



Rules for RSC Speed: 2015 and Beyond
Communicated March 2015 via e-mail & online
Effective immediately upon publication

Developed by the RSC Speed Committee 2012, Updated October 2013 to April 2014, January 2015
Please report errors, omissions: speedcommittee@rollersports.ca

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Summary of Some Changes and Updates for March 2015 Final Version

- All references to the FIRS Speed Technical Committee rules and USA Roller Sports rules have been eliminated, except for indoor racing which is now USA Roller Sports
 - Greatly expanded infractions section
 - Rules of racing section expanded
 - Rules on clothing, skates, helmet, including wheel size limitation at 110mm and use of straps for eye wear
 - Points races and elimination races described in further details
 - Changes to the sprint races (time trial, 500m, 1000), including more details on rounds, start, & serpentine
 - Rules on non-Canadians competing in Age Category races
 - More details on courses/ tracks, measurement, lines, and photo-cell height
 - Relay section included
 - Time standard (within 7% of the winner's time in at least one Age Category distance) required to qualify for National Team
 - Formatting, minor corrections (spelling, grammar), and re-organization of some sections of text
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SECTION 1: RULEBOOK REVISION & VERSION, TERMINOLOGY

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 for the most current version of the rules for RSC Speed.

The process of updating and reviewing the Rules for RSC Speed: 2015 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.

Updates to the FIRS Speed Technical Committee's most current rulebook (for example heats, distances, age categories, equipment specifications) will automatically be included for inclusion in RSC's World Class Categories, unless objected to by the Speed Committee. In the event of an exclusion of the FIRS Speed Technical Committee 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.

In the event RSC holds an Indoor Championship, please refer to the indoor section of USA Roller Sports' rules (distances, age categories, track layout, equipment, officials, points, uniforms etc...).

OFFICIALS: Unless referring to a specific official (i.e., Chief Referee, Starter), the term "Official(s)" can refer to the Chief Referee, Assistant Referee, Referee, Judge, Starter, Meet Director, Announcer.

SECTION 2: OUTDOOR CATEGORIES & DISTANCES

Class	Open Distance #1 Adult	Open Distance #2 Adult
Open Adult Male & Female	10 kilometer points	1000-meter
Class	Open Distance #1 Youth	Open Distance #2 Youth
Open Youth Male & Female	2 kilometer 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	200-meter or 300-meter, opposite distance of the time trial
Primary 9-10 years old Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	500-meter	200-meter or 300-meter, opposite distance of the time trial
Juvenile 11-12 years old Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	5 kilometer points	500-meter
Freshman 13-14 years old	300-meter individual time trial (track) or	5 kilometer points	500-meter

Male & Female	200-meter time trial (road)				
Junior World Class 15 years old to 19 years old Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	15 kilometer elimination (track) or 20 kilometer (road) elimination	500-meter		
Senior World Class 15 years old and over Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	15 kilometer elimination (track) or 20 kilometer (road) elimination	500-meter		
Master 36 years old and over Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	5 kilometer	500-meter		
Grand Master 46 years old and over Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	5 kilometer	500-meter		
Veteran 56 years old and over Male & Female	300-meter individual time trial (track) or 200-meter time trial (road)	5 kilometer	500-meter		
Introduction Male & Female - first year competing in RSC Event	Intro Distance #1 300-meter individual time trial (track) or 200-meter time trial (road)	Intro Distance #2 5 kilometer	Intro Distance #3 500-meter	Intro Distance #4 2 kilometer	Intro Distance #5 1000-meter
The age of the participant on December 31st of the current competitive year will be used to designate the age category for the participant.					
- 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.					
Participants may only register to participate in one Age Category.					
- First-time participants of RSC events in Freshman 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 participant can be placed into the introduction category based on their time in the time-trial. The Chief Referee will make that determination.					
Individual Time Trial (200m/ 300m): Participants will compete in this distance one time. This may include competing in heats as well as finals. This distance is used to for Age Division rankings as well as a tool to set-up the Open Division.					
Agility and Obstacle races for Mini and Primary participants include going over obstacles, slalom, tight turns, skating backwards, right and left turns, hoping, jumping, going under items, rolling over various surfaces, skating/ challenges with one leg and switching, with a maximum of three of these short					

challenges. These races can be as short as 50-meters for the entire circuit, in order to motivate participants to work on agility.

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. In the event a practice day is provided, marking and/ or lines will indicate the location of the start line, finish line, and time trial starting box.

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 best 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 CATEGORIES: The Chief Referee reserves 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, ii) the speed differential between participants of different categories, iii) the experience level between participants of different categories, iv) any additional safety considerations. The combination of categories can be declared for the entire competition or may just be for a single distance. Potential changes must be discussed by event's Technical Meeting. The final decision to combine categories will be announced as soon as reasonably possible, preferably two hours prior to the start of the distance and must be approved by the Chief Referee. 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, and finally Junior and Senior World Class Divisions. 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 (time trial)
- 1B- Age Category Distance #1- finals
- 1C- Introduction Category (time trial) (distance #1)
- 2A- Age Category Distance #2- Qualifying Rounds
- 2B- Age Category Distance #2- finals
- 2C- Introduction Category Distance 5 kilometer (distance #2)
- 3A- Age Category Distance #3- Qualifying Rounds
- 3B- Age Category Distance #3- finals
- 3C- Introduction Category Distance 500-meter (distance #3)

Day 2 Schedule- Open Class Distances

** Distances will be held in the following order: In descending order, with the fastest Open Class competing last. Women and men will be competing together.*

4A- Introduction Category Distance 2 kilometer (distance #4)

4B- Open Class 1 Adult Distance 10km points (distance #4)

4C- Open Class 1 Youth Distance 2km's (distance #4)

5A- Open Class 1 Youth and 1 Adult Distance #2- Qualifying Rounds 1000-meter (distance #5)

5B- Introduction Category Distance 1000-meter (distance #5)

5C- Open Class 1 Youth and 1 Adult Distance #2- Finals 1000-meter (distance #5)

6A- Mini and Primary: Obstacle and Agility events

- **Warm ups:** Any participant on the race course or in the inside of the race course during a warm-up or practice, who is not part of the group called by the announcer for warm-up or practice will be asked to leave to race course or inside of the race course. A participant not following this instruction is subject to disqualification from their next event, at the discretion of the officials.

SECTION 4: OPEN CLASS- 1000M, 10KM POINTS, 2KM POINTS

DEFINITION OF OPEN CLASS: Open Class distances at the Canadian Championships will be held 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

Three separate competitions for the 1000-meter Open Class will be run. There will be a competition for participants Youth (Mini, Primary, Juvenile and Freshman Age Category), there will be a competition for Adult (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 if there are more than eight participants, 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, in the example below P refers to placement in the time trial.

Heat 1	Heat 2	Heat 3	Heat 4
P1	P2	P3	P4
P8	P7	P6	P5
P9	P10	P11	P12
P16	P15	P14	P13
P17	P18	P19	P20
P24	P23	P22	P21

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.

A maximum of eight participants will be allowed to compete in a Final.

The winners of the four-quarter finals will be serpentine into the top-two positions of each semi-finals, based on their time in their "heat". The following 12 participants will be serpentine into each semi-final based on their "heat" time for positions 5 through 16. The order in the serpentine is the order in which participants will be allowed to select their starting lane.

The lane selection for the A final is as follows: fastest semi-final winner, second fastest- semi-final winner, followed by 3rd through 8th semi-final times overall. B final will be 9th through 16th overall by semi-final time.

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. Participants ranked 17-24 in the 1000-meter times will make up the C final for placements 17-24. Then, two semi-finals will be run, with the winning finisher of each semi-final qualified for the A final, plus the next six fastest semi-final times for placements 1-8. The next eight fastest semi-final 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 quarter final times. Participants ranked 17-24 in the 1000-meter times will make up the C final for placements 17-24. Then, two A semi-finals will be run, with the winning finisher of each semi-final qualified for the A final, plus the next six fastest semi-final times for placements 1-8. The next eight fastest semi-final times qualify for the B final for placements 9-16. Participants ranked 25th and lower will make up additional finals (D, E, F, etc.) for placements 25th and lower, with a maximum of eight participants on the line.

10KM POINTS OPEN CLASS

Men and women will compete together in the 10 kilometer Points Open Class distance. This distance will be held with participants placed in ability groups based on the 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.
- 3A) groups will be organized using the following 300-meter time trial times: Group A) faster than 30-seconds, Group B) 30-seconds and slower to faster than 37-seconds, Group C) 37-seconds and slower.
- 3B) groups will be organized using the following 200-meter time trial times: Group A) faster than 20.5-seconds, Group B) 20.5-seconds and slower to faster than 25-seconds, Group C) 25-seconds and slower.
- 4) The Chief Referee, in consultation with other officials, is 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.

5) For a description of the allocation of points and the running of this race, please refer to **SECTION 5** of this document.

FRESHMEN MOVING UP INTO OPEN CLASS: Those who are of age to participate in the Freshman Age Category and who wish to skate Open Category with Adults 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. The participant as well as the participant's parent(s)/ legal guardian(s) and coach(es) may be contacted prior to the start of the competition and will be informed about the decision by the Speed Committee. A participant of Freshman Age Category for Open Class may also be moved-up into the Junior and older for Open Class racing if the participant 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, the participant's coach(es) and parent(s) prior to the beginning of the Open Class portion of the competition program. The participant who is moved from Freshman corresponding Open Class' is authorized to return to the participant's corresponding age category corresponding Open Class after the competition is over.

2 KILOMETER POINTS OPEN CLASS (OPEN YOUTH)

Boys and Girls will compete together in the 2 kilometer Points Open Youth Class distance. This distance will be held with participants placed in ability groups of no more than 30. 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 time trial. Multiple groups can be created if there are less than 30 participants, so to enhance safety, racing experience, and accuracy of timing and results.

For a description of the allocation of points and the running of this race, please refer to **SECTION 5** of this document.

SECTION 5: AGE CATEGORY RACES: POINTS RACES, FINISH, ELIMINATION RACES, COMBINED POINTS & ELIMINATION, YOUTH DISTANCE RACES

POINTS RACES

AWARDING POINTS: Two points will be awarded to the first place participant and one point to the second place participant of each and every point lap, except for the final lap that will see the first place participant receive three points, second place participant receive two points, and the third place participant receive one point.

Before the start of the race, the officials will advise all participants as to how the points will be awarded.

On a 400-meter race course, the first two laps must be free of points. With a race course over 408-meters, the first 1km must be free of points. A bell will be used to announce every upcoming points lap. The bell will be used when the leading participant is approaching and crossing the finish line.

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. When two, or more participants, are tied for points, the final ranking is determined by the order in which they cross the line.

A participant forfeits all points when the participant does not finish or complete the race.

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 bell sound indicating the elimination lap is based on the lead participant approaching and crossing the finish line. The officials communicate the elimination rules before starting of the competition. The elimination is determined by the last point of the last skate of the last participant to cross the finish-line on an elimination lap. Whenever a participant leaves the race, be it because of a fall or fatigue, this retirement will count as the corresponding elimination. If, during an elimination sprint, a participant violates any rule, the officials may eliminate the participant in replacement for the participant who crossed the finish line last. The eliminated participant will be announced and informed by officials. If the participant doesn't leave the race course after the third announcement, that participant will be disqualified from the race. 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, participants will be eliminated every two laps on a track, or every lap on a road course.

Final Ranking for an elimination race will be determined by A) the order in which the final non-eliminated (or 5) participants cross the finish line B) the reverse order of eliminated participants.

Should a participant retire from the competition by being disqualified, lapped or voluntarily leaving the event, this retirement will count as the next corresponding elimination or eliminations.

YOUTH (FRESHMAN & YOUNGER) DISTANCE RACES: For youth participants (Freshman and younger), Age Category distance #2 (refer to table on page #2) will be run as a mass-start event, with a maximum of 15 participants at a time. When there are 16 participants or more, officials may designate two, or more groups, with grouping based on the individual time trial. Multiple groups can be created even when there are less than 16 participants, to enhance safety, racing experience, and accuracy of timing and results.

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 15 participants at a time. Multiple groups can be created even when there are less than 16 participants, to enhance safety, racing experience, and accuracy of timing and results.

SECTION 6: AGE CATEGORY RACES: SPRINT RACES

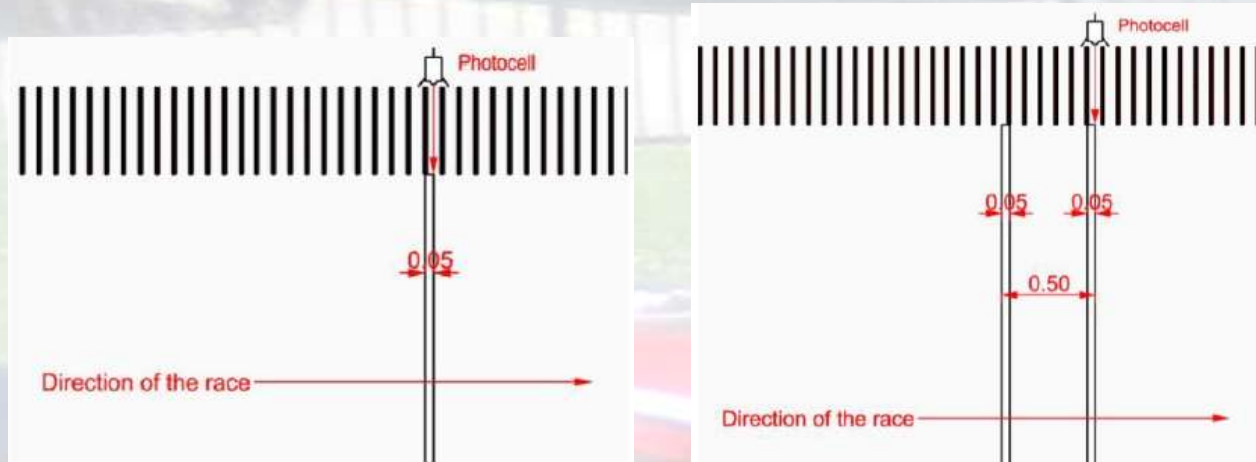
INDIVIDUAL TIME TRIAL (200-METER OR 300-METER)

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. Officials will keep track of the starting order.

If there are twelve or more participants competing in the time trial, the top-five will move through to the final. The times in the final will determine the top-five overall placements, followed by the heat times from 6th place down. The order in which participants will take to the start line for the time trial final will be the reverse order of their qualification time, with the participant obtaining the fastest time going last.

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

USE OF PHOTO CELL: When using a photo-cell electronic timing system, the starting photo-cell must be placed at a height of 30-centimeters and are located outer edge of the white start and finishing line. The finish photo-cell will be placed at a height of 10-centimeters at the end of the white start and finish line (perpendicular to the direction of the race).



STARTING: For the start, the participant must have at least one skate on the ground within the two lines that are 50-centimeters apart. The front line is the starting line. This is where a photo cell for timing will be placed. If manual timing is used, the watch will be started when the first part of the participant (body or equipment) crosses the starting line at a height of 30-centimeters. During the initiation of the start the skate cannot leave the ground. The skate can roll but isn't allowed to cross the back line. The oscillation of the participant's body is allowed. Once given the authorization from the official, the participant has fifteen seconds to initiate the race and if the participant does not, a false start will be declared and the participant receives one warning. If the official notices a malfunction of the time-keeping during the race of a participant, this participant will be allowed to re-start their time trial with a minimum of ten minutes of rest.

In order to determine the first-place finisher in time trials, when two or more participants obtain the same finishing time, the trial shall be repeated in order to establish the placement order. However, the re-skate is only to break the tie, and will not change or reduce the overall placement by more than the number of participants re-skating the time trial.

500-METERS (FRESHMAN, JUVENILE, JUNIOR SENIOR, MASTER, GRAND MASTER, VETERAN), 200/ 300-METERS MINI & PRIMARY

The Age Category sprint race (500-meter, 200/ 300-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

SERPENTINE METHOD, CHOICE OF LANE: To qualify out of any round of a 500-meter (or 200/ 300-meter), a participant must place in the top-2. The order of the following serpentine is from the fastest to the slowest winner, and then the fastest to the slowest second place finisher. The serpentine method determines choice of lane.

A maximum of four participants will be allowed to compete in a final.

If there are less than six participants in a race, the inner starting lane must remain vacant.

The participants will be called to the starting line by the official and will be allowed to select a vacant starting lane. The choice of starting lane is definitive.

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

5-12 participants: Two semi-finals, with top-2 finishers of each semi-final qualified for the A final for placements 1-4. Next 3rd and 4th place participants from each heat are qualified for the B final for placements 5-8. Next 5th and 6th place participants from each heat are qualified for the C final for placements 9-12.

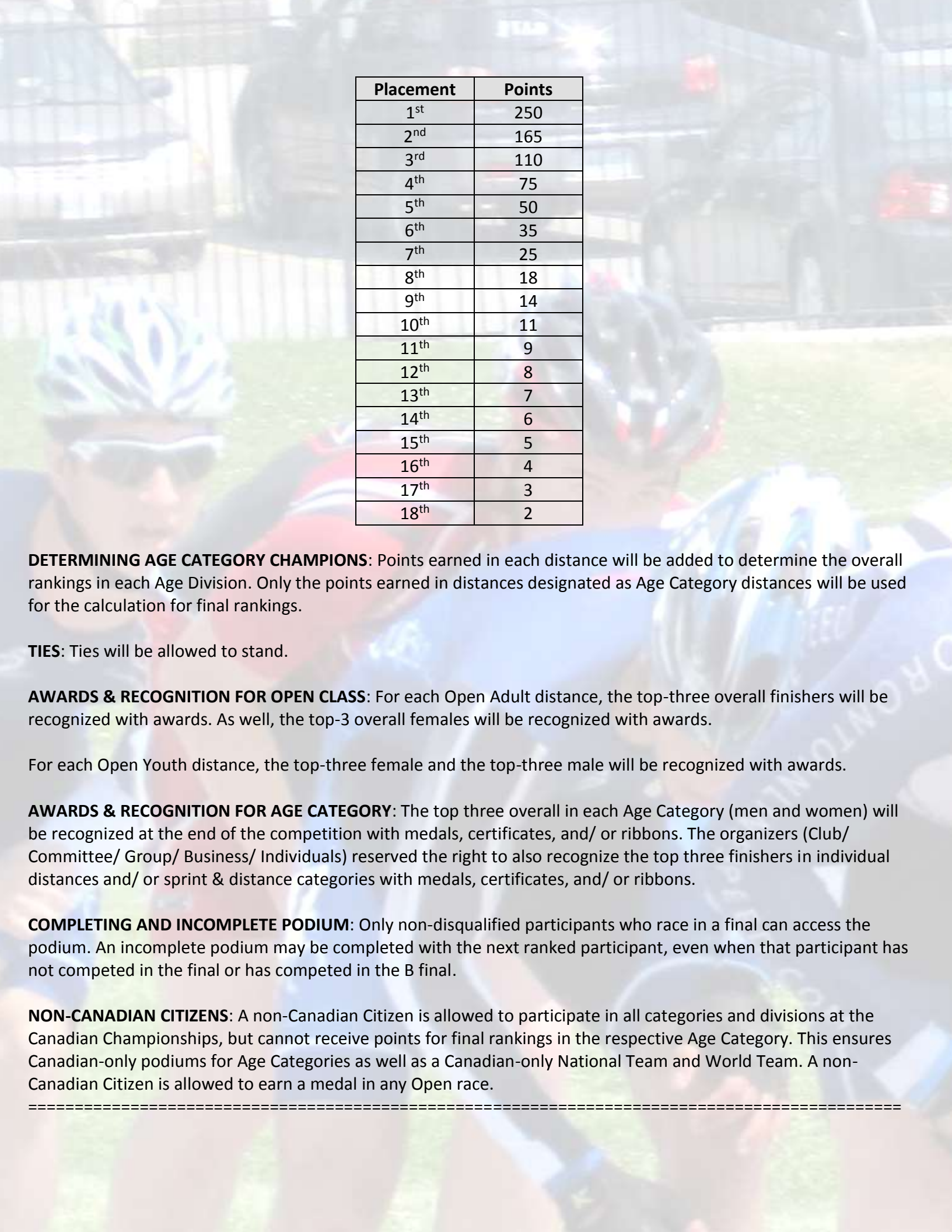
13-24 participants: Four quarter-finals, with top-2 finishers of each quarter-final qualified for the semi-finals. Two semi-finals, with top-2 finishers of each semi-final qualified for the A final for placements 1-4. The next 3rd and 4th place participants from each semi-final are qualified for the B final for placements 5-8. Participants finishing 3rd in their quarter final race will make-up the C final for placements 9-12. Participants finishing 4th in their quarter final race will make-up the D final for placement 13-16. Participants finishing 5th in their quarter final race will make-up the E final for placement 17-20. Participants finishing 6th in their quarter final race will make-up the F final for placement 21-24.

25 participants of more: Participants ranked 25th and lower in the time trial will go directly to final G, H, I, J etc. with a maximum of four participants on the starting line at a time. Four quarter-finals for participants ranked 1st to 24th, with top-2 finishers of each quarter-final qualified for the semi-finals. Two semi-finals, with top-2 finishers of each semi-final qualified for the A final for placements 1-4. The next 3rd and 4th place participants from each semi-final are qualified for the B final for placements 5-8. Participants finishing 3rd in their quarter final race will make-up the C final for placements 9-12. Participants finishing 4th in their quarter final race will make-up the D final for placement 13-16. Participants finishing 5th in their quarter final race will make-up the E final for placement 17-20. Participants finishing 6th in their quarter final race will make-up the F final for placement 21-24.

SECTION 7: 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.

Points earned in a points race are strictly used for determining the placements of the points race. Those points are not used to determine, influence, or affect Age Category champions.



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

DETERMINING AGE CATEGORY 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.

TIES: Ties will be allowed to stand.

AWARDS & RECOGNITION FOR OPEN CLASS: For each Open Adult distance, the top-three overall finishers will be recognized with awards. As well, the top-3 overall females will be recognized with awards.

For each Open Youth distance, the top-three female and the top-three male 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.

COMPLETING AND INCOMPLETE PODIUM: Only non-disqualified participants who race in a final can access the podium. An incomplete podium may be completed with the next ranked participant, even when that participant has not competed in the final or has competed in the B final.

NON-CANADIAN CITIZENS: A non-Canadian Citizen is allowed to participate in all categories and divisions at the Canadian Championships, but cannot receive points for final rankings in the respective Age Category. This ensures Canadian-only podiums for Age Categories as well as a Canadian-only National Team and World Team. A non-Canadian Citizen is allowed to earn a medal in any Open race.

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SECTION 8: NATIONAL TEAM, CANADIAN TEAMS

NATIONAL TEAM: The National Team will consist of the top overall finishers (in points) from each of the men's and women's Junior World Class and Senior World Class Age Categories. 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 considered for the National Team.

To be named to the National Team, a participant must finish within 7% of the winner's time in a least one of that participant's Age Category distance. For example, if the winner of a race takes 51 seconds to finish at 500-meter race, 7% of that time is 54.57, and that time can be achieved in any heat, semi-final, or final of the distance.

WORLD TEAM: QUALIFYING FOR THE WORLD CHAMPIONSHIPS: Those who represent Canada at the FIRS Speed Technical Committee Junior and Senior World Roller Speed Skating Championships will be selected from the Canadian Championships. 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 World 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
- The next 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 participant. For instance, if participant 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 participant claims the National Team spot for Sprint Champion.

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

The Speed Committee reserves the right to name a reserve to the World 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 World 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/ CANADIAN SELECTION: The Canadian Team will be defined as the those 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.

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SECTION 9: TRACK, ROAD COURSE, MEASUREMENT, RECORDS

RACE COURSE: A race course is either a track course (track) or road course (road) as defined below.

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 cracks that compromise safety of participants. The total length of a track cannot be less than 125 meters or longer than 400 meters (+ or – 2%). 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 (not oval) shape. The surface may be made of any material, provided it is sufficiently smooth without hollows or cracks that compromise safety of participants. The total length of a road course cannot be less than 250 meters or longer than 1000 meters (+ or – 2%). The minimum width must be at least 5 meters at any point in the course, with an optimal width of 8-meters.

MARATHON COURSE: A marathon can be held on a course no shorter than 3-kilometers. If the race course features holes or cracks, they must be filled with a material so they don't present any danger to the participants. If the holes or cracks cannot be repaired, they must be indicated with paint. For races exceeding twenty kilometers, a water-station must be provided, ideally placed approximately at the mid-point of the course. A sign indicating the approach of the finish line should be placed at the last 500-meters of the course. The finish line must be placed in such way that the participant can safely come to a stop. The marathon distance is 42.195 kilometers.

LINE MARKING: The starting and finish lines must be marked with a white line, no less than 5-centimeters wide. For the time trial, a dashed-line must be drawn 50-centimeters behind the starting line. All lines can be marked using paint, tape, chalk, or other safe & suitable materials that do not pose a danger.

For a Road Course, the finish line must be located 60-meters down a straight-away. The start line, when at all possible, should be on a straight-away.

When possible, a 5-centimeter-wide white line will mark the inner edge of the track.

For a race course with continuous pavement/ skating surface (such as a parking lot) and with no borders or delineation indicating the outer edge of the course, pylons/ cones/ paint/ chalk may be used to outline the outer boundary of the course.

For 500-meter, the starting line should include six equal marked starting places.

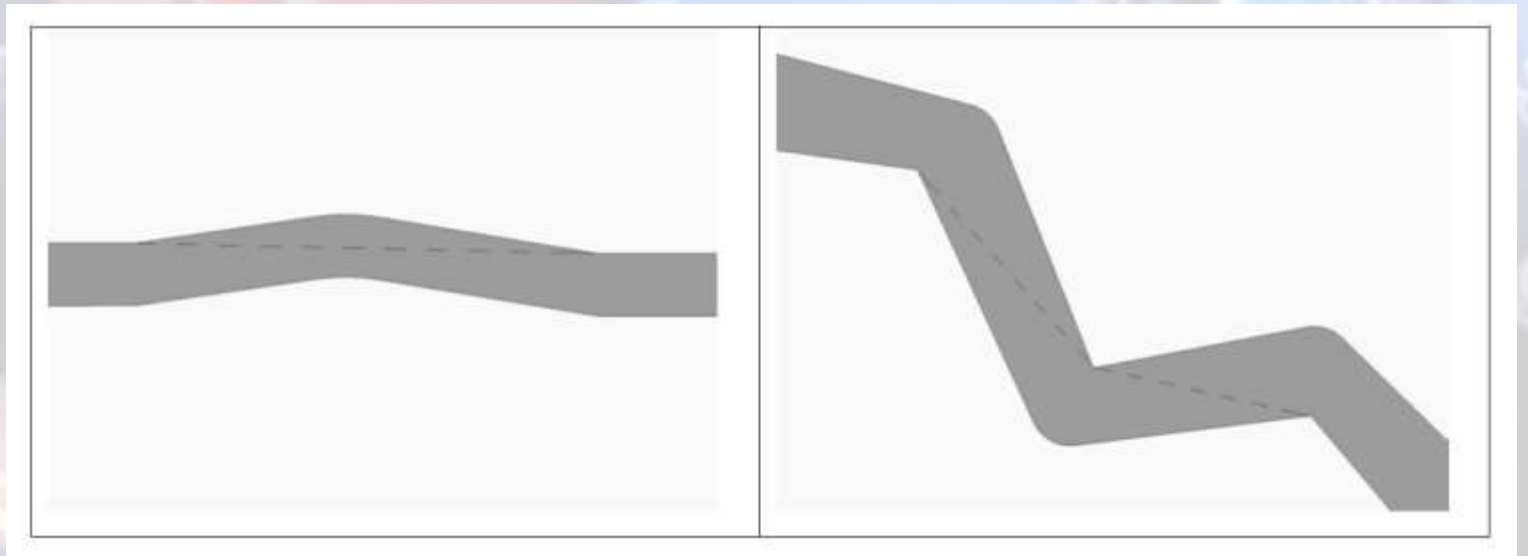
For the relay, lines indicating the start and finish of the relay zone must be in place and should be two centimeters in width.

SAFETY: External fencing as well as posts, light standards and other obstructions bordering the race course must be protected through suitable materials in order to avoid dangers to the participants due to their presence. The inside of all race courses is encouraged to be clear and free of trees, posts, event equipment (scoreboard, timing system, lap counter, bell, tents, chairs, speakers, etc.), and any obstruction within 2-meters.

SUITABILITY OF THE RACE COURSE: Any decision regarding the suitability for use of a race course is up to the Chief Referee before and after the start of the competition itself.

MEASUREMENT: The race course is measured at the inner edge. When there is a white line marking the inner edge of the track, measurement will take place on the inner edge of the white line.

In addition to that, on Road Courses with both left and right bends, measuring is to be taken along an imaginary line from the extreme ends of the bends themselves, as shown below.



NON-STANDARD COURSE: RSC Speed Committee will determine the feasibility to use tracks that fall outside of the above parameters.

RECORDS: The finishing time, regardless of the overall placement for the finisher, including for the points race, will be considered for Records. Records can be set in heats and finals.

PERSONNEL: During races, only officials and participants are allowed to stay on the race course. Medical staff can only enter onto the race course when they have been authorized by an official.

During racing and warm-ups, only official, participants, event staff & volunteers, and approved media will be allowed inside the race course. As well, the tabulating/ results tent will be off-limits to everyone except officials, tabulators, and timers.

SECTION 10: RULES OF RACING

RULES OF RACING

DIRECTION: Unless otherwise noted in a special bulletin or by change of rule, all distances will be held counter-clockwise (left hand of the participant is always to the inside of the race course).

CHECKING-IN: Participants are responsible for keeping track of the times at which they are to compete and will be solely responsible to report promptly before the start without being further notified. Participants must check in at the designated check-in time(s) and location(s) as scheduled, posted or announced.

The participant must be present at the starting area when they are called by the official of the competition. If the participant does not arrive when the official has called the participant twice, at one-minute intervals, the participant will be marked as "Did Not Skate" (DNS), listed but not ranked.

STARTING OF A RACE: Officials will use a starting command by way of sound, using starting pistol, siren, or whistle to announce the start of each distance. Those responsible for the starting of a 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 participants to get ready to start, saying "In Position" for sprint races (1000-meters and less), and "Attention" for long races (2 kilometers and more). The participants have 5-seconds to get into their final starting position. When all the participants are immobile and after a short delay (less than three seconds), the official will use the starting command.

For the individual time trial (200-meters TT / 300-meters TT), the participant has an allocation of fifteen seconds to initiate (start) the race once given verbal authorization from the official.

For a long race (2 kilometers and more) in the Age Division, the participants will be called to the starting line one at a time with respect to the draw (which is performed prior to the start of the competition) and are placed successively from the inner-lane to the outer-lane with a minimum of 0.5-meters per participant. The rows of participants are to be 0.5-meters apart from each other. Participants are to stand behind the starting line to receive the starting instructions from the official.

For a long race (2 kilometers and more) in the Open Category, the participants will be called to the starting line based on their time trial time in ascending order (fastest first), with all participants in the race ranked against in each other, and are placed successively from the inner-lane to the outer-lane with a minimum of 0.5-meters per participant. The rows of participants are to be 0.5-meters apart from each other. Participants are to stand behind the starting line to receive the starting instructions from the official.

If a participant has a problem after the first starting command (attention, in position), the participant has the right to call attention to this problem to the official by lifting a hand. This is allowed only one time for each participant. When this happens, the starting procedure will be stopped and all participants will be asked to leave the starting line so as to re-initiate the starting procedure.

TIMING: Upon the command to start a race, timing devices (clocks, watches, computer, timing-chip) will be initiated to begin timing. For the time trial, the timing is initiated upon any part of the participant's body crossing a beam/imaginary line that is 30-centimeters above the starting line.

LAP COUNTING: Lap score changes when the first participant is about 100-meters away, approaching the finish line. This allows all other participants to see the number of laps remaining.

LAST LAP BELL: A bell will announce the final (last) lap of all races except for the individual time trial. The bell will announce the last lap when the leading participant is approaching and crosses the finish line leading up to the final lap.

The bell will ring only for the first participant. If a participant has escaped (broken away) from the main group (pack), then the bell announcing the final lap will be used for the leading participant as well as for the first following group (pack).

DETERMINING THE 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 furthest point of the finish-line (if the lead skate is off the ground, then the leading tip of the first wheel of the back skate at the furthest point of the finish-line will be used to determine the placement & time). This is when all timing devices will be stopped in order to acquire the participant's finishing time.

If a participant is falling across the finish line without any skate on the ground, the first part of the first skate decides the placement.

AFTER THE FINISH: Once a participant is finished a race, the participant must not obstruct any other participants.

EX-AEQUO PLACEMENT FOR MASS START COMPETITIONS: In mass start competitions, when a group of participants crosses the finish line all together with it not being possible to determine the exact finishing order, all of the participants involved in this finish will be awarded the same placement position and will be listed in alphabetical order. In case of collective fall (involving multiple participants), all the concerned participants will be placed ex-aequo and listed in alphabetic order. This means if, for example, three participants finish in 6th place, the next finisher will be placed in 9th.

WITHDRAWING: A participant who decides to abandon or stop the race for any reason, or cannot continue after having fallen, will be ranked according to the placement. A participant who withdraws from a race should go to the finishing area and inform an official, so that they will be ranked according to their position.

NEUTRALIZATION: If a race must be neutralized, the laps will continue to count down, but the points and/or eliminations will also be neutralized. The last 1000-meters of a race cannot be neutralized, and a neutralization cannot last more than two minutes. Upon neutralization, the participants must reduce their speed and hold their

position in the pack (group). Participants are allowed to join the lead pack (group) but aren't allowed to un-lap themselves. The officials are allowed to come on the race course and take a position that protects and/ or signals the unsuitable area or the injured participant(s). If the neutralisation of the race is due to the fall of one or more participants, the fallen participant(s) cannot re-join the race when the race restarts. Only one neutralisation is allowed per race. If a second incident calls for a neutralisation, the race must be stopped.

STOPPING THE RACE: When the ground or weather conditions have a negative impact the safety of a race, when a large group of participants fall, or when on-course first-aid is required, the officials have the right, to stop the race for a period of time.

RESUMING THE RACE: Resuming a race is when a stopped race is continued from where it left off. A re-started race is a race that is re-run from scratch.

When a race is a stopped, the officials will make a plan about resuming or re-starting the stopped race, and announce this plan to all participants.

A resumed race will continue with the number of laps remaining when stopped, continuing without modification to assigned points and/ or eliminations and with all points earned by non-eliminated/ non-disqualified participants retained. Officials will make every attempt to preserve the advantage participants have earned (for example, a participant or group has broken away and earned a 1 or 2 lap lead).

A re-started race will start with all laps, eliminations, and points reset to the original race specifications.

The plan should not penalize or favour participants. Eliminated participants are allowed to re-start but not resume. Disqualified participants are not allowed to restart or resume.

A race can only be resumed if it is stopped in the first half and must resume within 15-minutes of the stop. A race can only be re-started if it is stopped in the second half or if it cannot be resumed within 15-minutes.

CANCELLATION OF A RACE: A race may be cancelled for safety reasons (weather, threats...) as well as for organizational reason. The cancellation of a race is falls under the responsibility of the Chief Referee with the agreement of the Meet Director.

RELAYS: The relay zone will be assigned on the straight-away that contains the finish line. On track, the relay zone starts in the middle of the corner and finishes at the end of the finish straight-away.

A relay exchange may be a tag or a forward-direction push given from the active participant to the next participant. It may not be a pull-through (grabbing a relay partner's arms and whipping the partner from behind to ahead). A pull-through relay exchange will result in disqualification. A disqualification will be in effect if the exchange is completely missed or occurs outside of the relay zone. Any relay disqualification is one where the entire team is disqualified.

The relay must start and be completed inside the relay zone. If not, the team is disqualified. In the case a relaying participant (person being pushed) enters the relay zone but is not relayed, the team is disqualified. The participant is considered as "entered in the relay zone" when the last part of the participant's second skate has fully passed the

first line indicating the beginning of the relay zone. The participant is considered as having left the relay zone when the first part of the participant's first skate crosses the line indicating the end of the relay zone.

For the purpose of the Canadian Championships, teams must be made-up of three participants. Event organizers will determine categories (age, gender, mixed). Standard relay distances will be 3000-meters on a track and 5000-meters on a road course.

The officials will advise how the participants who have just completed a relay and pushed their partner should return to await their next relay turn. This should be done in such a way that does not interfere with the race.

All rules of racing apply (for example, starting commands, infractions). Additionally, because this is a relay, participants are allowed to perform a forward push or tag to their awaiting team-mate. Each participant in the relay must "go out" and participate (skate) in the relay at least once. The finishing participant must complete at least one full lap, which prevents a relay push in the final straight of the final lap.

MAXIMUM TIME FOR DISTANCE RACES OVER 1000-METERS: For distance races over 1000-meters, the maximum time is calculated by increasing by 25% the time obtained by the first participant. Once the maximum time has been reached, officials are allowed to stop the race, with remaining participants ranked according to their position on the race course.

CALLING BACK A START: Officials are allowed to stop a race and call-back the participants to the start (re-start) when one participant or more has been impeded and/ or negatively impacted within half a lap or 200-meters (whichever is less) by actions, events, or circumstances that are not the fault or doing of the negatively impacted participant. 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 race course, a sudden dust-storm, papers or tents being blown onto the race course).

FALL IN TIME TRIAL For the 300-meter (or 200-meter time trial), participants 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.

LAPPING RULE: In the event that a participant is lapped in a non-elimination race, the officials have discretion whether or not they will remove the lapped participant from the race. Consideration will be given to safety.

A participant will be considered distanced and will be pulled out (removed) of a non-elimination race upon being lapped twice. If this occurs during a points race, the participant will forfeit all points earned during this race and will be ranked according to elimination order.

A participant will be considered lapped when the leader or leaders of the race are in a position to pass the said participant (approaching on the same corner or same straightaway). It is not necessary to actually be passed by the leader or leaders in order to be considered lapped by the officials.

Participants who have been lapped or eliminated will be ranked in the inverse order in which they were called from the race.

LACK OF ACTIVE RACING: When there is no active racing involving any participants in the race, officials may give a warning to the entire group that the participants are allowed three laps to actively race. If there has been no change and there is no active racing upon the conclusion of the third lap at the finish line, the distance of the race will be reduced and the race will conclude in the following two laps.

DOPING CONTROL: Concerning Anti-Doping, Canadian Anti-Doping Program (CADP), administered by the Canadian Centre for Ethics in Sport (CCES), which is the set of rules that govern doping control in Canada, will be observed.

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SECTION 11: EQUIPMENT

SKATES: Skates having a maximum of six wheels, fastened in line, or skates with two pairs of wheels fastened parallel to each other are permitted. The skate must not exceed fifty centimeters in length (from outside tip of front wheel to outside tip of back wheel). Skates must be firmly attached to the shoes and axles are not to protrude from the wheels. Heel-brakes are forbidden. The maximum diameter of wheel must not exceed one hundred and ten millimeters.

PROTECTIVE EQUIPMENT: All participants must use a certified helmet (CSA, ASTM, CPSC). 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, with chinstraps securely fastened beneath the chin at all times during a race.

Proper, safe positioning of helmets on the head will be strictly enforced. Helmets must not be worn on the back of the head, but rather positioned forward, with the front of the helmet slightly above the eyebrows. No hair should be visible below the helmet line in front, as it acts as a lubricant and decreases the efficiency and protection of the helmet.

The use of gloves is permitted. If a participant chooses to wear gloves, the gloves must be of the bicycle or racquet sports type, preferably with fasteners at the wrist which are fastened.

EYE WEAR: The use of eyeglass safety straps is mandatory for those participants using eye wear. Elastic sport eyeglass safety straps must be fastened tightly around the head without excess strap length.

HAIR ACCESSORIES: No hair accessories of any type may be worn by a participant during a competition, except that participants may tie back their hair with a ribbon or elastic hair bands. No hair pins of any type may be used. Headbands and bandannas are optional, and if worn, must be completely under the helmet.

ATTACHMENTS: Participants will not be permitted to wear medals, awards, good luck charms, bells, pompons or any other objects on their skates or uniforms (boot covers are allowed).

RACE NUMBERS: When race numbers are provided, participants are required to wear them for all official warm-ups and races.

RACE WEAR: Suitable race wear includes skin suits (full length, short sleeve, long sleeve, long leg, short leg), cycling jerseys, rowing suits, shorts, t-shirts, tights, arm warmers, and leg warmers. Shirts (t, long sleeve) must be tucked-in.

Participants cannot wear clothing that can cause a safety concern. Unsuitable race wear includes shirts with buttons, pieces of loose or hanging clothing that can be stepped on or skated on, transparent clothing, trench coats, capes, hoodies with the hood covering or under the helmet as well as bikini shorts & French-cut trunks.

During races, competitions, warm-ups, cool downs, and podium & award presentations, race wear (including skin suits) should not be removed.

For warm-ups and cool downs and practices, a warm-up clothing/ warm-up suit may be worn.

Participants are strongly encouraged to wear their Club or Team uniform.

For relay races, it is best when all members of a relay team wear matching race wear (uniforms).

Profanity and/ or obscene material on race wear and other competition clothing (including warm-up clothes) is forbidden.

PERSONAL EFFECTS: Participants will not be permitted to wear any jewellery of any kind during a race. The only exceptions are as follows: A) Medical necklaces and bracelets are allowed. B) Watches (such as heart-rate monitors and training/ sports/ smart watches) will be allowed.

The officials have the authority to ask to participants to remove any item which may present a danger to the participant or to other participants.

WATER BOTTLE: Participants are not allowed to participate with water bottles in races shorter than 20 kilometers.

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SECTION 12: INFRACTIONS

WARNINGS: Participants will be given warnings for certain infractions, and will be disqualified from a race upon receiving a third warning. A disqualified participant will have all points forfeited for the race for which the participant was disqualified.

VIDEO REVIEW: Video replay can be utilised for any Canadian Championship. The only video permissible will be that from the official event camera. The video evidence must be conclusive for a decision/ foul to be overturned. If an official feels the need for additional video footage, the official is allowed to seek additional non-official event footage. Video footage can be used to determine placement at the line, infractions, times, points and eliminations within a race.

APPEALS PROCESS: A decision may be appealed. The appeal will be made to the Meet Director. In the absence of a Meet Director, the Chief Referee will handle the appeal. Any formal complaint/ appeal must be made within one-hour of the completion of the race. Grounds for an appeal may include: improper application of rules, intermediate rankings within a race (points improperly awarded, incorrect elimination), and accuracy of finishing time.

DISQUALIFICATION RANKING: When a participant is disqualified, that participant will be listed, but not be ranked.

REDUCTION IN RANK: During a race, when a participant commits an infraction towards one or several opponents, that participant may be reduced in rank by decision of the Chief Referee. The rank reduction should be only limited to the number of participants the infraction affected. The reduction in rank should be related to the placement of those affected by the infraction.

REMOVAL FROM RACE- BREAKAGE: A participant may be removed from a race when the participant experiences a breakage with equipment or clothing, experiences a fall, or due to unsafe circumstances. Removal from a race will be left to the officials' discretion. A race is not required to be re-run to accommodate a breakage. Officials have the authority under this rule to allow the breakage to be corrected if the breakage takes place during a warm-up or, during the starting procedures, or if the race needs to be restarted/ resumed for another reason. Officials may accomplish this by rescheduling the race to a later time in the program or delaying continuation of the events. In either instance, this accommodation will not exceed 15 minutes.

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. Warnings are accumulated from heats, to semis, to finals of a given distance.

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

TEAM SKATING: When one participant makes an infraction (for example blocking, pushing, tripping) in order to let his or her team/ club mate earn a higher placement, the participant who commits the infraction will be disqualified. The participant who benefits of the infraction may be reduced in rank.

FINISHING: When finishing a race, all participants entering the last straightaway of the race course must not obstruct any other participant and must continue in a straight line to the finish line.

LOAFING RULE: If a participant is not-actively involved in the race, officials may give a warning to the participant to actively participate. Following the warning, if the participant does not begin to actively participate, officials may remove the participant from the race. The removed participant will be listed, but not ranked.

FALSE STARTING A false start is defined as a participant's forward, side-ways, or backward movement (can include loss of balance, rolling behind the 50-centimeter line or lifting a part of the skate that is on the ground inside the box in the time trial) that follow the verbal command "In Position" or "Attention" given by the starter during the starting process, but precedes the starting command. Officials may give a warning for this infraction. The 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. When a participant commits two false starts, the disqualification measures are decided by the official and may be applied.

False starts carry from heat, to semi, to final of any distance except the Individual Time Trial. In the Individual Time Trial, a participant can false-start once in the heat and once in the final. The false-starts do not carry through from

heats to finals in the time trial. A false start will be declared when the participant has exceeded the allocated fifteen seconds for initiating the race.

When one participant performs a false start, thereby causing one or more participants to also false start, only the participant performing the initial false-start shall be given one warning for false start.

In any race, in case of false start, the official shall call back participants to the starting line (with one or two gunshots or two blows of whistle). Participants must resume their ready position for the starting command.

RESPECTING OFFICIALS' INSTRUCTIONS: If a participant does not respect the instruction of an official, the participant may be given a warning.

BLOCKING: Blocking is defined as the shifting of lanes/ lines at any part of the 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.

RIDING-IN/ RIDING-OUT: This occurs when two participants are side-by-side, with one participant forcing the second participant to alter their line of travel, inward or outward.

TOWING: Participants are not allowed to be towed (pulled), either by hanging on to another participant, or by having that participant pulling them.

ENTRY INTO A GROUP OR PACK: When two or more participants compete with one another, there is a very high likelihood that they will come together to form a group or a pack. A group or pack features two or more participants racing in very close proximity front-to-back (drafting) and side-to-side (pace-lines, passing up, dropping back). When participants are in a group or pack, there is often body contact, usually involving hands placed on the lower back and hips of participants in front. At times, the pack or group may experience an "accordion effect", a compression of the pack where front participants are slowing while those in the back are traveling at a higher rate of speed. Participants may experience a stronger than usual push in this situation.

There are often numerous changes in position within the group and pack. It is customary for one participant to try to get into a space between two participants. This may involve doing things such as nudging a participant forward so as to create a gap to move into.

Very often, a participant who is following another one while a third is attempting to move into an almost non-existent gap, will place their arms on the hips or back of the participant in front of them (gating), thus preventing movement into the gap. In this case, it may happen that arms will seemingly "swat" at each other, and soon after this, the potential movement will be resolved.

When movement into a gap, "gating" and/ or "swatting" become excessive and dangerous in the judgement of an official, a warning may be given.

PROFANITY: Use of profanity is not allowed.

HOLDING: Holding on to a participant, outside of the normal course of pack/ group dynamics, is not allowed.

INTERFERENCE: Skating with hands on hips with elbows extended, or use of the hands, hips, shoulders or legs in any manner so as to interfere with another participant. This is also a form of blocking.

SHOVING: Pushing roughly- intentionally pushing another with the intent to impede the participant's progress in the race.

BODY CONTACT: Body contact is not necessarily an infraction unless it impedes the progress of other participant or participants.

SHUTTling AND WEAVING: An abnormal movement- irregular or unnecessary- from side-to-side across the normal line of travel by a leading in order to hinder a trailing participant.

INFRACTIONS WITH A DISQUALIFICATION

ENDANGERMENT AND/ OR HARM: Actions that during the course of the competition that 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 a participant to the side, pulling back or to the side and causing a sudden increase or loss in speed (excluding relay) or loss of balance to a participant, punching, tripping, kicking, slapping, pinching, biting, and other dangerous & 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 and the RSC Board.

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, and officials.

IMPROPER CLOTHING, EQUIPMENT, SKATES: If a participant reports to the starting line wearing improper skates or wheels, clothing, protective equipment, the participant is subject to disqualification from the race.

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.

Participants are allowed to receive advice and/ or information from trainers, coaches, parents, etc.

CAUSING A FALL: A participant who, when performing an unsafe manoeuvre, causes another participant to fall will be disqualified.

REMOVAL OF HELMET: A participant who competes without a helmet will be disqualified.

A blurred background image showing several roller skaters in motion on a track. They are wearing various colored jerseys (blue, red, white) and helmets. The image is out of focus, emphasizing speed and movement.

Failure to properly strap on/ fastened/ secure a helmet while on the track can result in a warning or disqualification. When an official's warning of improper helmet positioning prior to the start of a race is not immediately corrected, that participant must be disqualified.

EAR PIECES FOR AUDIO/ MULTI MEDIA: Participants are not allowed to 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.

SHORT-CUTS: Participants are not allowed to deliberately take short cuts during a race. The only way a participant who deliberately leaves the race course to complete the distance or resume the race is to re-enter the race course from the point of exit. Failure to do so will result in a disqualification.

When avoiding a fall, a participant is allowed to avoid the fall by going outside of the boundaries, within reason, of the race course and re-enter at a later point, within reason, without the deliberate attempt to gain advantage or position on other participants in the race. The participant is expected to make every reasonable effort to return to the initial position the participant was in prior to exiting/ leaving the race course. If an official views that the participant has unfairly gained advantage, the participant may be required by the official to return to the initial position. Failure to do so will result in a disqualification.

END OF DOCUMENT
Roller Sports Canada
Rules for RSC Speed: 2015 and Beyond
