2023-2024

LONG TRACK SPEEDSKATING RULES AND REGULATIONS AGE GROUP NATIONALS

US SPEEDSKATING

Section 6

Regulations and Racing Rules for Age Group Pack Style Competitions and Marathon Racing

Age Classifications

A) The following definitions establish the age classification of skaters for the National Age Group Championships. Please refer to each Championship section for specific division and distance information.

1) The age of the skater will be the age the competitor is before July 1st preceding the competition.

   i. Master 30+
      1. 30 years of age or older separated by 5-year increments.
   ii. Senior – 19 years of age or older.
   iii. Junior A –17-18 years of age.
   iv. Junior B - 15-16 years of age.
   v. Junior C – 13-14 years of age.
   vi. Junior D – 11-12 years of age.
   vii. Junior E – This age division has been removed from Age Group Nationals and replaced with "The Future of Speed" Camp.

B) A skater may petition the competition organizers and referees to compete in an advanced age group in National Age Group Short Track competition without jeopardizing his current or future lower age status in National Age Group Long Track competition. If a skater is placed in an advanced age group because of combining classes but did not sign up for that division and scores points, they will not be required to skate in that advanced age group for future National Age Group Short Track or Age Group Long Track Championships.

C) A skater may compete in only one division at a championship competition and in only one competition when competitions are combined.

D) If there is only one skater registered in a division, they will be combined with the next age-appropriate division. Referees will have discretion, in consultation with the competition steward, to combine groups in order to create competitive racing.

Entries

All National Age Group Championship entries except for the National Marathon and North American Marathon are required to be done online through the USS website.

A) All entries should be completed with the name of the competitor, age/date of birth, address, name of club or program, name of Association (if applicable), USS membership number, name of coach and the requested seed time information.

B) National Age Group Championships are only open to USS members with US citizenship and Permanent or Temporary Resident Card Holders.

C) The USS National Office will process all entries and fees for the National Championships. For meets held in Canada, the fees will be paid to Speedskating Canada. No surcharge may be added to the entry fee for any reason.

D) Entries must be received 10 days prior to the event. Late entries will be accepted up to 5 days prior to the first day of the competition. If the late entry deadline falls on a weekend or legal holiday, the late entry deadline will be the first day after the weekend or legal holiday. Late entries are subject to a $100 late fee in addition to the event entry fee.

E) Entry fee for the National Marathon and North American Marathon meets will be listed on the entry form. Entries must be received at least 48 hours prior to the start of the first race to avoid a late fee. Late entries will include a late fee and the following information should be provided: 1) a signed USS membership application, 2) Proof of age and citizenship (birth certificate or passport), and 3) Payment of applicable membership dues.

   1) Any skater who is not a member of USS, or of an ISU affiliate organization, may purchase a single event race license to compete in a designated USS-sanctioned marathon event. USS shall designate those events at which the single event license will be available. At events not so designated, the single event license will not be available.

   2) The license entitles the purchaser to USS member benefits during the specified event. The license fee, plus proof of birth date and citizenship, must be submitted with the event application and entry fee.

Racing Rules

A) "Fair play" as the basic rule: no obstruction of other Competitors.

B) Skaters must take care during racing to avoid causing dangerous situations.

C) Any unsportsmanlike behavior against other Competitors can lead to disqualification. The Referee has the authority to disqualify the Competitor(s) concerned. An obstructed Competitor may be advanced to the next round at the sole discretion of the Referee.

D) The Referee shall stop the race (Rule 216, paragraph 2.h) if there are safety concerns in the case of a fallen or injured Competitor(s). The race will then be stopped by a gunshot or whistle from the Starter or by the Referee. Technical equipment may be used for signaling a stop of the race:

   1) The Referee decides if and when a fresh start of the race will be held.

   2) The full distance of the race shall be re-skated if the race is stopped for safety concerns and a fresh start will be held.

   3) No fresh start will be allowed for Competitors who were disqualified for rule violations, who were lapped or abandoned the race before the incident happened that caused the stop of the race.

4) If a "crash" occurs during the first 50m with a group (2 or more) of skaters, the race will be stopped, and a fresh start will then follow immediately.

E) Disqualifications

1) Skaters who do not meet the safety requirements (see paragraph 1 above and ISU Communication 2400, or any further update of this Communication) will not be allowed to compete or will be disqualified if violating these requirements during the race. Level 3 cut resistant material will not be required at this time.

2) Starting procedures will follow ISU Rule 253, failure to comply will result in disqualification.

3) The Referee, at his discretion, may give "warning" to a Skater in order to prevent unsportsmanlike behavior.

4) Serious obstructions or other unsportsmanlike behavior against other Competitor(s) can lead to a disqualification.

5) Any unsportsmanlike behavior against other Competitors can lead to disqualification. For example: serious obstruction of a competitor for not keeping a straight line, deliberately blocking other Competitors, or when this unsportsmanlike behavior results in a disadvantage of a Competitor, Impeding, blocking, charging, or pushing another Skater with any part of the body may be considered as a serious obstruction and lead to disqualification.

National Age Group Long Track Championships

A) Entries

1) All skaters must furnish their fastest 500m seed time according to the division & distance chart below. The seed time provided may have been achieved at either a metric or mass start (Long or Short Track) competition.

2) Entries without any seed times will be seeded last, after those with entered times.

B) Competition Format (Pack Style / Mass Start)

1) The pack style races will be conducted as an All Finals – No Elimination progression. All skaters will progress in the competition through all qualifying rounds to the Final round.

2) The scheduled number of skaters in each Group per round and in the Final races will be according to the qualification table published on the USS website. For Qualifying rounds and lower Finals, the number of skaters per race may be higher. Referees in conjunction with the competition steward have the right to modify numbers in order to provide the safest and most optimal racing conditions.

3) Groups in Qualifying Rounds and Finals will be run in reverse alphabetical order. Final races with only one skater will not be run, that skater will receive the highest rank for that final race. Final races with only two skaters will be run.

4) The last/longest distance will be run similar to a mass start race (no sprint points), but all athletes on the line. Racing divisions may be combined at the discretion of the

Referee in consultation with the Sport Expert/Steward to provide more competitive racing.

Divisions	Distances for National Championship			
Junior D (11-12)	500	400	600	800
# Skaters in Final	Time Trial	6-7	7-8	All
Junior C (13-14)	500	800	1000	1500
# Skaters in Final	Time Trial	7-8	7-8	All
Junior B (15-16)	500	1000	1500	3000
# Skaters in Final	Time Trial	7-8	7-8	All
Junior A (17-18)	500	1000	1500	3000
# Skaters in Final	Time Trial	7-8	7-8	All
Senior (19 years+)	500	1000	1500	3000
# Skaters in Final	Time Trial	7-8	7-8	All
Master Divisions	500	800	1000	1500
# Skaters in Final	Time Trial	7-8	7-8	All
Team Pursuit	Ladies-6laps		Men-8laps	

C) Variations and exceptions to age group divisions.
1) If there is a low number of skaters registered in Junior B, A & Senior Divisions, a combined division may be created for racing. Any combined division will be split out for overall division medals and distributed to the traditional age division champions based on overall classification.
2) Master divisions will be combined into age-appropriate racing divisions and awarded overall medals according to 5-year age divisions. 5-year age divisions will be observed for maintaining the National Records.

D) Make up of qualifying rounds and progressions.
1) First qualifying round of the first pack distance will be seeded according to the result of the 500 TT. Subsequent pack distances will be seeded according to the current overall classification. Ties for seeding will be broken by random draw. Seeding will be done in a clockwise serpentine manner. Lane position for the first qualifying round of each distance will be random draw. The order in which the heats will race will be drawn.
2) For subsequent qualifying rounds, direct qualifiers and additional (+) qualifiers by next fastest place shall be ranked according to the current distance classification and seeded into their next qualifying Group. Skaters that do not qualify shall be ranked according to

the current distance classification and seeded into the next lower qualifying Groups. In case of equal times over the distance, a draw will establish the order. Seeding will be done in a clockwise serpentine manner. Lane position will be decided by times skated in the previous round. The order in which the heats per Group will race will be drawn.

3) The number of heats per Group in each round and the number to directly qualify to the next round will be according to the published qualification table. Any additional (+) qualifiers are considered conditional based on the number of advancements made by the Referee. Skaters that are advanced will progress and there may be some races with more Skaters on the line than initially proposed.

4) Skaters who receive a disqualification in a qualifying round will be ranked last in their Group and progress to the next round according to their rank.

E) Competition Point System

1) Final points will be awarded in individual distances according to the following table:

Rank	Points	Rank	Points	Rank	Points
1	10000	16	352	31	14
2	8000	17	281	32	13
3	6400	18	225	33	12
4	5120	19	180	34	11
5	4096	20	144	35	10
6	3277	21	115	36	9
7	2621	22	92	37	8
8	2097	23	74	38	7
9	1678	24	59	39	6
10	1342	25	47	40	5
11	1074	26	38	41	4
12	859	27	30	42	3
13	687	28	24	43	2
14	550	29	19	44	1
15	440	30	15	45+	1

2) Final Points will be awarded in descending order following the ranking of the distance classification.

3) In the case of a tie, all Skaters involved will receive points awarded for their rank (i.e. tie on 2nd- both Skaters will receive 8000 pts). The points for the subsequent ranking place (i.e. 3rd) will not be awarded. Points will resume with the subsequent ranking place (i.e. 5120 pts for 4th place).

F) Distance Classification

1) For each distance, a final classification will be made in which the skaters are ranked in the following order:

a) Final round beginning with group/block A, then B, then C, etc.

b) Within the respective Final group/block; first all skaters that finished the race in the order of finishing; then skaters without a finish place will be in the following order: Did Not Finish, Penalty, and Did Not Start. Results in previous qualifying rounds are disregarded; ties in final group/block will remain tied.

c) Skaters that did not qualify to skate in a Final round will be ranked within their respective Qualifying round with ties broken first by finish order in subsequent previous Qualifying rounds; then by best time skated in any race over the distance; further ties will not be broken.

d) Any skater that qualified for or was advanced to a next round but cannot start due to medical reasons will be recorded as a Did Not Start (DNS) in that round to determine their rank in the distance classification.

e) Skaters that Did Not Finish (DNF) in the 1st qualifying round will be ranked with the same ranking.

f) Skaters that received a Penalty in the 1st qualifying round will be ranked next with the same ranking.

G) Overall Classification (Final and Current Overall Classification)
1) The Overall Classification combines the distance rankings in the following order:
   a) Highest total number of Final Points
   b) Combined distance rankings over all distances.
   c) Best rank achieved in one of the distances and subsequent best rankings.
   d) Best Time over the longest distance.
2) Sanctions and Consequences – Special Considerations
   a) The following table shows the sanction and consequences according to the respective round

SANCTION AND CONSEQUENCES- ALL FINALS- NO ELIMINATION PROGRESSION

SANCTION		1st ROUND		INTERMEDIATE ROUNDS		FINAL ROUNDS
DNF	R	No results	R	No results	R	No results
	Q	Continues to next round according to the distance classification	Q	Continues to next round according to the distance classification	FP	Final points are awarded in descending order according to the DC
	DC	Ranked at bottom of DC;before DQ, DNS	DC	Ranked at bottom of block;before DQ,DNS (*tb	DC	Ranked at bottom of final block;before DQ, DNS
DQ	R	No results	R	No results	R	No results
	Q	Continues to next round according to the distance classification	Q	Continues to next round according to the distance classification	FP	Final points are awarded in descending order according to the DC
	DC	Ranked at bottom of block;after DNF; before a DNS	DC	Ranked at bottom of block;after DNF; before DNS (*tb	DC	Ranked at bottom of final block;after a DNF;before DNS
DNS	R	No results	R	No results	R	No results
	Q	Does not continue	Q	Does not continue	FP	Final points are awarded in descending order according to the DC
	DC	No Ranking;listed as participant	DC	Ranked at bottom of block;after DNF,DQ (*tb	DC	Ranked at bottom of final block;after DNF,DQ
FNT	R	Finish place - no time	R	Finish place - no time	R	Finish place - no time
					FP	Final points are awarded in descending order according to the DC
	Q	Continues to next round according to the distance classification	Q	Continues to next round according to the distance classification	DC	Ranked at the bottom of final block;before DNF, DQ, DNS
ADV	Q	Advances to next round; ranked after direct qualifiers and before those that may qualify by next fastest place.				

Legend: R= Results (place & time)
Q= Qualifying
DC= Distance Classification (individual distance)
FP= Final Points

FNT= Finished No Time
DNF= Did Not Finish
DQ= Disqualification
ADV= Advance to next round

DNS= Did Not Start
*tb= Tiebreaking. Except in the Final rounds, if more than one of the same sanction occurs in the same block or round, a tie will be broken by results of the previous rounds.

b) Any skater for whom the race was stopped, to preserve the skater's wellbeing, will not be allowed to take part in the restart, unless the skater was unable to continue for reasons beyond their control. If the referees conclude the race was stopped prematurely, they will have the discretion to restart the race with the skater for whom the race was called off. The results of skater(s) excluded from the restart for

this reason will be a DNF, unless a penalty was imposed. If the skater for whom the race is stopped is injured due to the action of another skater that receives a penalty, the referee may advance the skater.

    c) A withdrawal form must be submitted if withdrawing from a Distance or the remainder of the Competition. In the event a skater withdraws from the Competition, they will remain ranked in the Overall Classification based on the results of their completed distances.

H) Team Pursuit

    1) Team Pursuits will consist of male team(s) and/or female team(s) from associations, registered clubs, and/or team(s) of direct skaters. Associations, registered clubs, or teams of direct skaters which do not have at least four skaters entered in the junior C through Master 30-39 divisions will be allowed to combine with another association, registered club, or with direct skaters that are entered in the competition to form a team.

    2) Entry form for the team pursuit should be submitted to the Competitor Steward by the completion of the coaches meeting held the day before the competition begins. Entries must specify the names of skaters, their division, and the responsible coach.

    3) Team Pursuit races will be conducted if time is available.

I) National Club Championship

    1) The club that accumulates the highest number of club points will be National Club Champions.

    2) A skater must be a member of a current registered USS club to earn points.

    3) Club Championship points

Place	1st	2nd	3rd	4th
Points	5	3	2	1

    4) Club points will be awarded 1st through 4th place in each distance.

    5) Club points earned will accumulate for their respective club.

    6) Club points will not be awarded to skaters that receive a sanction in an A Final.

J) Coaches

    1) Only coaches designated by a competing skater will be entitled to receive a coaching credential for any specific competition.

    2) Coaches must register at least ten (10) days prior to the first competition in which they would request coaching credentials to be listed on the approved coaching list and be eligible for coaching credentials.

    3) Coaches will be listed on the approved coaching list for the entire season, unless revoked for cause.

    4) All coaches must be Level 2 certified and be compliant with requirements for certification renewal.

K) Race Distances for the 2024-25 Season

1) Race distances for the respective age categories will likely be altered to laps instead of meters. For example, race distances will potentially be 2.5 laps instead of 1000m.

National Speed Skating Marathon/North American Speed Skating Marathon

A) Entries:
1) Entries must be received at least 48 hours prior to the start of the first race. Late entries will include a late fee and the following information should be provided: 1) A signed USS membership application, 2) Proof of age and citizenship (birth certificate or passport), and 3) Payment of applicable membership dues.
2) Any skater, who is not a member of USS or of an ISU affiliate organization, may purchase a single-event race license to compete in a designated USS-sanctioned marathon event. USS will designate those events at which the single-event license will be available. At events not designated, the single-event license will not be available. The license entitles the purchaser to USS member benefits during the specified event. The license fee, plus proof of birth date and citizenship, must be submitted with the event application and entry fee.

A) Divisions for the National Speedskating Marathon

Master Men 70+	Master Women 70+
Master Men 60-69	Master Women 60-69
Master Men 50-59	Master Women 50-59
Master Men 40-49	Master Women 40-49
Master Men 30-39	Master Women 30-39
Senior Men 19-29	Senior Women 19-29
Junior Men (18 and under)	Junior Women (18 and under)

1) Divisions for the North American Speedskating Marathon:
   a) The divisions in the table above may be used or otherwise determined by the host country and organizing committee.

B) Distances:
1) The distances for the National Speedskating Marathon will be 25 kilometers and 50 kilometers.
   a) The distances for the North American Speedskating Marathon will be determined by the host country and organizing committee.

C) Final Classification:
1) For each race in the National Marathon, the Class Champion will be the contestant who completes the course in the fastest time. (Points do not apply)