRACK, ROAD COURSE, MEASUREMENT**

**SECTION 10: INFRACTIONS**

**ADDITIONAL SECTIONS WILL BE PUBLISHED IN UPDATED VERSIONS**

---

**SECTION 1: RULEBOOK REVISION & VERSION**

**Rulebook Revision:** These updated rules will serve as the most current version to the rules of racing and Speed for Roller Sports Canada. Please consult [rollersports.ca](http://rollersports.ca) for the most current version of the rules for RSC Speed.

The Speed Committee will continue to update and review this document in order to phase out the following document: Roller Sports Canada Speed Skating Rule Book 2005 – Revision 2 May 2011 or current version.

The process of updating and reviewing the Rules for RSC Speed: 2014 and Beyond is entrusted to the RSC Speed Committee. This task includes a thoughtful review of what works well and what needs to be changed, careful attention to the state of affairs of roller & inline speed skating in Canada, implementation that considers the long-term health and growth for speed, good documentation of internal workings (notes, minutes, communications), and communicating changes and updates as far in advance as possible as soon as reasonably possible via website, e-mail and social media. The process to update and review of the most current of Rules for RSC Speed will be ongoing.

**Rulebook Version:** Outdoor Speed Skating Rules: Roller Sports Canada (RSC) Speed Rules include the use of and are referenced for Outdoor Speed Skating in the following order:

1<sup>st</sup>: Rules for RSC Speed (most current version)

2<sup>nd</sup>: Roller Sports Canada Speed Skating Rule Book 2005 – Revision 2 May 2011 or current version

3<sup>rd</sup>: Comité International de Course (CIC) – the International Speed Skating Committee – current version

4<sup>th</sup>: United States of America Roller Sports (USARS) – current version

NB: Updates to the CIC's most current rulebook (for example heats, distances, age categories, equipment specifications) will automatically be included for inclusion RSC's World Class Categories, unless objected by the Speed Committee. In the event of an exclusion of the CIC rule changes to the Rules for RSC Speed, the Speed Committee will document and, in some cases publish the reasons why the rule change was not adopted.

---

## SECTION 2: OUTDOOR ROAD & TRACK CATEGORIES & DISTANCES

Class	Open Distance #1A	Open Distance #2A
Open A Male & Female	10 kilometre points	1000-meter
Class	Open Distance #1Y	Open Distance #2Y
Open Y Male & Female	2 kilometre points	1000-meter

Category	Age Distance #1	Age Distance #2	Age Distance #3
Mini 8 years old and under Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter	300-meter
Primary 9-10 years old Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter	300-meter
Juvenile	300-meter	5 kilometre	500-meter

<b>11-12 years old Male &amp; Female</b>	individual time trial (track) or 200-meter time trial (road)	points			
<b>Freshmen 13-14 years old Male &amp; Female</b>	300-meter individual time trial (track) or 200-meter time trial (road)	5 kilometre points	500-meter		
<b>Junior World Class 15 years old to 19 years old Male &amp; Female</b>	300-meter individual time trial (track) or 200-meter time trial (road)	15 kilometre (track) or 20 kilometre (road) elimination	500-meter		
<b>Senior World Class 15 years old and over Male &amp; Female</b>	300-meter individual time trial (track) or 200-meter time trial (road)	15 kilometre (track) or 20 kilometre (road) elimination	500-meter		
<b>Master 36 years old and over Male &amp; Female</b>	300-meter individual time trial (track) or 200-meter time trial (road)	5 kilometre	500-meter		
<b>Grand Master 46 years old and over Male &amp; Female</b>	300-meter individual time trial (track) or 200-meter time trial (road)	5 kilometre	500-meter		
<b>Veteran 56 years old and over Male &amp; Female</b>	300-meter individual time trial (track) or 200-meter time trial (road)	5 kilometre	500-meter		
<b>Introduction Male &amp; Female - first year competing in RSC Event</b>	Intro Distance #1	Intro Distance #2	Intro Distance #3	Intro Distance #4	Intro Distance #5
	300-meter individual time trial (track) or 200-meter time trial (road)	4 kilometre points	500-meter	2 kilometer	1000-meter

- The age of the participant on December 31<sup>st</sup> of the current competitive year will be used to designate the age category for the participant.
- Races (distances, rankings, heats, classifications, seeding, determination of points and eliminations and infractions) will be based on the Rules for RSC Speed, followed by the CIC rulebook.
- All who register to compete in the full-program for the Canadian Championships will compete in Age Category

distances on Day-1 and Open Class distances on Day-2.

- Participants in the Introduction Category will only compete in Introduction Category distances. They will not compete in the Open Category.
- First-time participants of RSC events in Freshmen and older Age Categories will compete in the 'Introduction' category. Participants who are of lesser experience and/ or calibre will also be allowed or required to enter the 'Introduction' category.
- The RSC Speed Committee reserves the right to make an exception to this rule for a participant who has demonstrated adequate competitive experience(s) and/ or capacities.
- A skater can be placed into the introduction category based on their time in the time-trial.
- Individual Time Trial (200m/ 300m): Participants will compete in this distance **one time**. This may include competing in heats as well as finals.

---

### SECTION 3: SCHEDULE OF EVENTS, COMBINING OF CATEGORIES

**1- Practice Day:** The organizers (Club/ Committee/ Group/ Business/ Individuals) of the Canadian Championships will make every reasonable attempt to secure permits/ permission for use of the venue(s) for the purpose of providing registered participants the opportunity to practice at the competition venue.

**2- Inclement Weather:** The organizers (Club/ Committee/ Group/ Business/ Individuals) of the Canadian Championships will make every reasonable attempt to secure permits/ permission for use of the venue(s) outside of the regular schedule of competition in the event of inclement weather (rain, excessive winds, temperatures, etc) that makes for unsafe conditions during the regular schedule. This period, which may include an additional day of competition will be known as the inclement weather schedule. Officials will make every reasonable effort to hold, equitably, distances for all categories, and will make their best efforts to modify the schedule of events to allow for maximum safety and competitive experience. When event organisers plan for and promote the anticipated use of inclement weather schedule, they are expected to make use of the inclement weather schedule if and when required. Event organizers are expected to adjust the competition schedule accordingly and fairly.

**3- Combining of Categories:** Officials reserve the right to combine categories when distances of these categories are the same. This will be done with the aim of providing a more authentic competitive experience. When combining distances, officials will take the following into account: i) the number of athletes in each category, 2) the speed differential between skaters of different categories, iii) the experience level between skaters of different categories, iv) an additional safety considerations. The combination of categories can be declared for the entire competition or may just be for a single distance. The decision to combine categories will be announced as soon as reasonably possible, preferably two hours prior to the start of the distance. Categories may be combined by age and/ or gender.

#### 4- Event Schedule

##### Day 1 Schedule- Age Division Distances

*\* Distances will be held in the following order: youngest Age Category to the oldest Age Category, followed by Introduction Category. Women will skate first followed by men. Age Categories requiring heats will have their distances held before any finals.*

1A- Age Category Distance #1- Qualifying Rounds

1B- Age Category Distance #1- finals

1C- Introduction Category Distance #1

2A- Age Category Distance #2- Qualifying Rounds

2B- Age Category Distance #2- finals

2C- Introduction Category Distance #2

- 3A- Age Category Distance #3- Qualifying Rounds
- 3B- Age Category Distance #3- finals
- 3C- Introduction Category Distance #3

**Day 2 Schedule- Open Class Distances**

*\* Distances will be held in the following order: The fastest Open Class will compete last. Women and men will be competing together.*

- 4A- Introduction Category Distance #4
- 4B- Open Class 1A Distance #1
- 4C- Open Class 1Y Distance #1
- 5A- Open Class 1Y and 1A Distance #2- Qualifying Rounds
- 5B- Introduction Category Distance #5
- 5C- Open Class 1Y and 1A Distance #2- Finals

=====

**SECTION 4: OPEN CLASS**

**Definition of Open Class:** All those who register to compete the Open Class at the Canadian Championships will do so on day-2 (or as indicated by the inclement weather schedule). The purpose of the Open Class is to allow participants at the Canadian Championships to compete with others who are close in ability. Open Class distances will be held to provide the most challenging and realistic competitive experience. The groups will be formed based on times and other factors & variables that help create close racing.

**1000-meter Open Class**

All who register for the Canadian Championships will compete in the 1000-meter Open Class. Three separate competitions for the 1000-meter Open Class will be run. There will be a competition for participants in Mini, Primary, Juvenile and Freshmen Age Category, there will be a competition for the Junior World Class, Senior World Class, Master, Grand Master and Veteran Age Categories and there will be a competition for those in the Introduction Category.

All Open Class 1000-meter and Introduction Category 1000-meter will feature qualifying rounds, with all participants ranked and placed in groups using the serpentine method, based on the individual time trial held earlier in the competition. (The example below details how four heats would be created using the serpentine method)

<b>Heat 1</b>	<b>Heat 2</b>	<b>Heat 3</b>	<b>Heat 4</b>
P1	P2	P3	P4
P8	P7	P6	P5
P9	P10	P11	P12
P16	P15	P14	P13 etc...

Choice of lane for the first round of the 1000-meters will be based on the individual time trial, where the participant with the fastest qualifying time will have first choice of lane.

Choice of lane for following rounds will be given to participants in the following order: fastest winner in the previous qualifying round, second fastest winner in the previous qualifying round, fastest second placement in the previous qualifying round, seconds fastest second placement in the previous qualifying round, followed by time ranked participants (who are outside of the top-2 of previous qualifying rounds).

**8 or less participants:** Direct entry into the A final for placements 1-8.

**9-16 participants:** Two semi-finals, with the winning finisher of each semi-final qualified for the A final, plus the next six fastest times for placements 1-8. Next eight times are qualified for the B final for placements 9-16.

**17-24 participants:** Four quarter-finals, with the winning finisher of each quarter-final qualified for the semi-final, plus the next twelve fastest times. Skaters ranked 17-24 in the 1000-meter times will make up the C final for placements 17-24. Two semi-finals will then be run, with the winning finisher of each semi-final qualified for the A final, plus the next six fastest times for placements 1-8. The next eight fastest times qualify for the B final for placements 9-16.

**25 participants or more:** The top-24 in the 300-meter time trial will be eligible to participate in the quarter-finals. In the quarter finals, the winning finisher of each quarter-final qualified for the A semi-final, plus the next twelve fastest times. Skaters ranked 17-24 in the 1000-meter times will make up the C final for placements 17-24. Two A semi-finals will then be run, with the winning finisher of each semi-final qualified for the A final, plus the next six fastest times for placements 1-8. The next eight fastest times qualify for the B final for placements 9-16. Skaters ranked 25<sup>th</sup> and lower will make up additional finals (D, E, F, etc) for placements 25<sup>th</sup> and lower, with a maximum of eight skaters on the line.

### **10 kilometre Points Open Class**

Men and women will compete together in the 10 kilometre Points Open Class distance. This distance will be held with participants placed in ability groups based on the 300-meter time trial. The following criteria will be used to set up groups that allow for races in which participants compete with others close in speed and ability, as well as giving officials the opportunity to provide the most accurate result and timing:

- 1) There will be a maximum of 30 participants per ability group.
- 2) The fastest group (Group A) will have a minimum of 5 participants.
- 3) groups will be organized using the following 300-meter time trial times: Group A 30-seconds and below, Group B above 30-seconds to 37-seconds, Group C) above 37 seconds.
- 4) Event officials are allowed to make adjustments and accommodations on special occasions in order to provide for better competition and in order to improve safety of participants and accuracy for timing, results and officiating.

**Freshmen Moving Up Into Open Class:** Those who of age to participate in the Freshmen Age Category and who wish to skate Open Category '1A' or '2A' will make application to do so on their registration form when they register for the Canadian Championships. The application will be reviewed by the Speed Committee and the participant as well as the participant's parent(s)/ legal guardian(s) and coach(es) and will be contacted prior to the start of the competition and be informed about the decision by the Speed Committee. A competitor of Freshmen Age Category for Open Class may also be moved-up into the Junior and older for Open Class racing if he/ she displays comparable speed and ability earlier in the competition when competing in Age Category distances. This move can be initiated and approved by the Chief Referee and should include a discussion with the participant, his/ her coach(es) and parent(s) prior to the beginning of the Open Class portion of the competition program. The participant who is moved from Freshmen corresponding Open Class' is authorized to return to her/ his corresponding age category corresponding Open Class after the competition is over.

### **2 kilometer Points Open Class (Open Y)**

Boys and Girls will compete together in the 2 kilometre Points Open Y Class distance. This distance will be held with participants placed in ability groups of no more than 30 participants. When there are more than 30 participants in a group, a new group or new groups will be created. The composition of this/ these group(s) will be based on the finishing order of the 300-meter time trial.

=====

## **SECTION 5: POINTS RACES, FINISH, ELIMINATION RACES, COMBINED POINTS & ELIMINATION, YOUTH DISTANCE RACES**

**Points Races: Awarding of Points:** Two points (2) will be awarded to the first place participant and (1) one point to the second place participant of each and every lap, except for the final lap that will see the first place participant receive 3 points, second place participant receive 2 points and the third place participant receive 1 point.

Points will be awarded every lap in a points race, whether held on a road course or on a track.

Final Ranking for a points race will be determined by A) the Points total of all participants from highest to lowest, and then B) all participants without points who complete the race, in order of finishing time, and then C) order of elimination, D) order of disqualification.

A participant forfeits all points when the participant does not finish or complete the race. If there is a tie in points among two or more participants, the order of finish will be decided by the finishing order of the participants in question at the finish line in the last lap.

**Determining Finish:** The finish (for points and for final placement) will be determined by the leading tip of the first wheel of the leading skate touching ground at the finish (if the lead skate is off the ground, then the leading tip of the first wheel of the back skate will be used to determine the placement & time).

**Elimination Races:** This competition is carried out through direct elimination of one or more competitors on a prescribed lap (indicated by the ringing of a bell) on one or more fixed points of the course until five participants remain. The elimination is determined by the last point of the last skate to cross the finish-line on an elimination lap. The final elimination, leaving five participants to contend for the top-5 positions, will take place with three laps to go on a track, or on the final lap of a road course. Beyond that, skaters will be eliminated every two laps on a track, or every lap on a road course.

**Combined Points and Elimination:** This is a combination of the points and elimination races. It consists of eliminating the last participant and in assigning points to the first two skaters in certain laps with sprints for elimination in one lap and points awarded in another lap.

Two points (2) will be awarded to the first place participant and (1) one point to the second place participant of each and every point lap.

The final elimination, leaving five participants to contend for the top-5 positions, will take place with three laps to go on a track, or on the final lap of a road course.

The final lap that will see the first place participant receive 3 points, second place participant receive 2 points and the third place participant receive 1 point.

Final Ranking for a points and elimination race will be determined by A) the Points total of all participants from highest to lowest, and then B) all participants without points who complete the race, in order of finishing time, and then C) order of elimination, D) order of disqualification.

If there is no elimination because of a withdrawal or fall of one or more skaters, the bell will ring to indicate there is a sprint for points and the next elimination will follow the corresponding schedule of elimination.

**Youth (Freshmen and younger) Distance Races:** For youth skaters (Freshmen and younger), Age Category distance #2 will be run as a mass-start event, with a maximum of 20 participants at a time. When there are 20 participants or more, officials may designate two (or more groups) with grouping based on the individual time trial.

**Introduction Category Distance Races:** For the Introduction Category, distance races (1000-meters or longer) will be run as a mass-start event, with a maximum of 25 participants at a time. When there are 12 participants or more, officials may designate two (or more groups) with grouping based on the individual time trial.

=====

## SECTION 6: SPRINT RACES (AGE CATEGORY)

**Individual Time trial (200-meter or 300-meter):** Prior to the start of the competition, there will be a draw which serves to determine the starting order for the 300-meter time trial for every category. Event officials, referees and/ or organizers will note the starting order.

Qualifying heats for Age Category time trial events will be held when 12 or more participants complete the time trial. Those whose time trial places them in the top-5 in their Age Category will be qualified for the time trial finals. The times in the final will determine the top-5 overall placements, followed by the heat times from 6<sup>th</sup> place down.

For the purpose of the Open Category time trial ranking, a participant's best time for the time trial will be used.

**Junior & Older:** The Age Category 500-meter will feature qualifying rounds, with all participants ranked and placed in heats using the serpentine method, with the ranking coming from the results of the individual time trial. (The example below details how four heats would be created using the serpentine method)

Heat 1	Heat 2	Heat 3	Heat 4
P1	P2	P3	P4
P8	P7	P6	P5
P9	P10	P11	P12
P16	P15	P14	P13 etc...

**Youth: Freshmen and younger:** Age Category distance #3 which are all 500-meters and less will be run with qualifying rounds, with all participants ranked and placed in heats using the serpentine method, with the rankings coming from the result of the individual time trial.

**Choice of Lane:** Choice of lane for the first round of the 500-meters will be based on the individual time trial, where the participant with the fastest qualifying time will have first choice of lane.

Choice of lane for following rounds will be given to participants in the following order: fastest winner in the previous qualifying round, second fastest winner in the previous qualifying round, fastest second placement in the previous qualifying round, time rank (those outside of the top-2 finishers of previous qualifying rounds) with the fastest given next choice.

**4 or less participants:** Direct entry into the A final for placements 1-4.

**5-8 participants:** Two semi-finals, with top-2 finishers of each semi-final qualified for the A final for placements 1-4. Next four participants are qualified for the B final for placements 5-8.

**9-12 participants:** Three quarter-finals, with top-2 finishers of each quarter-final qualified for the A semi-final, plus the next two fastest times. Skaters ranked 9-12 (outside of the top-2 and with the bottom four times in the previous 500-meter round) will make up the C final. Two A semi-finals will then be run, with top-2 finishers of each A semi-final will be qualified for the A final for placements 1-4. The participants who do not qualify for the A final will be qualified for the B final for placements 5-8.

**13-16 participants:** Four quarter-finals, with top-2 finishers of each quarter-final qualified for the A semi-final. Skaters ranked 9-12 and 13-16 ranked by time will make up the C and D finals for placements 9-12 and 13-16. Two A semi-finals will then be

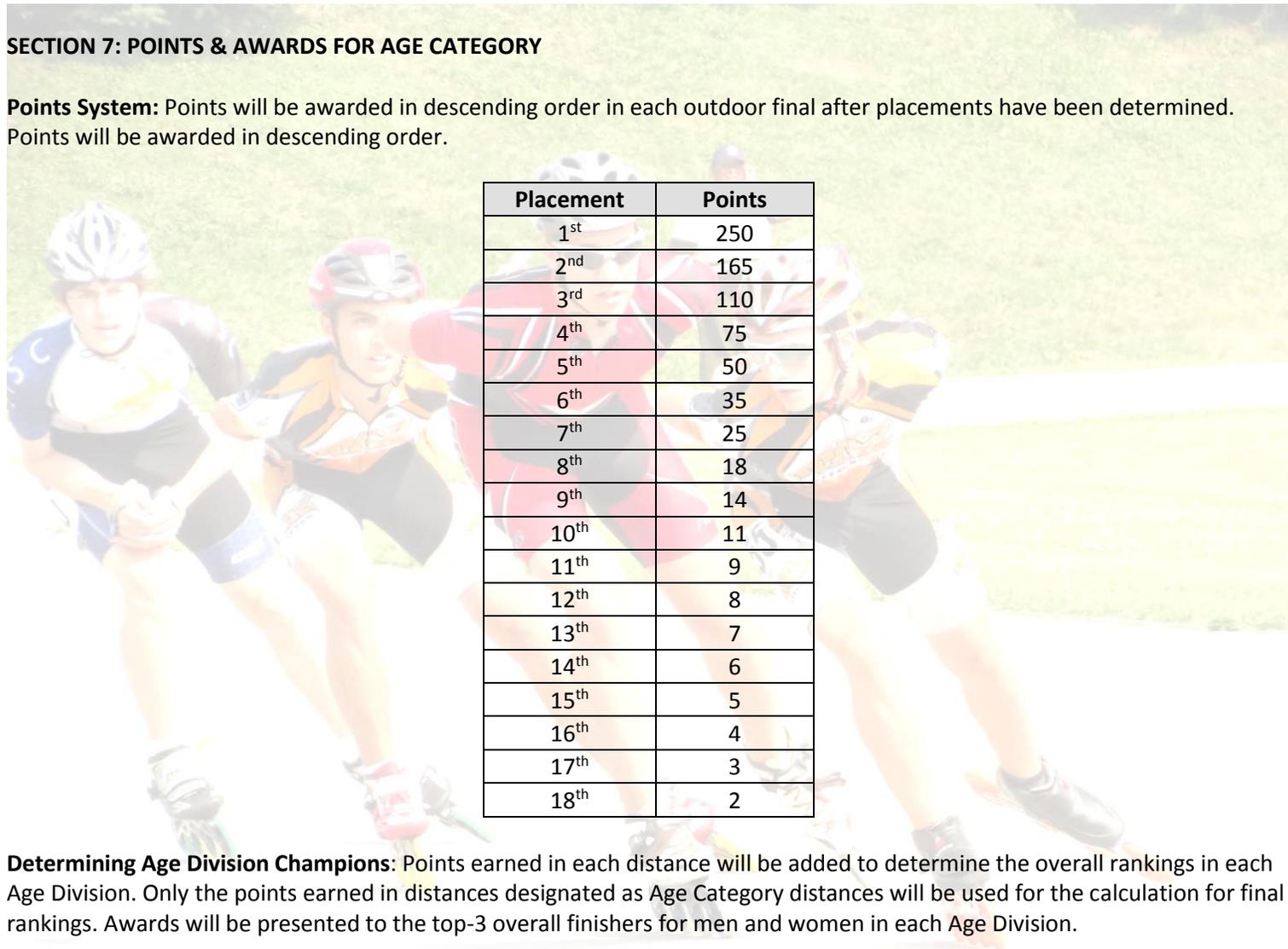
run, with top-2 finishers of each A semi-final will be qualified for the A final for placements 1-4. The participants who do not qualify for the A final will qualify for the B final for placements 5-8.

**17 participants of more:** Four quarter-finals, with top-2 finishers of each quarter-final qualified for the A semi-final. Skaters ranked 9-12 and 13-16 ranked by time will make up the C and D finals for placements 9-12 and 13-16. Two A semi-finals will then be run, with top-2 finishers of each A semi-final will be qualified for the A final for placements 1-4. The participants who do not qualify for the A final will qualify for the B final for placements 5-8. Those ranked 17<sup>th</sup> and lower will make up additional finals (E, F, G, etc) for placements 17<sup>th</sup> and lower with a maximum of four skaters on the line.

=====

## SECTION 7: POINTS & AWARDS FOR AGE CATEGORY

**Points System:** Points will be awarded in descending order in each outdoor final after placements have been determined. Points will be awarded in descending order.



Placement	Points
1 <sup>st</sup>	250
2 <sup>nd</sup>	165
3 <sup>rd</sup>	110
4 <sup>th</sup>	75
5 <sup>th</sup>	50
6 <sup>th</sup>	35
7 <sup>th</sup>	25
8 <sup>th</sup>	18
9 <sup>th</sup>	14
10 <sup>th</sup>	11
11 <sup>th</sup>	9
12 <sup>th</sup>	8
13 <sup>th</sup>	7
14 <sup>th</sup>	6
15 <sup>th</sup>	5
16 <sup>th</sup>	4
17 <sup>th</sup>	3
18 <sup>th</sup>	2

**Determining Age Division Champions:** Points earned in each distance will be added to determine the overall rankings in each Age Division. Only the points earned in distances designated as Age Category distances will be used for the calculation for final rankings. Awards will be presented to the top-3 overall finishers for men and women in each Age Division.

**Tie Break:** Ties will be allowed to stand.

**Awards & Recognition for Open Class:** In the 1000-meter Open A and Open Y, the first 3 overall finishers for males and first 3 overall finishers for females will be recognized with awards.

For the 10 kilometre Points Open A and 2 kilometre Points Open Y distances, the first three overall finishers will be recognized with awards. As well, the top-3 overall females will be recognized with awards.

**Awards & Recognition for Age Category:** The top three Overall in each Age Category (men and women) will be recognized at the end of the competition with medals, certificates, and/ or ribbons. The organizers (Club/ Committee/ Group/ Business/ Individuals) reserved the right to also recognize the top three finishers in individual distances and/ or Sprint & Distance categories with medals, certificates, and/ or ribbons.

=====

## **SECTION 8: NATIONAL TEAM, CANADIAN TEAMS**

**National Team:** The National Team will consist top overall finishers (in points) from each of the men's and women's Junior World Class and Senior World Class age categories. A minimum of two members and a maximum of six members from each of the men's and women's Junior World Class and Senior World Class age categories will be confirmed to the National Team.

Those who represent Canada at the CIC Junior and Senior World Roller Speed Skating Championships will be selected from the National Team. To qualify to compete in the Junior World Roller Speed Skating Championships, participants will need to compete in the Junior World Class Age Category. To qualify to compete in the Senior World Roller Speed Skating Championships, participants will need to compete in the Senior World Class Age Category. Those who wish to represent Canada at the World Championships will be required to declare their intent to do so ahead of time.

In order to be named to the National Team, an athlete must be a Canadian Citizen at the time of selection.

The following will be considered for competing at the World Championships through the National Championship.

- Sprint Champion: most points in combined individual time trial (300-meter or 200-meter) and 500-meter sprint (with tie break going to the faster time in the individual time trial)
- Distance Champion: the winner of the distance event
- Overall leader in points, who is not Sprint Champion or Distance Champion
- 4-6: the next three highest ranking in overall combined points (all distances' points combined, tie break going to a) the highest ranking in the 500-meter sprint).
- If one person qualifies as both Sprint and Distance Champion spots on the National team, then they keep the spot that they prefer (Sprint or Distance). The other spot is given to the next highest placing skater. For instance, if skater A is the Sprint Champion and the Distance Champion and they decide they want to qualify as Distance Champion, they will qualify to the National team as the Distance Champion. The second highest placing sprint skater claims the National Team spot for Sprint Champion.

All of these positions will be reviewed prior to being denied or confirmed & approved by the RSC Speed Committee for entry and participation at the CIC Junior and Senior World Roller Speed Skating Championships.

The Speed Committee reserves the right to name a reserve to the National Team. The purpose of this is to allow a member who would have otherwise qualified but was unable to do so due to unforeseen, unplanned and extenuating circumstance (such as injury).

The RSC Speed Committee reserves the right to name up-to two additional members to each division (Junior and Senior Women and Men) to the National Team as members of the Marathon Team. The primary purpose of the members named to the Marathon Team is to compete in the marathon distance at the World Roller Speed Skating Championships. The possibility exists for members named to the Marathon Team to compete in track or road events at the World Roller Speed Skating Championships. Members named to the Marathon Team will be reviewed and evaluated based on relevant results and performance in road and track events as well as marathons.

**Canadian Team:** The Canadian Team will be defined as the skaters who, through the National Championships and/ or designated events by the RSC Speed Committee, actually represent RSC and Canada at international events, including (and not limited to) the Junior, Senior and Masters World Championships (road/ track/ marathon), the Pan American Games, the Pan American Championships, the World Games as well as other events and competitions where qualification and participation is only possible through RSC.

=====

## SECTION 9: TRACK, ROAD COURSE, MEASUREMENT

**Track:** A Track is defined as a race course within an outdoor or indoor facility provided with two straightaways of the same length and with two symmetrical bends having the same radius. The track surface may be made of any material, provided it is sufficiently smooth without hollows or fissures that compromise safety of skaters. The total length of a track cannot be less than 125 meters or longer than 400 meters. The minimum width must be at least 5 meters, with an optimal width of 6-meters.

Tracks may be perfectly level or with banking at the curves, with banking to be gradually and uniformly rising from the inside to the outside of the course. Straightaways may have banking in order to allow the introduction of curve banking.

**Road Course:** A Road Course is defined as a race course within an outdoor or indoor facility being a closed circuit course with an asymmetrical shape. The surface may be made of any material, provided it is sufficiently smooth without hollows or fissures that compromise safety of skaters. The total length of a road course cannot be less than 250 meters or longer than 1000 meters. The minimum width must be at least 5 meters at any point in the course, with an optimal width of 8-meters.

**Line Painting:** The starting and finish lines must be marked with a white line.

**Safety:** External fencing as well as posts, light standards and other obstructions bordering the tracks must be protected through suitable materials in order to avoid dangers to the competitors due to their presence. The inside of all tracks and venues is encouraged to be clear and free of trees, posts, and any obstruction within 2-meters.

**Measurement:** Both on the track and on the road, the race course is measured 30 centimetres from the inner edge. This line is called the 'rope'.

**Non-Standard Course:** RSC Speed will determine the feasibility to use tracks that fall outside of the above parameters.

=====

## SECTION 10: RULES OF RACING, INFRACTIONS

### RULES OF RACING

**Direction:** Unless otherwise noted in a special bulletin or by change of rule, all distances will be held counter-clockwise (left turns on tracks).

**Starting of a Race:** Officials/ event organizers will use a command by way of sound, using starting pistol, siren, or whistle to announce the start of each distance. Those responsible for the starting of the race should be located close enough to the starting-area in the event the race needs to be stopped for safety or due to rule infraction. Officials will give a verbal command for skaters to get ready to start, saying "Ready".

**Timing:** Upon the command to start a race, timing devices (clocks, watches, computer, timing-chip) will be initiated to begin timing.

**Finishing:** The final time for each participant will be reached and completed when the leading part of the first skate on the ground crosses the finish line. If the leading skate is off the ground, the time will then be based on the leading part of the second skate that crosses the finish line.

**Protective Equipment:** All participants must use a certified helmet (CSA, EN, ASTM, CPSC or Snell B90/B95). Use of palm & wrist protection as well as protection for the eyes, mouth, elbows, hips and knees is encouraged. Helmets must be properly strapped on/ fastened.

**Restarting:** The starter is allowed to stop the race and call-back the participants to the start (re-start) when one skater or more has been impeded and/ or negatively impacted within half a lap or 200-meters (whichever is greatest) by actions, events, or circumstances that are not the fault or doing of the negatively impacted skater. Actions, events and circumstances can include and are not limited to: getting pushed down by a competitor, a dog or a cat making its way onto the track/ race course, a sudden dust-storm, papers or tents being blown onto the track).

**Fall in Time Trial:** For the 300-meter (or 200-meter time trial), skaters who fall will be allowed to re-start their time-trial in order to earn a time that groups them for the Open races. Further, the second time will not count towards age-category rankings. If a record is established in this re-skate, it will hold-up and be counted.

## INFRACTIONS

**Warnings:** A participant will be given warnings for certain infractions, and will be disqualified from a race upon receiving a third warning. A disqualified participant will have her or his points forfeited for the race for which she/ he was disqualified.

### INFRACTIONS WITH A WARNING

**Duration of Warnings:** Warnings will only carry for the duration of an individual race and will not be carried or accumulated to another race, distance or competition.

**Lapping Rule:** Upon being lapped, a participant is only allowed to lead or follow a group/ pack (two or more skaters who are on the same lap and within a drafting distance of 2-meters). The lapped participant may not go between or break into skaters who are part of the same group/ pack. Officials may give a warning for this infraction.

**False Starting:** A false start is defined as a participant's forward, side-ways, or backward movement (can include loss of balance) that following the word "Set" or "Ready" given by the starter during the starting process, but precedes the announcement to begin the race. Officials may give a warning for this infraction. When a skater commits two (2) false starts, the disqualification measures are decided by the judge referee and may be applied. The starter/ official will inform the participant that committed the false-start that the participant has been attributed a false-start and inform that the participant can be disqualified upon being attributed a subsequent false-start. A false start holds as a warning for the race in which it is attributed, and furthermore, a participant who is attributed two false starts can only be disqualified from the race/ distance in which the warning was attributed.

**Blocking:** Blocking is defined as the shifting of lane(s)/ line(s) at any part of the track, road or race course, whether in a straight-away or corner, that results in the impediment of a competitor's forward momentum or forward acceleration. Blocking can be intentional or unintentional. Officials may give a warning for this infraction.

**Water Bottle:** Participants are not allowed to participate with water bottles. Use of a water bottle during a race or competition may result in officials giving a warning for this infraction. This applies to road and track events, not to marathon events.

**Helmet:** Failure to properly strap on/ fastened/ secure a helmet while on the track can result in a warning.

## **INFRACTIONS WITH A DISQUALIFICATION**

**Loss of Points:** A disqualified participant will have her or his points forfeited for the race for which she/ he was disqualified.

**Endangerment and/ or Harm:** Actions that during the course of the competition cause endangerment and/ or harm to other participants, officials, volunteers, onlookers and any other person related to the Canadian Championships will result in disqualification.

This includes pushing to the side, pulling back or to the side and causing a sudden increase or loss in speed (excluding relay), punching, kicking & slapping and pinching, biting and other dangerous and serious offences. Endangerment and/ or Harm serious enough in nature may result in additional sanctions, including but not limited to the participant's expulsion from the Canadian Championships and other RSC events & competitions, as well as additional sanctions and consequences outlined by the RSC Speed Committee.

The Endangerment and/ or Harm includes physical harm as well as emotional and social harm by way of unreasonable and aggressive use of language and behaviour with the intention of damage to participants, volunteers, spectators, officials.

**Receiving Outside Help:** Participants in the World Class Age Categories who receive outside help (receiving water, tools, getting up after a fall) will be disqualified. Participants in the all other Age Categories who receive outside help (receiving water, tools, getting up after a fall) will receive a warning and may be disqualified.

**Causing A Fall:** A participant who, when performing an unsafe manoeuvre, causes another participant to fall will be disqualified.

**Ear Pieces for Audio/ Multi-Media:** Participants not be allowed race with ear pieces of any kind (wireless, wired). Use of ear pieces will result in the participant being disqualified. During racing, no electronic equipment for the purpose of communication is allowed.

**Removing Helmet:** A participant who competes without a helmet will be disqualified.

**Short-Cuts:** Participants are not allowed to deliberately take short cuts during a race. The only way a participant who deliberately leaves the track, road course, or route for the competition to complete the distance or resume the race is to re-enter the track, road course, or route from the point of exit. Failure to do so will result in a disqualification.

**END OF DOCUMENT**  
**Roller Sports Canada**  
**Rules for RSC Speed: 2014 and Beyond**

---