

Communication No. 2584

Mass Start and Team Races at ISU Speed Skating Events – Safety Measures, Promotion Initiatives and Race Organization

(Complementing ISU Special Regulations Rule 223, paragraph 1, and the following ISU Technical Rules: Rule 253, paragraph 4, Rule 255, 256, 257, and Rule 265 paragraphs 5, 6 and 7)

1. General

This Communication replaces ISU Communication No. 2477 and will apply for the season 2023/2024 and beyond. A more detailed reference to and guidance on safety measures and safety standards is given in ISU Communication No. 2400, Protection equipment in Speed Skating and Short Track Speed Skating, or any further update of this Communication.

2. Safety Measures and Racing Suit Guidelines

2.1. Control of Safety Measures

Safety measures will be controlled at a “check-in point” before the race, located at the transponder distribution area or as described during the Team Leaders' meeting.

Each Skater is responsible for wearing skates and protective equipment, as described above, when appearing at the start and during the entire race.

2.2. Racing Suit Design Guidelines for ISU Senior Events

In order to clearly identify and recognize the athletes and national teams competing in Mass Start and Team races, design guidelines for racing suits as indicated below shall be respected:

- Racing suits show a design clearly distinguishing the participating ISU Members (nations).
- The racing suits clearly show the national identity / flag colors. Simple artwork will be accepted. For all ISU Members having flags similar to other Members in shape and color (i.e., Netherlands / France / Russia, Italy / Hungary / Bulgaria, Germany / Belgium, etc.) a unique artwork shall be defined showing the national colors for the remaining part of the racing suits.
- The country name or official ISU abbreviation must be displayed on the back part of the racing suit.

ISU Members may use racing suits with one design for Mass Start/Team competitions and a different design for individual distances.

Indicative design examples from racing suits:



3. Distances and Track for Mass Start Races

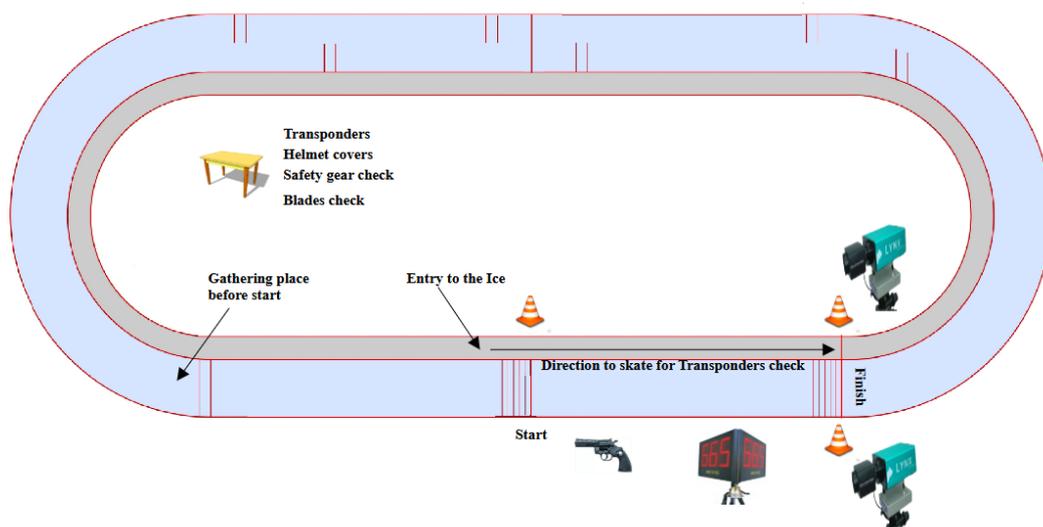
3.1. Distances

- 16 laps for Women and Men.
- 10 laps for Junior Women, Junior Men and for "Neo-Seniors" (Women & Men) competing at ISU Junior World Cup Competitions.

3.2. Track demarcation

Use of the warmup lane: The competition track generally includes the warm-up lane. However, if deemed necessary to keep an adequate and safe radius of the competition track, a demarcation restricting use of the innermost part of the ordinary warm up lane can be implemented upon decision of the Referees in consultation with the Representative of the ISU Speed Skating Technical Committee.

3.3. Track organizational diagram



4. Race Procedures for Mass Start Races

4.1. Technical Competition Equipment of Competitors (Rule 279)

Competitors must wear the following equipment:

- Transponders for timekeeping, and
- Helmet covers with numbers corresponding to the start list, and
- Other gadgets or devices to conduct judging and safety of the race.

4.2. Preparation of the Races

- Start positions are assigned according to the respective ISU Communication.
- Races may be organized with Division A and Division B competitions only with no Semi-Finals.
- If races are organized with Semi-Finals, entered Skaters will be placed in the Semi-Finals according to their seeding or Ranking, according to the following procedure:
 - Top seeded Skater: Semi-Final A;
 - 2nd and 3rd seeded Skaters: Semi-Final B;
 - 4th and 5th seeded Skaters: Semi-Final A, etc.
- If the rules of the Competition restrict the number of Skaters from the same country in each Semi-Final, the allocation of Skaters to the Semi-Finals will be adjusted accordingly.

- The Final shall consist of a limited number of the best ranked Skaters from each Semi-Final, with the same number of Skaters qualifying from each Semi-Final. However, in case of advancement additional skater(s) may be added which may exceed the pre-defined limited number of Skaters in the final.
- In the case of withdrawal of a Skater qualified for the Final, this Skater will be replaced in the Final by the next ranked Skater from the Semi-Final concerned:
 - If a qualified Skater from Semi-Final A would withdraw from the Final, this Skater will be replaced in the Final with the next ranked Skater from Semi-Final A;
 - If a qualified Skater from Semi-Final B would withdraw from the Final, this Skater will be replaced in the Final with the next ranked Skater from Semi-Final B.

4.3. Starting Procedures

The Competitors gather at the 500m start area and will then be called to the start line by the Starter or announcer.

- The start will be in the middle of the finishing straight (1000m finishing line).
- Line up at the start in rows of 6 Skaters each, with a distance of at least 1 meter between each row. Only the ordinary (inner and outer) racing lanes are used for the start rows. For presentation reasons, after the first row (6 Skaters) have been presented, the starter/announcer may call entire rows to the start.

4.4. Race Set Up

- After the first lap, before the main (500m) finishing line, a shot will be fired by the Starter. Acceleration to gain a better position in the pack is allowed only from this moment on.
- Intermediate sprints and final sprint:
 - For Junior competitions there will be 2 (two), for Senior competitions 3 (three), intermediate sprints before the final sprint. For each sprint, Competitors will score points that count towards their ranking in the final result of the race;
 - For Junior competitions the sprints will be concluded after 4, 7 and 10 laps (counting the first lap). A bell signal will be given one lap before each sprint; that means when the lap counter shows 7 laps, 4 laps and 1 lap remaining;
 - For Senior competitions the sprints will be concluded after 4, 8, 12 and 16 laps (counting the first lap). A bell signal will be given one lap before each sprint; that means when the lap counter shows 13 laps, 9 laps, 5 laps and 1 lap remaining.
- The finish of the race and each of the intermediate sprints will occur at the end of the finishing straight (500m finishing line).
- Photo finish equipment will be used to verify the position of the Competitors at the intermediate and final sprints.
- No coaching is allowed from the ice. Except medical personel, no team officials, staff or coaches are admitted infield before and during the race.

5. Mass Start Racing Rules

5.1. General (see also Rule 257, paragraph 4)

- “Fair play” as the basic rule: no obstruction of other Competitors.
- Skaters must take care during racing to avoid causing dangerous situations.
- Competitors overtaken with one full lap by the leading Skater must abandon the race immediately. Lapped Competitors and other Competitors abandoning the race must move to the outer part of the track and enter the coaches' box on the crossing straight as soon as possible after they have been overtaken or have abandoned the race and shall remain in the coaches' box until the race is over. If necessary, to not have an overtaken or abandoned Competitor skate through the finish line which can affect the timing system, the Competitor shall remain on the outside of the track on the finishing straight around the

1000m finish line until the race is over. Technical equipment may be used for signalling overtaking.

- Any unsportsmanlike behavior against other Competitors can lead to disqualification. The Referee has the authority to disqualify the Competitor(s) concerned. An obstructed Competitor may be advanced to the next round at the sole discretion of the Referee.
- The Referee shall stop the race (Rule 216, paragraph 2.h) if there are safety concerns in the case of a fallen or injured Competitor(s). The race will then be stopped by a gunshot or whistle from the Starter or by the Referee. Technical equipment may be used for signalling a stop of the race:
 - The Referee decides if and when a fresh start of the race will be held;
 - The full distance of the race shall be re-skated if the race is stopped for safety concerns and a fresh start will be held;
 - No fresh start will be allowed for Competitors who were disqualified for rule violations, who were lapped or abandoned the race before the incident happened that caused the stop of the race.
- If a “crash” occurs during the first lap with a large group (6 or more) of Skaters involved, the race will be stopped, and a fresh start will then follow immediately.

5.2. Disqualifications

- Competitors moving forward and out of their starting row before the shot is fired will be disqualified.
- The first lap must be skated “in one group” without fast accelerations. Breach of this rule will lead to a disqualification.
- Skaters who do not meet the safety requirements (see paragraph 1 above and ISU Communication 2400, or any further update of this Communication) will not be allowed to compete, or will be disqualified if violating these requirements during the race.
- The Referee, at his discretion, may give “warning” to a Skater in order to prevent unsportsmanlike behaviour.
- Serious obstructions or other unsportsmanlike behaviour against other Competitor(s) can lead to a disqualification.

6. Mass Start Ranking Rules and Sprint Points

In each Semi-Final (if applicable) and Final the accumulated points gained at the intermediate sprints and at the final sprint will determine the ranking. Further ranking of the other Competitors is determined by their order of finish at the final sprint.

6.1. Allocation of Sprint Points:

The points awarded for the sprints are as follows:

- Intermediate sprints:
 - The first three (3) Skaters will earn: 3 - 2 - 1 sprint points;
- Final sprint: The first six (6) Skaters will earn:
 - Senior competitions: 60 - 40 - 20 - 10 - 6 - 3 sprint points;
 - Junior competitions: 30 - 20 - 10 - 4 - 2 - 1 sprint points.

6.2. Race Results

- a) The ranking of the Competitors will be determined by the accumulated sprint points in the intermediate and final sprints. Consequently, the first three skaters of the final sprint (places 1 to 3) will be ranked 1 - 2 - 3 in the race.
- b) For Competitors with the same total of sprint points, final time at the finish will break the tie.
- c) Competitors without sprint points will be ranked according to their final time at the finish.

- d) Competitors not finishing the race will be ranked according to the number of laps they have completed before being lapped or otherwise having abandoned the race. If two or more Competitors abandon the race for any reason (e.g. fall, injury, broken skates) on the same lap, they will be ranked according to their last intermediate split time.
 For Competitors that do not finish the race, points earned in the intermediate sprints will not be considered for the final race result, these intermediate sprint points will not be reallocated to other Competitors.

7. Distances and Track for Team Races

7.1. Distances

- 3 laps for Team Sprint races;
- 6 laps for Team Pursuit races for Ladies, Junior Ladies and "Neo-Senior" Ladies competing at ISU Junior World Cup Competitions;
- 8 laps for Team Pursuit races for Men, Junior Men and "Neo-Senior" Men competing at ISU Junior World Cup Competitions;
- 6 laps for Mixed Gender Relay races.

7.2. Track Demarcation and Set Up

The track must be laid out with only one competition lane, e.g. by making use only of the demarcation between the inner lane and the warm-up lane on a standard track.

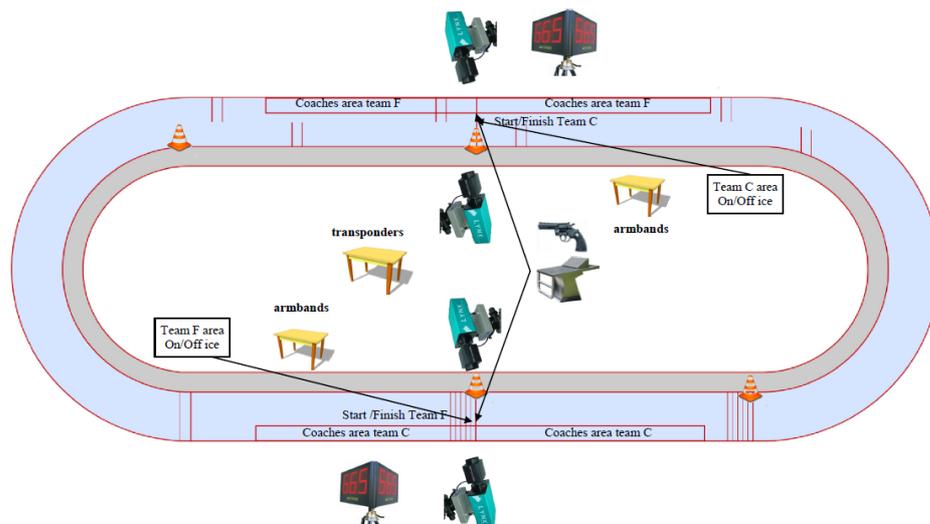
Two Skaters' preparation areas are installed infield for the Team Pursuit and Team Sprint:

- At the "500m start" – **on/off Ice Team F Area** for teams starting on the finishing straight;
- At the "1500m start" – **on/off Ice Team C Area** for teams starting on the crossing straight.

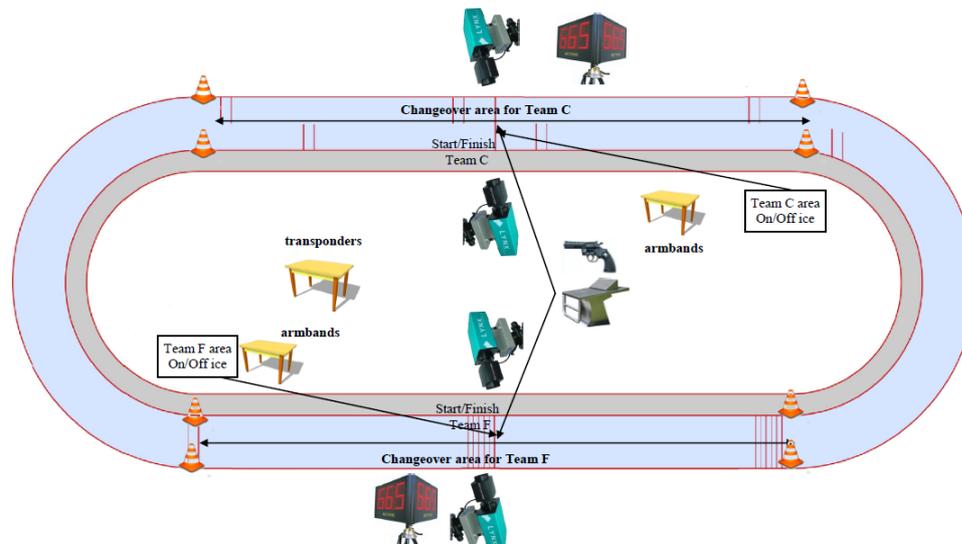
One team preparation area installed infield for the Mixed Gender Relay:

- At the "1000m start".

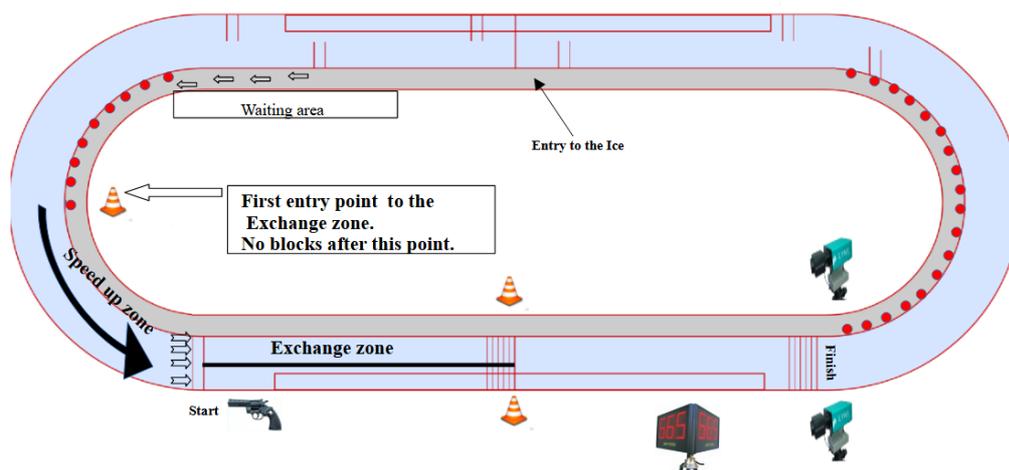
7.3. Track Organizational Diagram for Team Pursuit Races



7.4. Track Organizational Diagram for Team Sprint Races



7.5. Track Organizational Diagram for Mixed Gender Relay Races



8. Race Procedures for Team Races

8.1. Technical Competition Equipment of Competitors (Rule 256)

- Transponders for timekeeping must be worn by Competitors.
- **For Team Pursuit races** - Skater No.1 in the team shall wear white armbands with №1, Skater No.2 shall wear red armbands with №2, Skater No.3 shall wear yellow armbands with №3, Skater No.4 shall wear blue armbands with №4.
- **For Team Sprint races** - each Skater shall wear different identification defining their role in the race. Skater No.1 in the team shall wear white armbands with №1, Skater No.2 shall wear red armbands with №2, Skater No.3 shall wear yellow armbands with №3, Skater No.4 (in the case of 4 Skaters in the team) shall wear blue armbands with №4.
- **For Mixed Gender Relay races** – for each heat, each team shall wear different identification means during the race: helmet covers, arm bands or bibs:
 - Team 1: Shall wear helmet covers with #1 or white arm band;
 - Team 2: Shall wear helmet covers with #2 or red arm band and so on.
- Rule 279 applies.

- At the discretion of the Referee, helmet covers may be used for identification of the Skaters in each Team for Team Pursuit and Team Sprint instead of armbands.

8.2. Preparation of the Races for Team Pursuit and Team Sprint

- Only the two competing teams (or one if there is only one team racing) are allowed on the ice during a race. All non-competing teams will remain in or near their ON/OFF ICE preparation areas in the infield.
- Teams will be allowed to enter the ice from their preparation area after the conclusion of the previous heat. In the case of the first heat, the teams will be instructed when to enter the ice (approximately one minute before the start time). The teams shall move directly from their preparation area to their respective start lines.
- To enter the ice, Skaters use the designated ON/OFF ICE area. Skaters will have approximately 50m from entering the ice to the starting line. A countdown clock may be used to inform the Skaters when to appear at the start.
- To exit the ice, Skaters use the designated ON/OFF ICE area. After the finish of the race the Skaters will have approximately 350m to exit the ice.
- For Team Pursuit races, coaches are not allowed to pass through the starting area during the starting procedure (after the “go to the start” command) OR through the finishing area while the competing teams pass through the finishing area on the final lap. Coaches must stay 20m away from both the Starter and starting line during the starting procedure. The coaches will enter and exit the ice in the same locations as the Skaters. After the race the coaches will move directly from their coaching area to their respective exit area.
- For Team Sprint races coaches are not allowed in the coaches' area.

8.3. Preparation of the Races for Mixed Gender Relay

- Maximum 4 (four) teams are allowed to compete in one heat. All non-competing teams shall remain in/or near the preparation area.
- Teams will be allowed on the ice coming from the preparation area after the conclusion of the previous heat. For the first heat, the teams will be instructed when to enter the ice. Teams will exit the ice to the preparation area within one lap of finishing the race.
- No coaches are allowed on ice and no coaching allowed from the infield.

8.4. Starting Procedures for Team Pursuit and Team Sprint

- The start will be in the middle of each straight.
- Two teams shall start simultaneously at each side of the track. If the heats have been composed according to a ranking of the teams, the best ranked team shall start on the finishing straight. Otherwise, the starting positions will be determined by a draw.
- Order and position of the Skaters at the start are at the discretion of the teams. However, for Team Sprint races Skaters must be skating in numerical order (No. 1 – white, No. 2 – red, No. 3 – yellow) before reaching the end of changeover area in the starting straight.

8.5. Starting Procedures for Mixed Gender Relay

- The start will be at 500m starting line.
- The starting procedure will be according to Rule 253. Only one false start is allowed per heat. The Team of the Skater committing the second false start will be disqualified.

9. Team Races – Racing Rules (see also Rule 256)

- During **Team Pursuit races** tactics and changeover are at the discretion of the teams.
- During **Team Sprint races** the first leg is skated with the Skater assigned as No. 1 leading the team, with the other Skaters of the team staying behind. At the end of each

leg, the Skater leading the team has to leave to the outer part of the track, and the next assigned Skater (assigned as No.2) has to lead the team during the next leg. The last assigned Skater shall skate the last leg alone and finish the race for the team. Changeover to the next assigned Skater in the team must take place between the beginning of the finishing straight of the team and before the entry to the curve. The leading skater has to clearly show, by moving to outer lane, that changeover has taken place. Cones may mark the beginning and end of the changeover area.

- The **Mixed Gender Relay races** will use the competition format based on ISU Rule 256, paragraph 3.4 (Competition format C):
 - Each team consist of two (2) Skaters, one woman and one man.
 - Each heat (race) includes four (4) Teams.
 - Start of the race: At the 500m starting line.
 - Finish of the race: At the 500m finishing line
 - Racing sequence:
 - 1st leg: 1 lap by woman skater
 - 2nd leg: 2 laps by man skater
 - 3rd leg: 2 laps by woman skater
 - 4th leg: 1 lap by man skater
- Exchange zone: Beginning at the 500m start line; relay must be completed before the 1000m finishing line. Skaters can enter the ice at the apex/middle of the curve before the exchange zone to gain speed for the exchange. The beginning and end of the exchange zone will be marked with cones.
- During races, tactics and changeover (relaying) are at the discretion of the teams as far as the below mentioned racing rules are respected.
- The relay to the other Skater in the team has to take place with a touch and that touch has to be obvious, clearly shown so that it can be easily seen by the Referee or Assistant Referees. It is possible to relay like in Short Track Speed Skating (push from behind). The Referee shall decide when a touch has been "obvious" and is responsible for observing all relaying for this particular purpose, with the support of the Assistant Referee.
- After having passed the relay to his/her teammate, the Skaters shall stay on their line and move to the warm-up lane only when all other teams have passed to avoid interference or if it is safe enough to avoid interference from a Skater coming from behind.
- Skaters ready to take over the relay shall accelerate in the warming up lane and are allowed to enter the racing lane only starting at the apex/middle of the curve before the exchange zone (this point will be marked with a cone). It is recommended that the leading team has the inner position for the changeover (relaying), the second place team has the second most inner position, etc.
- Changeover (relaying) to the next Skater in the team must take place between the 500m start line and before the 1000 m finish line (exchange zone identified by cones) according to Rule 256, paragraph 3.4.
- Breach of any of the above-mentioned racing rules or unsportsmanlike behavior against other Competitors (Rule 257, paragraph 4.5) can lead to disqualification of the Team.

10. ***Liability***

ISU General Regulations, Rule 119, applies.

Seoul,
July 25, 2023
Lausanne,

Jae Youl Kim, President

Fredi Schmid, Director General