



Speed Skate Nova Scotia Officials Bulletin 2015-01
March 11, 2015

ISU Rule Changes 2014 – 15

Note: This overview was received from Speed Skate New Brunswick

On September 1, 2014, ISU introduced a number of rule changes which will affect skaters in Canada.

These changes are listed below:

RULE 298, 3 – Heat Box

3. a) The end of the race is declared by the Referee. Different means can be used to communicate that information to the Skaters and all Officials. Any Skater who has not yet finished will be declared finished by the Referee, but no time will be assigned. The referee will indicate the end of the race by two blasts of his/her whistle.

b) After the end of the race there is a limited time to leave the ice. This time may be illustrated by technical equipment. Skaters will have 45 seconds to leave the ice, with the time not illustrated by technical equipment.

c) Skaters have to go on the ice through the heat box only. Skaters who do not go through the heat box will receive a penalty and are excluded from the race.

When the Heat Box Steward has allowed the Skaters to access the ice they are free to move over the entire ice surface.

e) The Starter will blow a whistle. From this moment there is a limited time for the Skaters to get to the starting area. This time may be illustrated by technical equipment. Skaters will have 10 seconds to get to the starting area. The time will not be illustrated by technical equipment. The starter will start a stopwatch when he blows his whistle.

Skaters who arrive after this time will be given a warning by the Starter. Skaters who do not arrive are excluded from the race and will be recorded as "Did not Start".

RULE 298, 5 – Start Procedure

5. a) On the command "go to the start" the Skaters shall place themselves at their respective dot at the starting line. The Skaters have to stand still until the Starter calls "ready", whereupon they have to take their starting position immediately with the center of the body over the respective dot and keep this position absolutely until the shot is fired; However, if more than 5 Skaters are starting in a race, the starting dots will not be used, and the Starter will direct the Skaters in the respective order of their position to the starting line.

If due to the number of Skaters in a race a second row is required at the start then the Skaters at this line will be positioned as far as possible to the outside of the track in the order of the lane positions.



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b) If a Skater takes his starting position before the command "ready" or leaves his position or moves any part of his body after the command "ready" and before the shot is fired, it is a false start;

c) If a Skater places his skate partially or completely on or over the starting line, it is a false start. The second starter will stand with a clear view of all skaters and the start line, and will monitor skate position. The second starter will call skate infractions ONLY.

d) If a Skater does not have both skates on the ice, i.e. full contact over the length of the blades, it is a false start (effective as of July 1, 2015).

e) If a Skater is interfered with and falls before the first apex block after the starting line the Skaters shall be called back to make a new start according to subparagraph a); The chief referee will also have the authority to call back and make a new start for interference ONLY.

f) If a false start takes place, the Skaters will be recalled with a second shot, or blast with a whistle. The Skaters must return to the start line without delay. The Starter shall identify the Skaters by line position number and shall indicate to the Skater(s) that they made a false start.

h) If more than one Skater is responsible for a false start they shall all be assessed a false start;

i) If one of the Skaters breaks from his marks, thereby causing other Skaters to follow him, only the Skater at fault shall be assessed a false start;

j) After a race has been called back for a false start, **then any subsequent false start by any of the Skaters will result in a penalty for the Skater(s) concerned.** When the skater who has made the false start has been advised, the starter will inform all skaters that the race has one false start. For Example: "Position # 4, False Start. This Race Has One False Start."

k) - Any Skater that by his action delays the start will receive a warning.

- in the case of a false start or a second warning to a skater who has already received a warning the Starter shall tell the Skater that he gets a penalty.

- Any warnings for delays do not effect the other skaters on the starting line

The starter will identify infractions in the order of sequence. For example, at the start, a false start is made by the skater in position 4. As the skaters return to the line, skater # 2 is slow returning. The starter advises: "Position #4, False Start. This race has one false start. Position #2, warning, PENALTY."

As a second example, skater #2 is over 10 seconds getting to the starting area. Starter advises "Position #2, Warning." During the start, position 4 makes a false start. Starter advises "position #4, False Start. This race has one false start."



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There was one additional rule change approved, with implementation date of July 2015. This one year delay is to allow coaches and skaters time to adjust. **d) If a Skater does not have both skates on the ice, i.e. full contact over the length of the blades, it is a false start (effective as of July 1, 2015).**

We want all to be aware of the upcoming change, and encourage coaches to start working with their skaters now.

ISU Rule Changes – Summary

- The end of the race will be indicated by the referee. Any skater who has not completed will be declared finished with no time.
- Once the end of the race has been declared, the skaters have 45 seconds to leave the ice surface.
- Skaters have to go on the ice through the heat box only.
- Once the Starter blows a whistle to indicate the start of the race, the Skaters have 10 seconds to get to the starting area.
- If a skater causes a delay in the start procedure, they will be given a warning.
- If a Skater places his skate partially or completely on or over the starting line, it is a false start.
- The first false start in a race is given to a particular skater, but is charged to the “field”. Any subsequent false start or warning will result in the offending skater being penalized.
- If a Skater is interfered with and falls before the first apex block after the starting line the Skaters shall be called back to make a new start. *The chief referee will also have the authority to call back and make a new start for interference ONLY.*