



**U S** SPEEDSKATING

**2023-2024  
SHORT TRACK  
SPEEDSKATING  
RULES AND REGULATIONS**

# Table of Contents

<b>Section 1</b>	<b>General Information.....</b>	<b>3</b>
	<ul style="list-style-type: none"><li>• US Speedskating Rules of Competition</li><li>• 2023-24 Qualified Medal Contenders</li></ul>	
<b>Section 2</b>	<b>Domestic Qualification and Ranking Competitions/Events.....</b>	<b>9</b>
	<ul style="list-style-type: none"><li>• US Speedskating Short Track US Championships and YOG Qualifier</li><li>• US Speedskating Short Track US Junior Championships and Winter World Cup Team Qualifier</li><li>• Domestic event qualifications, standards, formats and procedures</li></ul>	
<b>Section 3</b>	<b>International Competitions/Events and Qualifying.....</b>	<b>15</b>
	<ul style="list-style-type: none"><li>• Reservation</li><li>• US Speedskating Short Track US Championships and YOG Qualifier (Fall World Cup Team Qualifier 1-4)</li><li>• US Speedskating Short Track US Junior Championships and Winter World Cup Team Qualifier (World Cups 5-6)</li><li>• ISU World Short Track Championships</li><li>• ISU Four Continents Short Track Championships</li><li>• ISU World Junior Short Track Championships</li><li>• ISU Junior World Cups and other international events</li></ul>	
<b>Section 4</b>	<b>2023-24 National Rankings.....</b>	<b>27</b>
	<ul style="list-style-type: none"><li>• Individual Distance Season Standings</li><li>• Overall National Ranking</li><li>• National Distance Rankings</li></ul>	
<b>Section 5</b>	<b>2023-24 National Training Designations.....</b>	<b>28</b>
	<ul style="list-style-type: none"><li>• National Training Program qualification and composition</li><li>• National Junior Team qualification</li><li>• Development Team qualification</li><li>• Medal Contender clause criteria and process</li><li>• Level system process, benchmarks &amp; Bonus potential</li></ul>	
<b>Section 6</b>	<b>Age Group National .....</b>	<b>34</b>
	<ul style="list-style-type: none"><li>• Competition format and mandatory distances</li><li>• National Club Championship</li></ul>	
<b>Section 7</b>	<b>Appendices.....</b>	<b>39</b>
	<ul style="list-style-type: none"><li>• Division Age Classifications/ Qualification Time Standards</li><li>• Level System Markers</li></ul>	

# SECTION 1

## GENERAL INFORMATION

Notwithstanding anything that may be printed in any written materials before or during a competition and any statements made orally at any time by any persons, including but not limited to US Speedskating (USS) Employees, Board Members, or others, the USS 2023-2024 Short Track Speedskating Regulations will take precedent in all instances. If there are amended rules and regulations or selection procedures, THEN THOSE WILL BE COMMUNICATED TO ALL COMPETITORS AT LEAST 10 DAYS IN ADVANCE OF THE COMMENCEMENT OF THE EVENT START. Those properly amended rules and regulations will supersede the original and ANY PREVIOUSLY amended rules and regulations.

In the event of a cancellation of either USS or ISU competitions, the USS Short Track Task Force will revisit all areas of the Rules and Regulations that may need to be amended.

## USS RULES OF COMPETITION

**A) General.** All US Short Track Speedskating Olympic Trials, Youth Olympic Trials, US Team Selection Competitions, Championships and Age Group National Championships (collectively “Competitions”) will be conducted in accordance with applicable International Skating Union (“ISU”) racing rules and regulations, unless stated otherwise. In instances of doubt or for clarity needed, the Chief Referee in consultation with the USS Technical Representative or ST Program Director can use their discretion to resolve the situation.

The ISU racing rules, and these modifications herein are intended to be used when conducting all local club and regional competitions sanctioned by US Speedskating. The member may alter or waive certain rules provided the change is published in advance of the start of competition and/or is included on the competition entry form.

**B) ISU.** All changes made by the ISU in regulations and racing rules and/or ISU communications that are applicable to these USS Rules and Regulations will be incorporated and/or adopted and go into effect the same day the ISU regulations and racing rules and/or communications take effect for competitions listed in Section 2. In instances of doubt or for clarity needed, the Chief Referee in consultation with the USS Technical Representative or ST Program Director can use their discretion to resolve the situation.

**C) Eligibility/Citizenship.** A skater must be a citizen of the United States to represent/compete for the USA at the Winter Olympic Games and/or Youth Olympic Winter Games.

To represent the USA at ISU events, skaters must be a citizen of the United States or hold permanent or temporary resident cards with a valid ISU clearance certificate to compete for USA.

US Championships, US Team Selection Competitions, and other potential USS events may be open to international/foreign skaters, unless otherwise stated.

The Age Group National Championships events are open to US citizens or those that have, at a minimum, a temporary or permanent resident card for the United States.

**Eligibility Age Requirements.** The US Championships, and US Team Selection Competitions are open to those that are ISU eligible by age unless otherwise stated. Additionally, those that are within one year of reaching the minimum ISU age for junior ISU events are able to register as well subject to qualifying time standards unless otherwise stated, i.e., Skaters must have reached the age of 14 before July 1<sup>st</sup> of the current season.

To be eligible to represent USA at an ISU event, you must still meet the ISU age requirements per ISU rule 108.

- To participate in Senior ISU events, you must be 16 by July 1<sup>st</sup> of 2023.
- To participate in Junior ISU events, you must be 15 by July 1<sup>st</sup> of 2023.

**D) Relay Team Selection.** A relay specialist is a skater that has proven the ability to perform in the gender/Mixed Team relay events. The ability to perform is determined by international results from the previous season and the data collection tracked by the Short Track Program. The ST Director, Head Coach and the ST Task Force Athlete Representative will consult in making these decisions. In addition, USS tracks relay results at international events and observes races at domestic events. The program staff will be looking at such things as:

- Attendance at World Cups and ISU events
- Competitive relay results
- Times from electronic timing systems (that populate the Level System)
- Objective testing measures

The above criteria and information will be used to potentially select skaters for possible Relay Specialist positions on international teams including World Cups, ISU Championships, and the Olympic Games as outlined in the selection criteria for each event.

At all international-level events (Olympic Games, World Cups, World Championship(s), International competitions, etc.), the assigned USS coaching staff in attendance at the event will select which skaters will skate in each round as a member of the relay team.

**E) Seed Times/Qualifying Times.** Submitted seed times and qualifying times for competitions must have been established between July 1 of the previous season and the date of the entry deadline for the competition to be skated, unless otherwise noted or there are limited entries. Achieved times must be equal to or faster than the standard set for each competition.

1. The US Championships, US Team Selection Competitions, qualifying times/seed times acceptable are:
  - a. Qualifying times must have been achieved at any ISU, USS, or any other national governing body sanctioned competition that is printed in a published protocol and accessible online. The skater has the obligation to provide the protocol if requested.
  - b. Seed times must have been achieved at ISU, USS, or other national governing body sanctioned competitions using electronic timing/photo finish. These times will be used for seeding each distance.
  - c. Skaters without a seed time available from an electronic timing system will be seeded last, after those with electronic timing system seed times.
2. For Age Group National Championships, qualifying times/seed times must have been achieved at an ISU, USS or any other national governing body sanctioned competition that is printed in a published protocol and accessible online.

3. Times entered must be accurate to the thousandths of a second (m:ss.xxx). In the rare situation needed, the Short Track Program Director has discretion to approve unverifiable times.

**F) Uniform.** At all USS events, no American skater may wear a current USS issued team uniform or racing suit in a competition that he or she did not earn, and which was not issued by USS to such skater personally. All uniforms worn in USS or ISU competitions by American skaters must comply with the USS Athlete Agreement and the ISU rules on trademarks and sponsorship markings (ISU Communication 2221). No member of USS may wear a uniform with the markings of a foreign country unless they are representing another country. The Referee or the Technical Representative may issue a warning and if no corrective action is taken, the skater may be penalized.

For the Age Group National Championships and/or other international events, skaters are encouraged to wear their club or association team uniform.

**G) Electronic Timing / Photo Finish.**

1. Electronic timing and photo finish are scheduled to be at US Championships, Age Group National Championships, and all US Team Selection Competitions. Transponders will be used, but not limited to these events, to gather lap time data for the USS Level System rankings.
2. The time recorded by the photo finish system will be the official time. In the event that the photo finish system fails to record a time for a race or time trial then the results from the manual timekeeping plus 0.2 seconds will be the official finish time used for that race or time trial only.

**H) Entry Deadline.** Generally, the entry deadline is ten days prior to the first day of competition unless otherwise stated on the competition announcement. If the entry deadline falls on a weekend or US legal holiday, the entry deadline will be first day after the weekend or US legal holiday. Late entries if available will be accepted up to five days prior to the first day of competition. This will be known as the late entry deadline. If the late entry deadline falls on a weekend or US legal holiday, the late entry deadline will be first day after the weekend or US legal holiday. Late entries are subject to a \$100 late fee in addition to the event registration fee. Any entry request received less than 5 days prior to the first day of competition will need to be approved by the USS Short Track Manager (or his/her designee) and will be subject to an extra \$200 fee.

**I) Safety.**

1. **Cut-Resistant Protection.** All USS member skaters are required to wear full-body cut-resistant protection (either integrated into the skinsuit or separate underwear). Please take note of ISU Communication 2400 and that USS will follow the ISU's guidance regarding the Level of mandatory and recommended equipment for the 2023-2024 season.
  - a. USS Selection competitions
    - i. Mandatory required minimum: full-body cut resistant Level 3 suit and cut resistant Level 3 gloves.
  - b. Age Group Nationals
    - i. Mandatory required minimum: full-body cut resistant Level 2 suit.
    - ii. Highly recommended: full-body cut resistant Level 3 suit.

- c. Regional/club competitions
    - i. Highly recommended minimum: full-body cut resistant Level 2 suit.
2. **Helmet.** Safety type headgear that is in compliance with the current ASTM standard (American Society for Testing and Materials) for Short Track Speedskating must be worn. The helmet must have a regular shape and may not have protrusions (per ISU Rule 291), and must be properly strapped. For information regarding personalized helmet designs, see ISU communication 2404.
3. **Gloves.** As per ISU rule 291 it is required that skaters wear Level 3 cut-resistant gloves or mitts for protection. Gloves must be predominantly white in color.
4. **Eye protection.** All skaters are required to wear appropriate safety eye protection. Eye protection should be shatter-resistant glasses or a complete visor. A safety strap to hold the eyeglasses recommended.
5. **Other.** All skaters are required to wear shin protection, padded or padded hard shell knee protection, and have neck protection of cut-resistant nature fully covering the neck (ISU rule 291).

**J) Medical Procedures.** Medical procedures at all USS selection competitions, and relevant events can be found in the USS Event Hosting Manual.

**K) Notification.** Skaters should be prepared in advance of a selection competition to accept or decline their position if they choose.

When qualified to a USS team, all skaters must notify in writing to the USS Program Director or HP Manager whether they accept or decline participation in the applicable event(s) within two hours of the completion of the selection unless otherwise stated. This is done by signing the Letter of Intent provided by and as written by USS. This applies for funded and self-funded skaters.

This commitment is used, in part, for management purposes for travel planning and determining the number of discretionary invitations that may be extended to other skaters to potentially fill the quota.

Skaters must be prepared to travel with the team on the dates identified by US Speedskating and the ST Program Director. Skaters must have the appropriate information (passports, etc.) available for team processing at the qualifying event.

All additional expenses incurred by USS, should a skater change their commitment, will be at the cost of the skater. This commitment to attend or not attend the event(s) is binding. Skaters are committed to race the events in which they have qualified and agree to compete based on their signed Letter of Intent, unless determined otherwise by the appointed coaching staff and team leaders in attendance.

**L) Athlete Agreement.** Funding for the various camps, international events (World Cup and/or development), and ISU Championships will be provided only to skaters that have signed the USS Athlete Agreement from the current season and have met the applicable qualification and time standards.

**M) Replacement Skaters.** In the event any qualifying skaters decline their positions on any team, the USS ST Director, Head Coach, and the ST Task Force Athlete Representative have discretion to name

replacement skater(s). Unless USS deems necessary (i.e., filling spots for a relay team or naming a relay specialist), USS will comply with its “NO MOVE UP” policy. The procedure for replacing a qualifying skater is detailed below under each respective International Event Qualifying Criteria.

**N) Other International Events.** USS may identify development competitions opportunities seen as opportunities for developing skaters for which they may select a traveling team. These traveling teams may have full, partial or no funding provided, and support is at the sole discretion of USS for other international event opportunities. Other international events may include such events as but not limited to the ISU Junior World Cups, FISU Games, Mountain Classic, Canadian Invitational, Western Elite, Quebec Cups or other International events not listed.

To select a traveling team, the previous qualification event and/or other international events may be used along with results and rankings from the previous season and current Level System results. Consideration will be given around timing of what events will be used for team selection given the logistic of booking travel and will be done on a case-by-case basis for each event.

If the event opportunity is considered “Development”, skaters identified may be restricted to ‘Neo-senior’ which is defined as ISU Junior age or up to 3 years post their Junior eligibility. Funding and support of any senior skaters for these development events, if eligible, is at the sole discretion of the USS Short Track Program Director.

USS reserves the right to select athletes unable to compete at previous selection event(s) due to a verifiable illness, injury, or exceptional circumstance directly to the traveling team for an international event.

#### **O) Coaching Policy.**

##### **1. International Events.**

- a. USS will select the coaches to represent USS and its teams at the international events listed herein. These coaches will be the USS National Training Program (NTP) coaches unless USS determines the need for additional support by Non-NTP coaches as members of the official USS coaching delegation.
- b. Non-NTP coaches selected as members of the official USS coaching delegation must be USS Certified Level 3 coaches or approved by USS as working toward obtaining their Level 3.
- c. The USS Short Track Coaching Policy is not applicable to the Winter Olympic Games.

2. **US Domestic Events.** All coaches must be USS Certified Level 2 or above to receive coaching credentials for the USS Short Track events listed herein.

#### **2023-2024 QUALIFIED MEDAL CONTENDERS FOR ISU EVENTS**

Kristen Santos-Griswold

- 2022-2023 Results:
  - 6<sup>th</sup> in the 1500m at the 2023 ISU World Short Track Championships
  - 4<sup>th</sup> in the 1500m ISU World Cup Classification in the 2022-2023 season/current World Ranking
  - 5<sup>th</sup> in the Overall World Cup Classification (Crystal Globe) in the 2022-2023 season

Corinne Stoddard

- 2022-2023 Results:
  - 5<sup>th</sup> in the 500m at the 2023 ISU World Short Track Championships
  - 5<sup>th</sup> in the 1000m ISU World Cup Classification in the 2022-2023 season/current World Ranking

A Medal Contender wishing to invoke their medal contender status must proceed as identified in the 'medal contender process' in section 5.



# **SECTION 2**

## **USS DOMESTIC QUALIFICATION AND RANKING COMPETITIONS / EVENTS**

### **US SPEEDSKATING SHORT TRACK US CHAMPIONSHIPS –**

September 22-24, 2023, Salt Lake City, UT

The US Championships will serve as the qualifying event for selection of the Fall World Cup Team and Youth Olympic Games Team. The US Championships shall run under ISU rules, except where noted herein. Please note that the Zero false start starting procedure will be in effect at USS Selection events for this 2023-2024 season and going forward.

- This event is open to US citizens or those that have, at a minimum, a temporary or permanent resident card for the United States with an ISU clearance certificate to represent the United States in international competitions.
- The maximum number of allowed entries will be 60 per gender.
- To compete in the US Championships, all skaters must meet the entry time standard of:
  - Women 500m of 48.50
  - Men 500m of 46.00
- This event is open to athletes who have reached the age of 14 before July 1<sup>st</sup> of the current season.
- Relays will be mandatory for all skaters at the US Championships. Depending on the final number of skaters, some athletes may not be assigned to skate the relay.

See USS Rules of Competition, Section C for Eligibility/Citizenship and Section E for Seed times/Qualifying times.

### **US SPEEDSKATING SHORT TRACK US JUNIOR CHAMPIONSHIPS AND WINTER WORLD CUP TEAM QUALIFIER –**

January 6-8, 2024, Salt Lake City, UT

The US Junior Championships and Winter World Cup Team Qualifier will serve as the qualifying event for selection of the World Cup Team, World Championships Team, and World Junior Championships Team. The US Junior Championships and Winter World Cup Team Qualifier shall run under ISU rules, except where noted herein. Please note that the Zero false start starting procedure will be in effect at USS Selection events for this 2023-2024 season and going forward.

- This event is open to US citizens or those that have, at a minimum, a temporary or permanent resident card for the United States with an ISU clearance certificate to represent the United States in international competitions.
- The maximum number of allowed entries will be 60 per gender
- To compete in the US and US Junior Championships, all skaters must meet the entry time standard of:
  - Women 500m of 48.50
  - Men 500m of 46.00
- This event is open to athletes who have reached the age of 14 before July 1<sup>st</sup> of the current season.

- In the event that there are more entries than the maximum 60 spots, the field will be reduced based on 500m submitted seed times.
- Relays will be mandatory for all skaters at the US Junior Championships and Winter World Cup Team Qualifier. Depending on the final number of skaters, some athletes may not skate the relay.

See USS Rules of Competition, Section C for Eligibility/Citizenship and Section E for Seed times/Qualifying times.

## **DOMESTIC EVENT QUALIFICATIONS, STANDARDS, FORMATS & PROCEDURES**

### **DIVISIONS.**

1. All events will consist of a single division per gender.
2. An age group competition may be held in conjunction as requested by the local organizing committee with approval from USS.

### **COMPETITION FORMATS.**

1. The US Championships, US Junior Championships, and Winter World Cup Team Qualifier events will be conducted as an **All Finals – Elimination** progression.
  - a. The scheduled number of skaters in each round and in the Final races will be according to the qualification table published on the USS website.
  - b. Depending on the number of entries the maximum number of skaters in the A and B Finals will follow the principle of ISU Rule 295. For qualifying rounds and lower finals, the number of skaters per race may be higher. In the event the number of entries in a division are lower than normal, the competitor steward in consultation with the technical representative, may alter the qualification schedule.
  - c. Finals will be run in reverse alphabetical order. The order of Finals between genders may be altered for the purpose of the production of the event. 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.

### **EVENT QUALIFICATION TIME STANDARDS.**

To compete in events, all skaters must meet the entry time standard of:

US Championships, US Junior Championships and Winter World Cup Team Qualifier

- Women 500m of 48.50
- Men 500m of 46.00

See USS Rules of Competition, Section C for Eligibility and Section E for Seed times/Qualifying times.

### **COMPETITION SCHEDULES.**

1. The ranking list used for seeding will be provided at the team/coaches meeting held the day before the competition. Meeting times will be designated in the event information.

2. The competition schedule will be finalized after skater check-in is complete and will be available at the team/coaches meeting.
3. Relays, gender-specific and/or Mixed Team will be added to each competition. All skaters registered have to participate unless there is evidence from a USS approved medical doctor of inability to skate based on a medical reason. Scheduling relay rounds will be discussed in the coaches meeting.
4. Make-up of the races for the single distances will be posted during the warm-up session each racing day.
5. The draft schedule for the USS events shall be as follows but may be amended as needed by the LOC and the competition officials in consultation with the USS technical representative:
  - a. The schedule for US Championships, US Jr Championships/Winter World Cup Team Qualifier shall be as follows:
    - Day 1: 1500m (1) & 500m (1) Qualifying Rounds and Finals
    - Day 2: 1000m (1) & 1500m (2) Qualifying Rounds and Finals
    - Day 3: 500m (2) & 1000m (2) Qualifying Rounds and Finals

**MAKE UP OF QUALIFYING ROUNDS, SEEDING AND PROGRESSION RULES.**

1. For the US Championships, US Junior Championships/Winter World Cup Team Qualifier, ranking and seeding the first Qualifying Round of each distance (1500m (1)/500m (1)/1000m (1)) will be according to the National Distance Ranking. Skaters without a National Distance Ranking will be placed on the Seeding List after the Skater with a National Distance Ranking according to their best time from July 1, 2022 to the start of the event. These times must be submitted in their registration entry form. The seeding list for the first Qualifying round of each distance (1500m (2)/500m (2)/1000m (2)) will be the previous respective distance classification. Ties for seeding will be broken by random draw.
2. Seeding will always be done in a clockwise serpentine manner. Lane position for the first qualifying round of each distance will be according to the seeding list for that distance. The order in which the heats will race will be drawn randomly.
3. For subsequent Qualifying Rounds, direct qualifiers and any additional (+) qualifiers by next fastest place shall be ranked according to the current distance classification and seeded into the next qualifying round. In case of equal times over the distance, a draw will establish the order. Lane position will be decided by times skated in the previous round.

## COMPETITION POINT SYSTEM.

Final Points will be awarded in individual distances according to the following table. Please note this is the new ISU points scoring system.

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	10000	16	874	31	143	46	29	61	8
2	8500	17	743	32	129	47	27	62	7
3	7225	18	631	33	116	48	24	63	6
4	6141	19	536	34	104	49	21	64	5
5	5220	20	456	35	94	50	19	65	4
6	4437	21	410	36	84	51	18	66	3
7	3771	22	369	37	76	52	17	67	2
8	3206	23	332	38	68	53	16	68*	1
9	2725	24	299	39	62	54	15		
10	2316	25	269	40	55	55	14		
11	1969	26	242	41	50	56	13		
12	1673	27	218	42	45	57	12		
13	1422	28	196	43	40	58	11		
14	1209	29	177	44	36	59	10		
15	1028	30	159	45	33	60	9		

\* Skaters ranked 68<sup>th</sup> and beyond in the distance classification will also receive 1 point

1. Final Points will be awarded in descending order following the ranking of the distance classification. Final points will not be awarded in the case of a DNS in the first round or a YC or RC in any round.
2. In the case of a tie, all Skaters involved will receive points awarded for their rank (i.e. tie on 2<sup>nd</sup>- both Skaters will receive 8500 pts). The points for the subsequent ranking place (i.e. 3<sup>rd</sup>) will not be awarded. Points will resume with the subsequent ranking place (i.e. 6141 pts for 4<sup>th</sup> place).

## DISTANCE CLASSIFICATION.

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

1. By Final round beginning with group/block A, then B, then C, etc.
2. 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.
3. 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.
4. 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.

5. Skaters that Did Not Finish (DNF) in the 1<sup>st</sup> qualifying round will be ranked with the same ranking.
6. Skaters that received a Penalty in the 1<sup>st</sup> qualifying round will be ranked next with the same ranking.
7. Skaters that receive a Yellow Card in **any round** will be ranked next with the same ranking.
8. Skaters that receive a Red Card in **any round** or Do Not Start (DNS) the 1<sup>st</sup> qualifying round will not receive a rank but listed at the bottom of the distance classification in the following order: RC, DNS.

### **COMBINED DISTANCE CLASSIFICATION (CDC)**

A classification made by combining the final classifications of the same two distances. Skaters shall be ranked in the following order:

1. Highest total number of Final Points
2. Combined distance ranking over both distances
3. Best ranking achieved in one of the two distances.
4. Best Time in any race over the two distances.

### **SPECIAL OVERALL CLASSIFICATION**

A classification made by combining the best four (4) out of six (6) Distances included in the Overall Classification.

Skaters shall be ranked in the following order:

1. Highest total number of Final Points over the best four (4) out of six (6) distances.
2. Best combined ranking over the best four (4) out of six (6) distances.
3. Best ranking in one (1) out of the best four (4) distances.
4. Highest rank in the Overall Classification

### **OVERALL CLASSIFICATION**

The Overall Classification combines the combined distance classifications in the following order:

1. Highest total number of Final Points
2. Combined ranking over all combined distance classifications.
3. Best rank achieved in one of the combined distance classifications and subsequent best rankings.
4. Best Time over the middle distance (1000m).

### **SANCTIONS AND CONSEQUENCES: SPECIAL CONSIDERATIONS**

1. A table that describes sanctions and consequences can be found in the respective qualification tables published on the USS website.
2. 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. This does not apply to the starting procedure. The results of skater(s) excluded from the restart for this reason will show "Did Not Finish" (DNF). 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, or let the skater participate in the restart of the race.

3. 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.

#### **MAKE-UP OF EXHIBITION RELAY TEAMS FOR USS COMPETITIONS.**

1. While relay events are considered exhibition races, those who register for USS events are showing intent to participate in relay events and should be prepared to race any/all relay events if assigned to a team. These exhibition races are critical development opportunities and may help with relay team selection and possible team selections in the future.
2. Seeding the teams for exhibition relay events (both gender specific and Mixed Team relay events) will be done by the Competitors Steward using the 500m submitted seed times in consultation with the Tec Rep and/or USS Representative on site.
3. The composition of teams will be discussed/announced in the coaches meeting.

# **SECTION 3**

## **USS INTERNATIONAL COMPETITIONS / EVENTS AND QUALIFYING**

### **RESERVATION**

USS reserves the sole right, at any time, to make changes to the funded competition schedule and is not obligated to send staff or fund a team to any international events or any particular competition. Only athletes that qualify for international events or competitions (as designated below) are eligible to be entered in and/or have travel costs covered for such events or competitions. If a qualified athlete chooses not to attend, it will be the USS Short Track Program Director or his/her designee's decision to replace that athlete's position at the event/competition. Funding may or may not be covered. See the USS athlete services grid for an overview of services and benefits with international teams.

For the ISU events held by USS on home soil efforts may be made to fill the quota spots to represent our country. Note, however, that athletes not making the funding times are still considered self-funded athletes as per the Athlete Services Grid.

### **US CHAMPIONSHIPS (ISU WORLD CUPS 1-4)**

**Eligibility.** ISU Rule 286 determines the eligibility of the USA to submit entries for these competitions.

**Entry Quotas.** USS will have a maximum quota of 6 spots per gender for the ISU World Cups as per ISU Rules and Regulations and ISU Communication 2407.

### **Participation and Funding Requirements (World Cups 1 & 2)**

1. The athlete has signed the USS Athlete Agreement for the current season.
2. The athlete has qualified as per the selection procedures.
3. For World Cups 1 – 2 USS may send and fund up to a full quota of 6 men and 6 women. USS reserves the right to reduce the funded team size (by gender or World Cup event) based on predicted international competitiveness based on the following criteria:
  - a. For World Cups 1-2, skaters having met one of the following funding time standards at an ISU or USS sanctioned event between July 1, 2022 and the conclusion of US Championships.

➤ 500m (women): 43.75	500m (men): 41.50
➤ 1000m (women): 1:30.50	1000m (men): 1:26.00

USS reserves the right to fund the next qualified skater(s) if needed for the relay. Skater(s) who do not meet the funding time standard may elect to self-fund as long as they are ranked in the top 6 according to the following selection procedures.

4. Skaters may elect/declare to compete in World Cups 1 & 2, but they must commit to the pair of events unless approved by the ST Program Director (i.e. skaters cannot elect to go to World Cup 1 but not World Cup 2). The rationale for this is both financial and logistical. A skater's letter of intent is a commitment to travel with the team to World Cups 1 & 2 unless otherwise approved by the ST Program Director.

#### **Selection Procedures (World Cups 1 & 2) – Team Selection**

1. The first ranked American skater in each combined distance classification (500m, 1000m and 1500m) at US Championships will be named to the team.
2. If a medal contender invokes their medal contender status, they may be named to the team.
3. Remaining positions, bringing the World Cup Team up to 6 per gender, will be selected from the special overall classification.

#### **Selection Procedures (World Cups 1 - 4) – Allocation of Start Positions**

1. Combined Distance Classifications from US Championships will be used to determine who will compete in each individual distance at World Cups 1-4. The following will apply for individual distance selection:
  - a. The winner in each Combined Distance Classification from US Championships will have priority to compete in that distance.
  - b. If a medal contender is named to the team, they will have priority to compete in the distance in which they were granted the medal contender status.
  - c. In the event that skaters through point “4a” do not compete in the respective distance, their quota spot, the 2<sup>nd</sup> and the 3<sup>rd</sup> remaining quota spot for each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative.

Replacement of skaters. Unless USS deems necessary (i.e. filling a relay or naming a relay specialist), USS will comply with its “NO MOVE UP” policy. In the event any qualifying skater(s) decline(s) their position(s) on the World Cup Team, USS may name replacement skater(s) from the same qualifying event used to select the original team members. Funding of the replacement athletes is at the sole discretion of USS.

#### **Participation and Funding Requirements and Selection Procedures – Team Selection (World Cups 3 & 4)**

1. The athlete has signed the USS Athlete Agreement for the current season.
2. The athlete has qualified for the World Cups 1 & 2.
3. For World Cups 3 - 4 USS may send and fund up to a full quota of 6 men and 6 women. USS reserves the right to reduce the funded team size (by gender or World Cup event) based on predicted international competitiveness based on the following criteria:



- a. For World Cups 3-4, skaters having met one of the following funding time standards at an ISU or USS sanctioned event between July 1, 2022 and the conclusion of World Cups 1-2.
  - 500m (women): 43.25                      500m (men): 41.00
  - 1000m (women): 1:29.50                1000m (men): 1:25.00
- b. In addition, for World Cups 3-4, skaters will have to meet one of the following performance results.
  - 2 x Top 20 in any individual distance at the ISU World Cups 1-2 if there are at least 40 skaters competing in that distance. If there are less than 40, skaters will need to finish at least in the top 50% of the competing field. For example, if 25 skaters compete in a distance, skaters will have to place at least 12<sup>th</sup> in that distance.
  - Be a qualified Medal Contender Status for ISU events for the 2023-24 season.
  - Member of the 2023-2024 World Cup Team and achieved at least 2 top 6 finishes in the gender and/or Mixed Team relay events. A skater has to earn the top 6 finish by competing in the A or B final, or where the skater competes in the semi-final only and the team qualifies for the A final.

USS reserves the right to fund the next qualified skater(s) who meets the funding time standards if needed for the relay.

4. Skaters may elect/declare to compete in World Cups 3 & 4, but they must commit to the pair of events unless approved by the ST Program Director (i.e. skaters cannot elect to go to World Cup 3 but not World Cup 4). The rationale for this is both financial and logistical. A skater's letter of intent is a commitment to travel with the team to World Cups 3 & 4 unless otherwise approved by the ST Program Director.
5. Replacement of skaters. Unless USS deems necessary (i.e. filling a relay or naming a relay specialist), USS will comply with its "NO MOVE UP" policy. In the event any qualifying skater(s) decline(s) their position(s) on the World Cup Team, USS may name replacement skater(s) from the same qualifying event used to select the original team members. Funding of the replacement athletes is at the sole discretion of USS.

## **2024 YOUTH OLYMPIC GAMES**

All information pertaining to the nomination of the US Youth Olympic Team is posted on the USS website.

## **WINTER WORLD CUP TEAM QUALIFIER (ISU WORLD CUPS 5 & 6)**

**Eligibility.** ISU Rule 286 determines the eligibility of the USA to submit entries for these competitions.

**Entry Quotas.** USS will have a maximum quota of 6 spots per gender for the ISU World Cups as per ISU Rules and Regulations and ISU Communication 2407.

**Participation and Funding Requirements.**

1. The athlete has signed the USS Athlete Agreement for the current season.
2. The athlete has qualified as per the selection procedures.
3. For World Cups 5 & 6 USS may send and fund up to a full quota of 6 men and 6 women. USS reserves the right to reduce the funded team size (by gender or World Cup event) based on predicted international competitiveness based on the following criteria:
  - a. For World Cups 5 & 6, skaters having met one of the following time standards at an ISU or USS sanctioned event between July 1, 2022 and the conclusion of the Winter World Cup Qualifier.
 

➤ 500m (women): 43.25	500m (men): 41.00
➤ 1000m (women): 1:29.50	1000m (men): 1:25.00

USS reserves the right to fund the next qualified skater(s) if needed for the relay. Skater(s) who do not meet the funding time standard may elect to self-fund as long as they are ranked in the top 6 according to the following selection procedures.

4. Skaters may elect/declare to compete in World Cups 5 & 6 but they must commit to the pair of events unless approved by the ST Program Director (i.e. skaters cannot elect to go to World Cup 5 but not World Cup 6). The rationale for this is both financial and logistical. A skater's letter of intent is a commitment to travel with the team to World Cups 5 & 6 unless otherwise approved by the ST Program Director.

#### **Selection Procedures – Team Selection**

1. Skaters ranked in the top 8 in an individual distance World Cup Classification (500m, 1000m or 1500m) or top 8 in the overall World Cup Classification (Crystal Globe) after World Cup 4 are selected for World Cups 5 & 6.
  - a. Skaters selected based on individual distance World Cup Classification or overall World Cup Classification (Crystal Globe) do not have to compete in the Winter World Cup Team Qualifier.
  - b. If more than six (6) skaters of the same gender are selected, ties will be broken based on the following:
    - i. Highest rank in an individual distance World Cup Classification
    - ii. Highest rank in the overall World Cup Classification (Crystal Globe)
2. Subject to point 4 below, winner of the combined distance classification from the Winter World Cup Team Qualifier (500m, 1000m, or 1500m) may be selected for World Cups 5 and 6. In the event the skater is the same as in point 1, there is no roll-down.
  - a. If more than six (6) skaters of the same gender are selected after point 2, ties will be broken based on the following:
    - i. Highest special overall classification
    - ii. Highest overall classification
3. Subject to point 4 below, remaining positions will be selected from the special overall classification.

4. USS reserves the right to select a relay specialist to the Winter World Cup Team. The relay specialist would replace the last skater selected from points 1,2 or 3 above. A relay specialist skater may be named by either of the two options:
  - a. The Relay Specialist may be a skater who can meet the two following criteria:
    - i. Ranked in the top 8 of the special overall classification from Winter World Cup Team Qualifier
    - ii. Member of the 2023-2024 World Cup team and achieved either 3 top 6 finishes or 2 relay medals in the gender and/or Mixed Team relay events. A skater has to earn the top 6 finish by competing in the A or B final, or where the skater competes in the semi-final only and the team qualifies for the A final.
  - b. Or, there is evidence from a USS approved medical doctor of inability to qualify for the team based on a medical reason. The skater still needs to meet point 4.a.ii. above.

Relay Specialists may be selected in consultation between the ST Program Director, USS Head Coach and Short Track Task Force Athlete Representative as per “Rules of Competition 1D”.

### **Selection Procedures – Allocation of Start Positions**

The following will apply for individual distance selection at World Cup 5 and World Cup 6:

1. Pre-qualified skater(s) will have priority to compete in the distance(s) in which they were pre-qualified.
2. The winner of each Combined Distance Classification from Winter World Cup Team Qualifier will have priority to compete in that distance.
3. In the event that skaters through point “1” or “2” do not compete in the respective distance, their quota spot, the 2<sup>nd</sup> and the 3<sup>rd</sup> remaining quota spot for each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative.

Replacement of skaters. Unless USS deems necessary (i.e. filling a relay or naming a relay specialist), USS will comply with its “NO MOVE UP” policy. In the event any qualifying skater(s) decline(s) their position(s) on the World Cup Team, USS may name replacement skater(s) from the same qualifying event used to select the original team members. Funding of the replacement athletes is at the sole discretion of USS.

### **WORLD SHORT TRACK SPEEDSKATING CHAMPIONSHIPS**

#### **Eligibility.**

1. ISU Rule 281 determines the eligibility of the USA to submit entries for these competitions.
2. Minimum qualifying times are required for entry in this ISU Championship as stated in ISU Communication 2415.

**Entry Quotas.** The World Short Track Championships Team will be comprised of four (4) Women and four (4) Men if gender relay teams are qualified and two (2) Women and two (2) Men if a mixed team relay team is qualified. If no relay team is qualified, US Speedskating's ISU entry quota (individual starting positions) for individual events at the 2023-2024 World Short Track Championships shall be three (3) Women and two (2) Men and only those will be sent. USS may elect to fund a substitute to travel with the team if deemed competitive for this event.

**Participation & Funding.** USS will provide travel support provided that:

1. Athlete has signed the USS Athlete Agreement for the current season.
2. Athlete has qualified as per the selection procedures.
3. For World Championships, USS may send and fund a team up to the abovementioned entry quotas. USS reserves the right to reduce the funded team size (by gender) based on predicted international competitiveness based on the following criteria:
  - a. For World Championships, qualified relay teams must be ranked in the top 8 in the World Cup Classification after World Cup 6 to receive funding.
  - b. For World Championships, skaters having met one of the following time standards at an ISU or USS sanctioned event between July 1, 2022 and the conclusion of the Winter World Cup Qualifier.
    - 500m (women): 43.25                      500m (men): 41.00
    - 1000m (women): 1:29.50                      1000m (men): 1:25.00

USS reserves the right to fund the next qualified skater(s) if needed for the relay. Skater(s) who do not meet the funding time standard may elect to self-fund as long as they are ranked in the top 5 according to the following selection procedures.

### **Selection Procedures – Team Selection**

Subject to US Speedskating's ISU entry quota, athletes will be selected to the World Championships team as follows:

1. Skaters selected for World Cups 5-6 through pre-qualification criteria.
2. Skaters ranked in the top 10 in an individual distance World Cup Classification (500m, 1000m or 1500m) or top 10 in the overall World Cup Classification (Crystal Globe) after World Cup 6.
3. If there are more skaters selected who meet the criteria outlined in Points 1 and 2 above than there are available quota spots, ties will be broken as follows:
  - a. The skater with the highest final individual distance World Cup Classification will be selected.
  - b. If there is evidence from a USS approved medical doctor of the inability to compete in World Cups 5 and/or 6 based on a medical reason, a medal contender invoking their medal contender status may be named to the team.
  - c. The next skater(s) with the highest total World Cup points earned at World Cup 5-6 will then be selected.

4. Subject to point 6 below, winner of the combined distance classification from the Winter World Cup Team Qualifier (500m, 1000m, or 1500m) may be selected for the World Championships team. In the event the skater is the same as in point 1, there is no roll-down.
  - a. If more than six (6) skaters of the same gender are selected after point 2, ties will be broken based on the following:
    - i. Highest special overall classification
    - ii. Highest overall classification
5. Subject to point 6 below, remaining positions will be selected from the special overall classification.
6. USS reserves the right to select a relay specialist to the World Championships team. The relay specialist would replace the last skater selected from points 1, 2, 3, 4, or 5 above. A relay specialist skater may be named by either of the two options:
  - a. The Relay Specialist may be a skater who can meet the two following criteria:
    - i. Ranked in the top 8 of the special overall classification from Winter World Cup Team Qualifier
    - ii. Member of the 2023-2024 World Cup team and achieved either 5 top 6 finishes or 3 relay medals in the gender and/or Mixed Team relay events for a senior skater. A junior skater must achieve either 3 top 6 finishes or 2 relay medals in the gender and/or Mixed Team relay events. A skater has to earn the top 6 finish by competing in the A or B final, or where the skater competes in the semi-final only and the team qualifies for the A final.
  - b. Or, there is evidence from a USS approved medical doctor of inability to qualify for the team based on a medical reason. The skater still needs to meet point 6.a.ii. above.

Relay Specialists may be selected in consultation between the ST Program Director, USS Head Coach and Short Track Task Force Athlete Representative as per “Rules of Competition 1D”.

### **Selection Procedures – Allocation of Start Positions**

For each distance, start positions will be allocated as follows:

1. If skaters are ranked in the top 10 of an individual distance World Cup Classification under point 1 above:
  - a. The highest ranked skater in the current (WC 1-6) individual distance World Cup Classification (500m, 1000m, & 1500m) will be allocated the first start position in that respective distance.
  - b. Remaining start positions in each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative. The relay specialist may also be considered for the 2<sup>nd</sup> remaining individual distance quota spot for each distance. The following criteria will be taken into consideration:
    1. Performance at World Cup 5-6
    2. World Cup Distance Classification
    3. Performance at Winter World Cup Team Qualifier in the combined distance classification
2. If no skaters are ranked in the top 10 of an individual distance World Cup Classification under point 1 above:

- a. Winner of the combined distance classification from the Winter World Cup Team Qualifier (500m, 1000m, or 1500m) will be allocated the first start position.
- b. Remaining start positions in each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative. The relay specialist may also be considered for the 2<sup>nd</sup> remaining individual distance quota spot for each distance. The following criteria will be taken into consideration:
  1. Performance at World Cup 5-6
  2. World Cup Distance Classification
  3. Performance at Winter World Cup Team Qualifier in the combined distance classification
  4. Performance at Junior World Cups and World Junior Championships

## **FOUR CONTINENTS SHORT TRACK SPEEDSKATING CHAMPIONSHIPS**

### **Eligibility.**

1. ISU Rule 285 determines the eligibility of the USA to submit entries for these competitions.
2. Minimum qualifying times are required for entry in this ISU Championship as stated in ISU Communication 2415.

**Entry Quotas.** The Four Continents Short Track Championships Team may be comprised of up to five (5) Women and five (5) Men.

**Participation & Funding.** USS will provide travel support provided that:

1. Athlete has signed the USS Athlete Agreement for the current season.
2. Athlete has qualified per the selection procedures.
3. For the Four Continents Championships, USS may send and fund up to a full quota of 5 men and 5 women. USS reserves the right to reduce the funded team size (by gender or ISU event) based on predicted international competitiveness based on the following criteria:
  - a. For the Four Continents Championships, skaters having met one of the following funding time standards at an ISU or USS sanctioned event between July 1, 2022 and the conclusion of US Championships.
 

➤ 500m (women): 43.75	500m (men): 41.50
➤ 1000m (women): 1:30.50	1000m (men): 1:26.00

USS reserves the right to fund the next qualified skater(s) if needed for the relay. Skater(s) who do not meet the funding time standard may elect to self-fund as long as they are ranked in the top 5 according to the following selection procedures.

### **Selection Procedures.**

1. Selection for this event will be the top five (5) skaters per gender selected for the Fall World Cup Team provided they meet one of the abovementioned funding time standards.

2. If a skater declines their spot for the Four Continents Championships, the remaining spot may go to the next qualified skater on the Fall World Cup Team provided they meet one of the abovementioned funding time standards. USS reserves the right to fund the next qualified skater(s) if needed for the relay. Skater(s) who do not meet the funding time standard may elect to self-fund as long as they are ranked in the top 6 according to the following selection procedures.
3. Start positions will be allocated as follow:
  - a. The highest ranked skater in each individual distance World Cup Classification (500m, 1000m, & 1500m) will be allocated the first start position in that respective distance.
  - b. Remaining start positions in each distance will be allocated in consultation with the Coaching staff, ST Program Director, and the Athlete Representative. The following criteria will be taken into consideration:
    - i. Performance at World Cups 1-2
    - ii. Performance at US Championships
    - iii. International racing experience objectives

## **WORLD SHORT TRACK JUNIOR CHAMPIONSHIPS**

### **Eligibility.**

1. ISU Rule 283 determines the eligibility of the USA to submit entries for this Championships.
2. Minimum qualifying times are required for entry in this ISU Championship as stated in ISU Communication 2581.

**Entry Quotas.** The World Junior Championships Team may be comprised of up to four (4) Women and four (4) Men.

**Participation & Funding.** USS will provide travel support and funding provided that:

1. Athlete has signed the USS Athlete Agreement for the current season.
2. Athlete has qualified as per the selection procedures.
3. Athlete has met one of the time standards for the 500m or 1000m which must have been skated at any ISU or USS sanctioned competition between July 1, 2022 and the conclusion of US Junior Championships. Time standards are:
 

➤ 500m (women): 45.50	500m (men): 42.50
➤ 1000m (women): 1:33.50	1000m (men): 1:27.00
4. Skaters that have qualified for World Junior Championships based on placement but have failed to meet the time standards above, may elect to self-fund. Self-funded skaters may be partially reimbursed based on performance at World Junior Championships with a top 16 individual distance placement or a medal in the relay event. In such case, the amount of reimbursement is at the sole discretion of USS.

5. USS may elect to fund additional skaters who may not have a time standard for the purpose of filling a relay team.

**Point System for World Junior Championships Team Selection.** Final Points will be awarded in each individual distance. There will be no redistribution of points with removing ineligible skaters.

**Selection Procedures.** The primary selection competition will be US Junior Championships with consideration from World Cups 1-4.

1. Up to a maximum of two (2) skaters per gender may be pre-qualified directly to the Junior World Team.
  - a. For this consideration skaters will have to meet the following performance criteria.
    - 2 x Top 20 in any individual distance at the ISU World Cups 1-4 if there are at least 40 skaters competing in that distance. If there are less than 40, skaters will need to finish at least in the top 50% of the competing field. For example, if 25 skaters compete in a distance, skaters will have to place at least 12<sup>th</sup> in that distance.

If there are more than two skaters who meet the performance criteria, the two skaters with the highest individual finish in World Cups 1-4 will break the tie, followed by the second highest individual finish and so on. These skaters must compete in the US Junior Championships and be ranked in the top 6 in the special overall classification at US Junior Championships.

2. In the event skaters are prequalified from point 1:
  - a. Pending the number of skaters prequalified from point 1 the winner in each combined distance classification (500m, 1000m and 1500m) at US Junior Championships may be eligible to be qualified to the team. This accounts for a maximum of three additional skaters per gender named to the team. There is no roll down if skaters are the same winners of another combined distance classification.
    - i. In the event the maximum quota of four skaters is exceeded by points 1 and 2a, the Combined Distance Classification winners with the highest special overall classification at US Junior Championships will be named to the team bringing the team up to four.
    - ii. Remaining quota spots, bringing the team total up to 4 per gender, will be awarded to skater(s) with the next highest special overall classification at US Junior Championships.
3. Allocation of starting position per individual distance.
  - a. Skaters that qualify through point 1 will have priority to race that distance at Junior Worlds.
  - b. Next, the winner of the combined distance classification at the US Junior Championships will have priority to race that distance.
  - c. Remaining starting position for each distance will be allocated in consultation with the Junior World Coaching staff, ST Program Director, and the Athlete Representative. The following criteria will be taken into consideration:
    - i. Performance at US Junior Championships
    - ii. Performance at World Cups 1-4 and 4 Continents
    - iii. Performance at US Championships



4. Replacement of skaters: If a skater declines their position on the World Junior Short Track Team:
  - a. The Combined Distance Classification winners not yet named to the team from point 2.a.i with the next highest special overall classification at US Junior Championships may be named to team.
  - b. Then the skater with the next highest special overall classification at US Junior Championships may be selected as a replacement.Funding of replacement athlete(s) is at the sole discretion of USS.

## **ISU JUNIOR WORLD CUPS AND OTHER INTERNATIONAL EVENTS**

### **ISU FALL JUNIOR WORLD CUPS**

**Eligibility.** ISU Rule 286 determines the eligibility of the USA to submit entries for these competitions.

**Entry Quotas.** USS will have a maximum quota of 5 spots per gender for the ISU Junior World Cups as per ISU Rules and Regulations and ISU Communication 2579.

### **Participation and Funding**

1. The athlete has signed the USS Athlete Agreement for the current season.
2. The athlete has qualified as per the selection procedures.
3. USS will not be funding the Fall ISU Junior World Cups. Athletes may be required to offset the costs of having one (1) coach/team leader attend.

### **Selection Procedures (ISU Junior World Cups) – Team Selection**

1. The first five (5) ranked junior American skaters in the special overall classification at US Championships will be eligible.

Replacement of skaters. USS will comply with its “NO MOVE UP” policy. In the event any qualifying skater(s) is nominated onto the Fall World Cup Team, USS may name replacement skater(s) from the same qualifying event used to select the original team members.

### **CANADIAN INVITATIONAL**

**Entry Quotas.** USS anticipates getting a quota of 5 spots per gender.

### **Participation and Funding**

1. The athlete has signed the USS Athlete Agreement for the current season.
2. The athlete has qualified as per the selection procedures.
3. USS may partially fund athletes based on US Championships results.

### **Selection Procedures (Canadian Invitational) – Team Selection**

1. Pending results from World Cups 1-2, the next five (5) ranked American skater(s) from the Selection Procedures for World Cups 1-4 who are not qualified for World Cups 3-4 will be named to the team.
2. Any remaining spots will be allocated based off the final special overall classification at US Championships.

### **ISU WINTER JUNIOR WORLD CUPS**

**Eligibility.** ISU Rule 286 determines the eligibility of the USA to submit entries for these competitions.

**Entry Quotas.** USS will have a maximum quota of 5 spots per gender for the ISU Junior World Cups as per ISU Rules and Regulations and ISU Communication 2579.

### **Participation and Funding**

1. The athlete has signed the USS Athlete Agreement for the current season.
2. The athlete has qualified as per the selection procedures.
3. Funding to be determined.

### **Selection Procedures (ISU Junior World Cups) – Team Selection**

1. The four (4) skaters that have qualified for the Junior World Championships
2. Remaining quota spots, bringing the team total up to 5 per gender, will be awarded to skater(s) with the next highest special overall classification at US Junior Championships.

Replacement of skaters. USS will comply with its “NO MOVE UP” policy.

# SECTION 4

## 2023-2024 NATIONAL CLASSIFICATIONS/RANKINGS

### 2023-24 INDIVIDUAL DISTANCE CLASSIFICATIONS

Skaters will be ranked in the 500m, 1000m, and 1500m distances in the following order:

1. World Championships distance classification: Skaters who competed in individual distances at the 2024 World Championships will be ranked in order of placement.
2. Distance Classification from the 2024 US Championships and 2024 Winter World Cup Team Qualifier: For each distance, the points of each individual distance classification from the US Championships and Winter World Cup Team Qualifier will be added (up to 4 per distance) to rank the skaters. The point system used for the National Distance Ranking will be the same as the Final points (1<sup>st</sup> place – 10000pts, 2<sup>nd</sup> place – 8500pts, etc)

### 2023-24 OVERALL NATIONAL CLASSIFICATION

Skaters will be ranked in an Overall National Classification which consist of the total points accumulated over the season's individual distance classifications.

### NATIONAL DISTANCE RANKINGS – SEEDING AT US SELECTION EVENTS

National Distance Rankings will be used for seeding purposes at USS Selection events. For the purpose of establishing the National Distance Rankings, only the best four (4) results from the last six (6) Distance Classifications over 500, 1000 and 1500 meters at USS Selection events will be considered. Skaters without a National Distance Ranking will be placed on the Seeding List after the Skater with a National Distance Ranking according to their best time from July 1, 2022 to the start of the event. These times must be submitted in their registration entry form.

Pre-qualified skaters who do not compete in the 2024 Winter World Cup Team Qualifier will be assigned points as follows:

1. In distances where pre-qualified skaters are ranked in the top 8 of the ISU World Cup classification, pre-qualified skaters will be ranked ahead of skaters who compete in the Winter World Cup Team Qualifier. Final points will be awarded in order according to the World Cup classification and final points earned by competing skaters will be adjusted downwards. *Note that this adjustment is for purposes of the National Distance Rankings only and not for the distance classification, combined distance classification, special overall classification, or overall classification from the Winter World Cup Team Qualifier.*
2. In distances where pre-qualified skaters are not ranked in the top 8 of the ISU World Cup classification, pre-qualified skaters will receive points based on the individual distance classifications from the 2024 US Championships. Points earned at the US Championships will be averaged and awarded twice. There is no downward adjustment to final points earned by skaters competing at the Winter World Cup Team Qualifier.

# **SECTION 5**

## **2024-2025 TRAINING DESIGNATIONS**

### **NATIONAL TRAINING PROGRAM (NTP) COMPOSITION**

1. The NTP target size will be 12 athletes and should not exceed 16 eligible American skaters at one time.
2. Top 3 skaters from the 2023-24 season Overall National Ranking for Women and Men and the next highest ranked skater in the level system will be automatic invites to the NTP. This accounts for 8 athletes. There is no roll down if one of the 8 skaters decline their invite.
3. USS may select additional skaters based on consideration of the 2022 US Olympic Team, Overall National Ranking, Overall National Distance Ranking, Short Track Level System Performance Markers, or other factors such as exceptional past international performance. These skaters will be considered discretionary invites to the NTP. Discretionary invitations to the NTP will be made by USS upon the recommendation of the USS Short Track Director, NTP coaches and USS HP staff.
4. To be considered a discretionary member, skaters must compete in the US Championships and Winter World Cup Team Qualifier.
5. Skaters named to the NTP as discretionary members may be placed on “provisional” status. Their status will be reviewed periodically by the USS NTP coaches and staff and following the evaluation they may or may not be asked by USS to continue in the NTP.
6. At any time, USS may approve other skaters outside of the NTP to be invited to train with the program from time to time for a trial period or as a designated training partner. These skaters will receive no NTP benefits with the sole exception of ice time and coaching. These skaters are not considered members of the NTP and depending on the duration of this invitation may be required to pay specific team fees to USS partner programs. These situations are handled on a case-by-case basis with the Short Track Program Director.
7. NTP Invitations will be sent as soon as possible after the conclusion of the season when the national rankings are complete, there’s been a review of the seasons events and level system has been updated by USS.
8. Status may be restored/granted by the USS ST Program Director or his/her designee, for injury, illness or other extraordinary circumstances.

## **2024-2025 US SPEEDSKATING SHORT TRACK JUNIOR NATIONAL TEAM**

The Junior National Team will be named by approximately April 15<sup>th</sup> each year, following the conclusion of the season.

**Eligibility.** All Junior National Team skaters must be eligible to represent USS at ISU events.

### **Qualification.**

1. Must have been a member of the 2023-2024 World Junior Championship Team.
2. Meet one of the following:
  - a. USS World Junior Championships funding time standards. Time standards for the 500m or 1000m must have been skated at any ISU or USS sanctioned competition between July 1, 2022 and the conclusion of US Junior Championships. Time requirements are:
    - 500m (women): 45.50                      500m (men): 42.50
    - 1000m (women): 1:33.50                      1000m (men): 1:27.00
  - b. Top 25 finish in any individual distance at the World Junior Championships
  - c. Top 8 finish in the gender relay event

## **2024-2025 US SPEEDSKATING SHORT TRACK NATIONAL DEVELOPMENT TEAM**

The National Development Team will be named by approximately April 15<sup>th</sup> each year, following the conclusion of the season.

**Eligibility.** All Development Team skaters must:

1. Be eligible and declared to represent the USA at ISU Junior events.
2. Not be older than Junior B for the upcoming season.

### **Qualification.**

1. Meet one of the following time standards:
  - 500m (women): 46.40                      500m (men): 43.35
  - 1000m (women): 1:35.40                      1000m (men): 1:28.70
  - \*Times are approximately 2% of the USS World Junior Championships Funding Time
2. The top two (2) eligible skaters by gender from the season ST Level System not already named to the NTP or Junior National Team. (4 skaters total)
3. The next top two (2) eligible skaters by gender from the next highest combined sub-classifications of the 2024 US Junior Championships not already named to the NTP, Junior National Team or in point 1 (above). (max 4 skaters total)

4. Team Additions: Skaters may be named to the National Development Team based on the following:
  - a. Status may be restored/granted by the USS ST Program Director or his/her designee, for injury, illness or other extraordinary circumstances.

## **MASTERS CLASSIFICATION SYSTEM**

### USS Masters Short Track Team (USMST)

1. To earn a USMST status an athlete must complete the following criteria:
  - a. Skate a qualification time in 2 distances in the MST 1 timetable
  - b. Complete one of the following two criteria:
    - i. First place finisher in age group at Short Track Age Group Nationals
    - ii. Top ranking American in age group at a IMSSC Short Track event, MIST Games, or WWMG Master ST Games

### Masters Category 1 (MST 1):

1. To earn MST 1 status an athlete must complete one of the following two criteria:
  - a. Finish in top 20% of age group at Short Track Age Group Nationals, an IMSSC Short Track event, MIST Games, or WWMG Master ST Games (or 2<sup>nd</sup> place if 5 or fewer athletes compete in the qualifiers age group) **AND** skate a qualification time in 1 distance in the MST 1 timetable
  - b. Skate a qualification time in 2 distances in the MST 1 timetable

### Masters Category 2 (MST 2):

1. To earn MST 2 status an athlete must complete one of the three following criteria:
  - a. Compete at Short Track Age Group Nationals, a IMSSC Short Track event, MIST Games, or WWMG Master ST Games **AND** skate a qualification time in 1 distance of the MST 2 timetable
  - b. Skate a qualification time in 2 distances in the MST 2 timetable

### Masters Category 3 (MST 3):

1. All registered USS masters members will be considered MST 3

### USS Masters Qualification Timetable

1. The Masters Qualification Timetable will be constructed using the following methodology:
  - a. The qualification distances will be the 500m, 777m, 1000m, and 1500m
  - b. Eligible times will be considered from all USS, IMSSC, MIST, or WWMG sanctioned events
  - c. The faster time of either the USS Age Group National Record or the IMSSC World Record will be considered the "Time of Record"
  - d. If the Time of Record exists for an age group that is OLDER than the qualifier's age group, the faster Time of Record will be used for the YOUNGER age group
  - e. The MST 1 qualification time will be 108% of the Time of Record for a qualifier's age group based upon the methodology above
  - f. The MST 2 qualification time will be 115% of the Time of Record for a qualifier's age group based upon the methodology above

## **MEDAL CONTENDER CLAUSE CRITERIA & PROCESS**

**Medal Contender Illness or Injury Clause.** Medal Contender status is used exclusively for an extreme circumstance including injury and/or illness that prevent a medal contending athlete from completing/competing in a qualifying competition.

### **Criteria for 2024 World Championships Team.**

To be considered as an athlete who has earned Medal Contender status for the 2024 World Championships team, an athlete must have met one of the following criteria (1 or 2):

1. Be ranked in the top 8 in ISU World Cup Classification in any individual distance after World Cup 4.
2. Be ranked in the top 8 in the overall World Cup classification (Crystal Globe) after World Cup 4.

### **Criteria for 2024-2025 World Cups 1-4.**

To be considered as an athlete who has earned Medal Contender status for the 2024-2025 ISU World Cups 1-4, an athlete must have met two of the following criteria (1,2,3):

1. Be ranked in the top 8 in the ISU World Cup Classification in any individual distance within the 2023-2024 season.
2. Be ranked in the top 8 in the overall World Cup classification (Crystal Globe) within the 2023-2024 season.
3. Finish in the top 10 in an individual distance (500m, 1000m or 1500m) at the 2024 ISU World Short Track Championships.

**Medal Contender Process.** When the Medal Contender Clause is invoked, the medal contender may be provisionally granted a spot on any team for a World Cup(s) and/or World Championship Event(s) and/or other international event(s). A Relay Specialist position will remain if there is an allowance.

In the event that a Medal Contender is unable to compete at or complete the USS-designated selection event due to a verifiable illness, injury, or exceptional circumstance, the Medal Contender must submit a Medal Contender Petition Form to USS no later than 2 hours following the conclusion of the USS-designated selection event with their specific request.

1. If the Medal Contender provision is in effect for illness or injury, the Medal Contender must complete and submit the Medal Contender Petition Form to USS. This form allows USS, including a qualified physician selected by USS, to review the medical records for purposes of verifying the illness or injury. The Medal Contender should also be prepared to submit written evidence and other records from a qualified physician, acceptable to USS, as evidence. The petition must be signed by the Medal Contender and his/her personal coach and if a minor, his/her parent or legal guardian.

USS reserves the right to request an independent medical examination of the Medal Contender by a qualified physician chosen by USS at the expense of USS. USS will review all submitted

evidence that prevented the Medical Contender from competing or completing the USS-designated selection event(s) due to illness or injury, the prognosis for recovery.

If, based on its review, USS determines that special consideration is warranted, Before being named to the team the Medal Contender must:

- a. Be physically able to train and compete in a designated timeline. The Medal Contender will be given a return to training date deadline. This date will be agreed to by the Head Coach and Short Track Program Director with the athlete as a deadline date that the medal contender is expected to be considered back to training fully allowing what is seen as adequate time for quality training and preparation for the team being petitioned for. The medal contender must provide medical clearance to USS from qualified physician stating they are permitted to return to training at this agreed level by this date.
  - b. The medal contender will be given an agreed upon date that they must be cleared by a qualified physician and considered 100% ready for competition. The intent is that the medal contender must be physically cleared to race at a level of success that earned them their medal contender status prior to being named to the team.
  - c. If the medal contender is able to train and be prepared to compete by these agreed dates, then they may be named to the team(s) being petitioned for. In addition, the Medal Contender may also be awarded start positions in the distances they earned their medal contender status in.
2. If the Medal Contender provision is in effect for an exceptional circumstance, the Medal Contender should complete and submit the Medal Contender Petition Form to USS, but the medical release and authorization section of the petition is not required. The petition must be signed by the Medal Contender and his/her personal coach and if a minor, his/her parent or legal guardian.

## **SHORT TRACK LEVEL SYSTEM**

**SUMMARY LEVEL SYSTEM 1 THROUGH 5.** The Level system is a tool that helps identify the process and standards needed for international success. By measuring performance markers at key events, skaters and coaches can work toward achieving benchmarks which are required by points. The points ranking may be used to stratify services, benefits and possible funding for camps including development opportunities.

**Eligible competitions.** Skaters can achieve points at the competitions throughout the seasons according to the points chart found in Appendix B. While this list is subject to change, the forecasted events will be:

1. Desert Classic
2. Mountain Classic
3. US Championships
4. Canadian Invitational



5. US Junior Championships/Winter World Cup Team Qualifier
6. World Cups 1-6
7. Youth Olympic Games
8. ISU Championships – Senior, Junior and Four-Continents
9. Age Group National Championships (pending the availability of transponders)
10. Other international competitions may be considered (pending the availability of transponders and discretion from the ST Program Director)

**Point Scale.** Skaters with the required number of points will be awarded the achieved level for the season:

- Level 1: 50 - 40 points
- Level 2: 39.5 - 33 points
- Level 3: 32.5 - 26 points
- Level 4: 18 – 25.5 points
- Level 5: 10 – 17.5 points

USS will make its best effort to update the level system rankings and have it posted on its USS website shortly after each of the USS Selection events and the ISU Competitions.

# **SECTION 6**

## **AGE GROUP NATIONAL SHORT TRACK CHAMPIONSHIPS**

### **COMPETITION FORMAT AND MANDATORY DISTANCES**

1. The Short Track Age Group National Championships is a multiple age division competition. The competition format will be All Finals-No Elimination and shall run under USS Rules of Competition, except where noted herein.
2. The Short Track Age Group National Championships are scheduled to be held in Midland, MI, March 15-17, 2024.

### **DIVISION AGE CLASSIFICATIONS / QUALIFICATION TIME STANDARDS – SEE APPENDIX A.**

1. The age of the skater will be the age the competitor is before July 1 preceding the competition.
2. Time standards are based on the current 4-year rolling average of the season's best international 500m time per gender. Note that if the 4-year rolling average is slower, the time standards will remain the same as the previous season.
  - a. For the 2023-24 season, the following will apply:
    - i. Junior D: 135%
    - ii. Junior C: 130%
    - iii. Junior A&B: 125%
3. Junior division skaters must meet the time standards listed in the table.
4. Time Standards are recommended for Master skaters but not required.
5. The 500m qualifying time will serve as the ranking and seeding for the first distance of the competition. Times must be entered to the thousandths of a second (m:ss.xxx).
6. See USS Rules of Competition, Section E for Seed times/Qualifying times and Section C for Citizenship/Eligibility.

### **VARIATIONS AND EXCEPTIONS TO THE AGE GROUP DIVISIONS.**

1. A skater may compete in only one division at a Championships competition.
2. In the event that there are low participation numbers, skater(s) may be combined to provide meaningful racing opportunities. When combining traditional age divisions for racing, overall medals will be awarded to the skaters' traditional age division based on the ranking in the overall classification. For example, Junior B and Junior A (17+) skaters may be combined into an Open Combined division to provide meaningful racing opportunities. Overall medals will be awarded according to age division.

- Master skaters will be combined **by ability into appropriate racing divisions** to provide meaningful racing opportunities. Overall medals will be awarded to the skaters' 5-year age division based on the ranking in the overall classification.

**DIVISIONS AND DISTANCES.**

Divisions	Distances/number in Finals		
Junior D (11-12)	1000/5	500/5	777/5
Junior C (13-14)	1500/7*	500/5	1000/5
Junior B (15-16)	1500/7*	500/5	1000/5
Junior A (17+)	1500/7*	500/5	1000/5
Master Divisions	1500/5	500/5	1000/5
(*) 5-6 on the line progression may be used based on the number of skaters in the racing division.			
Junior Mixed Relays	Junior Mixed Team Relays- 2000M		
Master Mixed Relays	Master Mixed Team Relays- 2000M		

**COMPETITION FORMAT.**

- The Short Track Age Group National Championships 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.
- 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. Depending on the number of entries the maximum number of skaters in the A and B Finals will follow the principle of ISU Rule 295. For qualifying rounds and lower Finals, the number of skaters per race may be higher.
- 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.

**MAKE UP OF QUALIFYING ROUNDS, SEEDING AND PROGRESSIONS.**

- The first Qualifying Round of each distance shall consist of one group. **Ranking and seeding the first qualifying round of the first distance will be according to the submitted seed time. Skaters without verifiable times shall be drawn and ranked last for seeding. The current overall classification will be the ranking and seeding for the first round of subsequent distances.** 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 randomly.
- 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 randomly.

3. The number of heats per Group and the number to qualify 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, therefore, there may be some races with more skaters on the line than initially proposed.
4. Skaters who receive a Penalty in a qualifying round will be ranked last in their Group and progress to the next round according to their rank. If a skater receives more than one penalty, independent of each other, in the same distance or round for infringement of the racing rule “Impeding” and/or “Kicking Out”, such skater shall receive a Yellow Card and will be excluded from further participation in that distance.

**COMPETITION POINT SYSTEM.**

Final Points will be awarded in individual distances according to the following table. Please note this is the new ISU points scoring system.

Rank	Points	Rank	Points	Rank	Points	Rank	Points	Rank	Points
1	10000	16	874	31	143	46	29	61	8
2	8500	17	743	32	129	47	27	62	7
3	7225	18	631	33	116	48	24	63	6
4	6141	19	536	34	104	49	21	64	5
5	5220	20	456	35	94	50	19	65	4
6	4437	21	410	36	84	51	18	66	3
7	3771	22	369	37	76	52	17	67	2
8	3206	23	332	38	68	53	16	68*	1
9	2725	24	299	39	62	54	15		
10	2316	25	269	40	55	55	14		
11	1969	26	242	41	50	56	13		
12	1673	27	218	42	45	57	12		
13	1422	28	196	43	40	58	11		
14	1209	29	177	44	36	59	10		
15	1028	30	159	45	33	60	9		

1. Final Points will be awarded in descending order following the ranking of the distance classification.
2. In the case of a tie, all Skaters involved will receive points awarded for their rank (i.e. tie on 2<sup>nd</sup>- both Skaters will receive 8500 pts). The points for the subsequent ranking place (i.e. 3<sup>rd</sup>) will not be awarded. Points will resume with the subsequent ranking place (i.e. 6141 pts for 4<sup>th</sup> place).

## **DISTANCE CLASSIFICATION.**

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

1. By Final round beginning with group/block A, then B, then C, etc.
2. 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.
3. 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.
4. 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.
5. Skaters that Did Not Finish (DNF) in the 1<sup>st</sup> qualifying round will be ranked with the same ranking.
6. Skaters that received a Penalty in the 1<sup>st</sup> qualifying round will be ranked next with the same ranking.
7. Skaters that receive a Yellow Card in **any round** will be ranked next. If multiple yellow cards occur on a distance, then ties will be broken based on the qualifying round.
8. Skaters that receive a Red Card in **any round** or Do Not Start (DNS) the 1<sup>st</sup> qualifying round will not receive a rank but listed at the bottom of the distance classification in the following order: RC, DNS.

## **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 middle distance.

## **SANCTIONS AND CONSEQUENCES - SPECIAL CONSIDERATIONS**

1. A table that describes sanctions and consequences can be found in the respective qualification tables published on the USS website.
2. 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. This does not apply to the starting procedure. The results of skater(s) excluded from the restart for this reason will show "Did Not Finish" (DNF). If the skater for whom the race was stopped is injured due to the action of another skater that receives a penalty, the referee may advance the skater, or let the skater participate in the restart of the race.

3. 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.

**RELAY EVENTS.**

1. Participation in relay events will be mandatory for Junior divisions.
2. Junior Mixed Team 2000m relays will be grouped into teams of 4, with a goal of 2 per gender and a target of 4 teams to a race. Teams will be constructed from Junior divisions D, C, B & A and based upon ability.
3. Master Mixed Team 2000m relay will be grouped into teams of 4 and subject to a minimum of 2 teams in order to participate in a relay event.
4. The make-up of teams and seeding for relay events will be done by the Competitors Steward using the 500m submitted seed times. Generally, a serpentine fashion will be used in consultation with the Tec Rep and/or USS Representative on site to seed the teams. The goal is to make competitive races that benefit relay development. Any remaining skaters that are unable to be seeded for a full team, will remain as substitutes to replace vacancies due to withdrawals.
5. There may be semi-final rounds and a Final B for each relay event. Depending on the number of teams or if time is limited, there may be a decision to go straight to final events. This will be addressed and communicated at the coaches meeting. Teams will qualify from semi-finals to the Final A with the fastest time skated by teams overall.

**NATIONAL CLUB CHAMPIONSHIP**

The club that accumulates the highest number of points will be National Club Champion.

**Eligibility.** A skater must be a member of a currently registered USS club.

**CLUB CHAMPIONSHIP POINTS**

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

1. Club Points will be awarded 1<sup>st</sup> through 4<sup>th</sup> place in the final A of each race.
2. Club Points earned will accumulate for their respective club.
3. Club Points will not be awarded to skaters that receive a sanction in the final A.

## Appendix A - DIVISION AGE CLASSIFICATIONS / QUALIFICATION TIME STANDARDS

Division/Age (*minimum age)	500m
Junior D Men (11-12 yrs.)	53.863
Junior D Women (11-12 yrs.)	56.998
Junior C Men (13-14 yrs.)	51.868
Junior C Women (13-14 yrs.)	54.887
Junior B Men (15-16 yrs.) & Junior A Open Men (17+)	49.873
Junior B Women (15-16 yrs.) & Junior A Open Women (17+)	52.776
Master 30+, 40+ Men	59.9
Master 30+, 40+ Women	1 :02.4
Master 50+, 60+ Men	1 :03.1
Master 50+, 60+ Women	1 :11.1
Master 70+ Men	1 :13.0
Master 70+ Women	1 :22.9

Appendix B – LEVEL SYSTEM POINT MARKER CHART

Short Track Level Performance Markers: Ladies												
Based on results skated at US Selection Events and ISU Events												
<b>Acceleration:</b> (500m opener) <small>(Electronic timing)</small>	0.5 pt under 7,9	1 pts under 7,8	1.5 pts under 7,7	2 pts under 7,6	2.5 pts under 7,5	3 pts under 7,4	3.5 pts under 7,3	4 pts under 7,2	4.5 pts under 7,1	5 pts under 7,0	/5 pts	Anaerobic System  /10
<b>Top Speed:</b> 111m <small>(from 500m laps)</small>	0.5 pt under 9,40	1 pts under 9,30	1.5 pts under 9,20	2 pts under 9,10	2.5 pts under 9,00	3 pts under 8,90	3.5 pts under 8,80	4 pts under 8,70	4.5 pts under 8,60	5 pts under 8,50	/5 pts	
<b>Lactate Power:</b> 500m Time <small>(best time)</small>	0.5 pt under 46,75	1 pts under 46,25	1.5 pts under 45,75	2 pts under 45,25	2.5 pts under 44,75	3 pts under 44,25	3.5 pts under 43,75	4 pts under 43,25	4.5 pts under 42,75	5 pts under 42,25	/5 pts	Lactate System (Power & Capacity)  /20
<b>Lactate Capacity:</b> 1000m Time <small>(best time)</small>	0.5 pt under 1:37,5	1 pt under 1:36,5	1.5 pt under 1:35,5	2 pts under 1:35,0	2.5 pts under 1:34,5	3 pts under 1:34,0	3.5 pts under 1:33,5	4 pts under 1:33,0	4.5 pts under 1:32,5	5 pts under 1:32,0	/15 pts	
	6 pts under 1:31,5	7 pts under 1:31,0	8 pts under 1:30,5	9 pts under 1:30,0	10 pts under 1:29,5	11 pts under 1:29,0	12 pts under 1:28,5	13 pts under 1:28,0	14 pts under 1:27,5	15 pts under 1:27,0		
<b>World Rank:</b> Placement rank: <small>500m,1000m,1500m,Relay</small>	1 pt 86st-99th	2 pt 76th-85th	3 pt 66st-75th	4 pts 56th-65th	5 pts 46th-55th	6 pts 36th-45th	7 pts 26st-35th	8 pts 16th-25th	9 pts 7th-15th	10 pts 1st - 6th	/10 pts	Overall Performance  /20
<b>National Rank:</b> Overall rank:	1 pt 41st-50th	2 pt 36th-40th	3 pt 31st-35th	4 pts 26th-30th	5 pts 21th-25th	6 pts 16th-20th	7 pts 11th-15th	8 pts 7th - 10th	9 pts 4th - 6th	10 pts 1st - 3rd	/10 pts	
											<b>Total:</b> /50 pts	

  

Short Track Level Performance Markers: Men												
Based on results skated at American Cups, World Cups or Selection meets												
<b>Acceleration:</b> (500m opener) <small>(Electronic timing)</small>	0.5 pt under 7,5	1 pts under 7,4	1.5 pts under 7,3	2 pts under 7,2	2.5 pts under 7,1	3 pts under 7,0	3.5 pts under 6,9	4 pts under 6,8	4.5 pts under 6,7	5 pts under 6,6	/5 pts	Anaerobic System  /10
<b>Top Speed:</b> 111m <small>(from 500m laps)</small>	0.5 pt under 8,80	1 pts under 8,70	1.5 pts under 8,60	2 pts under 8,50	2.5 pts under 8,40	3 pts under 8,30	3.5 pts under 8,20	4 pts under 8,15	4.5 pts under 8,10	5 pts under 8,05	/5 pts	
<b>Lactate Power:</b> 500m Time <small>(best time)</small>	0.5 pt under 44,50	1 pts under 44,00	1.5 pts under 43,50	2 pts under 43,00	2.5 pts under 42,50	3 pts under 42,00	3.5 pts under 41,50	4 pts under 41,00	4.5 pts under 40,50	5 pts under 40,00	/5 pts	Lactate System (Power & Capacity)  /20
<b>Lactate Capacity:</b> 1000m Time <small>(best time)</small>	0.5 pt under 1:32,0	1 pt under 1:31,5	1.5 pt under 1:31,0	2 pts under 1:30,5	2.5 pts under 1:30,0	3 pts under 1:29,5	3.5 pts under 1:29,0	4 pts under 1:28,5	4.5 pts under 1:28,0	5 pts under 1:27,5	/15 pts	
	6 pts under 1:27,0	7 pts under 1:26,5	8 pts under 1:26,0	9 pts under 1:25,5	10 pts under 1:25,0	11 pts under 1:24,5	12 pts under 1:24,0	13 pts under 1:23,5	14 pts under 1:23,0	15 pts under 1:22,5		
<b>World Rank:</b> Placement rank: <small>500m,1000m,1500m,Relay</small>	1 pt 86st-99th	2 pt 76th-85th	3 pt 66st-75th	4 pts 56th-65th	5 pts 46th-55th	6 pts 36th-45th	7 pts 26st-35th	8 pts 16th-25th	9 pts 7th-15th	10 pts 1st - 6th	/10 pts	Overall Performance  /20
<b>National Rank:</b> Overall rank:	1 pt 41st-50th	2 pt 36th-40th	3 pt 31st-35th	4 pts 26th-30th	5 pts 21th-25th	6 pts 16th-20th	7 pts 11th-15th	8 pts 7th - 10th	9 pts 4th - 6th	10 pts 1st - 3rd	/10 pts	
											<b>Total:</b> /50 pts	



The following Short Track Task Force members were responsible for reviewing and creating these Short Track Rules and Regulations.

- USS Member Chair– Michael Kooreman
- USS Short Track Program Director- Andréa Do-Duc
- USS Head Coach – Stephen Gough
- USS Member – Donna Fiorenza
- Athlete Representative – Keith Carroll Jr.
- Athlete Representative – Ryan Pivrotto

#### ATHLETE OMBUDS OFFICE

The Athlete Ombuds Office provides cost-free, independent and confidential advice regarding athlete rights, grievance procedures and any other related guidance pertaining to selection procedures and can assist in mediating disputes between athletes and their NGB/PSO.

To contact the Athlete Ombuds Office:

- PHONE: (719) 866-5000
- EMAIL: [ombudsman@usathlete.org](mailto:ombudsman@usathlete.org)
- WEBSITE: [www.usathlete.org](http://www.usathlete.org)