

Here are selected passages that pack skaters and their parents should know. More complete information is available at www.usspeedskating.org.

USS REGULATIONS AND RACING RULES FOR AGE CLASS MASS START COMPETITIONS 2012

EQUIPMENT OF SKATERS

All long track skaters must be equipped with:

1. Gloves or mitts
2. Long sleeved and long legged clothing
3. Skates that conform to the most current ISU regulations

NUMBERS

1. Competitors shall obtain and wear the specified number assigned for the meet.

RACING RULES

A. Conduct of races for short track mass start competitions.

1. Races are run counter-clockwise, that is to say the inner side of the track is on the left hand side of the skater.
2. Overtaking is allowed at all times, but until the Skaters are besides each other the responsibility for any obstruction or collision shall be upon the Skater overtaking, provided the Skater being overtaken does not act improperly.
3. When a skater has been lapped once the skater may continue his race, preferably on the outside of the track, provided this does not interfere with nor impede other competitors.
4. If a skater is lapped twice, the referee may remove that skater to the center of the ice unless there are one or more other skaters very close to his current race position. Skaters who have left the race on the basis of this rule shall be recorded as not finished. If the Referee, at his discretion, feels that the skater was prevented from finishing due to reasons beyond the skater's control, then the Referee may declare the skater having reached the finish but no time shall be recorded.
5. A competitor or team has completed the distance when the skater has reached the finish line with the leading tip of the skate blade.
6. If in the opinion of the Referee and his Assistants, the skaters are "not racing" they shall stop the race and declare "no contest" and may disqualify competitors. All false starts or disqualifications will remain in force on the re-skate.

B. Conduct of races for long track mass start competitions

1. Skaters shall not intentionally skate inside the blocks on the straightaway.
2. In long track races of 1500 meters or less, keep within one lap of the leader in the race; and when passed by the leader and lapped, competitors shall be declared distanced and shall be called out of the race by the Referee unless such competitor shall be finishing in a position for which a prize is offered.
3. Be deemed lapped when the leader has gained a lap on them but has not actually passed them, and if it appears that they are in any way impeding or attempting to set pace for the leader or leaders, they shall be called out of the race by the Referee.
4. In races over 1500 meters, not be considered lapped until they enter the last 1500 meters of the race and are then a lap behind the leader. Under such conditions, the competitors may be called out of the race by the Referee.

C. Infringements of Racing Rules

1. The general racing rule is that the competitors by their way of skating shall contribute to the honest sporting and safe progress of the race in order to determine the result of the race on its merits.
2. Breaches of the racing rules are considered as follows:
 - a) OFF-TRACK: Shortening the distance to be skated with one or both skates on the left side of the curve, marked by track marking blocks;
 - b) IMPEDING: Deliberately impeding, blocking, charging, or pushing another Competitor with any part of the body. Interfere with another Skater by crossing his/her course thereby deliberately causing contact;
 - c) ASSISTANCE: Each Skater shall compete as an individual. Any assistance from other Skaters will be cause for sanctions of all Skaters involved. This will not apply to the push the Skater receives from their Team-mate in a Relay race.
 - d) KICKING OUT: Deliberately kicking out of any skate during any part of a race thereby causing danger including at the finish line or throwing the body across the finish line is forbidden.
3. The Referee may disqualify any competitor from the entire meet or any part of the meet if the competitor:
 - a) Loafs, competes to lose, coaches during the race, or uses unfair team work by blocking or impeding other competitors.

- b) Fails or refuses to compete in his first event on the meet program, or any subsequent event, after voluntarily entering, unless the competitor shows good cause for not competing.
 - c) The Referee may also disqualify an entire team for any unfair team work by any of the members thereof, such as boxing, pushing, blocking, etc.
 - d) The Referee may call out of a heat or race any competitors who are disqualified.
 - e) The Referee may in his discretion disqualify a competitor for the violation of any rule or regulation not specifically designated as grounds for disqualification.
 - f) When a skater has fallen, and refuses or is unable to get up and continue the race, thereby endangering him or herself or other skaters by remaining on the track, the referee may stop the race and order an immediate restart. The skater for whom the race was stopped shall be excluded from the restart.
 - g) If during the race any irregularity affecting the result does take place, the Referee may stop the race and order an immediate re-start of the race. If the distance has been completed the Referee may order a re-run of the race. Should any of the skaters have been disqualified in the initial part of the race they will not take part in the re-start or re-run.
 - h) At any time commits any acts unbecoming a gentleman or lady (such as use of profane language, engaging in fighting, causing undue disturbance), or commits any willful or deliberate act which results in damage, loss or injury to person or property, without regard to the location of the competitor's act from time for first check-in, during and until completion of presentation of awards.
4. For Long Track Mass Start Competition, the Referee may disqualify a competitor for failure to observe the following passing rules:
- a) Upon gaining the inside or pole position, the skater has the right of way and may be passed on the right side; but should the skater stray from the pole position, any competitor has the privilege of passing such skater on the left providing there is ample room. When passing, the responsibility for collision or obstruction is upon the passing skater, provided that the skater being passed does not act improperly.
 - b) Keep in their respective positions from the start to finish in all races on straightaway track. In all races with one or more turns, competitors shall not cross to the inner edge of the track except when they can do so without interfering with other competitors.
 - c) Upon entering the homestretch, competitors must stay in a straight line without deviation to the right or left until reaching the finish line. If the skater is far enough ahead so that his changing lanes will not interfere with the following skater, he may cross to another lane.