



# **Australian Speed Rule Book for Indoor Flat Track.**

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# **SKATING - RULES AND REGULATIONS**

## **1.01 CLASSIFICATION OF EVENTS**

### **1.01.1 Sprint Races (distances under 1500m)**

- (i) Heats may be run with a maximum number of competitors per heat to be determined by track conditions and approved by the chief/race referee.
- (ii) From these heats the first and second place getters will advance to the next round.
- (iii) In exceptional circumstances (e.g. dead heat for second place) the race referee may allow more than two competitors to advance to the next round, however extra heats will not be scheduled to accommodate the extra competitor/s and they will be added to the existing scheduled program.

### **1.01.2 Middle Distance Races (distances 1500m and under 3000m).**

- (i) Heats may be run with a maximum number of competitors per heat to be determined by track conditions and approved by the chief/race referee.
- (ii) From these heats the first and second place getters will advance to the next round.
- (iii) In exceptional circumstances (e.g. dead heat for second place) the race referee may allow more than two competitors to advance to the next round, however extra heats will not be scheduled to accommodate the extra competitor/s and they will be added to the existing scheduled program.

### **1.01.3 Long Distance Races (distances 3000m and over)**

The entire number of competitors shall participate without qualifying heats unless conditions compel the referee to exercise his/her discretion.

### **1.01.4 Time Trials**

- (i) Each competitor skates, solo and their time is recorded.
- (ii) The competitor with the fastest time shall be declared the winner and all other competitors placed according to their times.

### **1.01.5 Relay Races**

- (i) Relay races shall be contested by teams of up to four (4) competitors.
- (ii) All team members must wear identical uniforms of the type indicated in Section 1.08.
- (iii) Competitors may relay at will but the change over must be in the starting straight between pylon 4 and pylon 1.
- (iv) A competitor who has finished his relay must move to the outside of the track in such a manner as not to hinder his opponents and then return to the gate area between pylon 1 and half way between pylon 2 and pylon 3.
- (v) Two team members on the track at the same time i.e. remaining on the track after completing a relay will result in disqualification, except where 1.01.5 (viii) applies.
- (vi) Relays may be by push or touch and failure to do so may result in disqualification.
- (vii) When relaying, skaters must not impede the progress of other competitors and they must not deliberately interfere with relaying teams.
- (viii) In the event of a fall, the competitor should carry on if able. If unable he must wait for one of his team members to tag him. The relaying skater must enter the track between pylon 4 and pylon 1 and then skate in the normal direction to complete the relay.

- (ix) A disabled skater shall not return to the gate area until the referee signifies. The referee shall motion for the removal of an injured skater for attention and the injured skater's team may continue in the race.
- (x) All skaters (excepting injured skaters removed by the referee's authority) must return to the gate area at the completion of the race before results are declared.
- (xi) Disqualified teams shall remain in the gate area until advised by the referee to leave.
- (xii) During the event each team must remain in their allotted gate areas, except in the case of two man relay events where competitors may rotate within the inside of the track in such a manner as to not hinder his/her opponents.
- (xiii) Audible instructions may be given amongst team members but no barracking is allowed.
- (xiv) Each team member must skate at least one lap.
- (xv) The referee shall decide if the final relay is to take place one (1), two (2) or three (3) laps from the finish of the race. The bell shall be rung for one (1) full lap on the lead skater before the designated final relay. .
- (xvi) No skater can leave the gate area after the bell has stopped ringing.
- (xvii) Teams may be all male, all female or mixed.

#### **1.01.6**

#### **Points Races**

- (i) Point's races are mass start races where points are awarded on laps designated by the referee.
- (ii) Points are awarded as 2 points for the winner and 1 point for the second placegetter for each sprint lap except for the last lap where points will be 3-2-1 for the first three finishers across the line.
- (iii) One lap before each sprint, as the lead skater crosses the finish line, the bell will sound.
- (iv) If a skater does not finish the race, that athlete will lose all points earned for the race.
- (v) In the event of a tie in points among two or more skaters, it will be decided by who was the first across the finish line in the last lap.
- (vi) The final ranking of skaters is made in accordance to the accumulated overall total points obtained by competitors who have completed the official distance.

### **1.02**

### **CLASSIFICATION OF SKATING TRACK**

#### **1.02.1**

#### **General Rules**

- (i) An indoor flat track comprises 2 equal straights and 2 offset bends.
- (i) An indoor flat track used in Championship competitions shall be 100m per lap set out as per the diagram on page 14.
- (iii) All track calculations and markings on the skating surfaces shall be calculated and supervised by the chief referee.
- (iv) A copy of the plan showing relevant dimensions should be sent to the State Speed President who shall forward a copy to the State Panel CSOC.
- (v) All markings shall be of the same color, contrasting with that of the skating surface.
- (vi) A starting line, 2.5 cms wide, shall be drawn across the track in line with corner pylon No. 4

- (vii) A penalty line 2.5cm wide shall be drawn across the track 1 metre behind and parallel to the start line.
- (viii) A finishing line 2.5cm wide shall be drawn across the track 2/3 rds of the way down the starting straight.
- (ix) For time trials the start will take place from the finishing line. A second (Holding) line, 2.5cms wide, will be drawn 60cms behind and parallel to this start line and starts will be conducted in accordance with rule 1.04.3 (v).

A 300m Time trial will comprise exactly 3 laps. For all other events (except a 750M event) the start will take place from the start line (vi above) and will comprise the number of laps required to complete the distance, plus the extra distance between the start and finishing lines.

- (x) Corner Pylon positions shall be marked with an X at the beginning and end of each straight. For Championship events Pylons and Corner markers will be positioned over a marked 1 square meter box at the beginning and end of each straight.

#### **1.02.2 Suitability of a Track or Course**

- (i) The Chief/Race Referee shall make all decisions regarding the suitability of a track.
- (iii) When track conditions hinder the normal performance of a competition the Race Referee can stop the race for a given period of time or if necessary he/she can cancel the event.
- (iv) When an interrupted competition is restarted only the athletes who were competing at the moment of interruption shall participate in the restarted event/s.

## **1.03 OFFICIAL EQUIPMENT**

### **1.03.1A Corner Pylons**

Being of a bright colour contrasting to that of the skating surface, incorporating a non-slip base. Height of not less than 70mm and not greater than 200mm. The profile is to be such that they offer an adequate level of clearance to skater's boots when cornering at speed.

### **1.03.1B Other Pylons**

Being cone shaped standing a minimum of 20cm high and of a contrasting colour to that of the skating surface. Used to mark the start and finish lines.

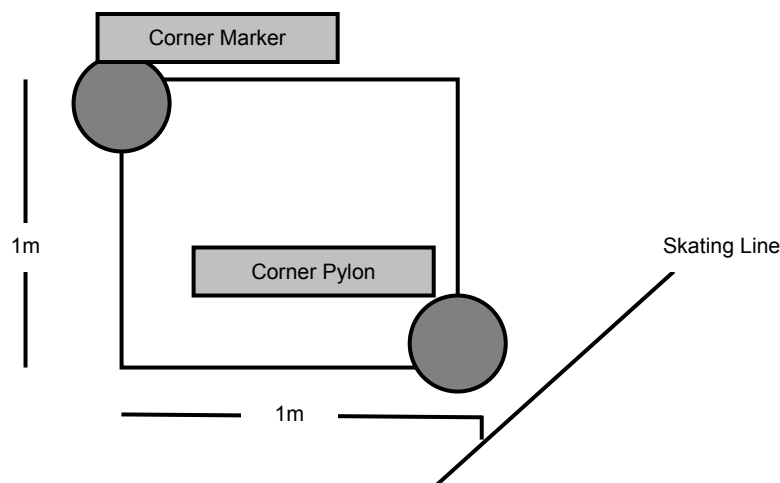
### **1.03.1C Corner Markers**

Should be cone shaped but must stand no less than 36cm high and should be a bright colour and of a different characteristic to that of the Pylons.

### **1.03.1D Positioning of corner pylons and markers**

Following the positioning of the Corner Pylons (CP) as per track plan on P30 and using the diagram below, position the corner markers (CM) by marking a 1 metre square box inside the track from the center of the corner pylon position.

The corner diagonally opposite the centre position of the corner pylon will be the centre mark for the corner marker.



### **1.03.2 Lap Counter - Cards**

- (i) Lap cards shall be numbered up to 99 laps.
- (ii) Mechanical or electronic lap counters are permitted provided they have been approved by the C.S.O.C.

### **1.03.3 Stop Watches**

- (i) Stop watches shall be calibrated in 10<sup>th</sup> and 100<sup>th</sup> of a second and must be inspected once a year for accuracy.
- (ii) The number of stop watches will be dependant on the number of time keepers required to accurately record times.

#### **1.03.4 Electronic Timing Equipment (E.T.E.)**

- (i) ETE equipment will be calibrated in 10<sup>th</sup> and 100<sup>th</sup> of a second and must be inspected once per year for accuracy.
- (ii) The beams which are part of the ETE equipment shall be aimed across the track at the start and finish lines and be between 20cm and 25cm above the skating surface.

#### **1.03.5 Miscellaneous Equipment**

- (i) Starting pistol and blanks
- (ii) Lap Bell
- (iii) Whistle/s
- (iv) Measuring tape calibrated in metres and millimeters.
- (v) Protest forms
- (vi) Table and chair for the clerk
- (vii) Current Rule book situated on the clerk's table
- (viii) Dais for presenting awards
- (ix) Computer and Printer for preparation of results (optional)

## 1.04

## RACE RULES

### 1.04.1

#### Relaxation of Rules for Under 10's

- (i) Referees discretion to be used in the rules for tiny tot and primary grades. These include:
  - Falls in the first lap to be restarted
  - Longest distance shall be a mass start
  - Skate damage may be repaired with outside assistance.

### 1.04.2

#### General Rules

- (i) Damage to skates is to be repaired by the competitor and by doing so he/she must make certain not to obstruct the progress of any opponents. After repairs are completed he/she may rejoin the race.
- (ii) All competitors are to take part in races fairly and enthusiastically.
- (iii) Competitors showing a negative attitude will be disqualified.
- (iv) All track races shall be run in an anti-clockwise direction.

### 1.04.3

#### Starts and False Starts

- (i) All races shall begin from a standing start.
- (ii) Competitors are to line up behind the start line as per instructions from the starter.
- (iii) The starter shall give the command "SET" and when the competitors have settled he/she shall fire the starting gun or blow the whistle.
- (iv) A miss fire of the starting gun will be considered a "no start".
- (v) Start rules using E.T.E.
  - (a) One skate must be placed and remain grounded between the Start line and the Holding line.
  - (b) The first forward step by either foot must break the beam.
  - (c) The competitor must start within fifteen (15) seconds of the command "SET".
  - (d) A false start will be declared if the beam is broken prior to the command 'SET'
- (vi) False Starts
  - (a) Jumping the gun – when a competitor leaves the designated starting position before the firing of the starting gun or the whistle blast.
  - (b) A false start will be signaled by a second firing of the gun or whistle blast.
  - (c) There shall be no use of the command "SET" at the re-start.
  - (d) When one competitor false starts and is followed by other competitors those competitors shall not be penalized.
- (vii) Start Penalties
  - (a) Mass Start
    - (1) First offence – The competitor shall be penalised by being placed one (1) metre behind the starting line or at the back of the pack.
    - (2) Second offence – disqualification from the event.
  - (b) Time Trials
    - (1) First offence – competitor shall receive a warning.
    - (2) Second offence – competitor shall be disqualified.



#### **1.04.4 Falls in the first lap**

Should a competitor fall in the first lap causing interference, or caused by interference from or to another competitor/s the race shall be re-started.

#### **1.04.5 Pylon and Corner Marker infringements and penalties**

- (i) Skating inside a Pylon: Should any part of the skate touch the floor within the Corner Box (*1m x 1m defining the area between the Pylon and Corner Marker,*) while the Pylon is in position:

*First Offence:*                      *Disqualification (skater removed from race)*

- (ii) Moving a Pylon: Moving a pylon with any part of the skate or body, that causes another competitor to be disadvantaged:

*First Offence:*                      *Warning (delivered verbally to skater mid-race)*

*Second Offence:*                  *Disqualification (skater removed from race)*

- (iii) Straddling a Pylon: Skating with one skate inside the *in position* Pylon, within the Corner Corner Box, and with the wheels below the height of the Pylon:

*First Offence:*                      *Warning (delivered verbally to skater mid-race)*

*Second Offence:*                  *Disqualification (skater removed from race)*

- (i) Moving a Corner Marker:

*First Offence:*                      *Disqualification (skater removed from race)*

- (v) The imposition of the above penalties shall be at the discretion of the race referee and dependent upon the circumstances at the time.

#### **1.04.6 Passing and Overtaking**

- (i) When passing, a competitor must not veer directly into the path of an opponents track causing him/her to brake severely.
- (ii) Passing is permitted anywhere on the track as long as there is no impeding of other competitors.

#### **1.04.7 Competitors Track**

A competitor's track shall be determined as the shortest distance he/she can skate around the corners and the straightest line he can skate down the straights or the pattern the competitor consistently skates.

#### **1.04.8 A Lapped Competitor**

Competitors who are about to be lapped should move aside to allow the leading competitor/s to pass and should not impede or assist the passing skater/s. Lapped competitors may regain their laps provided that they do not hinder the leading skater/s.

#### **1.04.9 Palming Off**

Palming off is the placing of one hand on the lower back of the competitor in front so as to avoid a fall and will be permitted when the lead competitor/s slows or the competitor is pushed from behind causing the pack to bunch up.

- (i) The competitor whose skate first reaches the finish line with at least one wheel in contact with the skating surface shall be declared the winner. This shall follow for the other placegetters.
- (ii) The end of all long distance races shall be declared when the leading competitor crosses the finish line followed by second and third place getters in that order. All three podium place getters must complete the event distance in full. The remaining competitors will not be required to complete the event distance and will finish as they cross the line after the final podium place getter.
- (iii) When using ETE the competitor must, at the finish, break the beam with the foot or lower leg only.
- (iv) At the finish of each race, the competitor/s shall report to the race referee, unless otherwise advised.

## **1.05 SERIOUS RACING OFFENCES**

Competitors will be immediately disqualified for the following offences and may be removed from the track:

- (i) Deliberately holding onto another competitor.
- (ii) Pulling or pushing
- (iii) Jostling (knocking, bumping or striking with any part of the body)
- (iv) Deliberate obstructing (blocking)
- (v) Deliberately changing track
- (vi) Tripping
- (vii) Braking suddenly and causing interference to the pack.
- (viii) Deliberately falling with the intent to cause interference to other competitor/s
- (ix) Use of any unsporting gestures or making derogatory remarks or swearing.
- (x) Serious body contact when entering the first corner.

## **1.06 DISCIPLINARY MEASURES**

**1.06.1A** Disciplinary measures that may be adopted during the progress of a race, towards any competitor who might be responsible for the non-observance of the instructions given by the referee or of more serious violations with respect to the principals or the ethics of the sport are as follows:

- (i) Warning
- (ii) Reducing of rank in the order of finish
- (iii) Disqualification from the race
- (iv) Disqualification from the competition
- (v) Suspension or revocation of membership (see Skate Australia Constitution)

**1.06.1B** Disciplinary measures, excepting for those pertaining to false starts may not be invoked unless written incident report detailing offence/s is pending.

**1.06.1C** These reports may be completed after the event if it is impossible to complete at the time of the offence/s, however they must be available for the referee prior to race debriefing.

### **1.06.1D Reduction in Rank**

If during the progress of a race, particularly in the final stages of the event, a competitor is responsible for the hindering of another competitor he/she may be reduced in rank at the discretion of the referee.

### **1.06.1E Disqualification Measures May be Used for:**

- (i) Accumulation of warnings. (Which must be announced publicly.)
- (ii) Serious infringements. (Which must be announced publicly.)
- (ii) In the case of very serious infringements the competitor may be disqualified from all or part of a scheduled competition. (Which must be handled by a CSOC disciplinary panel and notified to the organizers of the event. A copy of the findings shall be forwarded to:
  - The State Panel CSOC Chairman
  - The State Speed President
  - The National CSOC Chairman
  - The National Speed Branch Chairman
- (iii) Use of specified doping substances (Refer to Skate Australia's Anti Doping Policy, will be dealt with by Skate Australia.)

**PROTESTS**

- (i) During the race debriefing the referee shall announce penalties.
- (ii) After debriefing competitor/s signifying intent to protest may view the race incident reports. (Appendix2)
- (iii) The competitor/s may then withdraw their intent to protest or advise that they are to proceed.
- (iv) If proceeding, the referee should give the protesting competitor/s a protest form marked with the time.
- (v) The competitor/s must return the completed form together with the appropriate fee set by the organizers within 15 minutes of the marked time.
- (vi) The referee may consult with other officials and after consideration will mark the protest form "dismissed or upheld" and inform the protesting competitor/s of his decision.
- (vii) The referee will then announce the race results.
- (viii) The fee shall be forfeited should the protest be dismissed.
- (ix) No appeal may be lodged against the referee's final decision.
- (x) Any protest against the marking and measuring of a track, official/s involved in a race or the programming of events is a technical complaint and must be made to the organizers before the start of the first event.
- (xi) Any protest against the conduct of an official/s must be made in writing to the National CSOC Chairman within 72 hours after the end of the race or competition.

## **1.08 COMPETITORS DRESS RULE**

Skaters who present themselves to the starter contrary to the following rules may be disqualified:

### **1.08.1A Australian Championships**

- (i) With the exception of relay teams competitors of both sexes must wear the official speed uniforms of the chapter they represent, or a uniform approved by the State Executive displaying sponsorship.
- (ii) Competitors shall include with their nomination details of approved sponsors uniforms and this will be noted in the official clerk's record for the Championship.
- (iii) Relay teams must wear identical uniforms.

### **1.08.1B Other Competitions**

- (i) Competitors should wear their registered club uniforms or a uniform displaying sponsorship that has been approved by their State Chapter.
- (ii) Competitors shall include with their nomination details of approved sponsors uniforms and this will be noted in the official clerk's records for the competition.
- (iii) Relay teams must wear identical uniforms.
- (iv) Any recognized type of shirt/bodysuit currently in use is acceptable but must cover the shoulders and be clean and modest.

### **1.08.1C. Skates**

- (i) Inline Skates: The frame, max length 50cm, must be firmly attached to the boot. The wheels, max diameter 110mm, must be firmly attached to the frame and the axles must not protrude from the frame. No brakes or toe stops are permitted.
- (ii) Quads Skates: Two (2) pairs of wheels fastened parallel to each other. The skate plate must be firmly attached to the sole of the shoe. Axles must not protrude beyond the wheels. No brakes or fixed toe stoppers allowed.

### **1.08.1D Numbers**

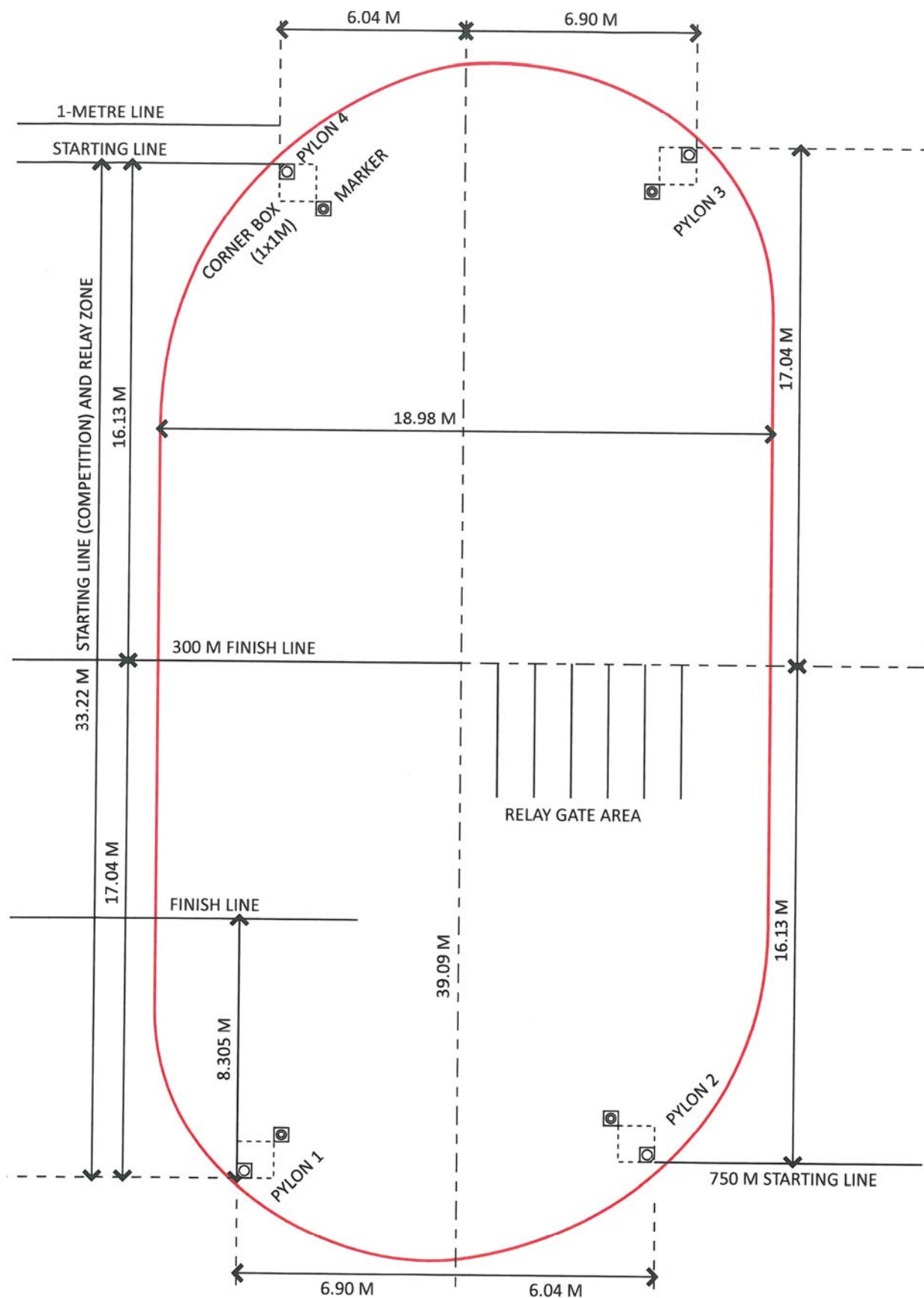
- (i) Three firmly attached and legible numbers shall be worn. One on the lower back and one on each hip. Numbers must be a minimum of 8cm and maximum of 10cm high and legible.
- (ii) Specific Numbers shall be set out in the Championship Notice.
- (iii) Written or symbolized commercial sponsorship shall be permitted if approved by Skate Australia.

### **1.08.1E Protective Items**

- (i) Protective helmets are compulsory on all skating surfaces. Subject to the discretion of the Chief Referee failure to wear a protective helmet on the skating surface will result in disqualification from the offenders next race.
- (ii) Gloves are recommended for all skaters.
- (ii) Other protective items are optional.

## Appendix 1

### 2. OFFICIAL CHAMPIONSHIP 100M TRACK



## APPENDIX 2

<b>Skate Australia - Speed Branch</b>		<b>C.S.O.C.</b> Incident Report	
Date	Event	Lap No.	
Offence			
Skater at fault		Skater Disadvantaged	
Recommendation:		<i>DISQ from Competition</i>	<input type="checkbox"/>
		<i>DISQ from Event</i>	<input type="checkbox"/>
		<i>Relegation</i>	<input type="checkbox"/>
		<i>Warning</i>	<input type="checkbox"/>
Reporting Official		Race Referee	

<b>Skate Australia - Speed Branch</b>		<b>C.S.O.C.</b> Incident Report	
Date	Event	Lap No.	
Offence			
Skater at fault		Skater Disadvantaged	
Recommendation:		<i>DISQ from Competition</i>	<input type="checkbox"/>
		<i>DISQ from Event</i>	<input type="checkbox"/>
		<i>Relegation</i>	<input type="checkbox"/>
		<i>Warning</i>	<input type="checkbox"/>
Reporting Official		Race Referee	



## Skate Australia Protest Form

Time Received \_\_\_\_\_

Time Returned \_\_\_\_\_

Event No: \_\_\_\_\_

Date: \_\_\_\_\_

Referee: \_\_\_\_\_

Details:

Signature: \_\_\_\_\_ Fee Received by: \_\_\_\_\_