



National Roller Sports Association
Official Rules for
Inline Speed Skating

INDOOR INLINE SPEED SKATING RULES FOR INDOOR INLINE FLAT TRACK FORMAT

The following competition rules apply to all NRSA sanctioned Indoor Inline Speed Skating events. The following competition rules only apply to the sport and technical matters, for NRSA, By-Laws, Rules and Regulations shall be applied. NRSA reserves the rights to amend or integrate the present document, for specific events, by releasing official bulletins and regulations made available for download on nationalrollersportsassociation.org before the competition starts.

COMPETITION OFFICIALS

CONTEST DIRECTOR

The Meet Director appointed by World Skate will perform the following tasks:

- Coordinate all staff and functions involved in running the event.
- Consult with the head judge and staff, determines the length of competition by establishing the breaks that are needed by the jury or the organization to carry out their work.
- The Meet Director is the ultimate decision-maker on any issue linked to the safety of the competition area.
 - The Contest Director & the facility owner or operator when applicable, are the ultimate decision maker on any issue related to safety of the competition area.

OFFICIALS AND THEIR DUTIES

OFFICIALS REQUIRED

1. Each competition is directed by a Chief Referee and Judges. The Chief Referee is responsible for judges for the proper conduct of the races. The Chief Referee vouches directly for his own actions to the Technical Commission. On the occasion of the world competitions, the Technical Commission itself appoints the Chief Referee by selecting him among the regularly registered Judges.

TASKS OF THE CHIEF REFEREE

1. Besides the specific tasks provided in the various articles of these general regulations, the Chief Referee is in charge of the technical and judgment of the competition. Therefore, he shall: guarantee that all skaters enforce the

regulations and decide about any technical problems that might arise during a competition, even when not covered in these regulations;

- a. assign to each member his particular task;
- b. direct the work of the judges, co-ordinate, control and decide in case of discrepancy. He shall also prepare a report on the work and submit it to the Technical Commission;
- c. exert his disciplinary power towards skaters and coaches, when their behavior on the course site requires the adoption of sanctions, provided in these regulations; check that the judges are in the right place and that timekeepers are ready before ordering the starter to give the starting signal;
- h. in case of immediate disqualification, check that it is announced and that the disqualified skater immediately leaves the race course;
- i. immediately disqualify those skaters who do not comply with judges' warnings;
- j. warn the skaters who have been reprimanded by the judges for sports faults;
- d. remove or replace those judges who, in his opinion, do not completely carry out their duties
 - Should the Chief Referee & or Meet Director permit at their discretion, declassification can be utilized towards a skater committing a foul to continue the flow of the race. This should be established at the start and entirety of the competition if implemented.

2. He shall decide in the first instance on the claims, about the order of arrival, submitted by the club's participating coach of the skaters participating in the competition.

THE CALL AREA JUDGE

The tasks of the call area judge are the following:

1. Before the beginning of each race he should gather the skaters and give them the last instructions. Checking their uniform, competition number, transponder, skates and size of wheels;
2. he gives to the skaters the composition of the starting line;

3. under the order of the chief referee, he permits to the skaters to accede to the race course;
4. before the beginning of each event, to check that every skater is supplied with his racing suite and competition number;
5. to announce to the skaters when they must be at the start of the race for which they have been entered, and to make sure that no one may have access to the track where the race takes place before the Chief Referee has given his authorization.

THE STARTING JUDGE

The tasks of the starting judge are the following:

1. he checks that all the skates of all skaters are behind the starting line;
2. after the Chief Referee's consent, he gives the starting signal;
3. he signals the false starts and call back the skaters.

COURSE/TRACK JUDGES

1. The tasks of the course judges are the following:
 - a. to supervise the progress of the event for the portion of which they are responsible;
 - b. to immediately inform the Chief Referee about any irregularities which took place during the race and they give warning to the skater(s) who commits sports faults;
 - c. to take note of lapped skaters, and of those skaters who withdrew and inform the Chief Referee.
2. According to their respective positions along the track, course judges are called in the following ways: straight judges, corner judges, relay judges, auxiliary judges.

FINISH JUDGES

1. The task of the finish judges is to exactly establish the order of arrival of skaters.
2. In elimination and relay races, the number of judges shall be established according to the requirements. The Chief Referee shall assign specific tasks to each judge.
3. Finish judges must be a minimum of three. According to the requirements, such a number can be increased but shall always be an odd number. In case of discrepancies, majority will make the decision.
 - Such a number can be decreased to supplement lack of available Finish Judges. In case of discrepancies, majority will make the decisions comprising of course/track judges' input.
4. In any case, when electronic photo finish or video scanner is used, the electronic photo finish or video scanner results are final.

LAP SCORER JUDGE

1. The lap scorer judge shall:
 - a. take note of the number of laps covered;
 - b. signal the laps still to be covered using the counting device at his disposal;
 - c. signal the leading skater;
 - d. cross a lap, when covered by the pack;
 - e. provide that the last lap to be covered is signaled by means of a bell.
2. In case of long-lasting competitions, organizers must agree with the judge the method of determination of times to be adopted.

OFFICIAL SPEAKER/ANNOUNCER

1. The announcements are done in the official language of NRSA which is English.
2. The Speaker shall inform the public of the names and numbers of the skaters taking part in each race, and all relevant information such as the composition of the heats and punctuation.
3. The result of each race should be announced at the earliest possible moment after receipt of the official result.

4. In conjunction with the general direction of the Organization and the Technical Commission Chairman, the Speaker is responsible for all matters of announcing protocol.

COMPETITION RULES

AGE FOR COMPETITIONS SANCTIONED BY NRSA

In competitions the following age categories may be applied for indoor races;

Youth C 6 years and younger

Youth B 7-9 years of age

Youth A 10-12 years of age

Cadet: 13-14 years of age

Junior: 15-18 years of age

Senior: 19 and up years of age

Master A: 30 - 39 years of age

Master B: 40 - 49 years of age

Master C: 50-59 years of age

Master D; 60 and over years of age

-In competitions hosted on a local league level, the following age categories may be applied for indoor races;

Youth 9 & Under

Youth 10 - 12 years of age

Youth 13 - 17 years of age

Adult 18 & Up

Race course

All skating centers should be prepared at all times to conduct speed skating contests and competitions. These can only be held on tracks of the correct size. The NRSA Headquarters will provide upon request, information and dimensions to assist in

layout of a speed track. A minimum unobstructed skating surface of 20M wide x 40M long must be used at qualifying meets, to conform to the standard minimum of 70m with a maximum of 100m long in distance around the track. The skating surface must be smooth, preferably plastic coated but not required, and must be in excellent condition, and must be clean. All speed track markings are to be accurate and clearly visible. Wheel coatings or traction substances may not be painted on or otherwise applied to the wheels used at official qualifying championships.

Measurement

It is essential that only a steel metric measuring tape be used or a measuring device approved by NRSA.

Begin by finding the exact center of the skating surface. When all four corner pylon positions are located, mark the location of these positions in permanent black ink. Only a small "X" is necessary at each corner.

Starting Line

The starting line shall be four (4) feet-1.2 meters-behind pylon 4. Only one (1) starting line is permitted. Contests are required to provide a minimum of 0.8 meters per skater at the pylon #4 starting line without moving the pylon in and must be marked for each starting lane, in the event there are not enough contestants to fill all of the lanes, the un-drawn lanes will remain open.

Typical floor size for the number on the line:

Floor Width Number on the line

20M - 6 on line

22M - 7 on line 25M

or more 8 on line

Start and finish timing of Race

The timing of races will start at the timing line located in the center of the track between pylons 1 and 4. This timing line is also the finish line and must be clearly marked.

Pylon Placement

The pylons are numbered as follows: The number 1 pylon is the first beyond the timing line in a counterclockwise direction; numbers 2, 3 and 4 pylons follow in order in the counterclockwise direction.

Pylons 1 and 3 are placed at the start of the corners; pylons 2 and 4 are placed at the start of the straight-a ways. (See track diagram.)

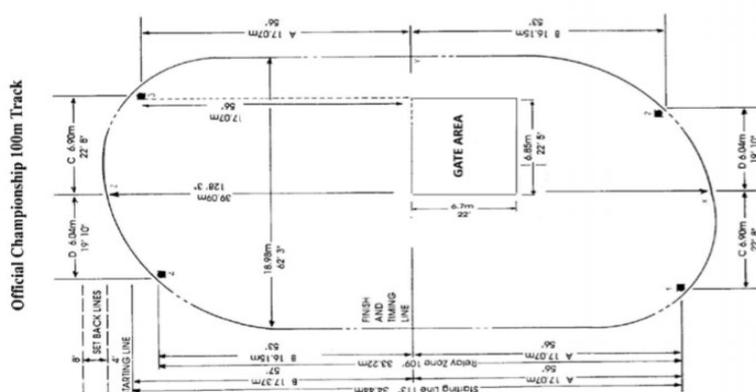
Official Pylons or placement markers

The official pylon or corner marker approved for use in NRSA sanctioned speed competitions should be made of rubber or plastic material with no protrusions or edges exposed to the skating surface. The style of the pylon is similar to that of a traffic or safety cone. The height of the corner marker must be 10 cm and the base of the pylon no less that 22 cm across. As noted in the diagram below, one corner lip of the pylon must be cut away for proper placement of the pylon.

The definition of the Track

1. An indoor Track is defined as a racecourse within an outdoor or indoor facility provided with two straightaways of the same length and with two symmetrical bends having the same radius.
2. A minimum unobstructed skating surface of 20M wide x 40M long must be used at qualifying speed championship meets to conform to the minimum of 70 to 100-meter track. The skating Surface must be in excellent condition, and must be clean. All speed track markings are to be accurate and clearly visible. Wheel coatings or traction substances may not be painted on or otherwise applied to the wheels used at official qualifying or national championships.

Official track layout



The floor that determines the outer boundaries of the speed track should lie directly beneath the pylon edge so

that the outer edge of the pylon covers the mark on the floor. The floor should be marked with black tape to indicate the outside boundaries of the pylon box. These markings should lie underneath the pylon edges facing the inside of the track (see diagram).

The Passing area

The entire track area outside of the pylons is considered legal passing area.

The Relay Track

1. Relay events may be skated on any officially measured track as long as the timing and finish lines for the distances are one and the same.
2. The relay shall be made only in the legal relay zone. The legal relay zone begins at pylon 4 and ends at pylon 1, regardless of the track size.
3. The pylons are placed on the four corners as for regular speed skating events.
4. The gate area is a series of lanes marked out and located in the center of the skating surface. There are as many lanes as there are teams in the event. Each lane is a maximum of 0.8M wide and a maximum of 6.7M feet long. (See track diagram.) Lanes are used for four-person relays only. The size of the gate area shall not exceed 6.85 meters wide by 6.7 meters long.
5. Placement of the gate area at all qualifying meets is to be approximately 17 meters from the front of the gate area to pylon 3, and placed in line with pylon 3.
6. The size of the gate area is left to the discretion of the chief referee. The gate area will change if the track is moved more than 1.2 meters.
7. The relay return to the gate area is defined by as the area between pylon 1 and pylon 2.

Suitability of the race track

Any decision regarding the suitability for practice of a race track or facility, is up to the Chief Referee before and after the start of the competition itself.

Direction of the race

Indoor track competitions, skaters are placed so that their left hands are located facing the inside edge of the track. The direction of the race shall be counter clockwise.

1. When transponders are used, the electronic photo finish must be present for the official ranking at least for the ten first skaters.

Equipment

All the following equipment when they are placed inside the race course may not present any danger for the skaters. They must respect the safety zone designated by the race officials

1. Photocell, electronic photo finish equipment, or video scanner and photo-electric cells.
2. Lap scoring a scoreboard indicating the number of laps to be still covered.
3. A bell or any other device indicating specific laps. It is placed inside the inner edge near the lap scorer.

Timekeeping

1. Three (3) methods of timekeeping exist, two (2) automatics timekeeping and manual timekeeping
2. A manual timekeeping procedure has to be put in place for all the competitions. If the automatic timekeeping is preferred, manual timekeeping procedure can be used in case of fails of the automatic timekeeping system.

Manual timekeeping procedure

1. For manual timekeeping only, digital electronic watches shall be used. All watches used must have the capacity to measure and display times with an accuracy level of at least one hundred of second.

-For manual timekeeping only, digital electronic watches, cell phones or tablets may be used. All devices used must have the capacity to measure and display times with an accuracy level of at least one hundred of second.

2. In order to guarantee the exact determination of times, it is necessary to observe the following:

- a. The timekeeping jury is composed by one (1) Chief Time keeper and three (3) time keepers and one (1) substitute;

The timekeeping jury can be composed by a minimum of 1 or 2 time keeper if all that is available.

- b. Each timekeeper should use only one watch;
Each timekeeper should use only one device;

- c. The timekeepers are to be positioned at the finishing line and start their watches at the moment when smoke or flash from the shot fired by the Starter becomes visible;

The timekeepers are to be positioned at the finishing line and start their devices at the moment when smoke or flash from the shot fired by the Starter becomes visible; Starter may utilize a whistle or other audible/visible starting mechanism.

- d. At the conclusion of the race, the Chief timekeeper shall read the watches. Only if one or more timekeepers have not taken the time (for any reason) the time taken by the substitute timekeeper shall be recorded;

Under the supervision of the Chief timekeeper the time of each skater will then be determined and recorded in the time keeper protocol as follows:

- f. when two (2) watches show the same time and the third watch a different time, the time of the two watches will be the result;
- g. when the three stop-watches indicate three different times, the average of the three times is considered valid; if one time is plus or minus 0.5 sec. from the other two, it must be excluded, and the average of the other two times will be considered valid;
- h. when only two stopwatches register the time, the worse time indicated will be considered valid.

Automatic timekeeping

1. The term automatic timekeeping denotes a time-measuring system that is started automatically by firing of a starting-gun or crossing an optical line and records automatically the reaching of the finishing line by each skater.

2. Different technologies or technical solutions may be used to establish automatic time keeping:
 - a. Electronic system based on optical sensors to record the start and finish of the skater at the start/finish line.
 - b. A transponder-based system using signals from transmitter worn by the skater to record the finish of the skater.
 - c. An electronic photo finish system using photographic evidence of the finish of the skater in such a way that an undistorted image containing a time scale can be reproduced immediately after the finish.

Transponders

The transponder must be placed on the skate or ankle.

Time announcement

The time obtained by each skater in individual races must be immediately communicated after arriving at the finish.

The time obtained by each skater in individual races may be immediately communicated after arriving at the finish when possible.

Official time

1. When photo cells or transponders are used, the time keeping system must be activated by the firing of the gun (excepted for the individual time trial). The official time will be the time sold between the firing of the gun and the crossing of the finishing line by the skater.
2. The times are considered official when the Judge has signed the timekeeping protocol. The official times may not be questioned.

Video recording

1. In competition under the Technical Commission control and whenever possible, it is recommended the use of an official video recording of all races, on which the accuracy of performances and violation of the rules are recorded.

2. The video recording is used by the Chief Referee and the Chief Referee Assistant to do the control they need if they have doubts to take or confirm a decision.
3. For Invitational events a video judge can be used.
4. The video recording is used as supporting documentation by the Chief Referee and the Disciplinary Commission.
5. Only the official video is used. Personal video is not accepted.

Coaches' area

An area reserved for the coaches must be located near the race course so that these can communicate with the skaters during the race. This area takes place in the corner before the finish straightaway somewhere between pylons 3 and 4, close from the beginning of the relay zone.

Racing suit

1. The racing suit is the following:
 - a. for international championships and competitions all skaters of the same country must wear the same uniform with long or short sleeves, with the national colors;
 - b. the name of the nation or its official UNO abbreviation (annex) must be clearly mentioned on the racing suit.
2. In international competitions with the participation of National teams, advertisements are free. Nevertheless, those advertisements must never hinder the easy identification of the official colors of the national team.
3. Skaters are to wear corresponding racing suits. Those who are not properly equipped are not allowed to start the race.
4. Skaters must wear skates and their official racing suit during the medal's presentation. Without any cap and sunglasses.
 - For local league level, skaters must wear corresponding matching team uniforms which may be one piece, two piece, short sleeved or long sleeved. Leggings or long-sleeved warmers may be worn under the racing uniform.

Two-piece uniforms may also be comprised of athletic bottoms and tops of similar team colors with the tops tucked in.

Helmet

The helmet must be a hard gear with international certification.

1. On start the hard headgear must have a regular shape and may not have protrusions or ends.
2. On time trial race the hard headgear can present a profiled shape with profiled ends.
3. Each skater is solely responsible that his personal equipment meets the highest safety criteria in order to obtain the utmost safety of the skater.
4. The helmet must be well fastened on the head in conformity with the safety instructions of the manufacturer.
5. A skater who removes his helmet before the end of the race shall be disqualified.

Skates

1. Skates having a maximum of five (5) wheels, fastened in line,
2. The skate must not exceed fifty (50) centimeters in length. Skates must be firmly attached to the shoes and axles are not to protrude from the wheels. Brakes are forbidden.

-For local league level, brakes may be attached but usage should be avoided while the skater is actively racing.
3. The maximum diameter of wheel must not exceed hundred and ten (110) millimeters.

-For local league level, the maximum diameter of a wheel must not exceed one hundred and twenty-five (125) millimeters
4. In all the events under the NRSA umbrella the following wheel restrictions apply

- Skaters 6 years and under may use wheels with a maximum diameter of 84mm
 - Skaters 7 years old to 9 years old may use wheels with a maximum diameter of 90mm
- Skaters 10 years old to 12 years old may use wheels with a maximum diameter of 100mm and all skaters
- Skaters 13 years old and older may use wheels no larger than 110mm

At the local league level, wheel diameter is the skater's/coach personal preference and choice.

Race numbers

Skaters are identified by means of three (2) numbers. They are applied on the hip facing the photo finish camera and judges table and on the top of the back. If a fourth number is supplied, it is placed on the helmet. Numbers are to be clearly visible.

Other equipment

1. Heart rate monitor and corresponding watches are allowed.
2. Radios and earphones are forbidden.
3. It is not allowed to skate with plaster, synthetic plaster or any hard contention. No hard plaster cast is allowed on the floor.

A skater may wrap a hard contention with a softer material should it not be removable.

4. The judge is in power to ask to the skater to take off any item which in his judgment may present a danger for himself or the other skaters.

Procedure for Indoor Inline Speed Skating Competitions

In roller speed skating competition, contestants' race in packs on an oval track marked by pylons. Races are run only in a counterclockwise direction. The distances which contestants' race are determined by age division. Individual champions in a division are determined by the placements they earn in the final race of each distance skated. Races are officiated by referees who are in stationary positions located around the track and by stationary corner.

Races may be officiated by referees who are mobile in conjunction with stationary referee's or in substitution of.

Eliminations, Semi-finals and Finals

1. The number of contestants permitted on the starting line (and the number of contestant teams permitted in the gate area) for any given size track during championship competition is left to the discretion of the referee as is the number of contestants or contestant teams in each heat or semi-final that will qualify to skate the semi-finals or final; provided, however, at regional championships, the heats re to be arranged so as to divide the field as evenly as possible into the minimum number of heats that are consistent with no more than *eight (8) seven (7)* skaters being permitted on the starting line. An equal number of finalists shall be taken from each of these heats in order to qualify the maximum allowable for the final event.
2. At the indoor Invitational, speed events shall be conducted by eliminations, quarter finals, semi-finals, and finals as the size of the entry requires. The following criteria will be used: Elimination heats shall be skated when there are 25 or more skaters entered in the race. There shall be our heats with three skaters qualifying for semi-finals from each heat. When there are 15 to 24 skaters entered in the race, there will be three heats with four skaters from each heat qualifying for semi-finals. When there are 7 to 14 skaters entered in the race, there will be two heats with three skaters from each heat qualifying for the finals and no semi-finals are required. In events of 33 or greater, quarter finals will be used. Only one starting line will be permitted.
3. Semi-finals shall consist of 2 heats of 6 skaters with 3 skaters qualifying for finals from each heat. The following procedure was adopted for use at the national championships for seeding qualifiers from elimination heats into semi-finals: semifinals 1 will consist of placements from heats 1 and 4; semi-finals 2 will consist of placements from heats 2 and 3. If only 3 qualifying heats are needed, semi-finals 1 will consist of placements 1, 2, 3 and 4 from heat 1, and placements 2 and 3 from heat 2. Semi-finals 2 will consist of placements 1 and 4 from heat 2, and placements 1, 2, 3 and 4 from heat 3.
4. At Invitational Championships, finals will consist of six (6) skaters/teams unless the total entry in the division is seven (7) or less, in which case the events will be declared a final, without eliminations or semi-finals needed.
5. At all competitions, only one starting line is permitted. The number of contestants permitted on that line-up to a maximum of *eight, seven* skaters-is left to the discretion of the referee. The number of contestants or contestant teams

in each elimination heat or semi-final that will qualify to skate the semi-final or final is left to the discretion of the referee.

6. For all events, if there is only one skater or contestant team entered in a division, that contestant, at the discretion of the referee must skate at least one lap in one distance.

Skater Check-In

1. Contestants will inform themselves of the times at which they are to compete and will be solely responsible to report promptly before the start without being further notified.
2. Registration in a contest does not necessarily constitute check-in. Contestants must check in with the competitive steward at the designated check-in times scheduled, posted or announced.
3. Contestants in a division may choose not to compete in all divisional distances and still maintain the points earned in other distances.
4. Failure to report for a specific distance does not necessarily constitute withdrawal of the contestant from all of his or her other divisional races.
5. If any member of a relay team is unable or ineligible to skate, or is refusing to skate, the team's withdrawal is required unless a substitute is made in compliance with the substitution rule.

Skater Stand-By Areas

Chairs may be placed in the center of the skating surface for use of the next group of skaters to race. A second group may be placed at an end of the skating floor for the following group of skaters. The Meet Director shall coordinate the stand-by areas with the meet host.

Restricted Access to Track, Officiating and Stand-By Areas

Only administrators, referees, starter, timers, place judges, corner referees, stewards and tabulators will have access to the ready area, competitive skating area, stand-by area, timing, scoring and place judges area for the discharge of their official responsibilities, which are subject to the directions of the meet director. No other persons shall have access to these areas, unless specifically authorized by the meet director.

Warm Up and Preparation

Before each race, a warm-up of the Contest Director choosing in terms of time allotted is accorded to skaters who are going to race

Starting Line Position

1. Drawing - The drawing for starting line position for each indoor speed event (and lane number in the gate area, for relays) shall be done under the supervision of the competitive steward, or assigned *by random draw of the computer by pill draw or approved World Skate method in the middle of the floor.*

Or assigned by random draw of card, sticks, numbers or any means to produce randomized positioning.

2. When a race is called, contestants will proceed immediately to the four feet (4') setback line in the order drawn. The lowest number in the draw is the starting position toward the inside of the track, progressing to the highest number toward the outside of the track. Relay teams will proceed immediately to their assigned lanes in the gate area. The highest number in the draw is the lane nearest the starting line. Lead-off skaters in relays will take their starting line positions in the order drawn as described above. Remaining team members will stay in their assigned lane in the gate area until they relieve a skater on the track.

Starting Procedure

1. At the command "IN POSITION," skaters move forward to the starting line in a preliminary starting position. A preliminary starting position is:
 - a) standing up; or,
 - b) in a four-point position with two hands, one knee and one foot on the floor (a standard track start).
 - c) in a 3-point position with one hand, one knee and one foot on the floor.
2. At the command "SET," skaters immediately assume their final starting position and **MUST REMAIN STATIONARY UNTIL THE GUN IS FIRED**. Any movement after the command will cause the offending skater to be penalized for a false start.
3. A final starting position is:

- a) a “crouch” if using the stand-up preliminary position (the skater will not be permitted to drop to the floor); or, coming up off the knee while keeping one or both hands on the floor (if using the track start).
 - b) No portion of the skater or equipment may touch the floor on or ahead of the starting line.
4. In the event of a false start, the offending skater or skaters will move to an eight-foot (8') setback line in their proper lane position before the starting procedure resumes. At the command, “To your mark,” this skater or these skaters move forward to the four-foot (4') setback line only, not to the starting line.
 5. When a skater starts before the gun has sounded, it will be considered a false start. The first will be a warning to the field, the second false start by any skater will be a set back to the 4' Line, A third False start by any one skater will be a Disqualification from that race.
 6. Any deviation from the starting procedure, excluding a false start, will result in a warning to the entire group in that particular race. After the warning in that particular race, any deviation from the starting procedure will be penalized the same as a false start.

Relay Procedure

Relay racing includes events for two and four-person teams. One skater begins on the track while the remaining member or members of the team wait at the center of the track in the designated gate area.

When a relay is to be made, the next skater leaves the gate area and skates the inside of the track slightly ahead of his/her teammate, rolling into position for a push or tag from the teammate finishing the relay lap.

1. In relay races, a relay is accomplished by body contact between members of the team (touching of hands is considered body contact). A relay from one skater to another is usually accomplished by the push method. The push method employs a vigorous push with one or both hands placed on the lower back of the skater receiving the relay. As each skater completes the required number of laps, he or she may touch, tag or push the next skater on the team who may come in to receive the relay from a flying start. The whip or pull-through relay is prohibited.
2. In four-person relays, the person about to receive a relay must leave the gate area from his or her team's lane and skate the inside of the track. Once a skater in

either a four-person or two-person relay has left the gate area, **he or she must enter the race immediately within the relay zone.** In two-person relays, once the race has started, the skaters are not to be confined to a lane in the gate area, but are restricted to the boundary of the gate area until his/her partner begins the relay lap. A contestant must enter the gate area from the rear and leave from the front. The gate area must be clearly designated. It is each skater's responsibility to count his or her laps during relay races.

3. When a skater has been relieved, he or she must immediately move to the **outside barrier** of the track **without blocking** and continue on the skating surface to the end of the floor. The skater may exit the skating surface if an exit is located in that area. If no exit is available, the skater must remain at the end of the track until the race is completed.
4. In relays in which the relieved skater must skate again, he or she must leave the track in the same manner and return to the gate area in as direct a course as is possible, crossing the track between pylon 1 and pylon 2, in such a manner as not to obstruct or interfere with skater then on the track. A skater is considered to be returning to the gate area the moment when he or she has crossed the imaginary straight line between pylons 1 and 2. Upon completion of his or her final distance, a skater must leave the track. The final finishing skater may remain on the track provided that they do not interfere with any other skaters still competing on the track.
5. If a member of a relay team has committed a foul, he or she must also leave the track in the manner described above. The remaining members of the team are not eligible for further participation in the event.
6. Skaters in all relay races must realize that there are officials on the inside of the track. It is the skater's responsibility to avoid contact with these officials when entering or leaving the relay gate area.
7. Skaters are allowed to make skate or wheel repairs only at the pylon 1 and 2 end of the floor and only in the time available prior to their next required relay. Skaters may also wait or pause in this area prior to returning to the gate area.

Elimination Race

This race is carried out through direct elimination of one or more skaters on one or more fixed points of the course. The Chief Referee communicates the elimination rules before starting of the competition.

1. One lap before each sprint, at the passing of the finish line by the lead skater, the bell will sound.
2. The determination of who is the last skater is based on the last point of the last skate to cross the finish line.
3. Whenever a skater leaves the race, be it because of a fall or fatigue, this retirement will count as the corresponding elimination.
4. If during an elimination sprint a skater violates any rule, the Chief Referee may eliminate him in replacement for the skater who crossed the finish line last.
5. In case of massive fall with the simultaneous retirement of a group of skaters, the elimination is suspended during some laps. The official speaker announces which lap the elimination will restart.
6. The skater eliminated is announced by the official speaker. speaker announces the number and the nation of the skater in the official language; English and then in Spanish.
7. On the opposite line of the finish line, a judge shows the number of the eliminated skater on a board (manual or electronic).
8. If the skater does not leave the track after the third he will be disqualified of the race DSQ-SF.

Interruption of Skating (Broken Skate Rule)

- 1 When a contestant interrupts his or her skating for any reason including illness, uniform failure, or mechanical failure of the skates, etc., he or she shall be disqualified from the race being skated.
2. During the running of a race, mechanical failure may, at the discretion of the Chief Referee, eliminate the contestant from the race if this imposes a danger to others, but in no instance will the race be stopped or rerun to accommodate repair or replacement.
3. When a breakage occurs during a race warm-up, a false start, or during a race which is subsequently stopped for a restart, the Chief Referee shall have the authority under this rule to allow the damage to be corrected. The Chief Referee may accomplish this by rescheduling the race to a later time in the program or

delaying continuation of the events. In either instance, this will not exceed 15 minutes.

4. In the event of an illness during warm-ups, the Chief referee may, at his discretion, limit the skater to a 15-minute recuperation period. If the skater cannot continue after the 15-minute period, he or she shall be disqualified.
5. Any contestant who, in the opinion of the Chief Referee, endeavors to obtain unfair advantage over an opponent through manipulation of this rule, shall forfeit his or her right to continue to compete in the race in question.

Video Replay

Video replay can be utilized at the indoor national and world championships for “team fouls” and “technical fouls” for clarification. The only video permissible will be from the official video supplier of the indoor national championships. In order for a foul to be overturned, the video evidence must be conclusive.

Fouls

1. **Fouling Disqualification**-If a skater has committed a foul, the referee may call the skater out immediately or allow him or her to continue in the race and announce the disqualification after the race is finished.

All disqualifications must be turned into the chief placement judge before the next race or the disqualification will be nullified. If a skater refuses to leave the track when ordered out by a referee, the referee may recommend to the meet director the immediate suspension of the skater from the remainder of the speed competition.

2. Fouls will be classified as follows:

2a. Technical Fouls

Technical fouls are violations of track rules or procedures for divisions and relays such as:

1. Skating inside of, intentionally touching, knocking down or straddling a corner marker. Straddling the pylon is defined as occurring when a skater has one skate on the floor outside the pylon and one or more wheels of the other skate touching the floor inside the pylon.

2. If, in the opinion of the referee or corner referee, the pylon was hit accidentally and there is no repetition of the act, or if a skater is ridden inside the pylon by the disqualifying act of another skater, there may be no penalty.
3. A skater may not take unfair advantage of another because a pylon is off its respective mark by skating to the inside of the track.
4. If a contestant has knocked three pylons during a division race, the referee may declassify or disqualify the skater from the race. If a team has collectively knocked four pylons during a relay race, the referee may disqualify the team from the race. A skater or team is penalized for knocking a pylon if they can be clearly identified as striking the pylon and the pylon comes to rest completely outside the boundaries of the pylon box. The corner referee should replace the pylon and report the incident, noting the contestant or team number that struck the pylon and the corner where it was struck. If the skater or team cannot be definitely identified, the corner referee must replace the pylon and no contestant or team will be penalized.

A. “Distanced” Disqualifications

1. A skater in any race must keep within one lap of the leader or leaders. When about to be lapped by said leader or leaders, the skater may be declared “distanced” and called out of the race by the referee, unless the skater is still in position to place.
2. A skater will be considered lapped when the leader or leaders are in a position to pass him or her. It is not necessary to actually be passed by the leader in order to be moved out by the referee. Before trying to improve their position, skater or skaters being lapped must remain in their position until the leading skater or skaters have passed.
3. Right of Way-When a leading skater is about to lap another, the lapped skater must move to the right (outside) of the track, giving inside right-of-way to the leading skater. When lapping a skater, the lead skater is not permitted to interfere in any way with the progress of the lapped skater.
4. It is the lead skater’s responsibility to pass a lapped skater safely without interfering with the skater being passed, whether or not a referee is present to move the lapped skater over.

- B. **False Start** - The first false start results in a Warning to the field, the second false start by any skater results in a setback of 4 feet to that skater, the third false start by that same skater results in a disqualification from the race.
- C. **Profanity**- The use of profanity in any competition is not accepted and can be cause for declassification or disqualification by the referee.
- D. **Delaying the start of a race** or the start of a contest by actions causing other skaters on the starting line to jump the gun;
- E. **Loafing**. All athletes must take part in races fairly and enthusiastically. Skaters deliberately slowing the pace down, may be excluded from the race after receiving a warning by the referee.
- F. **Personal fouls** - During a race, when a skater commits a fault towards one of several opponents, he may be reduced in rank according to the decision of the Chief Referee. Violations involving action of one skater against another such as:
 - 1. **Blocking** - A skater must follow a reasonably straight course in skating the straightaway in a race. Blocking by shuttle skating (excessive weaving) or blocking by two contestants skating shoulder to shoulder (or intentional impeding the progress of another skater) will subject the offender to declassification or disqualification.
 - 2. **Hipping**;
 - 3. **Tripping**;
 - 4. **Holding**;
 - 5. **Riding In** - contestant's body contact from the outside of the track forcing another skater from the line of travel;
 - 6. **Riding Out** - contestant's body contact from the inside of the track forcing another skater from the line of travel. Body contact must be made between two skaters before a foul is committed. If the lead skater gives way to the passing skater without being touched, then he gives up his right to the lead.
 - 7. **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 skater. Also, a form of blocking;

8. **Pushing** (except members of own team during relay);

9. **Charging;**

10. **Striking** another skater;

11. **Jamming** - should a skater deliberately slow his or her pace suddenly, causing the field to jam, a foul will be called on the skater.

12. **Shoving.**

G. Body contact is not necessarily a foul unless it impedes the progress of other skater or skaters.

2B. Team Fouls. Team fouls are violations of team rules in relays, such as:

1. A member being outside the team lane in the gate area during a four-person race when he or she is not about to relieve another team member;
2. A member failing to leave the track after he or she has been relieved (continuing on the track beyond pylon 2 is considered as having two members on the track and is a foul);
3. A member returning to the gate area after skating his or her required laps;
4. Illegal relays, such as relays made outside of the relay zone, team members not making contact for relay, whip or pull-through relays or any relay other than touching, tagging or a push relay;
5. A member who leaves the gate area for a relay but does not enter the event IMMEDIATELY in the relay zone; That member must continue to skate in a forward motion. No stopping is allowed after leaving the gate area and after entering the relay zone.
6. A member who leaves the gate area before his or her team member begins the relay lap;
7. A member who skates the incorrect number of laps;
8. Team members who use teamwork or blocking in preparation for and during relay contact

9. A member who does not enter the gate area from the rear and leave from the front.
10. A member or members of a relay team who accumulates four knocked pylons in a relay race.
12. A contestant having all the wheels of both skates outside the designated gate area.

3. Final Lap

1. When a leading skater or contestant team has completed all but one lap of a race, the starter will report with the electronic starting device or bell indicating that the leader has one lap remaining. The electronic starting device or bell is governed by the leader, regardless of the number of laps remaining for the other contestants or contestant teams.
2. As skaters cross the finish line, placement is determined by the front point of the front wheel of the leading skate with at least one wheel being in contact with the floor. If the first skate is not in contact with the floor, then the placement is decided by the leading point of the competitor's second skate. In the event of a fall, the placement for any contestant whose skates do not have contact with the floor shall be determined by the leading point of the front wheel of the lead skate.

OFFICIAL RESULTS

1. Competition results become official only after their ratification by the Chief Referee and their publication in the official communication.

Sanctions

Sanctions that can be adopted by the Chief Referee during the competition, towards skaters responsible of violations to the principles of sport ethics, are the followings:

1. Warnings (W);
2. Reduction in Rank in the order of arrival (RR);
3. Disqualification from the race (DSQ)
4. Suspension

Warnings

1. Warnings may be given to sanction technical and sport faults
2. Any judge in charge of the progress of the race, who shall immediately inform the Chief Referee, can give warnings; Chief Referee only must communicate the warnings to the official speaker.
3. Warnings are accumulated: heat and final.
4. Warning for sport fault (SF) does not exist for sprint tournament.

Reduction in rank

During a race, when a skater commits a fault towards one or several opponents, he may be reduced in rank according to the decision of the Chief Referee.

Disqualification

Disqualification measures are decided by the Chief Referee and may be applied

1. Disqualification for technical fault (DSQ-TF):
 - a. when a skater commits two (2) false starts
 - b. when a skater commits a wrong relay (pull or touch relay, relay out of the relay zone, enter in relay zone without relay) all the team is disqualified;
 - c. During 100 m sprint, if the skater skates inside of the pylons, he is disqualified.
2. Disqualification for sport fault:
 - a. when a skater commits one (1) fault considered as voluntary or dangerous;
 - b. when a skater receives three (3) warnings in a race, (accumulated in qualification heat & final);
 - c. when a skater benefits of assistance;
 - d. when a skater removes his helmet before the end of the race

- e. when a skater gets out voluntarily of the race course;
- f. when a skater does not respect technical rules (size of wheels, radio, etc.).

Sanctions & Ranking

The sanctions are applied by the Chief Referee and they shall be made public. They had to be notified on the official results of the race as:

1. (W1) (W2) for one or two warnings
2. (FS1) for the first false start
3. (RR) for reduce in rank
4. (DSQ-TF) disqualified for technical fault. The disqualified skater is ranked at the end of the heat or round.
5. (DSQ-SF) disqualified for sport fault. The disqualified skater is not ranked and he is placed at the end of the official results as disqualified. In case of general ranking he does not get any point
6. (DNS) do not start
7. (DNF) do not finish

Disciplinary procedure

1. It is the responsibility of the Chief Referee to seize the Disciplinary Commission in case of disciplinary fault. Anyone, skater, coach or delegate who commits disciplinary fault is sanctioned by the Disciplinary Commission.
2. Any member of the Technical Commission who observes a disciplinary fault is in power to seize the Disciplinary Commission.

Progress of the disciplinary commission

When a skater or a member of an official delegation committed a disciplinary fault, he is convened by the Disciplinary Commission. This person has the possibility to appear in front of the disciplinary commission and he may be accompanied by the official of the

delegation. The blamed facts are presented to him by President of the commission. The skater or the official of the delegation has then the possibility of presenting a defense.

Disciplinary measures

Disciplinary measures that can be adopted by the Disciplinary Commission are the following:

1. exclusion of the competition
2. period of suspension

Exclusion of the competition

In the case of very serious infringement, any skater or member of the official delegation may be excluded Disciplinary Commission from all the competition. In case of exclusion, the credential card is removed.

Suspension

The Disciplinary Commission has the ultimate power to adopt suspension measures for period of time, of a maximum up to six (6) months.

Body of first instance (claims)

1. The Technical Commission is the body of first instance for claims concerning the application of general regulations.
2. The Technical Commission evaluates if the claim proceeds and if, it does, they will give an official answer.

Claims procedure

1. Claims regarding the admittance of a skater to a competition may be submitted:
 1. by a Club delegate who believes that one of his skaters has not been admitted though he was eligible;
 2. by all Club delegates believing to have been damaged because of the admittance to the competition of a skater belonging to another Club, who does not have the right to participate.

2. Claims are to be signed by the official delegate and submitted in writing to the Chief Referee thirty minutes prior to the beginning of the race. When a referee believes he has adequate information to admit a skater to a competition, and that such an admittance is the subject of a dispute, he can admit said skater with due reservation, leaving the final decision to the Technical Commission that will take care of any necessary control;
3. This decision must be made known to the official delegates of the participating clubs.

Claims fees

A fee in the amount of 300 US \$ shall accompany any claims to the Technical Commission.

Decisions

The decisions shall be verbally communicated to the Delegate of the complaining club, and then made official by writing.

Such an amount shall be given back only when the claim is upheld.

Indoor Inline Speed Skating Dictionary

competitive roller skater - A person who conducts him or herself in the Olympic tradition of good sportsmanship while engaging in NRSA competitions and all other sponsored activities of the Confederation. The competitor must be truthful and honorable in dealing with other athletes and officials and when establishing eligibility for NRSA competitive events which are determined by age or previous competitive experience. There are no occupational requisites or restrictions applied to NRSA competitive eligibility.

barrier - The outside wall, railing, or traffic line forming the boundaries of the skating surface.

blocking - A foul; any unnatural method used by one skater to prevent another from passing, with or without body contact.

captain - A member chosen by a relay team to represent them in an official capacity. Since only relay team members are allowed on the skating surface during a relay event, rules do not permit appointment of another skater or non-skating captain.

championship - 1. A group of contests qualifying a skater to or toward the national championships; sometimes called a qualifying meet. 2. A non-qualifying meet which follows specific rules concerning officials, awards and events, such as a league or unofficial state championship.

charging - A foul; a trailing skater overtaking another skater in such a manner as to cause body contact which disrupts the normal progression of the skater or skaters passed.

chief timekeeper - The official responsible for determining the official time of a race, which is to be recorded by the tabulator. **club** - A group of skaters registered in the World Skate for the purpose of promoting and enjoying competitive roller skating.

commission - A certification granted by NRSA to individuals who meet the requirements for officiating or refereeing in speed skating contests.

competitive age - The age of a contestant as of January 1st of the current competitive year.

competitive steward - An official charged with the UN-delayed succession of competitors in their proper order for each race. Also charged with checking contestants for compliance with uniform, equipment and safety rules. **competitive year** - The period beginning on September 1st of one year and ending on August 31st of the next succeeding year, dates inclusive.

corner - 1. The area of the skating surface permitting the shortest linear dimension parallel to the barrier, or at right angles to the straightaway; the area of a skating surface of least length. 2. Any one of four positions on a track indicating a proper placement of a corner marker. 3. The area in the vicinity of the corner marker.

corner marker - A device, officially designated by rule as to size and construction, placed at each of the four corners of a speed track; also known as pylons.

declassification - The reduction in rank considered for placement by the decision of the referee.

disqualification -

1. Elimination from consideration for placement.
2. Elimination of an individual contestant for an infraction of procedures or rules of conduct.

3. Elimination of a team because of an individual or team rule infraction.
4. Elimination of an entire club from participation in a contest for flagrant or continual violation of the rules.
5. Elimination from one race in a division of competition.
6. Meet disqualification-Elimination from all races, including relays, in a competition.

distanced skater - A skater who is further than one lap behind the leader or leaders of a race and not in a position to place and is disqualified by the referee for being distanced.

elbowing - A foul; use of the elbows by a contestant which interferes with the progress of another contestant.

event - One race in a division of competition.

false start -

1. Any start which must be recalled.
2. Any infraction or irregularity on the part of a skater or skaters which necessitates a restart.
3. Any irregularity on the part of officials or spectators which necessitates a restart.

final - The concluding race in a particular distance of a division, or, the concluding race of a division competition.

final placement - The rank of the contestants or teams after the completion of all races in a division of competition.

finish - The end of any race; the instant the last remaining contestant completes the final lap of a race.

finish line - The line marking the completion of a distance at which a race is to end.

flying start - An illegal start; a skater being in rolling motion prior to the starting signal for a race. This does not apply to the open-type races where a rolling start is used, with the referee leading a pace lap or laps from the inside of the track to the timing line.

foul - A violation of a rule, procedure or conduct.

1. personal-a violation by one skater against another
2. technical a violation of track rule or procedure
3. team-a violation of team rules in a relay race

gate area -

1. A marked or painted system of lanes from which members of a relay team enter a race.
2. The center area of the skating surface located to the inside of the speed track.

heat - A preliminary race qualifying contestants to a semi-final or final in a given distance of a division.

hipping - A foul; the intentional use of the hips by a contestant to gain an advantage over or disrupt the progress of another contestant.

jamming - A foul; a skater suddenly slowing up, causing the trailing skaters to run into each other.

judge -

1. Corner judge-a commissioned official stationed outside each corner marker to observe the performance of contestants within the area and to note any infractions, personal or technical, which occur.
2. Placement judge-a commissioned official stationed at the finish line of a race to determine in what order a contestant finished.
3. Auxiliary corner judge-same duties as corner judge.
4. Chief placement judge-a commissioned official assigned the responsibility of listing the placement of all skaters in an event, checking placement of the place judges and submitting place sheet forms, in the order of placement, to the tabulator.
5. Relay judge-a commissioned official responsible for relay team conduct pertaining to number of laps, legality of relay and gate area conduct.

lane - Any one single part of a gate area, each lane being a maximum of two-and-a half feet wide and a maximum of 22 feet long.

lap -

1. One complete circuit of the measured and marked track. In relay skating, a complete circuit is considered to be from pylon 4 to pylon 4. (The lap is considered complete when the skater enters the relay zone.)
2. The count of the lap being skated.

lap counter - A series of cards or an electronic device used to indicate or announce the number of laps remaining to be skated.

lapped skater - A skater who has been overtaken by the leader or leaders of the race and allowed to continue by the referee. The overtaken skater being at least one lap behind and may be in position to place.

leaving the gate area - In relays, a contestant is considered to have left the gate area when he or she has all the wheels of both skates outside of the designated gate area.

loafing - The act of any skater not skating to the best of his/her ability.

meet - A competition consisting of more than one contest.

meter - The basic unit of length in the metric system; equivalent to 39.37 inches.

no contest - A ruling by the referee which requires that a heat, semi-final or a final be re-run.

pace -

1. The stride and rate of movement maintained by a group of skaters in a pack; distinguishable from a sprint by the unity of movement among the several skaters in the pack.
2. The rate of progression of the leading skater in a race.

pass - The act of a trailing skater overtaking a leading skater and moving into a more forward position in the pack.

passing area - Any part of or location on an official track.

points - The value of first, second, third or fourth place in a final race.

protest - A written complaint concerning status, eligibility, conduct, competition, officials or membership.

pushing - A foul; intentional body conduct by one skater against another.

pylon - Same as corner marker.

qualifying meet - A group of contests qualifying a skater to or toward the national championships.

qualifying placement -

1. Placement in a race which is high enough to permit advancement to the next race in the same contest.
2. Placing First, second or third in a contest which permits advancement to the same contest in the next higher-ranking championship.
3. Placing First, second, third or fourth in a Junior Olympic contest which permits advancement to the same contest in the next higher ranking championship.

race - A contest between two or more skaters to determine which can skate a given distance in the fastest time; sometimes called an event.

re-entry zone - The area of the track between pylons 1 and 2 through which a member of a relay team must pass when returning to the gate area.

referee - A commissioned official to discharge the duties as required by rule and prescribed for the contests to be skated.

relay -

1. Any kind of speed skating involving two or more skaters functioning as a unit as provided by rule.
2. The act of relieving a team member in a relay race. When the actual relay is made, both skaters' skates must be inside the relay zone.

relay zone - The area of the track within which a relay must be completed as defined by rule and properly designated on the track.

re-skate -

1. To repeat any part of a contest; also called re-run.
2. The act of repeating any part of a contest which has been nullified by the referee.

riding in - A foul; contestant's body contact from the outside of the track forcing another skater from the line of travel.

riding out - A foul; contestant's body contact from the inside of the track forcing another skater from the line of travel.

right-of-way - The privilege of leading contestants to an unobstructed track when overtaking a lapped skater or skaters. (This privilege does not include permission for leading contestants to push or contact the lapped skater or skaters.)

shoving - A foul; one skater intentionally pushing another with the intent to impede his or her progress in the race.

shuttle skating - A foul; abnormal movement from side to side across the normal line of travel by a leading skater to hinder a trailing skater.

sprint - 1. A distance not to exceed 1500m. 2. The act of a contestant in taking the lead and leaving the pack in a distance race; breaking the pace to take the lead.

start - The beginning of any race in a speed contest; the sounding of the starter's gun.

starter - The commissioned official whose duty is to start races in a speed contest.

starting line - The line marked on the track from which a race is to begin.

straddling the pylons - Occurring when a skater has one skate on the floor outside the pylon and one or more wheels of the other skate touching the floor inside the pylon.

straightaway -

1. The area of the skating surface permitting the greatest linear dimension parallel to the barrier; the area of a skating surface of greatest length.
2. The area of a track between corner markers 2 and 3, and markers 4 and 1.

tabulator - A commissioned official whose duties include recording the entry and tabulation of contest results.

teamwork - A foul; two or more skaters acting together to prevent another or others from passing.

timer - A commissioned official whose duty is to determine the elapsed time of any race.

timing line - The designated position on the track where the timers' watches are started to begin recording the elapsed time of a race. On a 100m track, the timing line will be located in the same position as the finish line.

track - An official registered course, laid out and marked on a skating surface for the purpose of running races. The inside boundary of the track is indicated by corner markers, the outside boundary by the wall, barrier or outermost edge of the skating surface.

tripping - A foul; action by one skater which obstructs another's footing, whether or not a fall result.

weaving - A foul; irregular or unnecessary side to side movement of a contestant when skating the straightaway of the track-a type of blocking.